

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Cumin Potatoes with Tomatoes

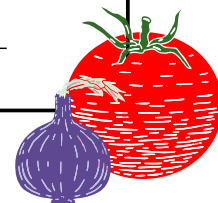
Ingredient List

- 3-4 potatoes, cut into 1/2 inch cubes
- 2 Tbsp. oil
- 1 Tbsp. cumin or cumin seeds
- 1 red onion, cut into 1/2 inch cubes
- 1 tsp. ground turmeric
- Salt and pepper
- 1 tsp. cayenne (optional)
- 1 tomato, cut into 1 inch cubes
- 2 Tbsp. chopped cilantro (optional)

Cooking Instructions

1. Heat oil in a saucepan over medium-high heat.
2. Add the cumin and cook until sizzling and fragrant, 5-10 seconds.
3. Add the potatoes, onion, and turmeric, and cook until the potatoes and onions are lightly browned, 4-6 minutes.
4. Season with salt, pepper, and cayenne.
5. Pour in 1 cup of water and bring to a boil, then reduce heat to medium-low, cover and cook, stirring occasionally until the potatoes are very tender, about 18-20 minutes.
6. Stir in the tomato and cilantro, and cover.
7. Simmer, stirring occasionally, until the tomato is warmed through, about 2 minutes.

Recipe inspired by <https://www.epicurious.com/recipes/food/views/cumin-scented-potatoes-with-tomatoes-ghurma-aloo>



Sauteed Cabbage

Ingredient List

- 1/2 of a small head of cabbage (about 1 pound)
- 1 Tbsp. unsalted butter
- 1 1/2 tsp. salt
- 1/2 tsp. black pepper

Cooking Instructions

1. Place cabbage cut-side down on a cutting board, then slice as thinly as possible around the core.
2. Melt butter in a large pan or heavy bottomed pot over medium-high heat.
3. Add the cabbage, salt, and pepper, and saute for 10 to 15 minutes, stirring occasionally.
4. Cabbage is finished once it is tender and beginning to brown.
5. Serve warm.

What are some of your favorite ways to prepare the food in this week's bag?
 Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit
www.feedinglaramievalley.org/sharerecipeproject