

FEEDING



Laramie Valley

Recipe ideas based on this week's Shares bag

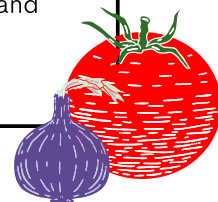
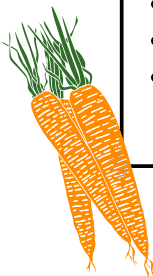
Potato and Broccoli Soup

Ingredient List

- 2 Tbsp. butter
- 1 onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 3/4 lbs. pounds broccoli, thick stems peeled and diced (about 2 cups), and top cut into small florets
- 1 1/2 lbs. potatoes (about 5) peeled and cut into 1/2-inch cubes
- 3 cups low-sodium chicken broth
- 3 cups water
- 1 3/4 tsp. salt
- 1/2 tsp. fresh-ground black pepper
- 1/2 cup grated parmesan

Cooking Instructions

1. In a large pot, melt the butter over medium-low heat.
2. Add the onion and celery and cook, stirring occasionally, until onion is translucent, about 5 minutes.
3. Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper.
4. Bring mixture to a boil, then reduce heat and simmer until the vegetables are almost tender, about 10 minutes.
5. In a food processor or blender, pulse the soup to a coarse puree.
6. Return the soup to the pot and bring to a simmer.
7. Add the broccoli florets and simmer until they are tender, about 5 minutes.
8. Stir 1/4 cup of the grated parmesan into the soup, and serve the soup topped with the remaining cheese.



Healthy Orange Creamsicles

Ingredient List

- 1/2 cup orange juice
- 1 tsp. orange zest
- 1 medium banana
- 1 cup plain Greek yogurt
- 2 Tbsp. honey
- 1/2 tsp. vanilla extract

Cooking Instructions

1. Blend all ingredients in a blender until smooth.
2. Pour into popsicle molds, or small paper or plastic cups, leaving a little space at the top for them to expand.
3. Insert popsicle sticks and freeze until hard, at least 4 hours.
4. Run the popsicle mold or cup under warm water for a few seconds to loosen them up, then remove them from the mold and enjoy!

What are some of your favorite ways to prepare the food in this week's bag?
Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit
www.feedinglaramievalley.org/sharerecipeproject