

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

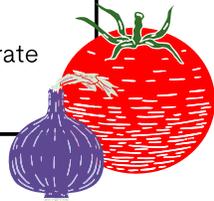
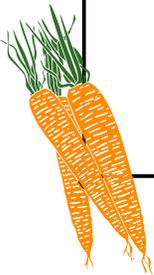
Pickled Beets

Ingredient List

- 1/2 pound of beets (about 3-5 beets)
- 1/2 cup apple cider vinegar
- 1/4 cup water
- 2 Tbsp. sugar
- Salt
- 10 cloves (or any other spice/herb you want to add!)

Cooking Instructions

1. Place beets in a large saucepan and add enough cold water to cover.
2. Over medium-high heat, bring to a boil, then reduce to a simmer and cook for another 30 minutes or until fork-tender.
3. Strain beets and wait until they are cool enough to handle.
4. Peel beets, slice into 1/4 inch rounds and place in a mason jar or bowl.
5. In the same saucepan you cooked the beets, combine vinegar, water, sugar, herbs/spices, and salt to taste.
6. Heat over medium until mixture starts to boil.
7. Remove from heat and pour vinegar mixture over beets.
8. Let beets sit until they are room temperature and refrigerate overnight.



Vegetable Stir-Fry

Ingredient List

- 1/3 cup soy sauce
- 1 tsp. sugar
- 1 Tbsp. cornstarch
- 1/4 tsp. red pepper flakes
- 3 garlic cloves, sliced
- 1 Tbsp. grated ginger
- Salt and Pepper
- 1 Tbsp. vegetable oil
- 1 cup celery, chopped
- 1 cup peas
- Any other vegetable you want to add!
- Peanuts, chopped

Cooking Instructions

1. In a small bowl, whisk soy sauce, sugar, cornstarch, red pepper flakes, garlic, ginger, and salt and pepper to taste. Set aside.
2. In a large skillet, heat oil over medium-high heat.
3. Once the oil is hot, add celery, peas, and other vegetables. Season with salt and pepper.
4. Cook, stirring occasionally, for 5-6 minutes, or until vegetables are softened and beginning to brown.
5. Add the soy sauce mixture to the skillet.
6. Toss everything together and cook until the sauce is thickened and the vegetables are evenly coated, about 1-2 minutes.
7. Top with chopped peanuts and serve with rice, noodles, or as a filling in a lettuce wrap.

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