

A TRUCKLOAD OF TOMATOES?  
BUCKETS OF BLUEBERRIES?  
CRATES OF CUCUMBERS?



HOW TO COOK  
HUGE AMOUNTS OF  
PRACTICALLY ANYTHING  
IN A CATHOLIC WORKER  
KITCHEN

# **Introduction**

## **Why a Cookbook?**

Ever had mountains of mangos in your kitchen with no idea how to use them to feed the throngs of hungry, hopeful people about to come to your door? Ever needed to feed tens or hundreds of people and felt no inspiration as you stared at the crates of iffy tomatoes and yesterday's (let's be honest—last week's) broccoli?

This is the daily reality at most Catholic Worker Houses of Hospitality, including here at Karen House. We experience the “feast and famine” of being dependent on food donations – one day, we receive two cases of almost moldy blueberries, the next, we're out of those blueberries but have ten whole chickens to take on. It can be daunting, especially for new volunteers and community members, to cook meals based on donations like this. It's our intention to cook meals that our guests will eat and enjoy, that are relatively healthy, and that use up as much donated food as possible – not an easy task!

That's where the cookbook comes in. It's focused on the specific scenario of planning a meal for 30-ish people with a massive amount of a few ingredients at hand, on a deadline, with very few fancy kitchen contraptions or exotic pantry items.

## **The Details**

These recipes are all scaled to serve about 30 people, unless otherwise noted. 99% of the recipes are from the website [allrecipes.com](http://allrecipes.com), a user-friendly site that allows you to search by ingredient, and scale recipes to the size you need. The site encourages reproduction of the recipes for non-commercial use. The recipes are as simple as possible, and all were rated highly by other users. Unless otherwise noted, we use large hotel pans for cooking just about everything.

## **Who Are We?**

Karen Catholic Worker House has been open since 1977. We offer hospitality to around 30 homeless women and children in North St. Louis. We currently have 13 community members and an abundance side projects revolving around justice activity and works of mercy. Our neighborhood is filled with great folks in several different communities, including Carl Kabat Catholic Worker and Teka Childress Catholic Worker.

## **The Thanks**

Many folks contributed to this work - thanks to the Karen House community members for the amazing support, and inspiring hospitality they provide. Thanks to Timmy Cosentino and Katherine Wallig for editing, and to my spouse Annjie Schiefelbein for, well, everything.

But mostly, this cookbook is for all of those who support Catholic Worker Houses with their culinary skills. We put our cooks through trial by fire every time they belly up to the pantry. Our houses would not exist without you, and we are forever indebted.

## **The Qualifier**

And finally, a plea for mercy. Most of these recipes have not been tried by us personally. We look forward to hearing from you about what worked, what didn't work, and anything else you would like to share.

Jenny Truax  
September, 2010

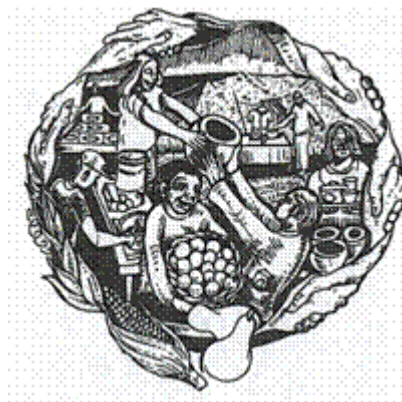
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## Donation Guide (Non-Produce)

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## **Food Safety Tips: Four Core Practices**

<http://www.fightbac.org/safe-food-handling>

### **1. CLEAN:** *Wash hands and surfaces often*

- ◆ Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- ◆ Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- ◆ Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- ◆ Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- ◆ Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

### **2. SEPARATE:** *Don't cross-contaminate*

- ◆ Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene -- wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.
- ◆ Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- ◆ Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- ◆ Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

### **3. COOK:** *Cook to proper temperature*

- ◆ Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- ◆ Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- ◆ Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness Use a food thermometer to check the internal temperature of your burgers.
- ◆ Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- ◆ Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- ◆ Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- ◆ Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

#### 4. CHILL: Refrigerate promptly

- ◆ Cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.
- ◆ Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- ◆ Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- ◆ Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- ◆ Always marinate food in the refrigerator.
- ◆ Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



*Sandwich Making at the Champaign Catholic Worker*



## Food Substitution Chart

1 cup all-purpose flour	=	1 cup plus 2 tablespoon cake flour
1 cup self-rising flour	=	1 cup all-purpose flour, 1 teaspoon baking powder, and 1/2 teaspoon salt.
1 teaspoon baking powder	=	1 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
1 tablespoon cornstarch	=	2 tablespoons all-purpose flour.
1 package active dry yeast	=	2 1/4 teaspoons dry or 1 package compressed yeast.
1 cup dry bread crumbs	=	3/4 cup cracker crumbs.
1 cup packed brown sugar	=	1 cup granulated sugar or 2 cups powdered sugar.
1 cup honey	=	1 1/4 cups sugar plus 1/4 cup liquid or 1 cup corn syrup or molasses.
1 cup milk	=	1/2 cup evaporated milk plus 1/2 cup water
1 cup buttermilk or sour milk	=	1 tablespoon vinegar or lemon juice plus milk to equal 1 cup.
1 cup heavy cream	=	3/4 cup skim milk plus 1/3 cup butter.
1 cup light cream	=	7/8 cup skim milk plus 3 tablespoons butter.
1 cup yogurt	=	1 cup buttermilk or sour milk.
2 large eggs	=	3 small eggs.
1 egg	=	2 egg yolks (for custards).
1 egg	=	2 egg yolks plus 1 tablespoon water (for cookies).
1 ounce unsweetened chocolate	=	3 tablespoons baking cocoa plus 1 tablespoon shortening, butter or margarine.
1 ounce semisweet chocolate	=	1 ounce unsweetened chocolate plus 1 tablespoon sugar.
1 teaspoon lemon juice	=	1 teaspoon vinegar.
1 cup wine	=	1 cup apple juice, apple cider, chicken or beef broth.
1 clove of garlic	=	1/8 teaspoon garlic powder or 1/8 teaspoon instant minced garlic or 3/4 teaspoon garlic salt or 5 drops liquid garlic.
1 medium onion	=	1 tablespoon dried minced onion or 1 teaspoon onion powder.
1 tablespoon fresh herbs	=	1 teaspoon dried herbs or 1/4 teaspoon powdered herbs.
1/4 cup chopped fresh parsley	=	1 tablespoon dried parsley flakes.
1 cup canned tomatoes	=	About 1 1/3 cups chopped tomato, simmered for 10 minutes.
1 cup tomato juice	=	1/2 cup tomato sauce plus 1/2 cup water.

## **More Substitutions – Making it Healthy!**

<http://www.globalgourmet.com/food/egg/egg1296/slth1296.html>

*Food scientists discovered most people don't notice a significant difference or accept the difference resulting from the following kinds of changes.*

**1. Reduce sugar by one-third.** Example: If a recipe says 1 cup, use 2/3 cup.

This works best in canned and frozen fruits and in making puddings and custards. In cookies and cakes try using 1/2 cup sugar per cup of flour. For quick breads and muffins, use 1 tablespoon sugar per cup of flour. To enhance the flavor when reducing sugar, add vanilla, cinnamon, or nutmeg.

**2. Reduce fat by one-third.** Example: If a recipe calls for 1/2 cup use 1/3 cup.

This works best in gravies, sauces, puddings, and some cookies. For cakes and quick breads, use 2 tablespoons fat per cup of flour.

**3. Omit salt or reduce by one-half.** Example: If a recipe says 1/2 teaspoon, use 1/4 teaspoon.

This may be more acceptable if you gradually reduce the amount each time you make the recipe. Herbs, spices, or salt-free seasoning mixes can enhance flavor. Do not eliminate salt from yeast bread or rolls. It is essential for flavor and proper texture.

**4. Substitute whole grain and bran flours.**

Whole wheat flour can replace from one-fourth to one-half of all-purpose flour. Example: If a recipe has 3 cups all-purpose flour, use 1 1/2 cups whole wheat flour and 1 1/2 cups all-purpose flour.

Oat bran or oatmeal (ground to flour consistency in a food processor or blender) can replace up to one-fourth of all-purpose flour. Example: If a recipe has 3 cups all-purpose flour, use 3/4 cup oat bran or ground oatmeal and 2-1/4 cups all-purpose flour.

Bran cereal flour is made by grinding a ready-to-eat cereal such as Bran Buds or 100% Bran in a blender or food processor for 60 to 90 seconds. It can replace up to one-fourth of the all-purpose flour. Example: If a recipe calls for 2 cups all-purpose flour, use 1/2 cup bran flour and 1-1/2 cups all-purpose flour.

### **Reduce The Fat**

All fats and oils are high in calories and provide lots of flavor but you can make a healthier choice by choosing those with less saturated fat. Likewise, when you use lower fat milk products, you reduce fat, calories, and cholesterol.

Canola, safflower, sunflower, corn, peanut, olive and soybean oil, contain the lowest amount of saturated fat (6%-15%). Coconut oil, butter, palm oil, animal fat and lard contain the most (41-54%).

Use reduced fat sour cream, low fat or nonfat yogurt, or cottage cheese instead of regular sour cream in sauces and dips. Skim milk can replace whole milk in most recipes. Evaporated milk can substitute for whipping cream, and evaporated skim milk can replace regular evaporated milk in some recipes.

### **Other (Healthy) Ingredient Substitutions**

- ◆ Instead of butter try a 60/40 butter blend or reduced calorie margarine.
- ◆ Instead of sour cream try light or mock sour cream (recipe follows)
- ◆ Instead of 2 whole eggs try 1 whole egg plus 4 egg whites
- ◆ Instead of 2 egg whites try homemade egg substitute (recipe follows)

- ◆ Instead of whole milk try 2% or skim milk
- ◆ Instead of cream try evaporated or evaporated skim milk
- ◆ Instead of cream cheese try light cream cheese or Neufchatel
- ◆ Instead of whipped cream try homemade non-fat whipped topping (recipe follows)
- ◆ Instead of cottage cheese try non-fat ricotta cheese
- ◆ Instead of 1 ounce baking chocolate try 3 tablespoons powdered cocoa plus 1 tablespoon cooking oil
- ◆ Instead of mayonnaise try half light mayonnaise and half non-fat yogurt

### **Remake Recipes By Increasing Fiber Intake**

- ◆ Top casseroles with crushed bran cereal\* instead of Chinese noodles, canned onion rings or croutons.
- ◆ Use crushed bran cereal instead of bread crumbs for coating chicken and fish.
- ◆ Use a mixture of half chocolate chips and half raisins for chocolate chips in cookie and bar cookie recipes.
- ◆ Substitute brown rice for white in soups and casseroles.
- ◆ Try barley or wheat kernels instead of white rice in stir fry and side dishes.
- ◆ Try All Bran, Bran Buds, 100% Bran, Fiber One. Raw bran is less expensive but some people object to the texture and note a metallic flavor.



*Planting the Garden at TC Catholic Worker in St. Louis*

# Cooking Measurement Equivalents

*Because there's never, ever a measuring cup when you need it in a Catholic Worker kitchen.*

## **Chart #1**

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1 tablespoon (tbsp) = 3 teaspoons (tsp)  
1/16 cup = 1 tablespoon  
1/8 cup = 2 tablespoons  
1/6 cup = 2 tablespoons + 2 teaspoons  
1/4 cup = 4 tablespoons  
1/3 cup = 5 tablespoons + 1 teaspoon  
3/8 cup = 6 tablespoons  
1/2 cup = 8 tablespoons  
2/3 cup = 10 tablespoons + 2 teaspoons  
3/4 cup = 12 tablespoons

1 cup = 48 teaspoons  
1 cup = 16 tablespoons  
8 fluid ounces (fl oz) = 1 cup  
1 pint (pt) = 2 cups  
1 quart (qt) = 2 pints  
4 cups = 1 quart  
1 gallon (gal) = 4 quarts  
16 ounces (oz) = 1 pound (lb)  
1 milliliter (ml) = 1 cubic centimeter (cc)  
1 inch (in) = 2.54 centimeters (cm)

## **Chart #2**

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	tsp	Tbsp	fl oz	cup	pint	quart	gallon
tsp	1	1/3	1/6	1/48			
Tbsp	3	1	1/2	1/16	1/32		
oz	6	2	1	1/8	1/16		
cup	48	16	8	1	1/2	1/4	1/16
pint	96	32	16	2	1	1/2	1/8
quart	192	64	32	4	2	1	1/4
gallon	768	256	128	16	8	4	1

## **III. General Recipes**

### **Meat 101**

#### **How to Defrost**

The best, safest way to defrost frozen items is to place in the fridge overnight. We often don't think that far ahead. At Karen House, we'll set frozen meat in cold water for an hour or so, or if you're really desperate, use the microwave.

#### **Basic How-To with Meat Donations**

So, you get frozen chicken breasts (or pork chops, or turkey patties, or salmon filets) in donations, and you're going to use one of the awesome sauces in the cookbook. First, defrost the meat according to the directions above. In general, you can choose between two main cooking methods:

1. Stovetop (cooks meat quickly, you need to have the time to watch it, and you can more easily control the level of doneness)
2. Oven (more hands off, but takes longer)

We often use a combination of these two, starting meat on the stovetop to give it some color and seasoning, and finishing in the oven – this works well for burgers, salmon, chicken, etc.



# **Fried Rice and Stir-fry**

*Makes about 2 hotel pans.*

**Ingredients** – use any combo of these four main elements:

## **1. Veggies – chop at least 10 cups of any of these:**

- Broccoli
- Snow Peas
- Canned Peas
- Cauliflower
- Carrots (shredded, if desired)
- Cabbage
- Celery
- Bell Peppers
- Zucchini (shredded, if desired)
- Edamame
- Mushrooms
- Pineapple!!

## **2. Protein – at least 10 cups of any of these, chopped into small pieces:**

- Scrambled Eggs
- Chicken Chunks or Strips
- Steak Chunks
- Salmon
- Tofu
- Pork

## **Directions:**

1. Way ahead of time: Prep all ingredients- Chop veggies and protein, cook carb.
2. Stir frying is best done on high heat in small batches, so have everything close and ready.
3. Over high heat, heat the oil in a wok or skillet.
4. Combine small batches of the veggies, protein, and starch into the pan.
5. Add small amount of sauce and stir fry until cooked through.
6. Place small batches in large serving pan into warmed oven (200 degrees).

## **3. Carb:**

24 Cups of COOKED Rice (brown if we have it) or 2-3 packages of Angel hair pasta

## **4. Sauce:**

Easy – plain ole soy sauce, or try:

Lemon or Lime Sauce – combine:

- 2 cup lemon/lime juice
- 2 cup chicken or veggie broth (or water)
- ½ Cup soy sauce
- 1 Cup sugar

Fresh Herb Sauce – combine:

- 2 cup chicken or veggie broth (or water)
- 2 cup soy sauce
- 5 Tbsp. rice wine vinegar
- 1 Tbsp sugar
- 1 cup shredded basil leaves or minced cilantro leaves

Sweet & Sour Sauce – combine:

- 2 cup chicken or veggie broth(or water)
- 1 Cup soy sauce
- 1 Cup cider, balsamic or rice wine vinegar
- ½ Cup brown sugar
- 1 Tbsp hot red pepper flakes

# Fruit Salad

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1. Chop whatever fresh fruits we have, combine in bowl. Duh!

## Possible additions:

- Add some fun canned fruit that people always like (pineapple, mandarin oranges)
- Marshmallows or whipped cream
- Nuts, raisins, coconut, or honey
- Top bowl with pudding (we often have large cans of pudding in basement)
- Yogurt

## Creamy Goodness Sauce:

- 4 1/2 cups cold fat-free milk
- 1 cup orange juice concentrate
- 4 (1 ounce) packages *instant* vanilla pudding mix
- 3 cup fat-free sour cream

In a bowl, whisk milk, orange juice concentrate and pudding mix for 2 minutes or until smooth. Add sour cream; mix well with fruit.



## No Skill Fruit Tart

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*Perfect recipe for any combo of fruit we get. Makes one tart.*

### Ingredients

- Crust – we have shortening!
  - 2 cups all-purpose flour
  - 1/2 teaspoon salt
  - 1 cup shortening
  - 1/2 cup cold water
  
- Crust – no shortening, we only have butter!
  - 1 1/4 cups all-purpose flour
  - 1/4 teaspoon salt
  - 1/2 cup butter, chilled and diced
  - 1/4 cup ice water
  
- Fruit!
  - 3 tablespoons sugar
  - 2 tablespoons cornstarch
  - 3 cups of any fruit we have!

### Directions

1. Preheat the oven to 450.
  
2. Make the Shortening Crust: In a medium bowl, stir together the flour and salt. Cut in shortening by rubbing between your fingers until the mixture resembles oatmeal. Gradually stir in water until dough is just wet enough to hold together. Knead briefly, just so the dough holds together without crumbling. Place in the refrigerator while preparing the fruit.

OR

2. Make the Butter Crust: 1. In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate for 4 hours or overnight. Roll dough out to fit a 9 inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate.
  
3. Prepare fruit: In a medium bowl, stir together the sugar and cornstarch. Add the fruit, and toss gently to coat. Set aside.
  
4. Roll out the crust dough into a rough circle about the size of a dinner plate, and place on a flat baking sheet. Pile the fruit into a level mound in the center of the dough, leaving 1 to 2 inches of exposed dough around the edge. Throw out any juices that may have accumulated in the fruit bowl. Fold the dough up over the fruit - the edges should cover some of the fruit and berries, but not reach the center of the tart.
  
5. Bake for 25 to 30 minutes in the preheated oven, until the fruit is bubbly and the crust is golden brown. Let cool completely before cutting into wedges and serving.



## **Mixed Fruit Crisp**

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From author: "I found this recipe calling for only apples or peaches, but found it worked wonderfully with any fruit you have available. Please experiment! If using primarily apples, try a bit of shredded cheddar cheese, sprinkled on top of crumble topping the last 10 minutes of baking. Tastes wonderful with vanilla ice cream."  
Makes one 7x11 pan of crisp.

### **Ingredients**

#### **Fruit:**

- \* 3 Granny Smith apples - peeled, cored and sliced
- \* 4 fresh peaches - peeled, pitted and sliced
- \* 1 banana, sliced
- \* 1/2 cup raisins
- \* 1/4 cup water

#### **Crisp:**

- \* 1/2 cup rolled oats
- \* 1/4 cup brown sugar
- \* 1/2 cup all-purpose flour
- \* 1/2 teaspoon ground cinnamon
- \* 1 pinch salt
- \* 1/4 cup butter

### **Directions**

1. Preheat oven to 350.
2. Combine apples, peaches, banana, raisins and water in a 7x11 baking dish.
3. Make "crisp": In medium bowl, combine oats, brown sugar, flour, cinnamon and salt. Cut in butter with two knives or pastry blender until mixture resembles coarse crumbs. Sprinkle over fruit.
4. Bake for 35 to 45 minutes, until topping starts to brown. Serve warm.



## Creating Fabulous Salads

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Great salads have a combination of a fruit, nut and cheese.

Karen House guests LOVE eggs and cheese in their salads. Try to sneak in small amounts of the healthiest stuff: cabbage, spinach, or even greens like arugula or kale.

### Greens

We get a good variety of lettuce, such as iceberg, spinach, romaine, and butter. The darker leaves offer more vitamins.

### Vegetables – chop into bite size morsels!

- fresh green beans
- snap peas
- carrots (shred, if desired)
- radishes (shred, if desired)
- broccoli
- cauliflower
- zucchini (shred, if desired)
- avocados (quarter)
- tomatoes
- cucumbers (slice)
- bell peppers
- mushrooms
- red/green onions

### Fruit

- Blueberries
- raspberries
- blackberries
- apple slices
- raisins
- mandarin oranges
- strawberries
- pears

### Meat and Cheese

- hard-boiled eggs
- tuna
- chicken breast
- ALWAYS grate cheese over the top of your finished salad – you'll double the takers!

### Nuts or Croutons

Use any nuts we have, or use up some of our ubiquitous bread:

Croutons on stovetop:

1. Melt butter or oil in a skillet.
2. Add the cubes of bread and sauté, until golden brown.
3. Season with any of these: salt, pepper, paprika, garlic powder, dried basil.

Croutons in Oven

1. Place cubes of bread onto a cookie sheet.
2. Drizzle oil over the bread to lightly cover, season, and toss.
3. Bake at 400 degrees 5 to 10 minutes or until lightly brown and toasted.

### Random Salad Combinations

Spinach salad #1: mandarin oranges, red onions, nuts and a white cheese

#2: strawberries, nuts and cheese

#3 apples, raisins and peanuts

#4: See 'celery' for Waldorf salad recipe

## **Shepherd's Pie & Veggie Shepherd's Pie**

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Shepherd's Pie is usually a mixture of meat and vegetables baked, and topped with mashed potatoes. Very versatile – you can use any veggies, and substitute steak or chicken for the beef, if that's what you have available.

### **Ingredients**

- ◆ 12 lbs ground beef or ground turkey
- ◆ 8 onions chopped
- ◆ 10 cups vegetables - chopped carrots, corn, peas – whatever we have!
- ◆ 20 big potatoes – to make the mashed potato topping (substitute instant mashed potatoes, if you want!)
- ◆ Lots of butter
- ◆ 4 cups beef broth, or gravy
- ◆ 3 Tablespoons Worcestershire sauce
- ◆ Salt, pepper, other seasonings of choice

### **Directions**

1. Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).
2. While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
3. Sauté onions in butter until tender over medium heat (10 mins). Add the rest of the veggies and sauté.
4. Add ground beef and sauté until no longer pink. Add salt and pepper, and Worcestershire sauce. Add half of the beef broth and cook, uncovered, over low heat for 10 minutes, then the rest as necessary to keep moist.
5. Mash potatoes in bowl with remainder of butter, season to taste.
6. Place beef and veggies in large baking dish. Distribute mashed potatoes on top.  
Cute tip: Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.
7. Cook in 400 degree oven until bubbling and brown (about 45 minutes). Turn to 500 for last few minutes to try and brown the top.

## **Veggie Shepherd's Pie**

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### **Ingredients**

- ◆ 1/2 cup extra virgin olive oil, divided
- ◆ 20 cloves garlic, crushed
- ◆ 1/2 cup curry powder
- ◆ 3 tablespoons ground cumin
- ◆ 2-1/2 cups water
- ◆ 2-1/2 cups fat-free half and half (or milk)
- ◆ 2-1/2 cups grated Parmesan cheese
- ◆ 5 pinches Salt and freshly ground black pepper to taste

### **Veggies:**

- ◆ 5 large yellow onion, roughly chopped
- ◆ 10 small red or green bell peppers, chopped

- ◆ 15 cups cubed eggplant, with peel
- ◆ 5 (15 ounce) cans diced tomatoes
- ◆ 6-1/4 pounds small red potatoes, halved
- ◆ OPTIONAL VARIATION: Substitute turnips, cauliflower, sweet potatoes for potatoes
- ◆ 5 cups frozen or fresh peas

**Directions:**

1. Preheat oven to 400. In a large skillet over medium heat, heat 1 Tb. oil; add onions, garlic, curry and cumin. Sauté until onions are soft, about 5 minutes. Remove to a bowl.
2. Heat remaining oil in skillet; add peppers, eggplant, tomatoes and 1/2 cup water. Sauté until soft, about 20 minutes. Stir in onions. Place in a shallow 8-by-8- inch baking dish.
3. In a saucepan, boil potatoes until done. Drain and smash. Stir in half and half, peas, salt and pepper. Spread over vegetables and top with Parmesan.
4. Bake 15 minutes. Brown in broiler. Serve.



## Frittata

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When we have lots of eggs, a perfect dish!

A frittata is basically eggs baked with any combination of veggies and meat, topped with cheese. Serves 32.

### Ingredients:

- 2 onions, sliced
- 1/4 cup vegetable oil
- 32 eggs, beaten
- 4-6 Cups milk
- 3 cups cooked, cubed ham OR chicken OR steak OR sausage
- 3 cups shredded Cheddar or other shred-able cheese, or 3-4 pkg. of cottage cheese
- 16 potatoes, peeled and cubed (potatoes optional, substitute other veggies if you don't have them)
- 4-6 cups of ANY veggies, especially bell peppers, broccoli, celery, mushrooms, peas, spinach

### Directions:

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 20 minutes. Drain and set aside to cool. Meanwhile, preheat oven to 350.
2. Beat eggs together in large bowl. Add 4-6 cups of milk into mixture.
3. On stove, heat oil, and add onions and cook until soft. Add any veggies you're using, and sauté.
4. Stir in eggs, drained potatoes, ham, salt and pepper. Cook until eggs are firm on the bottom, about 5 minutes.
5. Combine egg mixture, veggies, and meat into large baking pans – not more that 2 inches deep each, or it will take forever to cook.
6. Bake until a knife comes clean and the eggs are set (about 45-60 min).
7. Remove frittatas and top with shredded cheese.



# Mexican Casserole

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The idea is an easy casserole with a Mexican flair – feel free to substitute any of the veggies.  
Serve with sour cream and avocado, if we have it!

## Ingredients

- 5 pounds ground beef or ground turkey
- 5 onions, chopped
- 2-1/2 pounds egg noodles
  - OR substitute rice
- 5 cans chili
  - OR substitute pinto and black beans
- 5 cans diced tomatoes
- 5 cans corn, drained
- 5 packages taco seasoning mix
  - OR combine 1 TB each of: cumin, chili powder, garlic powder, oregano
  
- 5 stalks celery, chopped (optional)
- 1-1/4 cups salsa (optional)
- Cheddar cheese (to top the casserole)

## Directions

1. Preheat oven to 350 degrees.
2. Sauté the ground beef, onion and celery over medium heat until the meat is browned and the onion is tender. Drain the fat and set aside.
3. Cook noodles according to package directions and drain.
4. Combine noodles with meat mixture, chili, tomatoes, corn, taco sauce and taco seasoning mix. Place entire mixture into a baking dish.
5. Bake at 350 degrees for 30 minutes, or until thoroughly heated.
6. After you pull out of oven, top with cheddar cheese.

## Emergency Casserole

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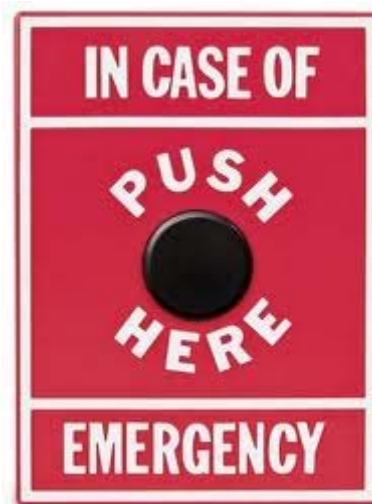
When the cooks cancel and there's no fresh food around, this is an easy to assemble recipe.

### Ingredients

- ◆ 5 pounds lean ground beef or ground turkey
- ◆ 15 cups peeled, thinly sliced potatoes
- ◆ 5 cans cream of mushroom soup
- ◆ 3 cups chopped onion
- ◆ 4 cups milk
- ◆ 2 cups shredded cheese
- ◆ Optional: diced bell peppers

### Directions

1. Preheat oven to 350 degrees. Start a big pot of water boiling.
2. Slice potatoes, add to salted boiling water – remove when they are soft, but not falling apart.
3. Brown the ground beef; drain fat.
3. Combine cream of mushroom soup, onion, milk, salt and pepper to taste in a bowl.
4. Alternately layer the potatoes, soup mixture and meat in a baking dish.
5. Bake for 1 hour, or until potatoes are tender.
6. Top with cheese, and continue baking until cheese is melted.



## Fruit Smoothies

1. Option #1 : You can't find a blender. No surprise there.

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### **Ingredients**

- Any soft, non-citrus fruit, like strawberries or bananas
- Milk or juice
- Ice cream or frozen yogurt

### **Directions**

1. Mash up the fruit really well with a fork
2. Slowly add the liquid,
3. Slowly add in the ice cream or frozen yogurt.

2. Option #2: By some miracle of God, we have a blender!

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*Use any combination of fruit we have – blueberries, peaches, strawberries, whatever! This serves 20.*

### **Ingredients**

- 20 cups strawberries, hulled
- 5 bananas, broken into chunks
- 10 peaches
- 5 cups of any fruit juice, or divide into part fruit juice, part dairy (milk, ice cream, or yogurt)
- 10 cups ice

### **Directions**

1. In a blender, combine strawberries, banana and peaches. Blend until fruit is pureed. Blend in the juice. Add ice and blend to desired consistency. Pour into glasses and serve.

*Wish we had a.....*





## **Three Cream Sauces for Pasta**

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*Use 2-3 pkg. of pasta to accompany these sauces; they should serve about 30 people.*

### **Alfredo Sauce #1 (if we have milk or cream)**

#### **Ingredients**

- 2 cups butter, room temperature
- 3 cups grated Parmesan cheese
- 4 cups heavy cream (half and half or milk will work too)
- Your choice of cooked veggies (mushrooms, broccoli, onions, peppers are great choices)
- Your choice of cooked meat or fish (chicken pieces would work well)

#### **Directions**

1. In a medium bowl, beat butter and Parmesan until fluffy.
2. Add cream, a little at a time, until mixture resembles softly scrambled eggs.
3. Toss with hot pasta to serve. Add any cooked veggies and meat you can find!

### **Alfredo Sauce #2 (if we have cream cheese)**

#### **Ingredients**

- 2 cups butter
- 4 (8 ounce) packages cream cheese
- 3 tablespoons garlic powder
- 8 cups milk
- 1-1/2 pounds, or a lot, of grated Parmesan cheese
- 1/2 teaspoon ground black pepper
- Your choice of cooked veggies (mushrooms, broccoli, onions, peppers are great choices)
- Your choice of cooked meat or fish (chicken pieces would work well)

#### **Directions**

1. Melt butter over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth.
2. Add milk, a little at a time, whisking to smooth out lumps.
3. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency.
4. Sauce will thicken rapidly, thin with milk if cooked too long.
5. Toss with hot pasta to serve. Add any cooked veggies and meat you can find!

### **Bottom of the Barrel Sauce (but no one will know it!)**

- Cream of Mushroom Soup
- Milk to thin
- Seasonings:
  - parsley
  - garlic powder
  - ground pepper

1. Combine all ingredients in bowl, season to taste. Add to cooked pasta, along with any veggies, fish or meat you choose.

## Chili: Turkey and Veggie

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### Turkey Chili

*We often have ground turkey around that goes unused.*

#### Ingredients:

- ◆ 2 tablespoons olive oil
- ◆ 4 pounds ground turkey
- ◆ 4 onion, chopped
- ◆ 8 cups water
- ◆ 4 (28 ounce) cans canned crushed tomatoes
- ◆ 4 (16 ounce) cans canned kidney beans - drained, rinsed, and mashed

#### ◆ Spices

- 1/4 cup garlic, minced
- 1/2 cup chili powder
- 2 teaspoons paprika
- 2 teaspoons dried oregano
- 2 teaspoons ground cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 2 teaspoons ground black pepper

#### Directions:

1. Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.
2. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes. (The longer it sits, the better it tastes!)

### Veggie Chili

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#### Ingredients:

- ◆ 2 tablespoons vegetable oil
- ◆ Veggies (substitute at will!)
  - 2 cups chopped onion
  - 2 cups chopped carrots
  - 2 cups chopped green bell pepper
  - 2 cups chopped red bell pepper
  - 3 cups chopped fresh mushrooms
  - 2 cans whole peeled tomatoes or diced tomatoes
- ◆ Beans
  - 2 cans black beans, undrained
  - 2 cans kidney beans, undrained
  - 2 cans pinto beans, undrained
  - 2 cans whole kernel corn, drained
- ◆ Spices
  - 6 cloves garlic, minced
  - 1/4 cup chili powder 2 tablespoons cumin
  - 3 tablespoons dried oregano
  - 3 tablespoons dried basil
  - 1 tablespoon garlic powder

#### Directions:

1. Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.
2. Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

# Easy Veggie Pot Pie

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## Ingredients:

- ◆ 5 cans condensed cream of potato soup
- ◆ 5 cans mixed vegetables, drained (or fresh veggies if we have them)
- ◆ 2-1/2 cups milk
- ◆ 2-1/2 teaspoons dried thyme
- ◆ 2-1/2 teaspoons ground black pepper
- ◆ 10 (9 inch) frozen prepared pie crusts, thawed (If we don't have pie crusts, use crust recipe below.)

## Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium bowl, combine potato soup, mixed vegetables, milk, thyme, and black pepper.
3. Spoon filling into bottom pie crust. Cover with top crust, and crimp edges to seal. Slit top crust.
4. Bake for 40 minutes. Remove from oven, and cool for 10 minutes before serving.

## Crust Recipe

- **Ingredients for one crust:** *(if we don't have shortening, see General Recipes 'Mixed Fruit Tart' for a butter crust recipe)*
  - 2 cups all-purpose flour
  - 1/2 teaspoon salt
  - 1 cup shortening
  - 1/2 cup cold water

## Directions:

1. In a medium bowl, stir together the flour and salt.
2. Cut in shortening by rubbing between your fingers until the mixture resembles oatmeal.
3. Gradually stir in water until dough is just wet enough to hold together.
4. Knead briefly, just so the dough holds together without crumbling.
5. Place in the refrigerator while preparing the fruit.

## III. FRUITS/VEGGIES

### Apples

#### 1. Ideas for Serving

- As a snack, quarter apples, fan them on a plate. Add a tablespoon of peanut butter, and drizzle a little lemon juice over the apples to prevent browning.
- See General Recipes for fruit salad recipe, No Skill Fruit Tart, Mixed Fruit Crisp.
- See “carrots” for “Apple, Carrot, Or Zucchini Cake” recipe

#### 2. Recipes

##### Apple Crisp

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*The oats make this dessert crisp a bit healthier than an apple pie.*

##### **Ingredients**

- 24 tart apples - cored, and sliced (peel if desired)
- 2 cups butter at room temperature
- 4 cups all-purpose flour
- 4 cups white sugar
- 4 cups quick-cooking oats
- 1/2 cup ground cinnamon, divided

##### **Directions**

1. Preheat oven to 350 degrees F
2. Place apples in a baking dish. In a bowl, mix melted butter, flour, sugar, oats, and 1 tablespoon cinnamon to form a crumbly mixture.
3. Sprinkle over apples. Sprinkle with remaining 1 tablespoon cinnamon.
4. Bake about 50 minutes, until lightly browned and apples are tender.

##### Apple Sauce

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##### **Ingredients**

- 20 apples - peeled, cored and chopped
- 3-3/4 cups water
- 1-1/4 cups white sugar
- 2-1/2 teaspoons cinnamon

##### **Directions**

1. In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft.
2. Allow to cool, then mash with a fork or potato masher.

## **Apple Spiced Cookies**

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*Egg and milk free; makes 36 cookies.*

### **Ingredients**

- 4 cups sifted flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 2 teaspoons ground nutmeg
- 1 cup shortening
- 2-2/3 cups packed brown sugar
- 2/3 cup apple juice (water might be ok?)
- 2 cups chopped apples
- 2-3/4 cups and 3 tablespoons chopped walnuts (optional)
- 2 cups raisins

### **Directions**

1. Preheat oven to 400.
2. Cream together shortening and brown sugar. Stir in flour, baking soda, salt and spices until dampened. Stir until smooth. Mixture will be very thick.
3. Stir in nuts, apples and raisins. Drop by tablespoon 2 inches apart on a lightly greased cookie sheet.
4. Bake 8 to 10 minutes. Let cool slightly, remove from cookie sheet.

## **Pork Chops and Apples**

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*KHouse community member Katherine's favorite childhood dish. Serves 28.*

### **Ingredients**

- 28 pork loin chops, trimmed
- 7 onions, sliced
- 21 apples, sliced
- 7/8 cup honey
- 7 lemons, juice
- 1 1/4 tablespoons ground cayenne pepper
- 1 1/4 tablespoons allspice (I use 1 t)
- 1 1/4 tablespoons cinnamon (I use 1 t)
- 1 1/4 tablespoons salt
- 1 3/4 cups water

### **Directions**

1. Preheat oven to 350.
2. Place pork chops in single layer in large baking dish.
3. Saute onions and place on top of chops.
4. Place apple on top then add honey and lemon juice, cayenne, allspice, cinnamon and salt.
5. Pour water around the edges. Cook covered for 1 hour or until chops are cooked through.

# **Asparagus**

- See General Recipes for Egg frittata, Fried Rice/Stir Fry, or Three Cream Sauces for Pasta

## **Ammon's Easy Asparagus**

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1. Rinse and cut off 1-2 inches of the bottom. Toss with oil, salt and pepper.
2. Grill on stovetop, or bake in oven at 425 for 10-15 minutes – until you can cut through one stalk without a lot of work.



## **Asparagus and Beef Stir Fry**

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### **Ingredients**

- 7 pounds boneless beef sirloin steak
- 3/4 cup and 2 tablespoons cornstarch
- 12 cups Beef Broth
- 3/4 cup and 2 tablespoons
- 1/4 cup and 3 tablespoons packed brown sugar
- 1-3/4 teaspoons garlic powder
- 7 pounds asparagus, cut into 2-inch diagonal pieces (substitute broccoli if desired)
- 14 large portobello mushrooms, sliced
- 28 cups hot cooked regular long-grain white rice OR 2 packages noodles, cooked

### **Directions**

1. Slice beef into very thin strips. Mix cornstarch, broth, soy, sugar and garlic powder until smooth. Set aside.
2. Cook beef on stovetop until browned.
3. Add asparagus, mushrooms. Stir broth mixture and add. Cook until mixture boils and thickens, stirring constantly. Serve over rice or noodles.

# Avocados

- Add avocado (or guacamole) to burritos, tacos, also goes great on toast!

## Green Revolution Guacamole

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*Serves about 18 people, depending on how much they love guac!*

### Ingredients

- 9 avocados - peeled, pitted, and mashed
- 1 tablespoon salt
- 1-1/2 cups diced onion
- 6 tomatoes, diced (or ½ cup of salsa)
- 1 tablespoon powdered garlic (or 4-5 cloves)
- 3 pinches cayenne or chili pepper
  
- **Optional**
  - 3 lime, juiced (optional, lemon juice is ok too)
  - 1/2 cup and 1 tablespoon chopped fresh cilantro
  - 1 Tablespoon cumin
  - 2 Tablespoons Worcestershire sauce, or to taste

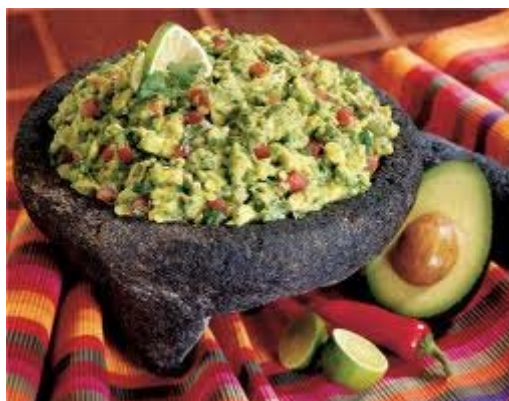
### Directions

1. Mix everything together in large bowl and serve immediately. Sprinkle with lemon juice and keep avocado pit in the bowl if serving later.

## Avocado in Sandwiches

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- **BLT with avocado** - spread avocado onto your normal BLT. Best when toasted or grilled. Also, tortillas are a fun substitute for bread.
- **Turkey with avocado** – Grill turkey sandwiches with avocado spread. Add cheese, tomatoes, lettuce, etc.



## **Bananas**

- See general recipes for fruit salad, and No Skill Fruit Tart, Mixed Fruit Crisp.

### **Raspberry Banana Bread**

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*Substitute blueberries, blackberries or strawberries for the raspberries! Makes 2 loaf pans.*

#### **Ingredients:**

- 1 cup mashed ripe bananas
- 1 3/4 cups flour
- 1 1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 eggs
- 1/2 cup vegetable oil
- 1/3 cup water
- 1 cup whole raspberries
- 1/2 cup chopped walnuts

#### **Directions**

1. In a large bowl, combine the flour, sugar, baking soda and salt.
2. In another bowl, combine the eggs, bananas, oil and water.
3. Combine the two bowls just until moistened. Fold in raspberries and walnuts.
4. Pour into two greased loaf pans.
5. Bake at 350 for an hour, or until a toothpick comes out clean.
6. Cool for 10 minutes before removing from pans to wire racks.

### **Easy Banana Bread**

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*Makes three loaf pans.*

#### **Ingredients**

- 7 cups mashed overripe bananas
- 6 cups all-purpose flour
- 1 tablespoon baking soda
- 3/4 teaspoon salt
- 1-1/2 cups butter
- 2-1/4 cups brown sugar
- 6 eggs, beaten
- Optional: 2 Cups chocolate chips!!! also, chopped nuts or raisins

#### **Directions**

1. Preheat oven to 350. Lightly grease three loaf pans.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended.
3. Stir banana mixture into flour mixture. Pour batter into prepared loaf pan.
4. Bake in preheated oven for an hour, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



## **Brazilian Bananas**

---

*Serves 12.*

### **Ingredients**

- 6 medium bananas, halved lengthwise
- 1/2 cup fresh orange juice
- 1 tablespoon fresh lemon juice
- 1/2 cup white sugar
- 1/8 teaspoon salt
- 2 tablespoons butter
- 1 cup flaked coconut

### **Directions**

1. Preheat the oven to 400. Butter a baking dish.
2. Place the bananas into the baking dish. Combine the orange juice, lemon juice, sugar and salt in a pitcher or bowl; pour over the bananas. Dot with butter.
3. Bake for 15 minutes in the preheated oven. Sprinkle with coconut before serving.



New Roots Urban Farm in St. Louis

## **Beans, Green**

- See General Recipes for Stir Fry, Frittata, Pot Pie, Shepherd's Pie

### **Healthy Green Bean Casserole**

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#### **Ingredients**

- 12 Cups fresh green beans, trimmed and cut
- 4 cans reduced-fat cream of mushroom soup
- 3 cups milk (skim is best)
  
- **To Make Frazzled Onions:**
  - 4 large onions
  - flour
  - salt
  - cooking spray

#### **Directions**

1. Add some water to a pan and cook beans until almost tender. While they are cooking, make the frazzled onions.
2. Peel onion, cut in half, slice very thin.
3. Spread out and salt them.
4. Put some flour in a ziplock bag, add the onions, and shake until they are all coated. Shake off excess, and cook in skillet until brown and crisp.
5. Drain green beans and mix with the soup, milk, salt and pepper and half of the crisp onions.
6. Bake at 350°F for about 10 minutes then top with the rest of the onions and cook another 5 minutes.

### **Oven Roasted Green Beans**

---

#### **Ingredients**

- 1 pound green beans (3 cups), stem ends snapped off
- 1 tablespoon olive oil
- Table salt and ground black pepper

#### **Directions**

1. Pre-heat oven to 450.
2. Spread beans on baking sheet.
3. Drizzle with oil and use hands to toss green beans to coat the evenly with the oil.
4. Sprinkle with 1/2 teaspoon salt, toss to coat.
5. Roast 10 minutes, then move beans around, and roast 10 more minutes, until the beans are dark golden brown in spots and have started to shrivel.
6. Adjust seasonings with salt and pepper.

## **Blanched Green Beans**

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*This is the best way to enjoy the taste of very fresh green beans. Blanching means to plunge foods into boiling water, then to remove and place in ice water.*

### **Directions**

1. Rinse green beans and snap off ends. Make sure all the pieces are similar in length so they cook evenly.
1. Bring large pot of water to boil.
2. Plunge the green beans into the boiling water for 3-5 minutes. Check for doneness.
3. Immediately drain the green beans in a colander and plunge them into ice cold water to bring the temperature down. The beans should spend as much time in the cold water as in the hot.
4. Drain/dry the beans well before using.



## **Beans, Black and White**

- ◆ See General Recipes for Veggie Chili
- ◆ See “Greens” for Winter Kale Soup, Swiss Chard with Garbanzo Beans and Tomatoes
- ◆ See “Pumpkin” for Black Bean and Pumpkin Quesadillas

## **Black Bean and Salsa Soup**

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*Uses a blender.*

### **Ingredients**

- ◆ 14 cans black beans, drained and rinsed
- ◆ 10-1/2 cups vegetable broth
- ◆ 7 cups chunky salsa
- ◆ 2 tablespoons and 1 teaspoon ground cumin
- ◆ OPTIONAL:
  - 1-3/4 cups sour cream
  - 3/4 cup and 2 tablespoons thinly sliced green onions

### **Directions**

1. In a food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Ladle soup into bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

## **Classic Ham and Bean Soup**

---

*Use with leftover ham hocks after a holiday meal.*

### **Ingredients**

- ◆ 3 pounds dry great Northern beans
- ◆ 24 cups water
- ◆ 1-1/2 teaspoons salt
- ◆ 3 ham hock
- ◆ 3 cups chopped carrots
- ◆ 1-1/2 stalks celery, chopped
- ◆ 3 cups chopped onion
- ◆ 1 tablespoon minced garlic
- ◆ 1 tablespoon mustard powder
- ◆ 6 bay leaves
- ◆ 6 cups chopped ham
- ◆ 1-1/2 teaspoons ground white pepper

### **Directions**

1. Rinse the beans, sorting out any broken or discolored ones. In a large pot over high heat, bring the water to a boil. Add the salt and the beans and remove from heat. Let beans sit in the hot water for at least 60 minutes.

2. After the 60 minutes of soaking, return the pot to high heat and place the ham bone, carrots, celery, onion, garlic, mustard and bay leaves in the pot. Stir well, bring to a boil, reduce heat to low and simmer for 60 more minutes.
3. Remove ham bone and discard. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.

## **Black Bean Chili**

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### **Ingredients**

- ◆ 1/4 cup and 1 tablespoon vegetable oil
- ◆ 5 onion, diced
- ◆ 10 cloves garlic, minced OR 5 tsp garlic powder
- ◆ 5 pounds ground turkey
- ◆ 15 (15 ounce) cans black beans, undrained
- ◆ 5 (14.5 ounce) cans crushed tomatoes
- ◆ 1/3 cup and 2 tablespoons chili powder
- ◆ 1/4 cup and 1 tablespoon dried oregano
- ◆ 1/4 cup and 1 tablespoon dried basil leaves
- ◆ 1/4 cup and 1 tablespoon red wine vinegar

### **Directions**

1. Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent.
2. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar.
3. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.



# **Beets**

## **Easy as Social Change (!?) Beets**

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*These are actually easier than social change.*

### **Ingredients**

- 15-20 garden-fresh beets, peeled
- 5-10 cups water (enough to cover)
- 2 cups sugar, or to taste
- 3 Tablespoons apple cider vinegar
- 2 1/2 teaspoons salt

### **Directions**

1. Chop off the roots and stem from the beets and peel.
2. Place in saucepan and cover with water.
3. Add all other ingredients and simmer for about one hour (or until tender).
4. Cool and enjoy. I remove from the pan and dice after they have been cooked.

## **Russian Beet and Potato Salad**

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### **Ingredients**

- 6 beets
- 12 small potatoes
- 6 small carrots
- 9 small dill pickles, diced
- 3/4 cup vegetable oil
- 1/3 cup and 2 tablespoons balsamic vinegar
- salt to taste
- 9 green onions, chopped (optional)

### **Directions**

1. Bring a large pot of water to a boil, and cook beets until tender, about 30 minutes.
2. Bring a separate pot of water to a boil and cook potatoes and carrots until tender, about 20 minutes.
3. Drain vegetables, cool, and remove skins. Dice and place in a large bowl.
4. Place the diced pickles in the bowl with beets, potatoes, and carrots.
5. Drizzle the olive oil and vinegar over the mixture and toss to coat. Season with salt. Sprinkle with green onions. Chill completely before serving.

## **Blueberries**

- See recipe for fruit salad, fruit smoothie, No Skill Fruit Tart, Mixed Fruit Crisp.
- See bananas for Raspberry Banana Bread
- See raspberries for Raspberry Sour Cream Pie

### **Blueberry Dump (Dumpster?) Cake**

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*A blueberry dessert-in-a-hurry.*

#### **Ingredients**

- 2 packages yellow cake mix
- 8 cups fresh blueberries, or any other berry
- 1 cup white sugar
- 1 cup butter, melted
- 2 teaspoons ground cinnamon

#### **Directions**

1. Preheat oven to 350.
2. Mix berries, sugar, and cinnamon in the bottom of two 9 x 13 inch pans. Cover berries with dry cake mix. Pour butter over cake mix, do not stir.
3. Bake for 30 minutes, or until light brown. Serve warm or cold. top with ice cream.

### **Blueberry Breakfast Sauce**

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*Can be served over pancakes, French toast, waffles or ice cream. Substitute other berries if desired. Makes 20 servings.*

#### **Ingredients**

- 1 cup sugar
- 2 tablespoons cornstarch (to thicken sauce, if we don't have any, thicken the sauce by simmering it longer)
- 2/3 cup water
- 4 cups fresh or frozen blueberries

#### **Directions**

1. In a saucepan, combine sugar and cornstarch; gradually stir in water. Add blueberries; bring to a boil over medium heat, stirring constantly.
2. Boil for 1 minute, stirring occasionally.
3. Serve warm or cold over French toast, pancakes or waffles.

### **Salmon with Savory Blueberry Sauce**

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#### **Ingredients**

- 7 cups fresh blueberries
- 3-3/4 cups chicken stock (or water)
- 1-1/4 cups balsamic vinegar
- 1-3/4 cups orange juice (or use lemon juice and increase sugar amount)

- 2 tablespoons honey (or substitute 2 ½ Tablespoons of sugar)
- 1/4 cup and 3 tablespoons cornstarch
- salmon steaks
- 3/4 cup and 2 tablespoons olive oil
- salt and pepper to taste

### Directions

1. Pour 1/2 cup chicken stock (or water), vinegar, orange juice, and honey into a saucepan. Bring to a boil over high heat, then reduce heat to medium. (Make sure you simmer at least 10 minutes, so that the balsamic flavor won't overwhelm the sauce.)
2. Dissolve cornstarch in 1/4 cup of cold water, then stir into the simmering sauce. Cook and stir until the sauce thickens and turns clear, 1 to 2 minutes. Stir in the blueberries and chives, and keep warm over low heat.
3. Brush salmon with oil, and season to taste with salt and pepper. Cook in oven or on stovetop. Serve with blueberry sauce.

## **Blueberry Popsicles**

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*For those 100 degree Karen House days....Makes 24 popsicles.*

### Ingredients

- 3 pints fresh blueberries
- 3 cups vanilla yogurt
- 3 cups milk
- sugar, honey or maple syrup to taste

### Directions

1. Blend blueberries, yogurt, milk, and sugar into as smooth a mixture as possible.
2. Pour mixture into small plastic or disposable paper cups.
3. If we have toothpicks, wooden craft sticks, or surplus disposable spoons, put into the center.
4. Freeze and eat!

**Note:** For a simpler version, combine blueberries, a little lemon juice, and sugar to taste. Follow steps 2-4.





## **Broccoli**

- See General Recipes for Stir fry, Frittata, Three Cream Sauces for Pasta, Shepherd's Pie and Pot Pie

## **Roasted Broccoli**

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1. Wash and cut broccoli
2. Spread one layer of broccoli in baking dish.
3. Drizzle with olive oil.
4. Sprinkle with any combination of these seasonings: salt, pepper, garlic powder, chili powder, crushed red pepper
5. Bake with hot oven (around 450) until tender. Serve with melted cheese for happy guests!

## **Salmon Broccoli Bake**

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### **Ingredients:**

- 7 cups chopped onions
- 1/4 cup butter
- 10 cups cooked rice
- 8 salmon filets from Trader Joe's, cooked and flaked
- 7 eggs
- 3 cups mayonnaise
- 5 cups grated cheese – whatever we have (recipe suggests parmesan or cheddar)
- 7 heads of cut broccoli

### **Directions:**

1. Preheat oven to 350.
2. Sauté onion in butter until tender. Remove from the heat; stir in rice and salmon.
3. Combine egg and mayonnaise; add to the salmon mixture.
4. Spoon half into a greased baking dish; top with half of the cheese and broccoli. Layer with the remaining salmon mixture, cheese and broccoli.
5. Bake, uncovered, at 350 degrees for about 30 minutes.

## **Chicken Broccoli Casserole**

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### **Ingredients**

- 14 boneless chicken breast halves (or the equivalent amount in chicken pieces)
- 7 pounds broccoli florets (about 40 cups!)
- 7 cans LOW FAT condensed cream of mushroom soup
- 1/4 cup low fat mayonnaise
- 7 cups shredded cheese
- 7 cups dry stuffing mix

### **Directions**

1. Preheat oven to 350.
2. Boil chicken until tender and shred or cut into bite size pieces. Meanwhile, steam broccoli until crisp but tender.
3. In a small bowl mix together the soup and mayonnaise. Set aside.
4. In a baking dish layer the chicken, broccoli, soup mixture, and cheese.
5. Sprinkle dry stuffing mix over the top and bake for 25-30 minutes.



Ashley and Trina cooking at a Karen House Retreat

# **Cabbage**

- See General Recipes for creating fabulous salads.

## **Healing Cabbage Soup**

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### **Ingredients**

- ◆ 2 onion, chopped
- ◆ olive oil for saute
- ◆ 8 cloves garlic, chopped OR 4 tsp garlic powder
- ◆ 16 cans of veggie or chicken broth, or 32 cups water plus 1/3 cup chicken bouillon
- ◆ 1 tablespoon each of salt and pepper, or to taste
- ◆ 2 heads cabbage, cored and coarsely chopped
- ◆ 4 cans stewed tomatoes, drained and diced

### **Directions**

1. In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
2. Stir in broth, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
3. Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

## **Southern Fried Cabbage**

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### **Ingredients**

- ◆ 12 slices bacon, cut into thirds
- ◆ 1 tablespoon each salt and pepper, or to taste
- ◆ 4 heads cabbage, cored and sliced
- ◆ 4 white onions, chopped
- ◆ 4 pinches white sugar

### **Directions**

1. Cook the bacon in a large pot over medium heat for about 5 minutes, or until bacon is crisp.
2. Add cabbage, onion, and sugar to the pot; cook and stir continuously for 5 minutes, until tender.

## **Catholic Worker Cabbage Rolls**

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### **Ingredients**

- ◆ 2-3 heads of cabbage – you need about 50 leaves cabbage
- ◆ 5 cups uncooked white rice
- ◆ 10 cups water
- ◆ 5 pounds ground beef or ground turkey
- ◆ 5 cups dry bread crumbs
- ◆ 5 pinches ground cinnamon
- ◆ 10 cans whole tomatoes, chopped

- ◆ 5 onions, diced
- ◆ 1 tablespoon salt

### Directions

1. Preheat oven to 300.
2. Bring a large pot of water to boil, dunk cabbage leaves and cook 2 minutes. Drain.
3. Cook rice: Combine the rice and water in a small saucepan. Bring to a boil, then reduce heat and simmer for 20 minutes or until rice is tender. Remove from heat and set aside.
4. In a large bowl, combine beef, bread crumbs, cinnamon, tomatoes, onion and salt; stir until well combined. Spoon equal amounts of beef mixture onto the center of each cabbage leaf. Place a spoonful of rice onto the beef. Roll up leaves, tucking in edges.
5. Wrap each roll in aluminum foil and place in a shallow baking dish.
6. Bake 40 minutes, or until beef is cooked through. Serve warm.

## Easy Coleslaw

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### Ingredients

- ◆ 3 cups Light Mayonnaise
- ◆ 1/4 cup and 2 tablespoons lemon juice
- ◆ 1/4 cup and 2 tablespoons sugar
- ◆ 1-1/2 teaspoons salt
- ◆ 6 cups shredded cabbage OR 3 packages shredded coleslaw mix

### Directions

1. In large bowl, combine Mayonnaise, lemon juice, sugar and salt.
2. Add cabbage or coleslaw mix; toss well. Serve chilled or at room temperature.



Jenny Harvesting Cabbage in 2009

## **Carrots**

- See general recipes for Shepherd's Pie, Pot Pie, Stir Fry, Frittata, Salads
- See 'corn' for Corn Chowder recipe

## **Apple, Carrot, Or Zucchini Cake**

*This can be made with apples, carrots, or zucchini! Serve with whipped cream. Add some cinnamon, nutmeg, or cloves to the whipped cream for a lightly spicy treat!!*

### **Ingredients**

- 8 cups peeled, cored and shredded apple (or carrot, or zucchini)
- 4 cups white sugar
- 4 eggs
- 4 cups flour
- 1 tablespoon ground cinnamon
- 2 teaspoons ground nutmeg
- 2 teaspoons salt
- 1 tablespoon and 1 teaspoon baking soda
- 1 cup vegetable oil
- 2-3/4 cups chopped nuts (walnuts best)

### **Directions**

1. Preheat oven to 350. Grease and flour two 9 X 13 inch pans.
2. In a large bowl, blend the sugar with the eggs. Add the oil, and mix well. Mix in flour, spices, salt, and baking soda. Stir in the nuts and the apples, carrots, or zucchini. Pour batter into prepared pan.
3. Bake for 40 minutes. Serve warm or cooled.



## **Cauliflower**

- See general recipes for Stir-fry and Shepherd's Pie

## **Rockin' Roasted Cauliflower**

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*KHouse community member Jenny's absolute favorite!*

1. Preheat oven to 450.
2. Wash and cut cauliflower.
3. Spread one layer in baking dish.
4. Drizzle with olive oil.
5. Sprinkle with any combination of these seasonings: salt, pepper, garlic powder, chili powder, crushed red pepper. Serve with melted cheese, if we have it!
6. Bake until tender.

## **Easy Cauliflower Soup**

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### **Ingredients**

- ◆ 5 cups chopped onions
- ◆ Butter for sauteeing
- ◆ 20 cups veggie or chicken broth (about 12 cans)
- ◆ 5 cauliflower heads, cut into florets
- ◆ 5 cup milk or cream
- ◆ ½ cup chopped fresh dill (for garnish)
- ◆ Salt and pepper to taste

### **Directions**

1. Saute onions in butter for 5-10 minutes. Add broth and cauliflower, simmer until cauliflower is tender (about 10-20 minutes).
2. Puree soup, then add cream.
3. Reheat (do not boil) and season with salt and pepper.

# Smashed Cauliflower

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*Healthy alternative to mashed potatoes.*

## Ingredients

- 7 large heads cauliflower, cut into florets
- 21 cups veggie or chicken broth (or water)
- 1-1/4 cups and 1 tablespoon butter
- 9 cups shredded Cheddar cheese
- salt and pepper to taste

## Directions

1. Bring cauliflower and broth to a boil in a large saucepan. Reduce heat to medium, cover, and simmer for 10 minutes. Simmer until soft and the cooking liquid has reduced by half, about 10 minutes.
2. Remove cauliflower from the heat, and add the butter and cheese. Mash with a potato masher until the cheeses have melted and the cauliflower is smooth. Season to taste with salt and pepper.



Laurence harvesting cauliflower at TC House

## **Celery**

- See general recipes for Shepherd's Pie, Pot Pie, Frittata
- See "Corn" for corn chowder recipe with celery
- See "Mushrooms" for Mounier's Mushroom Soup

## **Waldorf Salad**

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### **Ingredients**

- 16 cups cubed apples
- 4 cups unsweetened pineapple tidbits
- 1/2 cup chopped celery
- 1/2 cup chopped pecans
- 1/2 cup raisins
- 4 cups (8 ounces) fat-free sour cream
- 1/4 cup reduced-fat mayonnaise
- 2 tablespoons sugar
- 2 tablespoons orange juice

### **Directions**

1. In a large bowl, combine the first five ingredients.
2. In a small bowl, combine the sour cream, mayonnaise, sugar and orange juice.
3. Pour over apple mixture; toss to coat. Cover and refrigerate for 2 hours or until chilled.



# **Corn**

- See general recipes for Shepherd's Pie, Mexican Casserole

## **K House Corn on the Cob**

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### **Ingredients**

- Corn on the cob (duh)

### **Directions**

- In oven: Bake at 400 for 30 minutes or until corn is tender.
- On Stovetop: Boil a large pot of water. Add corn; boil for 10-15 minutes or until tender.

### **Super Fun Additions**

1. Brush a thin layer of mayonnaise on each ear of corn. Sprinkle the corn with any combination of minced garlic, minced dried minced onion, dried parsley flakes, cilantro, paprika, Parmesan cheese, chili powder, salt, or pepper.
2. Drizzle with melted butter with garlic powder

## **Corn Chowder**

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### **Ingredients**

- Olive oil for sautéing
- Veggies:
  - 5 small onion, chopped
  - 5 cups celery, chopped
  - 5 cups carrots, chopped
  - 10 cups corn
- 6 cans of veggie or chicken broth, or 12-1/2 cups water plus 10 cubes vegetable bouillon
- 10 cups milk (original recipe uses soy milk)
- Seasonings:
  - 1/4 cup and 1 tablespoon flour
  - 3 tablespoon dried parsley
  - 3 tablespoon garlic powder
  - 3 tablespoon salt and pepper

### **Directions**

1. Heat oil in a large skillet over medium heat. Stir in onions and celery; cook until just slightly golden. Stir in carrots and a pinch of the garlic.
2. Meanwhile, bring water to a boil. Stir in bouillon, and reduce heat to medium. When bouillon cubes have dissolved, add corn and the vegetables from the skillet. Cook until vegetables are tender.
3. Reduce heat to low, slowly pour in milk. Stir soup well.
4. Quickly whisk in flour. Stir in parsley, garlic powder, salt, and pepper.
5. Cook, stirring constantly, until chowder thickens, about 15 to 20 minutes.

## Buttery Corn Bread

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### Ingredients

- 1-1/3 cups butter or margarine, softened
- 2 cups sugar
- 6 eggs
- 3-1/3 cups milk
- 4-2/3 cups all-purpose flour
- 2 cups cornmeal
- 3 tablespoons baking powder
- 2 teaspoons salt

### Directions

1. Combine butter and sugar first. Add the eggs and milk. Combine flour, cornmeal, baking powder and salt; then add to liquid mixture.
2. Pour into a 3 greased 13-x9 baking pans, or one big hotel pan.
3. Bake at 400 degrees F for 22-27 minutes or until a toothpick inserted near the center comes out clean. Cut into squares; serve warm.



# **Cucumbers**

- See General Recipes for 'Creating Awesome Salads'
- Add chopped cucumbers to egg salad
- Slice and add to ice water

## **Cucumber Salad**

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### **Ingredients**

- 1/2 cup red wine vinegar
- 2 teaspoons white sugar
- 1/2 teaspoon black pepper
- 1 teaspoon dried dill weed
- 1/4 cup mayonnaise
- 5 cucumbers, scored and thinly sliced
- 1 stalk celery, thinly sliced
- 1/2 red onion, chopped
- salt to taste

### **Directions**

1. Stir together vinegar, sugar, pepper, and dill in a large bowl until the sugar has dissolved.
2. Stir in the mayonnaise until smooth, then add cucumbers, celery, and red onion until evenly coated with the dressing.
3. Cover and refrigerate at least 1 hour. Season to taste with salt and stir once again before serving



# **Eggplant**

## **Egalitarian Eggplant Parmesan** *(baked, not fried)*

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### **Ingredients**

- ◆ 9 eggplant, peeled and thinly sliced
- ◆ 6 eggs, beaten
- ◆ 12 cups Italian seasoned bread crumbs
- ◆ 18 cups spaghetti sauce, divided
- ◆ 8 cups of grated mozzarella and/or parmesan cheese
- ◆ 1-1/2 teaspoons dried basil

### **Directions**

1. Preheat oven to 350.
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a large baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake in preheated oven for 35 minutes, or until golden brown.

## **Eggplant and Zucchini Casserole**

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### **Ingredients**

- ◆ 8 cups water
- ◆ 1 cup butter
- ◆ 16 ounces dry bread stuffing mix
- ◆ 4 large eggplant, diced
- ◆ 8 large zucchini, diced
- ◆ 4 onion, chopped
- ◆ 4 tomato, chopped
- ◆ 1 tablespoon and 1 teaspoon dried thyme
- ◆ 8 cups shredded cheese
- ◆ salt to taste
- ◆ ground black pepper to taste

### **Directions**

1. In a microwavable bowl, mix water and margarine (cut into pieces). Stir in stuffing mix and cover with a microwavable lid. Cook on HIGH for 8 to 10 minutes. Fluff with fork.
2. Place eggplant, zucchini, tomato, onion into a large skillet. Season with thyme, salt, and pepper. Cook and stir over medium low heat for 15 to 20 minutes. Remove from heat.
3. Preheat oven to 350. Grease a large baking dish.
4. Layer vegetables, cheese, and stuffing in the dish until all ingredients have been used, ending with cheese.
5. Bake for 30 to 40 minutes.

## Let's Call it Pizza!

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*A Timmy Cosentino classic, this recipe gets people eating veggies in a very stealthy way!*

### Ingredients

- Eggplant or Zucchini, cut into ¼ inch rounds
- Grated cheese
- Tomato sauce, or tomato slices
- Any pizza toppings lying around

### Directions

1. Preheat oven to 350.
2. Layer veggie rounds onto a greased baking sheet.
3. Add sauce and top with grated cheese
4. Add any pizza toppings you have
5. Bake for about 10 minutes on 350



## **Grapefruit**

- See General Recipes for fruit smoothie recipe

## **Grapefruit Bars**

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*Serves 18.*

### **Ingredients**

- 4 cups all-purpose flour
- 2 teaspoon baking soda
- 2 teaspoon ground cinnamon
- 1 teaspoon salt
- 1.5 cup shortening
- 3 cups packed brown sugar
- 4 eggs
- 6 tablespoons fresh grapefruit juice
- 6 tablespoons grapefruit zest

### **Directions**

1. Preheat oven to 350. Lightly grease two 9 inch square baking pans.
2. Combine flour, baking soda, cinnamon and salt and set aside. In large bowl, cream together shortening and brown sugar. Beat in the eggs, then add in grapefruit juice and zest and blend well. Gradually blend in flour mixture.
3. Bake for 25-30 minutes or until lightly colored on top. Set pan on a wire rack to cool. Frost with plain, lemon or orange icing and cut into bars

## **Broiled Grapefruit**

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*Serves 8.*

### **Ingredients**

- 4 grapefruit
- 1 tablespoon ground cinnamon
- 1 tablespoon white sugar
- 4 teaspoons butter

### **Directions**

1. Preheat your oven's broiler.
2. Cut the grapefruits in half, and use a small serrated knife to cut out the sections in the halves. Spoon the sections and juice into a bowl, then scrape out all of the remaining thick skins and pulp. Spoon the sections from the bowl back into the halves. This is best done one half at a time.
3. Sprinkle sugar and cinnamon over the top of each grapefruit half, adjusting as you see fit. Dot with butter. Place the halves on a cookie sheet.
4. Broil for 3 to 5 minutes, until the butter is melted and sugar is starting to turn brown.

# Grapes

## Grape and Melon Medley

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*Substitute away!*

### **Ingredients**

- 7-1/2 cups cantaloupe balls
- 7-1/2 cups watermelon balls
- 7-1/2 cups green grapes
  
- **DRESSING:**
  - 1-1/4 cups orange juice
  - 1/4 cup and 1 tablespoon honey
  - 1/4 cup and 1 tablespoon lime juice
  - 3 tablespoons chopped seeded jalapeno pepper (or 2 tsp. crushed red pepper flakes)
  - 2-1/2 teaspoons grated lime peel

### **Directions**

1. In a resealable plastic bag, combine the cantaloupe, watermelon and grapes.
2. In a small bowl, whisk the orange juice, honey and lime juice. Stir in the jalapeno and lime peel.
3. Pour over fruit. Seal bag, removing as much air as possible, and turn to coat; refrigerate for at least 1 hour. Serve with a slotted spoon.



Jenny and Laurence cooking at TC House

## **Greens** (Includes arugula, kale, swiss chard, collard and turnip greens)

### **Classic Greens**

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#### **Ingredients**

- 3 bunches collard greens - rinsed, trimmed and chopped
- 6 smoked ham hocks (can substitute cooked bacon)
- 6 (10.5 ounce) cans condensed chicken broth
- 8 cups water
- 3 tablespoons white vinegar
- salt and pepper to taste

#### **Directions**

1. Place the collard greens and ham hocks in a large pot.
2. Mix in the chicken broth, water, and vinegar. Season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

### **Winter Kale Soup**

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#### **Ingredients**

- Extra-virgin olive oil for sauté
- 15 cups chicken or vegetable broth (about 9 cans)
- 10 cups water
- 5 cups white wine (or substitute 5 cups broth OR 5 cups water)
- Veggies:
  - 5 onions, diced
  - 15 potatoes, halved and sliced
  - 3-3/4 cups diced carrot
  - 5 (16 ounce) cans cannellini beans, rinsed and drained
  - 10 cups finely chopped kale leaves
- Seasoning:
  - 3 teaspoons garlic powder
  - 3 teaspoons dried rosemary
  - 3 teaspoons dried sage
  - 3 teaspoons dried thyme
  - 3 teaspoons red pepper flakes
  - ground black pepper to taste

#### **Directions**

1. Heat the olive oil over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and a pinch of garlic, and cook for 5 minutes more.
2. Pour in the broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme.
3. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes.
4. Add the cannellini beans, kale, chile pepper, and black pepper, and simmer, covered, for 30 more minutes.



## **Swiss Chard with Garbanzo Beans and Tomatoes**

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*Classic Italian flavors in a stew-like presentation.*

### **Ingredients**

- Olive oil for sauté
- 7 shallots, chopped (optional)
- 14 green onions, chopped
- 2 cans garbanzo beans, drained
- salt and pepper to taste
- 7 bunches red Swiss chard, rinsed and chopped
- 7 tomatoes, sliced
- 3 lemons, juiced

### **Directions**

1. Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant.
2. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted.
3. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste



## **Swiss Chard and Salmon Quiche**

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*Makes enough to fill four pie plates.*

### **Ingredients**

- 1/2 cup butter, divided
- 1 cup plain dried bread crumbs
- 8 cups milk
- 2 pounds salmon fillets, skin removed
- 1-1/3 cups chopped onion

- 2 bunches Swiss chard, chopped
- 12 eggs
- Seasonings:
  - 2 teaspoons salt
  - 1/2 teaspoon ground black pepper
  - 2 teaspoons dried marjoram
  - 1/2 teaspoon ground nutmeg

### Directions

1. Preheat the oven to 350. Butter four 10 inch pie plates. Sprinkle bread crumbs into the pie dishes and shake to coat evenly, discarding excess.
2. Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork.
3. Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about four cups of chard and onion.
4. Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.
5. Bake for 35 minutes, or until the center is set. Cool slightly before serving.



# Lemons

## Lemon Zucchini Drops

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*Makes 21 drops.*

### **Ingredients**

- 1/2 cup butter or margarine, softened
- 1 cup sugar
- 1 egg
- 1 cup finely shredded zucchini
- 1 teaspoon grated lemon peel
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- OPTIONAL:
  - 1/2 cup raisins
  - 1/2 cup chopped walnuts
- LEMON GLAZE:
  - 2 cups confectioners' sugar
  - 2 tablespoons lemon juice

### **Directions**

1. In a mixing bowl, cream butter and sugar. Beat in egg, zucchini and lemon peel. Combine flour, baking soda, baking powder, cinnamon and salt; gradually add to the creamed mixture. Stir in raisins and walnuts.
2. Drop by tablespoonfuls 3 in. apart onto lightly greased baking sheets. Bake at 375 for 8-10 minutes or until lightly browned. Remove to wire racks to cool.
3. For glaze, combine sugar and enough lemon juice to achieve a thin spreading consistency. Spread or drizzle over cooled cookies.

## Lemon Sauces

### 1. Lemon Herb Pork Chops

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#### **Ingredients**

- 1-1/4 cups lemon juice
- 1/2 cup and 2 tablespoons vegetable oil
- 20 cloves garlic, minced
- 1 tablespoon and 2 teaspoons salt
- 1-1/4 teaspoons dried oregano
- 1-1/4 teaspoons pepper
- 30 (4 ounce) boneless pork loin chops

### **Directions**

1. In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate. Cook pork chops in whatever way you like (See General Recipes for how to cook pork chops if desired). Continue to baste with marinade.

## **2. Lemon Herb Barbeque Sauce for Chicken**

### **Ingredients**

- 2 cups vegetable oil
- 1 cup lemon juice
- 1 tablespoon and 1 teaspoon minced onion
- 1 tablespoon and 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 8 cloves garlic, minced
- 32 skinless, boneless chicken breast halves

### **Directions**

1. Blend the oil, lemon juice, onion, salt, thyme, marjoram, and garlic until thick and smooth.
2. Cook chicken in whatever way you like (See General Recipes for how to cook pork chops if desired). Continue to baste with marinade.

## **3. Lemon, Tarragon, and Garlic Sauce for Salmon**

### **Ingredients**

- 3/4 cup olive oil
- 3-1/2 cups mayonnaise
- 3/4 cup Dijon mustard
- 3/4 cup olive oil
- 5 teaspoons garlic powder
- 1/4 cup lemon juice
- 1/4 cup grated lemon zest
- 3 tablespoons dried tarragon
- 1 teaspoons salt
- 1 teaspoons ground black pepper
- 28 (4 ounce) fillets salmon, thawed

### **Directions**

1. Whisk together the mayonnaise, mustard, olive oil, garlic, lemon juice, tarragon, salt and pepper; set aside.
2. Cook the thawed salmon in the oven until the fish flakes easily with a fork- about 30 minutes. Place on a serving plate and top with the prepared sauce.

# Limes

## Garlic Lime Chicken

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### Ingredients

- ◆ 28 boneless, skinless chicken breast halves
- ◆ Seasonings:
  - ◆ 1 tablespoon and 2 teaspoons salt
  - ◆ 2 teaspoons black pepper
  - ◆ 2 teaspoons cayenne pepper
  - ◆ 1 teaspoon paprika
  - ◆ 2 teaspoons garlic powder
  - ◆ 1 teaspoon onion powder
  - ◆ 2 teaspoons dried thyme
  - ◆ 2 teaspoons dried parsley
  
- ◆ 3/4 cup and 2 tablespoons butter
- ◆ 1/4 cup and 3 tablespoons olive oil
- ◆ 1/4 cup garlic powder
- ◆ 1-1/4 cups and 1 tablespoon lime juice

### Directions

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, 2 teaspoons garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts.
2. Heat butter and olive oil in a large heavy skillet over medium heat. Sauté chicken until golden brown, about 6 minutes on each side. Sprinkle with ¼ cup garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

## Easy Key Lime Pie

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*Makes 2 pies*

### Ingredients

- ◆ 2 (9 inch) prepared graham cracker crust OR see “Graham Cracker Crust” recipe below.
- ◆ 6 cups sweetened condensed milk
- ◆ 1 cup sour cream
- ◆ 1-1/2 cups key lime juice
- ◆ 2 tablespoons grated lime zest

### Directions

1. Preheat oven to 350.
2. In a medium bowl, combine condensed milk, sour cream, lime juice, and lime rind. Mix well and pour into graham cracker crust.

3. Bake in preheated oven for 5 to 8 minutes, until tiny pinhole bubbles burst on the surface of pie. DO NOT BROWN! Chill pie thoroughly before serving. Garnish with lime slices and whipped cream if desired.

**Graham Cracker Crust** - *makes one crust*

**Ingredients**

- ◆ 1 1/2 cups crushed graham crackers
- ◆ 1/4 cup sugar
- ◆ 1/3 cup butter, melted

**Directions**

1. In a small bowl, combine the crumbs and sugar; add butter and blend well. Press onto the bottom and up the sides of an ungreased 9-in. pie plate.
2. Refrigerate for 30 minutes before filling, or bake at 375 degrees F for 8-10 minutes or until crust is lightly browned. Cool on a wire rack before filling.



Julie serving desserts at a fancy Karen House dinner

## **Melons**

- See General Recipes for fruit smoothie, fruit salad, and No Skill Fruit Tart, Mixed Fruit Crisp.
- See 'grapes' for Melon and Grape Medley

## **Watermelon and Strawberry Lemonade**

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*Makes 2 quarts.*

### **Ingredients**

- 8 cups cubed seeded watermelon
- 1 cup fresh strawberries, halved
- 1/2 cup fresh lemon juice
- 1 cup white sugar
- 2 cups water

### **Directions**

1. Combine the watermelon, strawberries, lemon juice, sugar, and water in a blender. Blend until smooth.



# **Mushrooms**

- See General Recipes for: Stir Fry, Frittata, Pot Pie, Shepherd's Pie

## **Mounier's Mushroom Soup**

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### **Ingredients**

- 1/2 cup vegetable oil
- 16 cups fresh sliced mushrooms
- 4 onion, chopped
- 4 stalks celery, chopped
- 20 cups vegetable or chicken broth (about 12 cans)
- 1 cup uncooked white rice
- 3/4 cup soy sauce
- salt and pepper to taste

### **Directions**

1. Heat oil and sauté mushrooms, onion, and celery or carrot in the oil for 10 minutes.
2. Add chicken or vegetable stock, rice, and soy sauce. Bring to a boil, and simmer for at least an hour.
3. OPTIONAL: Using a blender or food processor, blend until smooth. Stir back into wok. Season with salt and pepper, and serve hot.

## **Mushroom Sauce for Chicken, Beef, or Pasta**

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### **Ingredients**

- 6 cups beef, chicken, or veggie broth
- 1-1/2 cups all-purpose flour
- 2-1/4 pounds mushrooms, diced
- 1-1/2 cups chopped green onions
- 1 cup butter

### **Directions**

1. In a medium saucepan over medium heat, combine broth, flour, mushrooms, green onions and butter. Cook, stirring constantly, until golden brown and thickened.
2. Pour over meat and serve.



# Onions

## French Onion Soup

---

*If we have a few dozen oven-safe bowls, this is a fancy preparation – you put individual soups in the oven. Serves 32.*

### Ingredients

- 4 cups unsalted butter
- 1 cup olive oil
- 32 cups sliced onions
- 32 (10.5 ounce) cans beef broth
- 2 tablespoons and 2 teaspoons dried thyme
- ½ cup vinegar
- salt and pepper to taste
- French bread
- Enough grated cheese (provolone, Swiss or Parmesan) to cover the soup bowls

### Directions

1. Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.
2. Heat the oven to 500.
3. Add beef broth, vinegar and thyme. Season with salt and pepper, and simmer for 30 minutes.
4. Ladle soup into oven safe serving bowls and place one slice of bread on top of each.
5. Layer each slice of bread with cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

## Onion and Potato Soup

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### Ingredients

- 2 cups margarine
- 8 onions, thinly sliced
- 8 small/medium potatoes, peeled and sliced
- 34 cups water
- 2 cups cream
- 3/4 cup chives

### Directions

1. Melt half the butter and all the onions until spinach is wilted. Add potatoes, water and salt.
2. Bring to a boil and simmer, partially covered, for 45 minutes or until potatoes are very tender.
3. Remove from heat and blend the cooked mixture until smooth. Return to the saucepan; add the remaining butter, cream and chives. Check for seasonings. Heat, but do not boil or the cream will curdle.

## Onion Zucchini Latke (“Pancakes”)

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### Ingredients

- 15 zucchini
- 5 large onion
- 2 tablespoon oregano
- salt and pepper to taste
- 1 cup butter

### Directions

1. Grate zucchini and onion into a medium bowl, and drain off excess juices. (or salt and let sit for a while so the juices drain.) Stir in the oregano and salt and pepper to taste.
2. Heat a frying pan over medium high heat and melt butter in the pan. When butter has coated the pan, arrange the zucchini in a flat layer over the bottom of the pan. Fry until golden brown on both sides, about 5 minutes per side. Serve warm.



# Oranges

## Orange Honey Garlic Chicken

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Serves 20-24.

### Ingredients

- 5 whole chickens, cut into pieces OR 20 boneless chicken breasts
- 1 cup soy sauce
- 1/2 cup honey
- 1-1/4 cups orange juice
- Spices:
  - 10 cloves crushed garlic OR 2 teaspoons garlic powder
  - 3 teaspoons dried oregano
  - 1 teaspoons ground black pepper
  - 2 teaspoons paprika

### Directions

1. To Make Marinade: Combine the soy sauce, honey, orange juice, garlic, oregano, pepper and paprika. Mix all together and pour over chicken pieces. Refrigerate as long as you can.
2. Preheat oven to 350.
3. Remove chicken from refrigerator. Place chicken and marinade in a baking dish and bake, uncovered, in preheated oven for 1.5 hours, or until chicken is cooked through. Baste once.

## Orange Oatmeal Muffins

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Makes 2 dozen muffins.

### Ingredients

- 2 cups quick cooking oats
- 2 cups all-purpose flour
- 1/2 cup white sugar
- 1 tablespoon and 1 teaspoon baking powder (it's important to measure this carefully)
- 1/2 cup raisins (optional)
- 1/4 cup grated orange zest (optional)
- 2 eggs
- 1/4 cup and 2 tablespoons canola oil
- 2 cups milk
- For Glaze:
  - 1/4 cup orange juice
  - 2 tablespoons white sugar

### Directions

1. Preheat an oven to 400. Grease two pans of 12 muffin cups or line with paper muffin liners.

2. Stir the oats, flour, 1/4 cup sugar, baking powder, and raisins together in a bowl; set aside. Beat the egg in a bowl along with the orange zest and canola oil. Whisk in the milk and stir in the flour until just mixed. Evenly divide the batter among the prepared muffin cups. **TIP: mix as little as possible, to keep your muffins fluffy!**
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes.
4. Remove the muffins from the oven. Make glaze and stir the orange juice together with 1 tablespoon sugar until the sugar dissolves. Drizzle 1 teaspoon of the glaze over each muffin, remove from the muffin tin, and allow to cool slightly before serving.



Tamika and her daughter dyeing Easter eggs

## **Peaches**

- See General Recipes for No Skill Fruit Tart, Mixed Fruit Crisp.

### **Apple-Peach Sauce in Crock Pot**

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*You can cook this on the stove, too – cook with medium heat until it reaches desired consistency.*

#### **Ingredients**

- 20 Macintosh apples, cored and chopped
- 8 fresh peaches, pitted and chopped
- 1 tablespoons ground cinnamon
- Optional: brown sugar, lemon juice

#### **Directions**

1. Put fruit into a slow-cooker; sprinkle with cinnamon. Turn slow-cooker to high. Cover, and cook for 3 hours on high, then switch to low for 2 hours. Stir before serving.

### **Okanagan Peach Soup**

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*Our preferred method of using those fast-rotting peaches in late July!*

#### **Ingredients**

- ◆ 24 cloves garlic OR 3 Tbs garlic powder
- ◆ About 1/4 cup olive oil, for sautéing
- ◆ 13 cups fresh peaches - peeled, pitted and chopped (canned is ok)
- ◆ 3 cups diced onion
- ◆ 1/4 cup and 2 tablespoons curry powder
- ◆ 3/4 teaspoon ground turmeric
- ◆ ¾ cup packed brown sugar
- ◆ 1-1/2 cups Chardonnay wine OR 1 1/2 cup apple juice, apple cider, chicken or beef broth.
- ◆ 6 cups vegetable broth or stock
- ◆ 3 cups (2 cans) coconut milk
- ◆ salt and ground black pepper to taste

#### **Directions**

1. Heat the oil in a medium saucepan over medium heat, sweat the onions and peaches until softened. Season with curry powder, turmeric, garlic, and sugar. Cook over medium to low heat until caramelized, about 30 minutes.
2. Deglaze the pan with wine, then stir in the vegetable stock.
3. Remove from heat, and puree the soup in a blender or food processor, and strain through a fine sieve. Stir in the coconut milk, and season with salt and pepper. Reheat if desired, before serving.

## **Pears**

- See General Recipes for fruit smoothie, fruit salad, and No Skill Fruit Tart Mixed Fruit Crisp.

## **Yummy Roasted Pears**

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### **Ingredients**

- 4 pears
- Sweetness, Option #1:
  - 2 tablespoons honey
  - 3 tablespoons butter, melted
  - dash ground ginger
- Sweetness, Option #2:
  - 4 Tablespoons butter
  - 1 Cup brown sugar
  - Nuts

### **Directions**

1. Preheat oven to 375.
2. Core the pears. Place in a shallow baking dish and set aside.
3. Choose your sweetness option and combine in saucepan over heat. Drizzle pears with your sauce, and bake in the preheated oven for about 1 hour, or until tender. Baste with released juices occasionally during baking, and again just before serving.

## **Personalist Pear Bread**

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*Like other fruit breads, this is a great way to use up fruit. Make sure we have loaf pans.*

### **Ingredients**

- Dry ingredients:
  - 3 cups all-purpose flour
  - 1/4 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 teaspoon salt
  - 1 tablespoon ground cinnamon
- Wet ingredients:
  - 3/4 cup vegetable oil
  - 3 eggs
  - 2 cups white sugar
  - 2 cups peeled shredded pears
  - 2 teaspoons vanilla extract
  - 1 cup chopped pecans (optional)

## Directions

1. Preheat oven to 325.
2. Combine dry ingredients: flour, baking powder, baking soda, salt, and cinnamon. Make a well in the center of the bowl.
3. In a separate bowl combine the wet ingredients: oil, eggs, sugar, grated pears, pecans, and vanilla. Blend well. Add to well of dry ingredients. Stir until just moistened. Spoon batter into 2 greased and floured 8x5x3 inch loaf pans.
4. Bake for one hour and 15 minutes. Cool on wire rack before removing from the loaf pans.



# Peas

## Pacifist Pasta with Peas and Ham

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### Ingredients

- Cream Sauce (See General Recipes for Three Cream Sauces for Pasta)
- 2 pkg. pasta (Fettuccini noodles are best!)
- 3-4 cups peas (2 cans or so)
- 1-2 pounds cooked ham
- Cheese to top – parmesan is best
- Salt, pepper and nutmeg to taste

### Directions

1. Cook pasta; meanwhile, make cream sauce of your choice.
2. Combine both into pot, along with peas, ham, and seasonings. Top with cheese to serve.
3. As Megan, our resident community punster would say, easy-peasy!





## **Peppers – Bell**

- See General Recipes for Stir Fry, Frittata, Pot Pie, and Shepherd's Pie recipes

### **Stuffed Bell Peppers**

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*The Karen House guests really like this! For a healthier version, you can also substitute beans for the meat.*

#### **Ingredients**

- 1/2 cup oil
- 6 cups onion, chopped
- 5 pounds ground lamb, turkey, or hamburger
- 4 cups dry rice
- Seasonings (*feel free to make substitutions with the seasonings we have*):
  - 1 tablespoon salt
  - 2- teaspoons ground black pepper
  - 2-1/2 teaspoons dried mint, crushed
  - 1-1/4 cups chopped fresh parsley to taste
  - 5 cups water
- 5 cans chicken or vegetable broth
- 5 cans petite diced tomatoes
- 30 bell peppers, top removed, seeded
- 3 Cups Shredded cheese

#### **Directions:**

1. Preheat an oven to 350 degrees.
2. Heat the olive oil in a large skillet over medium-high heat. Stir in the onion and meat; cook and stir until the onion is tender, and the meat is no longer pink, about 7 minutes.
3. Stir in the rice, and seasonings; cook 5 minutes longer. Add the water; reduce the heat to medium-low, and continue cooking and stirring until the water has been completely absorbed by the rice, about 15 minutes.
4. Stir the broth and diced tomatoes together in an oven-proof dish that will just fit the peppers. Scoop the meat mixture into the bell peppers, and place them into the dish, and top with shredded cheese.
5. Bake in the preheated oven until the peppers are tender and the tomatoes are bubbly, about 45 minutes.

### **Steak and Pepper Fajitas**

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#### **Ingredients**

- 7 pounds beef round steak
- 2 cups sliced onion
- 10 cups bell peppers, sliced into thin strips
- 2-1/2 cups fresh lime juice
- 2 cups cooking oil

- Seasonings:
  - 2 tablespoons Worcestershire sauce
  - 1 teaspoons ground black pepper
  - teaspoons salt
  - 2 tablespoons paprika
- Tortillas

**Directions**

1. Slice steak into strips; cook on the stove top with the lime juice.
2. Heat the oil in a skillet, add the Worcestershire sauce, pepper, salt, and paprika to the oil and stir. When the mixture is hot, add the onions and peppers and cook until the peppers are tender. Pour the mixture over the steak strips and serve immediately. Tortillas on the side.



# Pumpkin

## Bread Pudding in a Pumpkin Shell

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*Great recipe to use up that stale bread and those rotting post-Halloween pumpkins, too! Serves 8-10.*

### Ingredients

- 4-5 Short, wide sugar pumpkins
- 2 Tbs. melted butter
- 1/3 cup plus 2 Tbs sugar
- 2 cups milk
- ¼ cup butter
- 2 cups stale bread in cubes (3-4 slices)
- 3 eggs
- 2/3 cups raisins
- ¼ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg

### Directions

1. Preheat oven to 350.
2. Cut out a lid, and clean out pumpkins, removing all the gunk. Brush the insides with melted butter and sprinkle with 2 Tbs. sugar.
3. Replace pumpkin lids and bake for 20 minutes.
4. Make the bread pudding: Scald the milk; add ¼ cup butter and 1/3 cup sugar. When the butter melts, pour the mixture over the bread cubes and let stand for 5 minutes.
5. Beat eggs; mix in raisins, salt, cinnamon, and nutmeg. Combine with bread and yes, it's time to FILL THE PUMPKINS!
6. Bake for 1.5-2 hours, or until the custard is set. The custard will puff up, then settle down as it sets. Let stand for 10 minutes before serving.

## Black Bean and Pumpkin Quesadillas

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### Ingredients

- ◆ 28 tortillas
- ◆ 7 cup canned pumpkin
- ◆ 7 cup black beans
- ◆ 7 cup shredded cheese – goat or feta is best
- ◆ 3 tablespoons cumin
- ◆ ½ cup chopped cilantro
- ◆ Salt, Pepper

### Directions

1. Mix pumpkin, cilantro, cumin, salt and pepper in small bowl.
2. Spread into tortillas. Add the black beans and goat cheese to one side of the tortilla. Fold tortillas in half. Heat quesadilla in a large skillet on both sides for 2-3 minutes.

## **Potatoes**

- See “Onion” for Onion and Potato Soup recipe
- See “Greens” for Winter Kale Soup
- See “Beets” for Beet Potato Salad
- See General Recipes for Shepherd’s Pie, Emergency Casserole, Shepherd’s Pie

## **Cheesy Potato Casserole**

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### **Ingredients**

- 32 potatoes, cubed
- 4 cans condensed cream of chicken soup, undiluted
- 12 cups shredded cheese, divided
- 4 cups sour cream
- 12 onions, chopped
- salt and pepper to taste

### **Directions**

1. Place potatoes in a saucepan and cover with water. Bring to a boil; cover and cook until almost tender. Drain and cool.
2. In a large bowl, combine soup, half the cheese, sour cream, onions, salt and pepper; stir in potatoes.
3. Place in a greased baking dish. Sprinkle with remaining cheese.
4. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.

## **Roasted Potatoes Two Ways**

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### **Ingredients**

- 13 pounds medium red potatoes
- 1 cup oil
- 11 shallots, chopped, or 5 chopped onions
- 1 tablespoon salt
- 3 teaspoons garlic powder
- 3 teaspoons pepper
- *Option #1 Cajun Roasted Potatoes:*
  - 3 teaspoons paprika
  - 3 teaspoons cayenne pepper
  - 2/3 cup minced fresh parsley (optional)
- *Option #2 Simple Roasted Potatoes:*
  - 3 teaspoons cumin
  - 3 teaspoons rosemary

### **Directions**

1. Cut each potato lengthwise into eight wedges. In a large bowl, combine the oil, shallots, and seasonings; add potatoes and toss to coat. Place in greased roasting pan.
2. Bake, uncovered, at 450 degrees F for 45-50 minutes or until tender and golden brown, turning every 15 minutes.

## Parmesan Baked Potatoes

### Ingredients

- 1-1/2 cups butter or margarine, melted
- 1 cup grated Parmesan cheese
- 1 tablespoon salt
- 1 tablespoon pepper
- 32 medium unpeeled red potatoes, halved lengthwise

### Directions

1. Pour butter into a baking pan. Sprinkle Parmesan cheese, salt and pepper over butter. Place potatoes with cut side down over cheese.
2. Bake uncovered, at 400 degrees F for 40-45 minutes or until tender.

## Garlic Mashed Potatoes

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### Ingredients

- 15 pounds unpeeled red potatoes, quartered
- 2-1/2 pounds butter, room temperature
- 14 ounces cheese, grated
- 3/4 cup chopped garlic OR 1/3 cup garlic powder
- 2 tablespoons salt
- 2 tablespoons dried oregano

### Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 45 minutes; drain.
2. Stir in butter, cheese, garlic, salt and oregano. Mash with a potato masher or with an electric mixer.



## **Raspberries**

- ◆ See 'Bananas' for Raspberry Banana Bread
- ◆ See 'Blueberry' for Blueberry Dump (Dumpster?) Cake, Blueberry Breakfast Sauce, Blueberry Popsicles
- ◆ See General Recipes for No Skill Fruit Tart, Fruit Salad and Fruit Crisp

## **Raspberry Sour Cream Pie**

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### **Ingredients**

- ◆ 2 (9 inch) unbaked pie crust OR see graham cracker crust recipe in "Easy Key Lime Pie"
- ◆ 2 eggs
- ◆ 1 1/3 cups sour cream
- ◆ 1 teaspoon vanilla extract
- ◆ 1 cup white sugar
- ◆ 1 pinch salt
- ◆ 1/3 cup all-purpose flour
- ◆ 3 cups raspberries (substitute blueberries or strawberries, if you like!)
- ◆ Topping:
  - 1/2 cup brown sugar
  - 1/2 cup all-purpose flour
  - 1/2 cup chopped walnuts
  - 1/4 cup butter, chilled

### **Directions**

1. Preheat oven to 400.
2. In a large bowl, beat eggs until light and lemon colored. Whisk in sour cream and vanilla. In a separate bowl, mix sugar, flour and salt together. Stir into egg mixture. Gently fold in raspberries. Divide into 2 unbaked pie crusts.
3. Bake in preheated oven for 30 to 35 minutes, or until the center begins to set. Sprinkle with topping and return to oven for 10 to 15 minutes, or until topping is golden brown. Allow to cool before serving.
4. To make the topping: In a medium bowl, mix together brown sugar, flour and chopped nuts. Cut in butter until crumbly.

## **Revolution Raspberry Cupcakes**

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### **Ingredients**

- ◆ 1-1/2 cups graham cracker crumbs
- ◆ 1/2 cup chopped pecans
- ◆ 1/4 cup and 2 tablespoons butter, melted
- ◆ 1-1/2 cups fresh raspberries, crushed
- ◆ 1 (8 ounce) package cream cheese
- ◆ 2-1/2 cups and 2 tablespoons
- ◆ sweetened condensed milk
- ◆ 2 cups frozen whipped topping, thawed

### **Directions**

1. Line two 12 cup muffin pans with paper cup liners. In a medium bowl, combine graham cracker crumbs, crushed pecans and melted margarine, mixing well to blend. Spoon mixture evenly into a muffin pan lined with paper cup liners. Press mixture with a spoon to firm bottom. Puree raspberries and set aside.
2. Beat cream cheese until fluffy. Add condensed milk and 1 cup of the raspberry puree and mix until well blended. Fold in whipped topping.
3. Spoon evenly into baking cups. Freeze for at least 5 hours. When ready to serve, remove paper liners. Invert cakes onto individual serving plates. Drizzle remaining raspberry puree over cakes. Garnish with a few whole raspberries. Serve frozen.



# Rutabaga

## Sweet Rutabaga (Ultimate Frisbee) Discs

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### Ingredients

- 8 medium rutabagas (about 1 pound each)
- 1 cup butter
- 1 cup honey

### Directions

2. Preheat oven to 400.
3. Remove the rutabaga skins. Cut into ¼ inch thick frisbees.
4. Brush baking sheet and frisbees with butter.
5. Bake for 15 minutes, turn, coat with honey and bake another 15 minutes.





## **Strawberries**

- See General Recipes for fruit smoothie, fruit salad, and No Skill Fruit Tart, Mixed Fruit Crisp.
- See 'Bananas' for Raspberry Banana Bread
- See 'Blueberry' for Blueberry Dump (Dumpster?) Cake, Blueberry Breakfast Sauce, blueberry popsicles,
- See 'Raspberry' for Raspberry Sour Cream Pie

## **Strawberry Bread**

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*Makes enough to fill four loaf pans*

### **Ingredients**

- 4 cups fresh strawberries
- 6-1/4 cups all-purpose flour
- 4 cups white sugar
- 2 tablespoons ground cinnamon
- 2 teaspoons salt
- 2 teaspoons baking soda
- 2-1/2 cups vegetable oil
- 8 eggs, beaten
- 2-1/2 cups chopped pecans (optional)

### **Directions**

1. Preheat oven to 350. Butter and flour four 9 x 5 inch loaf pans.
2. Slice strawberries, and place in medium-sized bowl. Sprinkle lightly with sugar, and set aside while preparing bread mixture.
3. Combine flour, sugar, cinnamon, salt and baking soda in large bowl: mix well. Blend oil and eggs into strawberries. Add strawberry mixture to flour mixture, blending until dry ingredients are just moistened. Stir in pecans. Divide batter into pans.
4. Bake for 45 to 50 minutes, or until tester inserted comes out clean. Let cool in pans on wire rack for 10 minutes. Turn loaves out, and cool completely.

## **Easy Strawberry Jam**

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*Makes 5 cups of jam.*

### **Ingredients**

- 2 pounds fresh strawberries, hulled
- 4 cups white sugar
- 1/4 cup lemon juice

### **Directions**

1. In a wide bowl, crush strawberries in batches until you have 4 cups of mashed berry.
2. In a heavy bottomed saucepan, mix together the strawberries, sugar, and lemon juice. Stir over low heat until the sugar is dissolved.
3. Increase heat to high, and bring the mixture to a full rolling boil. Boil, stirring often, until the mixture reaches 220 degrees.
4. If the jam is going to be eaten right away, place in jar and refrigerate.
5. To preserve jam, transfer to hot sterile jars, leaving 1/4 to 1/2 inch headspace, and seal. Process in a water bath.

## **Spinach**

- See General Recipes for salad ideas, frittata, stir fry recipes. Also, try to sneak chopped spinach into pasta sauces.

## **Cream of Spinach Soup**

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### **Ingredients**

- 12 lb fresh spinach
- 1 cup butter
- 2 cup minced onions
- 24 cups chicken or veggie broth (about 15 cans)
- 4 cup potatoes
- 4 cup milk or cream
- salt and pepper, to taste

### **Directions**

1. Melt butter in a large saucepan, sauté the onions until soft. Add spinach, cook until wilted.
2. Meanwhile, heat broth to boiling and chop potatoes. Add them to spinach.
3. Cook together until potatoes are soft.
4. Blend together, then add cream, salt and pepper and reheat.

## **Easy Fried Spinach**

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### **Ingredients**

- 1/2 cup unsalted butter
- 4 (10 ounce) bags fresh spinach leaves
- 16 cloves garlic, thinly sliced

### **Directions**

1. Melt the butter oil in a large skillet over medium heat.
2. Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown.
3. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.



Obi, TC House puppy

## **Winter Squash** (Common Types: butternut, spaghetti, acorn)

### **Easy Roasted Squash**

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#### **Ingredients**

- Whatever squash we have
- Oil
- Garlic, salt, pepper
- Optional: rosemary, sage

#### **Directions**

1. Preheat oven to 400.
2. Peel and cube the winter squash.
2. Toss with oil, garlic, salt and pepper
3. Bake for at least 30 minutes, until tender.

### **What to do when a Spaghetti Squash Rolls In**

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#### **Ingredients**

- 5 spaghetti squash, halved lengthwise and seeded
- 1/2 cup vegetable oil
- 5 onions, chopped
- 5 cloves garlic, minced (or 3 tsp. garlic powder)
- 7-1/2 cups chopped tomatoes
- 4 cups crumbled cheese – preferably feta, or goat
- 1/2 cup chopped fresh basil (or ¼ cup dried basil)
- Salt and pepper to taste
- Optional:
  - 3/4 cup sliced black olives

#### **Directions**

1. Don't panic! This is fun!
2. Preheat oven to 350. Lightly grease a baking sheet.
3. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
4. Meanwhile, heat oil in a skillet and sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
5. Use a fork to peel the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, cheese, and seasonings. Serve warm.

## **Cheesy Squash with Garlic!**

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### **Ingredients**

- 1/2 cup minced fresh parsley (or ¼ cup dried parsley)
- 1/2 cup oil
- 10 garlic cloves (or 5 tsp garlic powder)
- 1 tablespoons salt
- 2 teaspoons pepper
- 6 medium butternut squashes, peeled and cut into 1-inch cubes
- 2 cups grated cheese (parmesan works best)

### **Directions**

1. Preheat oven to 400.
2. In a large bowl, combine the cheese and seasonings. Add squash and toss to coat.
3. Transfer to a baking dish. Bake, uncovered, at 400 degrees F for 50-55 minutes or until squash is just tender.



## **Summer Squash** (Common types: zucchini, yellow crookneck)

- See “carrots” for “Apple, Carrot, Or Zucchini Cake” recipe
- See “lemon” for “Lemon Zucchini Drops”
- See “onion” for “Onion Zucchini Pancake”
- See “eggplant” for “Eggplant and Zucchini Casserole and “Let’s Call it Pizza!”

## **Zucchini and Tomato Gratin (or, zucchini, cheese, tomatoes, oh my!)**

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### **Ingredients**

- 1/4 cup olive oil
- 8 zucchini, sliced
- 2 large cloves garlic, crushed
- 1/2 pound thinly sliced mozzarella cheese
- 8 large tomatoes, peeled and sliced
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh basil
- salt and freshly ground black pepper

### **Directions**

1. Preheat oven to 375.
2. Heat the olive oil in a large skillet over medium heat, and spread the zucchini slices into the skillet in a single layer. If they don't fit, cook them in batches. Sprinkle pieces of garlic over the zucchini, and cook until the zucchini are golden brown on both sides, about 8 minutes per side. Remove from heat.
3. Arrange the slices of zucchini in a hotel pan, alternating with slices of mozzarella cheese and tomato, so that the slices overlap each other in a neat row pattern. Sprinkle the Parmesan cheese and basil over the dish, and season to taste with salt and pepper.
4. Bake in the preheated oven until the cheese is melted and brown and the dish is bubbling, about 30 minutes.

## **Zucchini Cornbread Casserole**

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*Makes 16 servings*

### **Ingredients**

- 12 cups shredded zucchini
- 3 onion, chopped
- 6 eggs, beaten
- 3 (8.5 ounce) packages dry corn muffin mix
- 1-1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1-1/2 pounds Cheddar cheese, shredded

### **Directions**

1. Preheat oven to 350. Grease a 2 quart casserole dish.
2. In a large bowl mix EVERYTHING, saving half the cheese to sprinkle on top.
3. Bake for 60 minutes.

## Stuffed Zucchini

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### Ingredients

- 24 zucchini
- 8 pounds pork sausage, ground beef or ground turkey
- 8 cups dry bread crumbs
- 8 cloves garlic, minced (or 4 tsp garlic powder)
- 8 (32 ounce) jars spaghetti sauce
- 4 cups grated Parmesan cheese
- 4 cups shredded mozzarella cheese

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix seeds with sausage, garlic, bread crumbs, and parmesan cheese. Stuff squash with sausage mixture and place in baking pan. Pour sauce over squash and cover pan with foil.
3. Bake in preheated oven for 45 minutes, or until sausage is cooked. Remove foil and cover with mozzarella cheese. Cook until cheese is melted.



We got a little behind in the zuke harvesting this year

# Sweet potatoes

## Fancy Sweet Potato Casserole

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### Ingredients

- 8 cups sweet potato, cubed
- 1 cup white sugar
- 4 eggs, beaten
- 1 teaspoon salt
- 1/2 cup butter, softened
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 cup packed brown sugar
- 2/3 cup all-purpose flour
- 1/4 cup and 2 tablespoons butter, softened
- 1 cup chopped pecans (optional)

### Directions

1. Preheat oven to 325. Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, sugar, eggs, salt, butter, milk and vanilla. Mix until smooth. Transfer to a baking dish.
3. In medium bowl, mix the sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

## Solidarity Sweet Potato Fries

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### Ingredients

- 3 tablespoons olive oil
- 1-1/2 teaspoons paprika
- 24 sweet potatoes, sliced lengthwise into quarters

### Directions

1. Preheat oven to 400. Spray a baking sheet with cooking spray or vegetable oil.
2. In a large bowl, mix oil and paprika. Add potato sticks, and stir by hand to coat. Place on the prepared baking sheet.
3. Bake 40 minutes in the preheated oven. Tastes great a little blackened.

## **Tomatoes**

- See 'Greens' for Swiss Chard with Garbanzo Beans and Tomatoes

## **Fresh Tomato Soup: When the Tomatoes Come Rolling in!**

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### **Ingredients**

- 20 cups chopped fresh tomatoes
- 5 sliced onion
- 20 whole garlic cloves OR 3 Tablespoons garlic powder
- 10 cups vegetable or chicken broth (about 5-6 cans)
- 1/2 cup and 2 tablespoons butter
- 1/2 cup and 2 tablespoons all-purpose flour
- 1 tablespoon salt
- 3 tablespoons sugar, or to taste

### **Directions**

1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves and broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and blend the mixture with an immersion blender or food mill in a large bowl.
2. In the stockpot, melt the butter over medium heat. Stir in the flour to make a roux (which is a cooked mixture of flour and a cooking fat used to thicken sauces and gravies), cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

## **Tomato and Bread Soup**

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### **Ingredients**

- 1 cup olive oil
- 4 pinches crushed red pepper flakes
- 16 cups stale white bread, cut into cubes
- 1/2 cup olive oil
- 8 cloves garlic, minced
- 4 onion, chopped
- 8 cans diced tomatoes OR about 14 cups diced tomatoes
- 24 cups vegetable or chicken broth (about 15 cans)
- 1/4 cup chopped fresh parsley OR 1 Tablespoon dried parsley
- 1 cup grated Parmesan cheese
- 3/4 cup chopped fresh basil

### **Directions**

1. Heat 4 tablespoons olive oil in a large stockpot over medium heat. Stir the pepper flakes into the oil and add the bread cubes. Cook the bread cubes until lightly brown. Remove bread cubes to paper towels, reserving the oil in the stockpot.
2. Pour 2 tablespoons olive oil into the stockpot. Cook the garlic and onion in the oil until the onion has softened, about 5 minutes.



3. Stir in the tomatoes, basil and drained bread cubes; cook about 10 minutes. Add the broth, parsley, and Parmesan cheese to the tomato mixture; bring to a boil.
4. Reduce heat to low and simmer 20 to 30 minutes. Garnish with basil before serving.

## **Sliced Tomatoes with Vinaigrette**

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### **Ingredients**

- 3/4 cup and 3 tablespoons vinegar
- 3/4 cup and 3 tablespoons vegetable oil
- 1/2 cup and 2 tablespoons sugar
- 1 tablespoon and 2 teaspoons seasoned salt
- pepper to taste
- 10 medium tomatoes, cut into wedges
- Lettuce Leaves for garnish

### **Directions**

1. In a jar with a tight-fitting lid, combine the vinegar, oil, sugar, seasoned salt and pepper; shake well. Serve over tomatoes and lettuce.

## **Peter Maurin Pasta Sauce**

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### **Ingredients**

- 1/4 cup
- and 3 tablespoons butter
- 28 regular tomatoes, diced
- 1-3/4 cups chopped fresh basil
- 2 tablespoons and 1 teaspoon olive oil
- 2 tablespoons and 1 teaspoon garlic salt
- salt and ground black pepper to taste
- 1/4 cup and 3 tablespoons all-purpose flour
- 1-3/4 cups water
- 7 cloves garlic, minced



### **Directions**

1. Melt the butter in a large skillet over medium heat; cook the tomatoes in the melted butter until they begin to fall apart, 5 to 7 minutes.
2. Add the basil, olive oil, garlic salt, salt, and pepper. Slowly stir the flour into the mixture and cook until it begins to thicken, 5 to 7 minutes.
3. Stir the water through the mixture to break up any lumps of the flour. Mix the garlic into the sauce and simmer another 5 minutes. Serve hot.