

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

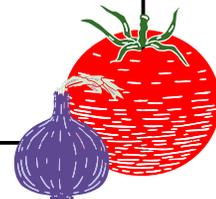
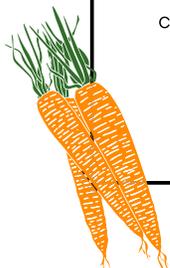
### 30 Minute Broccoli Cheddar Soup

#### Ingredient List

- 4 tablespoons butter (½ stick)
- ½ medium onion chopped
- 2-3 cloves garlic minced
- 4 Tbs. flour
- 2 cups chicken stock (or vegetable stock)
- 1 tsp salt
- ½ tsp. black pepper
- 1 large head of broccoli cut into small pieces
- 1 large carrot grated or finely chopped
- 2 cups milk
- 8 oz block grated cheddar cheese (or 2 cups shredded cheese)

#### Cooking Instructions

1. Melt butter in a large pot over medium-high heat. Add the onion and cook 3-4 minutes or until softened and light gold. Add the garlic and saute for another minute.
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color.
3. Pour in the stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through.
4. Stir in milk and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed.
5. Serve and enjoy.



### Fresh Pepper, Tomato, and Onion Salad

#### Ingredient List

- 2 tomatoes, finely chopped
- 1 small onion, chopped
- ¼ cup olives, green or black, pitted and chopped (optional)
- 1 green pepper, chopped
- ½ an apple (optional)
- 3 tbsp. olive oil
- 1 tbsp. vinegar
- A pinch of dried mint (optional)
- Salt and pepper

#### Cooking Instructions

1. Combine all the chopped vegetables in a large bowl.
2. Whisk together the vinegar and olive oil in a small bowl. Pour over the vegetables. Season with salt, pepper and mint.
3. Mix and serve.

What are some of your favorite ways to prepare the food in this week's bag?  
Email Taylor at [taylor@feedinglaramievalley.org](mailto:taylor@feedinglaramievalley.org) to volunteer and share your recipes or visit  
[www.feedinglaramievalley.org/shares-recipes](http://www.feedinglaramievalley.org/shares-recipes)