

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Golden Beet Stir Fry

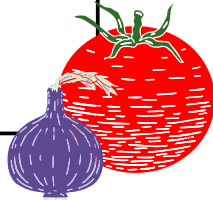
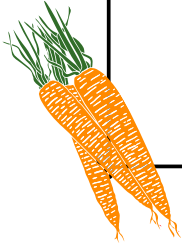
Ingredient List

- 1 large golden beet, peeled and thinly sliced
- 3/4 cup carrot, thinly sliced (optional)
- 1 cup mushrooms
- 1/2 head broccoli florets
- 2 cloves garlic, minced (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon parsley
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2-3 Tablespoons olive oil

Cooking Instructions

1. Heat oil in a large frying pan on medium heat.
2. Add golden beets and sauté for 5 minutes.
3. Add carrots, broccoli, mushrooms, garlic and seasonings and sauté on high heat for an additional 5 minutes, until vegetables are cooked through.

Tip: This stir fry can be eaten all alone or as a side dish, but to switch it up, you can easily add chicken or beef and cook it with the veggies for a filling meal.



Mashed Golden Beets with Mushroom Gravy

Ingredient List

- 3 golden beets, washed with stems cut off
- 1 1/2 cups mushrooms, sliced
- 1/4 teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 Tablespoon flour
- 1 1/2 cups beef or vegetable broth
- 1/4 stick butter
- 2 Tablespoons milk
- Salt and pepper, to taste

Cooking Instructions

1. Preheat the oven to 400 degrees. Wrap beets with aluminum and place on a baking sheet. Roast beets for one hour, or until beets are easily pierced with a fork.
2. While beets are cooking, sauté mushrooms with garlic powder and olive oil in a pan on medium heat until browned.
3. Stir the flour into the mushrooms and cook for one minute.
4. Stir in broth until the mix has no flour clumps. Reduce heat and simmer until thick. Then remove from heat.
5. When the beets are done, remove from oven and let cool to the point where you can touch them. Remove the outer skins from the beets and cut the beets into large chunks.
6. In a medium pot on low heat, melt butter with the beets and mash with a large fork.
7. Add milk. Continue mashing beets until they are the texture of mashed potatoes.
8. Serve mashed beets with mushroom gravy on top and salt and pepper to taste.

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