

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

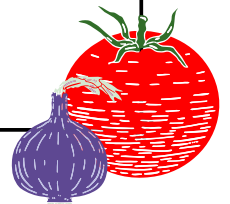
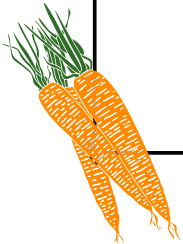
Apple Pie French Toast

Ingredient List

- 1 Cup milk
- 1 Teaspoon cinnamon
- ½ Teaspoon salt
- 1 Teaspoon vanilla
- 2 Tablespoons brown sugar
- 1 Medium grated apple, divided
- 2 Tablespoons butter
- 7 Slices of bread
- Almond and cashew, for serving (optional)
- Maple syrup, for serving

Cooking Instructions

1. Whisk together eggs, milk, cinnamon, salt, vanilla, and brown sugar.
2. Add ¾ of the grated apple to the egg mixture and fold it in.
3. Coat bread slices with the egg and apple mixture. Pan fry in butter on medium heat for about 1 minute on each side (or until nicely toasted).
4. Serve with the remaining grated apple, crushed nuts and a drizzle of maple syrup. Enjoy!



Eggplant Potato Tomato Stew

Ingredient List

- 4 Medium potatoes
- 2 Medium eggplants, chopped
- 2 Red bell peppers, seeded and chopped
- 5 Tablespoons olive oil, divided
- 1 Teaspoon salt, plus more to taste, divided
- ¾ Teaspoon pepper, plus more to taste, divided
- 1 Medium yellow onion, diced
- 1 Tablespoon tomato paste
- 3 Cloves garlic, minced
- 1 Teaspoon paprika
- 1 Can chickpeas drained and rinsed
- 3 Medium beefsteak tomatoes, diced
- 1 ½ Cups Vegetable broth
- Fresh parsley, for garnish (optional)

Cooking Instructions

1. Preheat the oven to 400°F
2. With a knife, score a ring around each potato to break the skin. Place the potatoes in a medium pot of cold water. Bring to a boil and cook for about 8 minutes, until about halfway cooked.
3. Drain the potatoes, and rinse with cold water. Peel off the skin and cut the potatoes into ½-inch pieces and set aside.
4. Divide the eggplant and bell peppers between 2 baking sheets. Drizzle with 4 tablespoons of olive oil, and season with salt and pepper to taste. Toss with your hands to coat. Bake for 25 minutes, flipping halfway through.
5. Heat the remaining tablespoon of olive oil in a large pot over medium heat. Once the oil begins to shimmer, add the onion and cook for 3-4 minutes, until semi-translucent. Add the tomato paste and stir until well distributed, then add the garlic, paprika, 1 teaspoon salt, and ¾ teaspoon pepper, and cook for another 2-3 minutes, until fragrant.
6. Add the potatoes, chickpeas, and tomatoes, and stir to incorporate. Stir in the vegetable broth and cover. Reduce the heat to low and cook for 20 minutes, until the potatoes are tender.
7. Add the roasted eggplant and bell pepper, and stir to combine. Cook for another 5-10 minutes, until the tomatoes have mostly broken down. Ladle into bowls and serve with parsley garnish.

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