

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

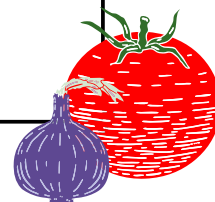
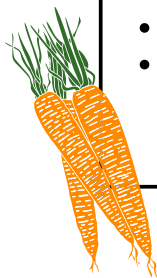
### Southwestern Corn and Potato Soup

#### Ingredient List

- 3 Tbsp. olive oil
- 1 large onion, chopped
- 1 fresh jalapeño, finely chopped
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 1/2 lb. Yukon gold potatoes
- 3 1/4 cup reduced-sodium chicken broth
- 1 cup water
- 1 (10 oz) package frozen corn (can use fresh corn as well)
- 3 Tbsp. lime juice
- 1/4 cup finely chopped fresh cilantro

#### Cooking Instructions

1. Heat oil in a large pot over medium heat.
2. Once hot, add onion, jalapeño, salt, and pepper and stir occasionally until the onion is golden, about 8 minutes.
3. Meanwhile, peel potatoes and cut into 1-inch pieces.
4. Add broth, water, and potatoes to onion mixture and cover pot, then bring to a boil over high heat.
5. Reduce heat and simmer, uncovered, until potatoes are very tender, about 12-14 minutes.
6. Stir in corn and simmer, uncovered, for 3 minutes.
7. Stir in lime juice, cilantro, and salt to taste.
8. Top with avocado, cilantro, tortilla chips, more lime, and your favorite chesse!



### Maple-Roasted Carrots

#### Ingredient List

- 1 lb. medium carrots, tops trimmed to about 1/2 inch, scrubbed
- 3 Tbsp. butter, cut into pieces
- 1 Tbsp. brown sugar
- 1 Tbsp. maple syrup
- 3/4 tsp. crushed red pepper flakes
- Salt and pepper (to taste)

#### Cooking Instructions

1. Preheat oven to 400°.
2. Line a rimmed baking sheet with foil.
3. Spread out carrots on foil.
4. Evenly top with butter, brown sugar, syrup, red pepper flakes, and salt and pepper.
5. Toss to combine, then spread out evenly on the foil.
6. Bake carrots, tossing every 20 minutes, until tender and browned around the edges, about 50-60 minutes.

What are some of your favorite ways to prepare the food in this week's bag?

Email Hanna at [hanna@feedinglaramievalley.org](mailto:hanna@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/sharerecipeproject](http://www.feedinglaramievalley.org/sharerecipeproject)