

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Carrot, Celery and Bean Soup

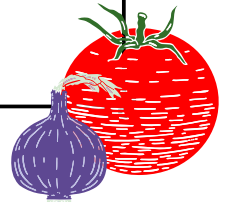
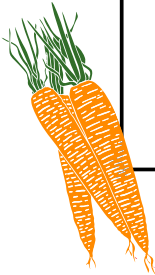
Ingredient List

- 2 tablespoons oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 cups diced carrots
- 2 cups diced celery
- 1 can of white beans (can substitute for other beans)
- 6 ounces tomato paste
- 1 tablespoon paprika
- salt
- pepper
- 4 cups vegetable broth or stock (optional)
- 7-8 cups boiling water (only 4 if using broth or stock)

Cooking Instructions

1. In a medium-sized pot, heat the oil on medium heat.
2. Add the onions and cook until translucent.
3. Add the garlic, carrots, celery, and beans and stir to coat in oil.
4. Spoon the tomato paste into the mixture and stir until it is evenly coated.
5. Add the paprika, salt, and pepper. Pour in the vegetable stock or broth, and add enough boiling water to generously cover the mixture. Bring to a boil and let it cook for 10 to 15 minutes. Cover the pot, reduce the heat to low and let it simmer.

Recipe inspired by: <https://www.kosher.com/recipe/carrot-celery-and-bean-soup-1087>



Vegetable Beef Bundles

Ingredient List

- 2 medium potatoes, thinly sliced
- 4 large mushrooms, sliced
- 2 carrots, thinly sliced
- 1 medium onion, sliced
- ½ pound lean ground meat (beef, turkey, or game)
- ½ cup barbecue sauce

Cooking Instructions

1. Preheat oven to 450°F
2. Divide vegetables between 2 sheets of aluminum foil (12x18-inches each). Place vegetables in center and crumble meat over vegetables. Top with barbecue sauce.
3. Wrap each bundle by bringing up the sides of the foil. Double fold the top and ends to seal. Leave room for heat to circulate inside.
4. Place packets on a cookie sheet and bake in the oven for 20 minutes.
5. When cooking is done, carefully open bundles to allow steam to escape.

Thank you to Jess from the Cent\$ible Nutrition Program for this week's recipe collaboration.

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