

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

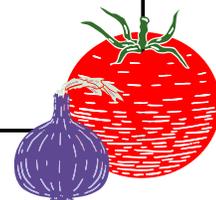
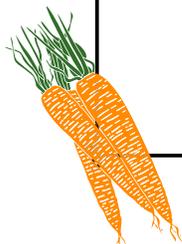
Carrot Soup

Ingredient List

- 3 Green peppers
- 2 Carrots
- 1 Teaspoon salt
- 1 Pinch black pepper
- 1 Tablespoon olive oil
- 3 Quarts water
- 1 Tablespoon olive oil
- 1 Bay leaf
- 2 Sprigs thyme
- 1 Vegetable bouillon

Cooking Instructions

1. Roast the peppers over stove until the skin is charred. Watch carefully. Once the skin is charred, remove charred skin, then cut into small pieces.
2. Roast the carrots in a baking pan, combined with salt, black pepper, and olive oil at 350° for about 30 minutes.
3. In your soup pot, add carrots and green peppers to olive oil then add in 3 quarts of water. Add in vegetable bouillon, thyme and bay leaf. Let simmer until carrots are tender.
4. Blend using an immersion blender if available. If not, allow time to cool before transferring to a blender and blending well. Serve with toasted bread.



Roasted Pear Salad

Ingredient List

- 2 Pears, diced
- 1 Teaspoon brown sugar
- 2 Teaspoons honey
- 3 Cups kale
- 3 Cups spinach
- 8 pitted dates, sliced (optional)
- 1/2 cup dried Cranberries (optional)
- 1/4 cup chopped roasted almonds (optional)
- 1 Tablespoon maple syrup
- 1/4 Cup apple cider vinegar
- 1/4 Cup grapeseed oil (or light-flavored oil)
- Salt and pepper to taste

Cooking Instructions

1. Preheat oven to 400°F. Toss diced pears in brown sugar and honey. Bake until cooked through, about 25 minutes. Once cooked, remove from oven and allow to cool.
 2. In a large bowl, combine kale, spinach, and optional salad ingredients.
 3. In a separate container, combine maple syrup, apple cider vinegar, oil, salt and pepper and mix vigorously to make dressing. Pour over salad before serving.
- Note: This salad tastes just as good without roasting the pear if you are in a pinch for time.

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/shares-recipes