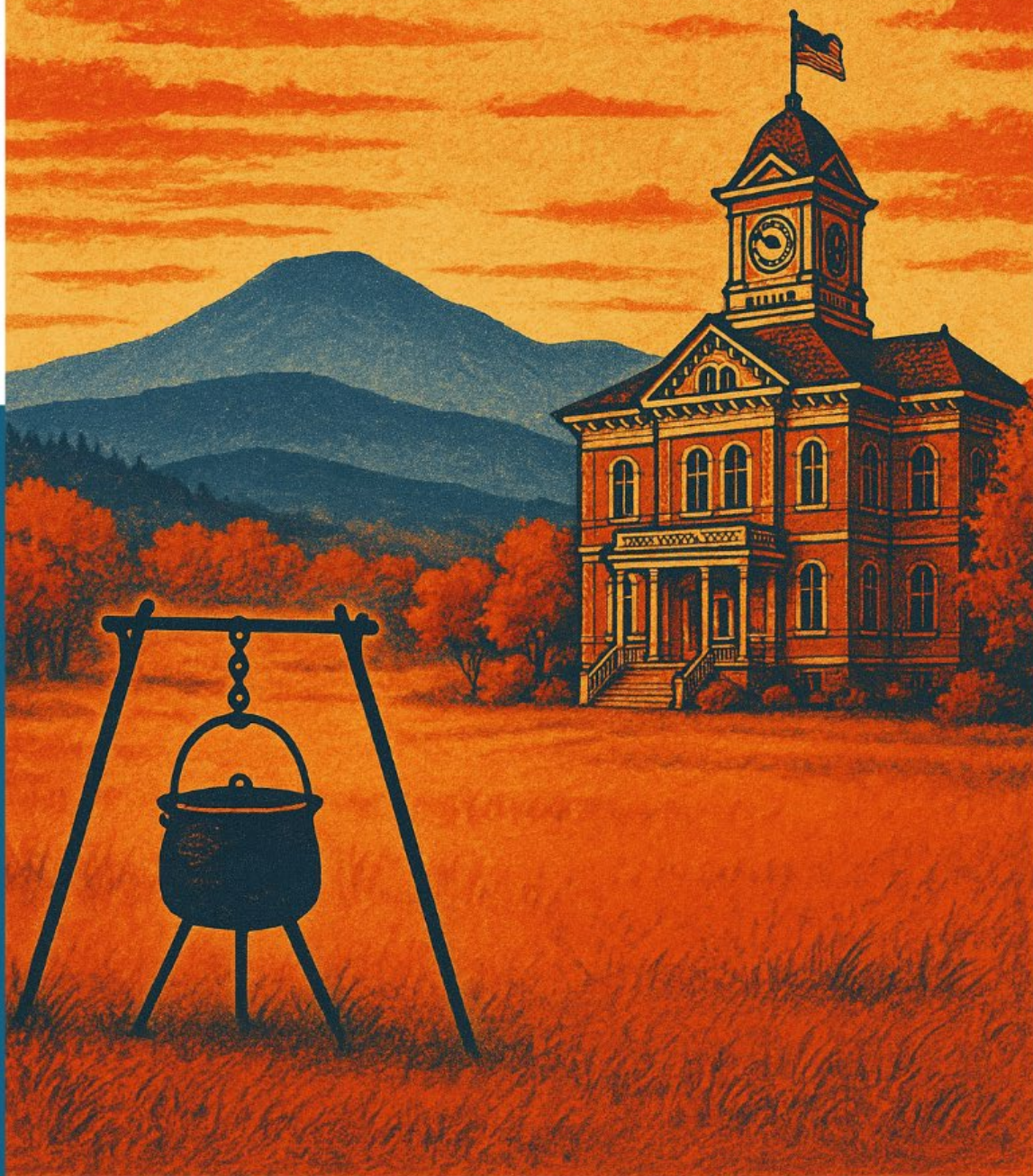


BENTON COUNTY COOK BOOK



2025 Edition

BENTON COUNTY OREGON

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APPETIZERS / SMALL BITES



Boneyard Bean Dip

From the Kitchen of: Jenny Davis, District Attorney's Office

Recipe Description

I actually came up with this dish for Halloween this year, but it was a smash hit, and I had to give the recipe to several coworkers. Our office is VERY festive and for the month of October all our different department teams brought spooky treats in for the communal "round table" outside of DA Joslin's office for everyone to snack on. For paralegal treat day, I brought this bean dip with guacamole and tortilla chips; I named it "Boneyard Bean Dip" because the dips were served out of two skull bowls and the chips were shaped like Autumn leaves. It turned out so good, people were basically licking the bowl by the end of the day and begging for more!

Ingredients

- 2 cans of refried beans
- 1/2 jar of thick & chunky red salsa
- 1 whole can diced green chilis
- 1 cup of shredded white cheddar
- 1 cup shredded sharp cheddar
- Some heavy dashes of my favorite hot sauces: Los Calientes Verde and Los Calientes Barbacoa.

Instructions

- Very easy - Just melt all the above ingredients together either on the stovetop and refrigerate, or in a crock pot to keep warm.
- This recipe is enjoyed both hot and cold, as tested and approved by my work family.

Recipe Photo



Recipe Details

Category: Appetizer/Small Bites

Tags: Vegetarian

Cheesy Garlic Bread

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

My best friend shared this recipe with me. Her family loves it and so does mine!

Ingredients

- 8 oz shredded Colby blend cheese
- 3/4 cup mayonnaise
- 1/8 tsp garlic powder
- 1.5 tsp dried parsley
- 1 loaf French bread cut in half length wise

Instructions

- Combine cheese, mayonnaise, garlic powder, and parsley and then spread evenly on each half of the bread.
- Place on baking sheet and bake at 350 degrees for 15-20 minutes until cheese is melted and lightly browned. Slice and serve.

Recipe Details

Category: Appetizer/Small Bites

Tags: Vegetarian

Scalloped Corn

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

This is my childhood best friend's recipe, and her family always requests it at holidays.

Ingredients

- 2 cans of corn, drained
- 1 can cream corn
- 2 rolls Ritz crackers
- 1.5 tbsp butter
- 1 tsp sugar

Instructions

- Combine 1 can of corn and 1/2 can of cream corn and layer in bottom of buttered casserole dish.
- Sprinkle with half the sugar and half the butter.
- Crumble 1 roll of crackers on top.
- Repeat second layer. Bake at 350 degrees for 45 minutes.

Recipe Details

Category: Appetizer/Small Bites

Tags: Vegetarian

Cowboy Caviar

From the Kitchen of: Miquel Wolgamott, Behavioral Health

Recipe Description

We make this for a lot of our family events. Both my daughters will request it and will even make it themselves.

Ingredients

- 1/2 cup olive oil
- 1/8 cup sugar
- 1 tbsp lime juice
- 1/4 cup vinegar
- 1/4 tsp garlic powder
- 1/2 tsp cumin
- 1 tsp salt
- 2 cans Rotel
- 2 cans black eyed peas
- 2 cans black beans
- 1 can corn
- 1/2 red onion chopped (sometimes I use pickled red onions)
- 1/2 cup chopped cilantro
- 10 pieces of cooked bacon

These are all guesstimates. I usually season until I my ancestors tell me to stop.

Instructions

- In a large bowl mix together oil, sugar, lime juice, vinegar, garlic powder, cumin and salt.
- Add remaining ingredients (make sure to drain/rinse the beans and drain the corn).
- Stir all together and add the chopped cilantro and bacon continue to stir to combine.
- Enjoy with chips or use as a salsa.

Recipe Photo



Recipe Details

Category: Appetizer/Small Bites

Tags: Vegetarian, Gluten Free, Dairy Free

Keto Jalapeno Poppers

From the Kitchen of: Jenny Davis, District Attorney's Office

Recipe Description

My husband and I like to "go Keto" periodically when we want to cut back on carbs and feel lighter, and this is such a delicious and easy thing to make using your air fryer or oven, and they're very low carbs at 1 carb each! I've tried other methods, but mixing the insides all together with small bacon pieces is by far the best.

Ingredients

- 10-12 whole jalapenos (depending on how many in total you want to make; They are served in halves so whatever number you get will be doubled. For smaller portions, lessen the ingredients.)
- 2 packages softened cream cheese or Neufchatel cheese
- ½ -¾ bag of shredded fiesta blend or sharp cheddar cheese
- 1 2.5 oz bag of Real bacon bits (2 bags if you want extra bacon flavor)
- Salt and pepper to taste
- Optional: Red pepper flakes for the top. Gives a tiny kick!

Instructions

- Line a cookie sheet with foil and preheat oven to 370 degrees.
- For each jalapeno, cut the stem head off and slice them in half. De-vein and de-seed to get rid of the super spicy bits, and rinse.
- In a mixing bowl, blend all other ingredients together. The cream cheese mixes much easier when it's softened.
- Using a spoon, add the creamy mixture to each halved jalapeno and line onto the cookie sheet. When mixture is used up to desired filling, top each with a little more cheese.
- Bake at 375 for 15-20 minutes to get a nice soft pepper base. Broil for 1-2 minutes if desired to brown and bubble the cheese on top.

Optional: Air Fryers work wonders for these too! Just fill the fryer drawer with peppers and air fry at 350-375 degrees for around 6-10 minutes total - all air fryers run a little differently but it's easy to tell when they're ready: The jalapeno will be darker green and soft to the touch with melted yummy cheese.

Recipe Details

Category: Appetizer/Small Bites

Tags: Gluten Free

No-Bake Date Boats

From the Kitchen of: Tina Robison, Sheriff's Office

Recipe Description

This is a recipe from my late mother Marie. A family favorite for Christmas or special occasions. It is quick to make. No baking.

Ingredients

- Approximately 12 Medjool dates
- 1/2 cup of your favorite granola mix. Chocolate chips included in granola is a family favorite, or you can add a few vegan chocolate chips
- 1/4 cup of peanut butter - creamy or chunky
- 3 tbsp honey, maple syrup or molasses (sweetener)
- Chocolate powder optional
- Un-sulfured coconut flakes optional

Instructions

- Cut dates lengthwise on one side, remove pit. This makes a small "boat" for you to stuff.
- Mix granola, peanut butter, sweetener and optional chocolate powder. Form a paste-like substance. You can add more peanut butter or sweetener if needed.
- Spoon filling into the date "boats."
- Optional, but oh so pretty... roll the date filling side into a small dish filled with coconut flakes.
- Display on your favorite festive dish or store in plastic container for camping.

Recipe Details

Category: Appetizer/Small Bites

Tags: Vegan, Gluten Free, Dairy Free

Spicy Salsa

From the Kitchen of: Summer Smallwood, Parole and Probation

Recipe Description

My husband makes this for me every time we have a potluck at work or my women's. It is a big favorite.

Ingredients

- 3-4 jalapeños
- 5-8 fresh tomatoes
- 3-5 serrano peppers
- 1 yellow onion
- 3 cloves garlic
- 1 tsp Salt
- 2 to 3 8-12 oz cans crushed tomatoes, Italian or Mexican style
- 1 lemon
- 2 bunches cilantro

Instructions

- Boil Jalapeños, fresh tomatoes, Serrano, onion, garlic cloves, and salt.
- Blend crushed tomatoes, lemon, and boiled mixture, put in blender with 1 cilantro bunch.
- Chop up 1 cilantro bunch and put into mixture after blended.
- Cover with an airtight lid. Enjoy!

Recipe Details

Category: Appetizer/Small Bites

Tags: Gluten Free

Gingerbread Scones

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

These scones, most scones, aren't as hard to make as I once thought. This was one of the first recipes I made. Feel free to up the spice levels to meet your needs.

Ingredients

Scones

- 2 cups unbleached white flour = 8oz/240g
- 1 tbsp baking powder
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/2 tsp sea salt
- 2 tbsp granulated sugar, coconut sugar, date sugar, regular, etc.
- 1 tsp granulated sugar, for sprinkling on top
- 1/2 cup cold butter in cubes (or vegan butter) = 4oz/115g
- 1/4 cup molasses = 3oz/85g
- 1/2 cup milk, any kind - cow, coconut, almond, etc.
- 1 tsp milk, for top

Maple Vanilla Glaze

- 1 cup powdered sugar
- 2 tbsp melted butter, or vegan butter
- 1 tbsp maple syrup
- 1/2 tsp pure vanilla extract

Instructions

Scones

- Preheat oven to 425 degrees.
- Using a pastry cutter or the back of a fork, cut the butter cubes into the flour mixture until the butter pieces are around the size of peas.
- Pour in 1/2 cup of milk and 1/4 cup molasses and stir everything together until it's incorporated.
- Bring the dough together with your hands a couple times and then flatten out onto a cookie sheet. You can use parchment or spray underneath, but I usually find that mine doesn't stick to the tray after baking. Pat the dough into a circle that is about 3/4" thick.
- Brush the top of the dough circle with 1 tsp of milk and then sprinkle with 1 tsp of sugar. The milk will help the sugar stick, and the sugar will give a nice crunchy topping to these gingerbread scones!
- Cut into 8 wedges.
- Bake at 425 F for 15-20 minutes, until rising, and golden brown.
- Add the optional icing and devour these scones with a cup of hot coffee or tea.

Maple Vanilla Glaze

- In a small bowl, whisk or stir all the ingredients together until smooth.
- With the back of a spoon or with a knife, spread quickly over the scones.
- This icing will set fast so stir and spread!

Devour these gingerbread scones!!

Recipe Details

Category: Appetizer/Small Bites, Breakfast, Dessert

Nachos

From the Kitchen of: Paula Felipe, Public Health

Recipe Description

It is a healthier way to enjoy a big plate of nachos while having friends over to watch a favorite sporting event or other activity. You really need to try it to believe how delicious it is!

Ingredients

- 1 head cauliflower, cut into florets
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/2 tsp cumin
- 1/4 tsp chili powder
- 1/4 tsp smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 6 ounces tortilla chips
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- 1 Roma tomato, diced
- 1/3 cup guacamole, homemade or store-bought
- 1/4 cup diced red onion
- 1 jalapeno, thinly sliced
- 2 tbsp chopped fresh cilantro leaves

Instructions

- Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- Place cauliflower florets in a single layer onto the prepared baking sheet. Add olive oil, garlic, cumin, chili powder and paprika, season with salt and pepper, to taste. Gently toss to combine. Place into oven and bake for 12-14 minutes, or until tender and golden brown.
- Stir in tortilla chips in a single layer. Top with black beans and cheese.
- Place into oven and bake until heated through and the cheese melts, for about 5-6 minutes.
- Serve immediately, topped with tomato, guacamole, onion, jalapeno and cilantro.

Recipe Details

Category: Appetizer/Small Bites, Dinner Main Course

Jalapeno Super Nacho Dip

From the Kitchen of: Jenny Davis, District Attorney's Office

Recipe Description

This is another Potluck Star! My family and I really love Mexican and Mexican-inspired food, it brings everyone together and warms your belly like none other. I tried this recipe on my family first, then debuted it to the work family and it was hailed all around. It is an easy put-together-ahead of time dish that can be enjoyed as an appetizer, or a family meal. I like to serve it deconstructed so everyone can choose their desired toppings (and reheat the bean/meat mixture before toppings if enjoying at work).

Ingredients

- 3 lbs. ground turkey (or beef - we just prefer turkey at home)
- Approximately 3-4 deveined and seeded jalapenos
- 1/2 large Onion, diced
- 2 scoops minced garlic
- 1 large can refried beans
- 1 regular can of whole pinto beans
- 1 can El Pato hot tomato sauce (red & yellow can)
- 1 can of diced green chilis
- 1 bag of shredded sharp cheddar
- Side toppings to pile on: Sour cream, shredded lettuce, green onions, diced tomatoes, guacamole, salsa, extra cheese, etc.
- Plenty of tortilla chips for dipping :)

Instructions

- Preheat oven to 350. Sautee onion and jalapeño in olive oil until slightly soft, then add your garlic, green chilis, and ground turkey and brown/cook in that until the liquid is soaked up.
- Add can of El Pato and stir until soaked into the meat (around 10 minutes). Let simmer while you open the beans.
- In a cake pan: layer refried beans, salsa, whole pinto beans, then the meat mixture and top with cheese. (Optional: Line the inside edges of the pan with tortilla chips for visual interest.)
- Bake in the oven for approximately 10-15 minutes until the cheese is melted and beans hot.
- Yum time! Add desired fixin's on top and dig in with tortilla chips or a fork :)

Recipe Details

Category: Appetizer/Small Bites, Dinner Main Course, Lunch

Tags: Gluten Free

German Pancake

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

My aunt made these once when I visited, and I thought they looked so neat because they puff up while baking. I have made them for my family, and they love them too.

Ingredients

- 3 eggs, room temperature
- 1/2 cup milk
- 1/2 cup flour
- 1/2 tsp salt
- 2 tbsp butter, melted
- 2 tbsp lemon juice
- Powdered sugar (optional)
- Syrup of your choice (optional)

Instructions

- Butter oven safe skillet.
- Beat eggs. Add milk and blend.
- Add flour and salt slowly, whisking as you go.
- Add butter and whisk until it is smooth.
- Pour into pan and bake at 450 degrees for 15 minutes.

Recipe Details

Category: Breakfast

Tags: Vegetarian

Buckwheat Scones

From the Kitchen of: Sara Kaye, Behavioral Health

Recipe Description

For an easy and nutritious GF grab and go, these Buckwheat Scones fuel many of my workdays. They are simple to whip up in a food processor. But with some elbow grease, you can mix them by hand, too!

Ingredients

Wet ingredients:

- 12 oz cooked and mashed Pumpkin / Sweet Potato / Winter squash
- 3 tbsp Maple Syrup
- 2 tbsp Vanilla
- 1/3 cup yogurt
- 1 stick butter, cut into little pieces

Dry ingredients:

- 1 tbsp Cinnamon
- 1 cup Buckwheat Flour (plus extra for rolling out scones)
- ½ cup GF 1 to 1 Baking Flour mix (like Bob's Red Mill)
- ½ cup Oat Flour
- ½ cup Coconut Flour (if you don't have oat and coconut flour, you can substitute the GF flour mix)
- 1 cup Almond Flour (WinCo has it in bulk)
- ¼ cup Cane Sugar
- 3 tsp Baking Powder
- 1 tsp Xanthium Gum

Instructions

- Preheat oven to 375 degrees.
- Prep your baking sheet: grease or parchment paper lines.
- Mix wet ingredients together in a mixing bowl and set aside.
- Sift dry ingredients together, ideally in a food processor.
- Cut the butter pieces into the dry ingredients until mix is texture of gravel.
- Add wet ingredients to dry and butter and mix until well combined.
- Dust countertop with ample buckwheat flour and roll out your dough into a rectangle approx. 2 inches thick. Cut out into approx. 12 triangles.
- Bake 12-15 mins until a bit golden brown and baked through!

Serve warm with butter, if you're feeling indulgent.

Keep in fridge up to 1 week and reheat to serve (toaster oven is best).

Freezes beautifully up to 2 months.

Recipe Details

Category: Breakfast

Tags: Gluten Free

Dutch Baby

From the Kitchen of: Summer Smallwood, Parole and Probation

Recipe Description

I found this recipe in my Home Economics class in high school, back in the wagon days around 1978. This is one recipe that I have kept close whenever I moved to make sure that I never lost it. Elmer's makes a good Dutch baby, also known as puff pancake and other names.

Ingredients

- 1 egg
- 1 egg white
- 1/4 cup all-purpose flour
- 1/4 cup fat-free milk
- 1 tbsp sugar
- 1 tsp almond extract
- 1 tsp finely shredded lemon peel (optional)
- 1 1/2 tsp butter
- 2 tbsp sliced almonds
- 2/3 cup fresh blackberries and/or raspberries, (I also like to use canned peaches w/syrup instead)
- 2 tsp powdered sugar

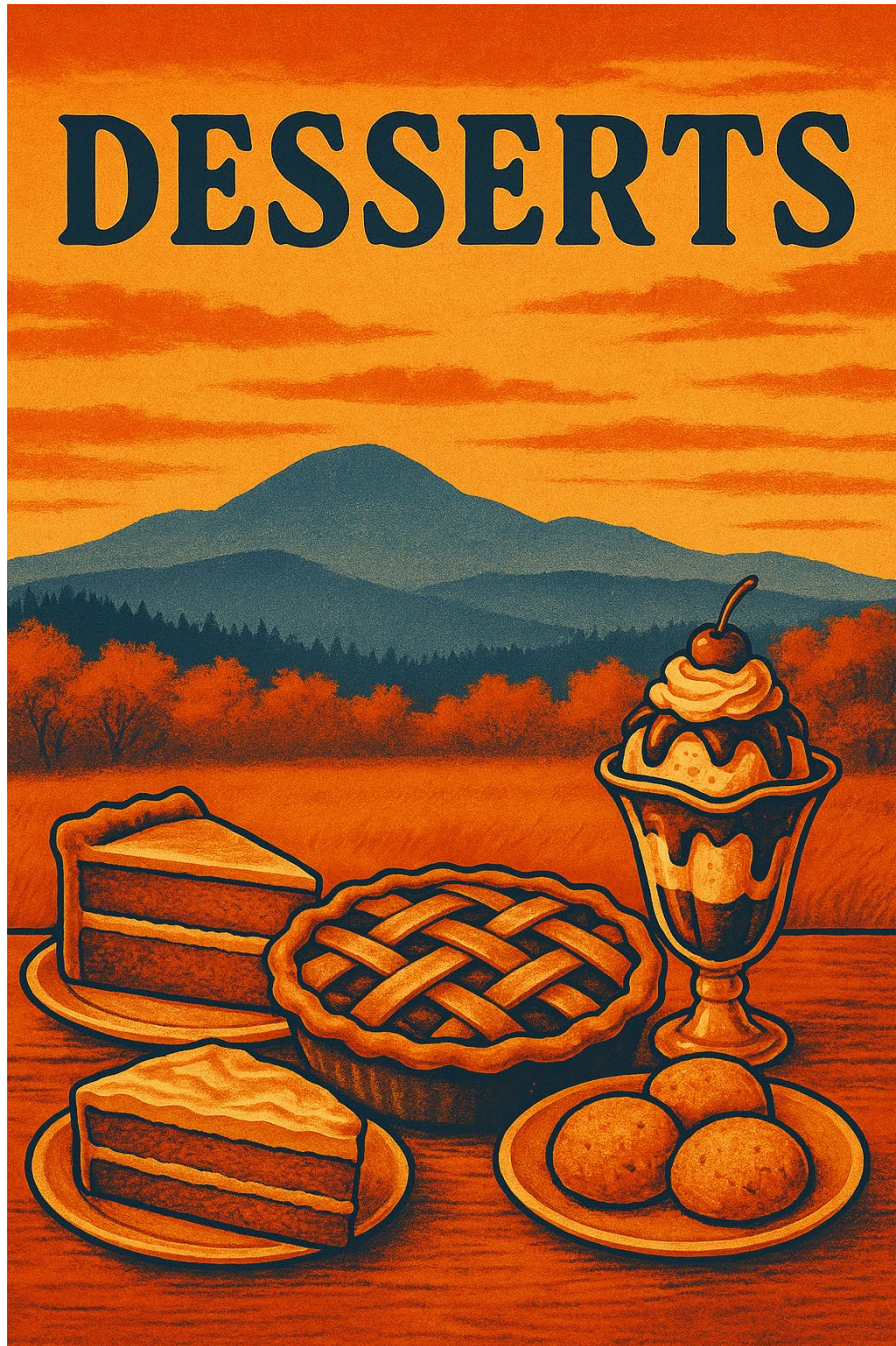
Instructions

- Preheat oven to 425 degrees.
- In medium bowl, combine egg, egg white, flour, milk, sugar, almond extract, and lemon peel.
- Beat with electric mixer on high speed 2 minutes.
- Grease the inside of a 9" cast-iron skillet, or a dark 9 x 1 1/2" round cake pan with 1/2 tsp of the butter.
- Place the remaining 1 tsp butter in the prepared skillet: Place skillet in the hot oven about 2 minutes or until butter is melted and starting to sizzle.
- Pour batter into the hot skillet or pan; quickly sprinkle with almonds.
- Bake 10-12 minutes or until mixture puffs in center and browns and crisps on edges. Immediately remove pancake from skillet or pan and place on a cooling rack to prevent the bottom from becoming soggy, or straight to a plate.
- Cool slightly, Top with berries and sift with powdered sugar.

Recipe Details

Category: Breakfast

DESSERTS



Crackly Banana Bread

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

Inevitably bananas go bad in the fruit basket and while freezing them to use later is optimistic, I've found this recipe to be more realistic to use them up. It's kid and husband approved. You can add mix ins like chocolate chips or nuts as desired. Most of all, it has a crunch - a satisfying element to a bread. And I bet millet isn't an ingredient in your rotation (unless you are a bird?!)

Ingredients

- 3 large ripe-to-over-ripe bananas
- 1 large egg
- 1/3 cup (80 ml) virgin coconut oil, warmed until it liquefies, or olive oil
- 1/3 cup (65 grams) light brown sugar
- 1/4 to 1/3 cup (60 to 80 ml) maple syrup (less for less sweetness, of course)
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 grams) baking soda
- 1/4 tsp table salt
- 1 tsp ground cinnamon
- 1/4 tsp freshly grated nutmeg
- Pinch of ground cloves
- Pinch of salt
- 1 1/2 cups (180 grams) white whole-wheat flour (or flour mixture of your choice, see Note up top)
- 1/4 cup (50 grams) uncooked millet

Instructions

- Preheat your oven to 350°F and butter a 9×5-inch loaf pan. In the bottom of a large bowl, mash bananas with a potato masher or the back of a wooden spoon until virtually smooth but a few tiny lumps remain.
- Whisk in egg, then oil, brown sugar, syrup and vanilla extract. Sprinkle baking soda, salt, cinnamon, nutmeg and cloves over mixture and stir until combined. Stir in flour until just combined, then millet.
- Pour mixture into prepared pan and bake until a tester comes out clean, about 40 to 50 minutes. Cool loaf in pan on rack.
- Do ahead: Loaves keep well in the freezer, wrapped tightly in plastic wrap, for a month or more. Ours kept at room temperature for a week, becoming moister each day.

You can find this recipe here:

<https://smittenkitchen.com/2012/09/crackly-banana-bread/>

Recipe Details

Category: Breakfast, Dessert

Brown Sugar Cookies

From the Kitchen of: Ashley Talamantes, Behavioral Health

Ingredients

- 1 cup (2 sticks; 226 grams) unsalted butter at room temperature, divided
- 1 $\frac{3}{4}$ cups (375 grams) light or dark brown sugar (I like to do a mix of both if I have them)
- 1 large egg
- 1 large egg yolk
- 2 $\frac{1}{2}$ tsp vanilla extract
- 2 $\frac{1}{2}$ cups (350 grams) all-purpose flour, plus more if needed
- 1 tsp baking soda
- $\frac{3}{4}$ tsp fine sea salt

Instructions

- Make brown butter: In a small pan, melt $\frac{1}{2}$ cup butter over medium heat. Cook 3 to 5 minutes, swirling the pan every so often, until the butter browns (when it turns an amber golden color and has a nutty aroma, it's done). Transfer to a bowl to cool 5 minutes.
- Line baking sheets.
- Preheat the oven to 350°F. Line 2 baking sheets with a baking mat or parchment paper.
- Combine cookie dough and chill. In a large bowl, mix the melted brown butter, remaining $\frac{1}{2}$ cup butter, and $1 \frac{3}{4}$ cups brown sugar with an electric mixer on medium-high speed 3 minutes, or until smooth and creamy.
- Mix in 1 large egg, 1 egg yolk and 2 $\frac{1}{2}$ tsp vanilla for an additional minute. Add 2 $\frac{1}{2}$ cups flour, $\frac{3}{4}$ tsp salt, and 1 tsp baking soda and mix until well combined. If dough seems too soft, add in 1 to 2 Tablespoons flour. Chill dough at least 30 minutes.
- Bake: Scoop cookie dough onto the baking sheet, about 2 inches apart. Bake 10 minutes, or until the edges are just golden brown and the center is still soft.
- Cool. Remove from oven and let cool for a few minutes on the baking sheet, or until the centers are set, before transferring to a wire rack to cool completely.

Recipe Details

Category: Dessert

Brown Sugar Blondies

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

This was a childhood favorite of my siblings and me.

Ingredients

- 1/4 cup melted butter
- 1 cup packed brown sugar
- 1 egg
- 3/4 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp vanilla

Instructions

- Heat oven to 350 degrees.
- Stir in sugar to warm melted butter and then cool.
- Stir in egg. Stir in flour, baking powder, and salt together and then blend into wet ingredients.
- Mix in vanilla. Spread in a greased square pan.
- Bake approximately 25 minutes. Do not overbake.

Recipe Details

Category: Dessert

Tags: Vegetarian

Chocolate Ice Cream Shell

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

My mom made this all the time growing up. My siblings and I enjoyed how the sauce hardens when on top of ice cream.

Ingredients

- 2 cups sugar
- 4 tbsp cocoa
- 1 tbsp milk
- 1/2 tsp vanilla

Instructions

- In a pot, stir sugar and cocoa together, adding more cocoa if needed to look light brown.
- Add the milk. Heat and stir constantly over medium heat.
- Add a bit more milk if mixture looks dry as cooking.
- Bring to a boil and add vanilla and stir.
- The longer it boils, the stickier it gets. Serve over ice cream.

Recipe Details

Category: Dessert

Tags: Vegetarian

Chocolate Zucchini Bread

From the Kitchen of: Amanda Garcia, Public Health

Recipe Description

My son's favorite recipe!

Ingredients

- 2 ½ cups Bob's Red Mill 1:1 Gluten Free Flour
- 1 tsp Salt
- 2 cup Sugar
- 1 tsp baking soda
- 3 large eggs, room temperature
- 1 tsp Ground cinnamon
- 3 tsp Vanilla extract
- 1/4 tsp baking powder
- 1/2 cup baking cocoa
- 2 cups peeled shredded zucchini

Instructions

- In a large bowl, beat sugar, oil, eggs and vanilla until well blended.
- Combine the flour, cocoa, salt, baking powder, baking soda and cinnamon; gradually beat into sugar mixture until blended.
- Stir in zucchini. Transfer to 2 greased 8x4 inch loaf pans.
- Bake at 350 for 50-55 minutes or until a toothpick inserted in the center comes out clean.
- Cool for 10 minutes before moving to a wire rack to cool completely.

Recipe Details

Category: Dessert

Tags: Gluten Free

Double Layer Pumpkin Cheesecake

From the Kitchen of: Kyla Lyon-Hubert, Behavioral Health

Ingredients

Gluten Free Graham Cracker Crust

- 1 1/2 cups gluten free graham crackers (crushed)
- 1 tbsp brown sugar
- 7 tbsp melted butter

Cheesecake Layer

- 2 (8 Oz) packages cream cheese, softened
- 1/2 cup white sugar
- 1 tsp vanilla extract
- 2 large eggs

Pumpkin Layer

- 1/2 cup pumpkin puree
- 1 tsp pumpkin spice

Instructions

- Gather the ingredients. Preheat the oven to 325 degrees F.
- Make the crust: Crush graham crackers by using a food processor or blender. Mix with brown sugar and melted butter. Press into the bottom of a 9-inch spring form pan or pie dish. Set aside.
- Make the cheesecake layer: Beat cream cheese, sugar, and vanilla in a large bowl with an electric or stand mixer until smooth. Add eggs one at a time, blending well after each addition.
- Spread 1 cup batter in the graham cracker crust.
- To make the pumpkin layer: Add pumpkin puree and pumpkin spice to the remaining batter; stir gently until well blended.
- Carefully spread the remaining batter on top of the cheesecake layer.
- Bake in the preheated oven for 35-40 minutes.
- Remove from the oven, set on a wire rack, and cool to room temperature for 1-2 hours.
- Refrigerate for at least 3 hours before serving, preferably overnight.
- Serve with whipped cream and enjoy!

Recipe Details

Category: Dessert

Tags: Gluten Free

Easy Cheesecake

From the Kitchen of: Mitzi Pommier, Finance

Recipe Description

I get a lot of requests for this easy cheesecake. I make it for birthdays. They would rather have cheesecake than cake.

Ingredients

- 1 Graham cracker crust
- 1 package (8oz) cream cheese softened
- 1/3 cup sugar
- 1 cup (1/2 pint) Sour Cream
- 2 tsp Vanilla
- 1 8oz container frozen whipped topping, thawed
- Strawberries for topping (Optional)

Instructions

- Beat cream cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla.
- Fold in whipped topping, blending well.
- Spoon into crust. Chill until set at least 4 hours. garnish with fresh strawberries, if desired.

Recipe Details

Category: Dessert

Flan

From the Kitchen of: Miriam Estrada, Mental Health

Recipe Description

It's so simple but so yummy! So many people like flan but don't realize the simplicity of the recipe!

Ingredients

- 1 cup of sugar (can use more or less to preference)
- 1 can of condensed milk
- 1 can of evaporated milk
- 5 eggs
- 1 tsp of vanilla (Can use more or less to preference)

Instructions

- Turn oven on to 350 degrees. Place a large baking dish filled with water on the bottom rack.
- Slowly melt/caramelize the sugar over a low heat, stirring constantly. Golden brown is my preference - just as it all liquifies. Some like it more caramelized and stronger flavor. Pour this over the bottom of a pie pan and set aside.
- Drop the rest of the ingredients into a blender and blend for about a minute. Pour over the sugar.
- Place pie pan on top rack in oven. Bake for about 60-90 minutes. When a knife inserted in the middle comes out clean, it's done and has a creamy texture. However, I like to cook longer for the thicker texture. There must be water in the rack, otherwise it will burn.
- After letting it sit for at least 15 minutes in the pan, invert onto a dish. Let cool and enjoy! I enjoy it warm, but often it's enjoyed cold, so feel free to make in advance and store in the fridge.

Recipe Details

Category: Dessert

Tags: Vegetarian

London Fog Shortbread Cookies

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

When you want a cookie that brings the warm and spicy experience of London Fog into your hands. Bonus points to eat this while drinking a London Fog, or at least a cup of tea.

Ingredients

- 1 cup unsalted butter
- 2/3 cup powdered sugar
- 1 3/4 cup all-purpose flour
- 1 tsp pure vanilla extract
- 1 1/2 tbsp Earl Grey tea leaves (crushed)
- 1/2 tsp salt
- 2 tbsp decorating sugar

Instructions

- Add butter to a large mixing bowl and allow it to completely soften at room temperature.
- Once butter is softened, add powdered sugar and vanilla to the bowl with the butter and mix on low until completely smooth and creamy.
- Add in flour, salt, and Earl Grey tea, mix to combine. The dough should be thick and easy to manipulate.
- Lay out a sheet of plastic wrap and transfer the dough on top of the plastic wrap. Use your hands to begin to form the dough into a log shape. Next, wrap the dough with the plastic wrap and then roll the dough with your hands until it forms a nice smooth log. You can twist the ends of the plastic wrap to keep the ends secured.
- Keeping the log wrapped, transfer to the refrigerator and refrigerate overnight, or for at least an hour.
- Preheat oven to 350 degrees F.
- Remove the refrigerated dough. Unwrap and remove from the plastic wrap. Using a knife, begin slicing your dough into 1/4-inch round slices. Place sliced cookie dough onto a lined baking sheet. Sprinkle with decorating sugar and bake for 13-15 minutes.
- Transfer cookies to a cooling rack to cool, then serve and enjoy. Store in an airtight container.

You can find this recipe here:

https://wanderlustandwellness.org/london-fog-shortbread-cookies/?utm_source=pinterest&utm_medium=social&utm_campaign=social-pug

Recipe Details

Category: Dessert

No-Bake Cookies

From the Kitchen of: Kim Mcdermid, District Attorney's Office

Recipe Description

I have been making these cookies for my kids for years. They are a bit messy but are really easy to make.

Ingredients

- 1 3/4 cups white sugar
- 1/2 cup butter (or one stick) (doesn't matter if it is salted or unsalted)
- 1/2 cup milk
- 4 tbsp unsweetened cocoa powder
- 1/2 cup peanut butter (I use creamy)
- 3 cups quick-cooking oats
- 1 tsp vanilla extract

Placed on waxed paper or parchment paper using an ice cream scoop.

Instructions

- Put a medium size pot on the stovetop and bring to a boil sugar, butter, milk and unsweetened cocoa powder.
- Stir until all is melted and boil for EXACTLY 90 seconds and then remove from the heat.
- Have these ingredients ready to add when you pull your pan off of the stove top: peanut butter - stir until melted (BEFORE YOU ADD THE OATS), quick-cooking oats, vanilla extract.
- Mix all of it together and scoop out of the pan with your ice cream scoop onto the wax paper.
- These cookies can be super picky. You have to follow the directions exactly do not boil longer or shorter than 90 seconds or they will not set up properly.
- Let them cool for an hour then they are ready to eat.

Recipe Details

Category: Dessert

Oreo Cheesecake Bites

From the Kitchen of: Stacy Tindall, Behavioral Health

Recipe Description

This has become my daughter's and mine favorite dessert to bring to holiday parties! Well, that and homemade Chili con Queso! – Now there's a recipe I need to share!

Ingredients

- Package of Oreos (the diet kind – meaning not double stuffed)
- 16 oz cream cheese
- ½ cup sour cream
- ½ cup sugar
- 1 tsp (plus a splash) vanilla
- 2 eggs

Instructions

- Preheat oven to 275 degrees.
- Mix cream cheese, sour cream, sugar, and vanilla.
- Add in eggs one at a time and continue to mix.
- Line the cupcake pan with cupcake holders – add an Oreo to each liner. Add mixture on top of the Oreo cookie. Sprinkle crumbled Oreos over the top.
- Bake for 22 minutes.
- Chill for 3 hours then refrigerate.

Recipe Details

Category: Dessert

Norwegian Cake

From the Kitchen of: Joyce Anderson, Community Health Centers

Recipe Description

This is a Norwegian recipe that has been shared with me by my daughter, and it is a family favorite in Norway where she lives.

Ingredients

- 2 cups of flour
- 1 cup of brown sugar
- 1 cup of sugar
- 3/4 cup of cocoa powder
- 1 tsp of baking powder
- 2 tsp of baking soda
- 1 tsp of salt
- 1 cup of milk
- 1/2 cup of oil
- 2 large eggs
- 1 tsp of vanilla
- 1 cup of hot strong coffee

Instructions

- Preheat oven to 350 degrees.
- In a mixing bowl, cream together oil, brown sugar, eggs, milk, vanilla, and regular sugar.
- In a separate bowl, mix together flour, cocoa powder, baking soda, baking powder, and salt.
- Add hot coffee and dry mixture into the wet mixture, alternating some at a time.
- Mix on medium speed for 2 minutes.
- Put into a prepared pan(s), and bake for 23-25 minutes, let cool before frosting. (Chocolate Butter Cream Frosting pairs well with this cake).

Recipe Details

Category: Dessert

Rustic Olive Oil Cake

From the Kitchen of: Sheanna Steingass, Public Works

Recipe Description

This is one of my favorite recipes. It is one of those that you can easily make with ingredients that are probably already in your pantry. You can also modify this dish by adding orange or lemon juice, glazing with honey and topping with berries or fruit, or dressing up with powdered sugar and edible flowers. It is good for a formal dinner, a picnic, or just as an indulgent snack.

Ingredients

- 1 1/2 cups flour
- 3/4 cup sugar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 2 eggs
- 1 tsp pure vanilla extract
- 1/2 cup olive oil
- 1/2 cup buttermilk, whole milk or Greek yogurt
- 1/2 tsp kosher salt

Instructions

- Preheat oven to 350°.
- Lightly oil a 9" cake pan and place parchment paper on the bottom. Lightly rub with a small amount of olive oil and sprinkle some sugar to coat paper.
- In a medium bowl, mix flour, salt, baking soda and baking powder until well mixed. In a large bowl, whisk together the eggs, sugar and vanilla extract. While whisking, add in the olive oil. Slowly add the flour while mixing.
- Pour batter into pan and bake for approximately 30 minutes, or until an inserted toothpick comes out clean and the cake edges slightly start to pull away from the pan. Allow to cool before removing from pan and serving.

Recipe Details

Category: Dessert

Tags: Vegetarian

Thumbprint Jam Cookies

From the Kitchen of: Gabrielle Fecteau, Finance

Recipe Description

It's a recipe that is easy, versatile, and delicious! A great option for beginner bakers :)

Ingredients

- 1 cup salted butter, softened
- 1/2 cup white sugar
- 2 cups sifted all-purpose flour
- 1/2 cup any fruit jam

Instructions

- Preheat the oven to 375 degrees F.
- Cream butter and sugar until light and fluffy.
- Add sifted flour and mix well.
- Shape dough into 1-inch balls and place on cookie sheets.
- Imprint your thumb (or back of small measuring spoon) in the center to make a 1/2-inch indentation.
- Fill the indent with your favorite jam.
- Bake 12 to 18 minutes or until golden brown at the edges (may vary by oven, keep an eye on them!).
- Best served with tea and friends! Enjoy!

Recipe Details

Category: Dessert

Tags: Vegetarian

German Christmas Stollen

From the Kitchen of: Danielle Ellis, Behavioral Health

Recipe Description

This bread recipe has been a winter and moral boosting staple for the holidays and in the ACT suite.

Ingredients

For the dough:

- 3 1/2 cups sifted Bread Flour
- 1 cup all-purpose flour plus more for surface and more if needed
- 1/4 cup plus 2 tbsp granulated sugar
- 1 tsp salt
- 1/4 tsp ground cinnamon instead
- 1/4 tsp freshly grated nutmeg
- 1 cup whole milk* warmed, could use dairy-free milk like unsweetened almond milk
- 5 oz 1 1/4 sticks unsalted butter, melted could use vegan butter sticks to keep dairy-free
- 1 tbsp plus 1/2 tsp active dry yeast from two 1/4 oz envelopes, dissolved in 1/4 cup warm water
- 3 large eggs lightly beaten
- 7 1/2 oz golden raisins 1 1/2 cups, soaked in 1/4 cup fresh orange juice (optional)
- 5 oz dried currants soaked in 1/4 cup fresh orange juice (optional)
- 5 oz blanched almonds 1 cup, coarsely chopped
- Vegetable oil for bowl

For the glaze (optional):

- 3 cups confectioner's sugar
- 5 tbsp whole milk

Instructions

- Whisk (or use mixer/kitchen aide) together flour, granulated sugar, salt, mace, and nutmeg in a large bowl. Stir in milk and melted butter. Add dissolved yeast and the eggs. Turn out onto a lightly floured surface and knead until smooth.
- Drain raisins and currants. Add raisins, currants, almonds, citron, orange peel, apricots, and lemon zest to dough, and continue kneading until incorporated, about 10 minutes. If dough is sticky, knead in more flour.
- Transfer dough to a lightly oiled bowl. Cover with plastic and let rise in a warm place until doubled in volume, 1 to 2 hours.
- Punch down dough, divide into 6 even pieces, and roll each piece into a 15-inch-long log. Braid 3 logs together, and place on a parchment-lined baking sheet. Repeat with remaining 3 logs.
- Cover with plastic, and let rise until doubled in volume, about 2 hours more.
- Preheat oven to 350 degrees. Bake stollen until golden brown, 35 to 40 minutes. Let cool completely on a wire rack. Beat together confectioners' sugar and milk. Drizzle stollen with icing just before serving.

Recipe Photo



Recipe Details

Category: Dessert, Breakfast

Tags: Vegetarian

Glazed Gingerbread Scones

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

These scones, most scones, aren't as hard to make as I once thought. This was one of the first recipes I made. Feel free to up the spice levels to meet your needs.

Ingredients

SCONES:

- 2 cups unbleached flour = 8oz/240g
- 1 tbsp baking powder
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- ½ tsp sea salt
- 2 tbsp sugar (granulated, coconut, date, regular, etc.)
- 1 tsp granulated sugar for sprinkling
- ½ cup cold butter cubed = 4oz/115g
- ¼ cup molasses = 3oz/85g
- ½ cup milk, any kind 1 tsp milk

MAPLE VANILLA GLAZE:

- 1 cup powdered sugar
- 2 tbsp melted butter or vegan butter
- 1 tbsp maple syrup
- ½ tsp pure vanilla extract

Instructions

SCONES

- Preheat oven to 425°F. Mix all the dry ingredients together in a large bowl: the flour, cinnamon, ginger, cloves, baking powder, salt, and 2 tbsp of sugar.
- Using a pastry cutter or the back of a fork, cut the butter cubes into the flour mixture until the butter pieces are around the size of peas.
- Pour in 1/2 cup of milk and 1/4 cup molasses and stir everything together until it's incorporated. Bring the dough together with your hands a couple times and then flatten out onto a cookie sheet.
- You can use parchment or spray underneath, but I usually find that mine doesn't stick to the tray after baking. Pat the dough into a circle that is about 3/4" thick.
- Brush the top of the dough circle with 1 tsp of milk and then sprinkle with the 1 tsp of sugar. The milk will help the sugar stick, and the sugar will give a nice crunchy topping to these gingerbread scones!
- Cut into 8 wedges. Bake at 425 F for 15-20 minutes, until risen and golden brown. Add the optional icing and devour these scones with a cup of hot coffee or tea.

MAPLE VANILLA GLAZE

In a small bowl, whisk or stir all the ingredients together until smooth. With the back of a spoon or with a knife, spread quickly over the scones. This icing will set fast so stir and spread! Devour these gingerbread scones!

Recipe Details

Category: Dessert, Breakfast

Zucchini Bread

From the Kitchen of: Amanda Garcia, Public Health

Recipe Description

My son's favorite recipe!

Ingredients

- 2 1/2 cups Bob's Red Mill 1:1 Gluten Free Flour
- 2 cups Sugar
- 3 Large eggs, room temperature
- 3 tsp Vanilla extract
- 1/2 cup Baking Cocoa
- 1 tsp Salt
- 1 tsp baking soda
- 1 tsp Ground cinnamon
- 1/4 tsp baking powder
- 2 cups Peeled shredded zucchini

Instructions

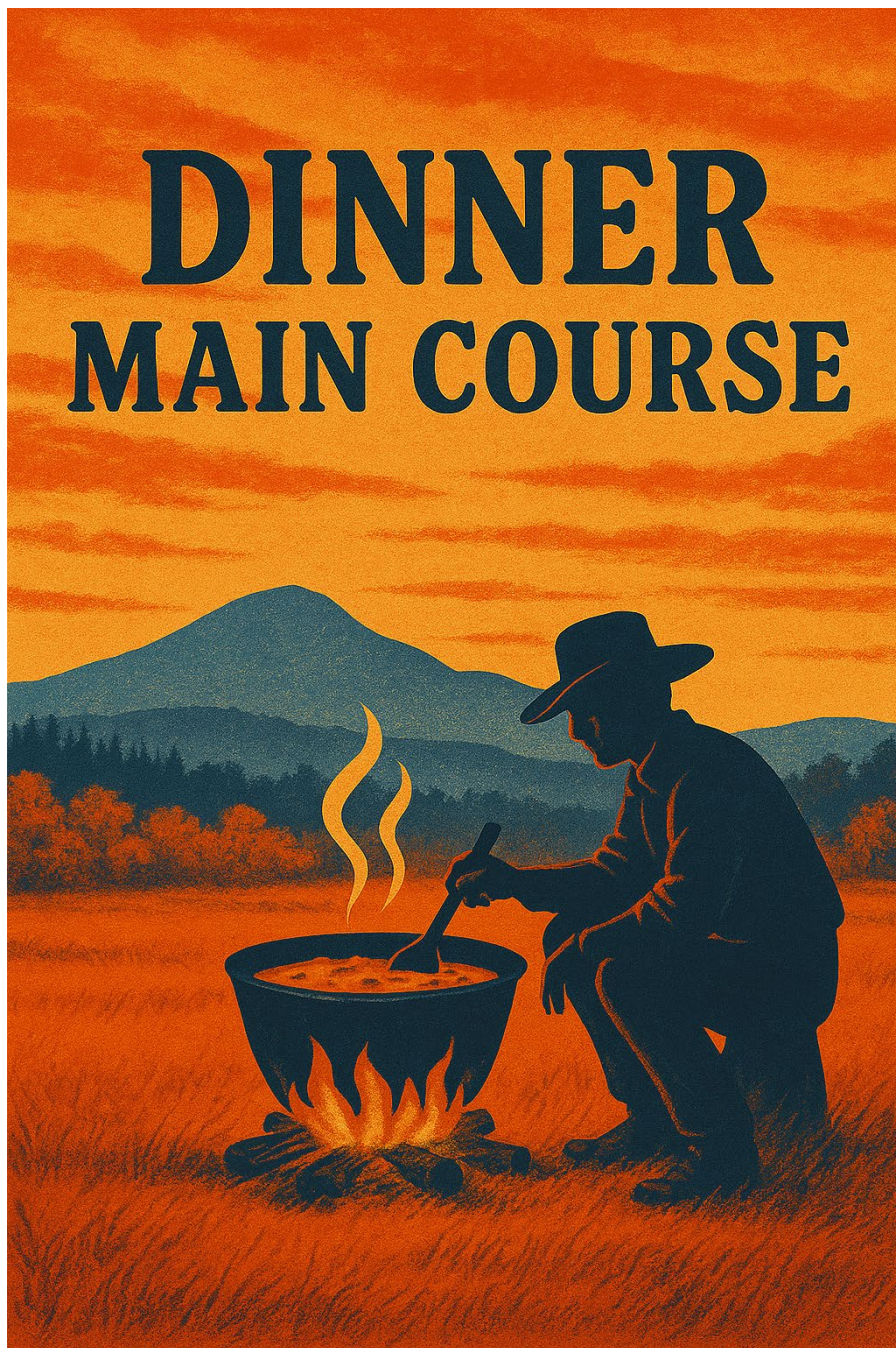
- In a large bowl, beat sugar, oil, eggs and vanilla until well blended.
- Combine the flour, cocoa, salt, baking powder, baking soda and cinnamon; gradually beat into sugar mixture until blended. Stir in zucchini. Transfer to 2 greased 8x4-in. loaf pans.
- Bake at 350 for 50-55 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before moving to a wire rack to cool completely.

Recipe Details

Category: Dessert, Breakfast

Tags: Gluten Free

DINNER MAIN COURSE



Antelope Chili

From the Kitchen of: Miquel Wolgamott, Behavioral Health

Recipe Description

This is one of my kids' favorite dinners to make. I love being able to provide for my family, field-to-fork.

Ingredients

- 2 lbs. ground antelope (can substitute with any ground meat)
- 2 cans kidney beans
- 2 cans black beans
- 1 can sweet corn (or hominy)
- 16 oz beef broth
- 1 can Rotel (can be mild or hot)
- 1 tbsp garlic
- ½ tbsp garlic salt
- 1 packet chili seasoning

Instructions

- Brown the meat in a large stock pot on medium/high heat. Don't drain the fat.
- Add all the ingredients to mix thoroughly. Let simmer for about 2 hours on low heat. Stir every 30 minutes.
- Serve with your favorite toppings. Our family eats ours with Cheese, sour cream and cinnamon rolls

Recipe Details

Category: Dinner Main Course

BBQ Spareribs

From the Kitchen of: Mitzi Pommier, Finance

Ingredients

- 3 lbs. spareribs
- 2 Onions, sliced
- 2 tbsp Vinegar
- 2 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 1 tsp pepper
- 1 tsp chili powder
- 3/4 cup ketchup
- 3/4 cup water
- 2 tbsp mustard

Instructions

- Cut spareribs in pieces put in oven about 1 hour - in roasting pan.
- Remove and pour off fat.
- Pour barbecue mixture over ribs and bake at 350 degrees for 2 hours.
- Turn meat while it is cooking one or two times.
- Remove roaster lid last 20 minutes of cooking for extra browning.
- Serves 5-6.

Recipe Details

Category: Dinner Main Course

Beef Empanadas

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

These are a bit of a labor of love, but the flavor makes it worth it! You can also get some friends, make a bunch and then share and freeze them if that helps to motivate them.

Ingredients

Beef Filling

- 2 hard-boiled large eggs, chopped into bits
- ½ medium onion, finely chopped
- 1 tbsp olive oil
- 1 garlic clove, finely chopped
- 1 tsp ground cumin
- ¾ tsp dried oregano
- ¾ lb. ground beef chuck
- 2 tbsp raisins (optional)
- 1 ½ tbsp chopped pimiento-stuffed olives
- 1 (14oz) can whole tomatoes in juice, drained, reserving 2 tbsp juice, and chopped
- 1 package frozen empanada pastry disks, thawed (or homemade, recipe follows)
- About 4 cups vegetable oil and a deep-fat thermometer (if deep-frying)
- 1 egg beaten with 2 tsp water (if baking)

Empanada Dough

- 4 ½ cups unbleached all-purpose flour (I used 1 ½ cups whole wheat flour + 3 cups all-purpose)
- 3 tsp salt
- 2 sticks (1 cup or 8 oz) cold unsalted butter, cut into ½ inch cubes
- 2 large eggs
- 2/3 cup ice water
- 2 tbsp distilled white vinegar

Instructions

Beef Filling

- Cook onion in olive oil in a heavy medium skillet over medium heat, stirring frequently, until softened. Add garlic, cumin, and oregano and cook, stirring, 1 minute. Stir in beef and cook, breaking up lumps with a fork, until no longer pink, about 4 minutes.
- Add raisins, olives, ½ tsp salt, ¼ tsp pepper, and tomatoes with reserved juice, then cook, stirring occasionally, until liquid is reduced but mixture is still moist, about 5 minutes. Stir in hardboiled egg and spread on a plate to cool.
- Lay a large sheet of plastic wrap on a dampened work surface (to help keep plastic in place), then roll out an empanada disk on plastic wrap to measure about 6 inches. Place 3 tbsp meat mixture on disk. Moisten edges of disk with water and fold over to form a semicircle, then crimp with a fork. [You might

see some different crimps in my pictures. The fork method really works best.] Make more empanadas in same manner.

- If frying: Preheat oven to 200°F with rack in middle.
- If baking: Put oven racks in upper and lower thirds of oven and preheat oven to 400°F.

Empanada Dough

- Sift flour with salt into a large bowl and blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal with some (roughly pea-size) butter lumps.
- Beat together egg, water, and vinegar in a small bowl with a fork.
- Add to flour mixture, stirring with fork until just incorporated. (Mixture will look shaggy.) Turn out mixture onto a lightly floured surface and gather together, then knead gently with heel of your hand once or twice, just enough to bring dough together.
- Form dough into two flat rectangles and chill them, each wrapped in plastic wrap, at least 1 hour. Dough can be chilled up to 6 hours total. Makes a dozen 6-inch empanadas.

You can find this recipe here:

<https://smittenkitchen.com/2009/03/beef-empanadas/>

Recipe Details

Category: Dinner Main Course

Beef with Rice or Potatoes

From the Kitchen of: Mitzi Pommier, Finance

Recipe Description

It was one of my dad's recipes. Everybody really liked it.

Ingredients

- 2- 3 Green peppers thinly sliced cut into 1-inch pieces
- 1 lb. Chuck steak or round steak 1x3" pieces
- 1 cup Onions (optional)
- 1/4 cup chopped celery (optional)
- 1/4 cup oil
- 1/2 tsp Garlic powder (or minced garlic)
- 1tsp Salt (or Mrs. Dash)
- 1 tsp Pepper
- 1/4 cup water
- 1 tbsp Soy sauce
- 1/4 cup Brown sugar
- 1 tbsp Corn starch
- 3 or 4 cups cooked rice or Mashed potatoes

You can also add 2 tomatoes cut into 8ths and 1 avocado sliced. Add it in the last 5 minutes of cooking.

Instructions

- Cook beef and brown in oil.
- Add garlic and cook a few minutes.
- Add soy sauce and 1/4 cup water, salt cover and cook 45 minutes.
- Add all vegetables and cook 10 minutes.
- Mix cornstarch and 1 cup water and blend.
- Add to meat and vegetables and cook without stirring for another 5 minutes.
- Serve over rice or potatoes.

Recipe Details

Category: Dinner Main Course

Chicken and Rice

From the Kitchen of: Miriam Estrada, Behavioral Health

Recipe Description

It's one of my favorite quick recipes from Rachel Ray's 30-minute meals. It's ready so quick!

Ingredients

- Cooking Oil
- Chicken Breast cut into small 1/2"-1" cubes
- Mushrooms a few cups - your preference how mushroom heavy you want it
- 1/4 onion diced
- 1 clove Diced garlic
- Salt & pepper
- 1/4 cup flour
- White wine (I've left this out before)
- Half-and-half (I've used regular milk before)
- 2 cups Chicken broth (I've honestly used just water before)

Instructions

- Brown chicken with salt and pepper.
- Add onion, garlic & mushrooms and cook until just browning.
- Sprinkle flour over and stir well.
- Add a splash of white wine and cook until liquid is 1/2 evaporated.
- Add half-and-half and chicken broth.
- Cover and let simmer for a few minutes then serve over white rice.

Recipe Details

Category: Dinner Main Course

Cioppino

From the Kitchen of: Paula Felipe, Public Health

Recipe Description

This dish has been a long tradition and favorite recipe in my family. My father made the best Cioppino, and I have carried on the tradition and make it on special occasions.

Ingredients

- 3 tbsp olive oil
- 1 large fennel bulb, thinly sliced
- 1 onion, chopped
- 3 large shallots, chopped
- 2 tsp salt
- 4 large garlic cloves, finely chopped
- 3/4 tsp dried crushed red pepper flakes, plus more to taste
- 1/4 cup tomato paste
- 1 (28oz) can diced tomatoes in juice
- 1 1/2 cups dry white wine
- 5 cups fish stock
- 1 bay leaf
- 1 lb. manila clams, scrubbed
- 1 lb. mussels, scrubbed, debearded
- 1 lb. uncooked large shrimp, peeled and de-veined
- 1 1/2 lbs. assorted firm-fleshed fish fillets such as halibut or salmon, cut into 2-inch chunks

Instructions

- Heat the oil in a very large pot over medium heat. Add the fennel, onion, shallots, and salt and sauté until the onion is translucent, about 10 minutes. Add the garlic and 3/4 tsp of red pepper flakes and sauté 2 minutes. Stir in the tomato paste. Add tomatoes with their juices, wine, fish stock and bay leaf. Cover and bring to a simmer. Reduce the heat to medium-low.
- Cover and simmer until the flavors blend, about 30 minutes.
- Add the clams and mussels to the cooking liquid. Cover and cook until the clams and mussels begin to open, about 5 minutes. Add the shrimp and fish. Simmer gently until the fish and shrimp are just cooked through, and the clams are completely open, stirring gently, about 5 minutes longer (discard any clams and mussels that do not open). Season the soup, to taste, with more salt and red pepper flakes.
- Ladle the soup into bowls and serve.

Recipe Photo



Recipe Details

Category: Dinner Main Course

Creamy Steak Noodles

From the Kitchen of: Mitzi Pommier, Finance

Ingredients

- 1 lb. Sirloin Steak
- 1 Onion thinly sliced
- 2 tbsp margarine / or butter
- 1 can sliced mushrooms or 1cup fresh sliced mushrooms
- 3/4 cup of water
- 1 Can mushroom soup
- 1/2 tsp Paprika
- 1/2 Cup sour cream
- 1/2 package of noodle of choice, cook as instructed on package

Instructions

- Cut beef into thin strips. Cook beef and onions in margarine or butter until lightly browned.
- Stir in water, mushrooms (including liquid) soup and paprika.
- Simmer 5 minutes stirring occasionally. Add sour cream.
- Heat but do not boil.
- Serve over rice.

Recipe Details

Category: Dinner Main Course

Crockpot Beef with Noodles

From the Kitchen of: Jessica Washko, Community Health Centers

Recipe Description

Comfort food and family favorite! Quick and easy to throw in the crock pot before heading to work.

Ingredients

- 2 lbs. beef stew meat
- 1 large onion, chopped
- 2 cans of cream of mushroom soup
- 8 oz fresh mushrooms
- ¼ tsp pepper
- 8 oz package cream cheese
- 8 oz sour cream
- 6 cups hot cooked egg noodles, for serving

Instructions

- Mix beef, onion, soup, mushrooms, and pepper into slow cooker.
- Cover and cook on low setting for 8-10 hours or until beef is very tender.
- Stir cream cheese into beef mixture until melted. Stir in sour cream.
- Serve beef mixture over noodles.

Recipe Details

Category: Dinner Main Course

Dublin Coddle

From the Kitchen of: Damien Sands, Behavioral Health

Recipe Description

Dublin Coddle (Irish Sausage and Potato Stew). Makes me think of my grandmother.

Ingredients

- 8 strips thick-cut bacon, cut into 1 inch pieces
- 2 tbsp butter
- 2 yellow onions, chopped
- 4 cloves garlic, minced
- 1 cup chopped green onions, plus more to garnish top
- 1 cup stout beer (Guinness)
- 1 tbsp fresh thyme leaves
- 1/4 cup chopped Italian parsley
- Freshly ground black pepper, to taste
- 2 tsp kosher salt, or to taste
- Pinch cayenne
- 3 lbs. Yukon Gold potatoes, peeled and halved
- 4 cups chicken broth
- 6 large pork sausage links, about 2 ½ lbs. total

Instructions

- Cook bacon in a Dutch oven or a large oven-safe pot with a lid over medium heat, turning occasionally, until evenly browned, about 10 minutes. Add butter, onions, and pinch of salt, and cook until onions are soft and translucent. Add garlic, and green onions, and cook stirring for 2 minutes.
- Pour in Guinness stout, raise heat to high, and cook, stirring occasionally, until beer has reduced by about 75%. While beer is reducing, season with thyme, parsley, black pepper, salt, and pinch cayenne. Once beer has reduced, add potatoes and broth and bring to a simmer.
- Preheat the oven to 300 degrees F (150 degrees C).
- Prick sausage on both sides and add to the pot on top of the other ingredients.
- Cover and place pot into the preheated oven. Cook for about 2 1/2 hours. Remove the lid and continue cooking uncovered for about 1 more hour.
- Remove from oven and skim excess fat from top before serving. Garnish top with green onions, if desired.

Recipe Details

Category: Dinner Main Course

Tags: Dairy Free

Honey Sesame Vegetable Stir Fry

From the Kitchen of: Nikki Marr, Behavioral Health

Recipe Description

"It's just downright yummy!" For the ground meat: I typically use turkey, but beef works great too! For the stir fry vegetables my favorite is the pepper mix from WinCo, or the stir fry mix from Costco!

Ingredients

- 1 cup rice
- 1 tbsp Olive oil
- 1 tbsp Butter
- Salt and pepper to taste
- 1 lb. ground meat
- 4 tbsp Yo Mama's Asian Sesame Sauce
- 1 pack of frozen stir fry veggies Teriyaki/Soy sauce to taste
- 1 tbsp Webber's Honey Garlic Seasoning

Instructions

- Place water, rice, and butter in rice cooker/pot and cook.
- Brown ground meat.
- Fry veggies (I usually put some olive oil in my pan).
- Once meat is fully cooked mix in seasoning and sauce and cover to keep moisture in (I sometimes add a little flour to thicken the sauce).
- Salt and pepper veggies to taste.
- Once everything is cooked create your masterpiece in a bowl or on a plate layering rice, meat, veggies (or whatever order you prefer).

Add extra teriyaki/soy/Yo Mama's sauce to taste on top of your masterpiece. Amounts are estimates.... I usually sprinkle here and there until it looks good... and it usually turns out pretty good! And adding some honey/brown sugar would also be good to sweeten it up more if that's more your style!

Recipe Details

Category: Dinner Main Course

Keto Pizza

From the Kitchen of: Toby Bottorff, Sheriff's Office

Recipe Description

It's healthy, filling, low carb, keto, and tastes great.

Ingredients

The following ingredients can be cut in half for smaller size meals.

Chicken Pizza Crust:

- 2 cans of canned chicken, drained (12.5 oz each, I get mine from Costco, which is precooked)
- 3 large eggs
- $\frac{3}{4}$ cup grated Parmesan cheese
- $\frac{1}{2}$ to 1 tsp garlic powder (your preference)
- $\frac{1}{2}$ tsp salt
- pepper to taste ($\frac{1}{4}$ tsp)
- Italian seasoning optional, I add 1 tsp.

Toppings:

- $\frac{1}{2}$ to $\frac{3}{4}$ cup BBQ sauce or alfredo sauce (enough to coat the crust with thin layer)
- 1 cup Mozzarella cheese (shredded)
- $\frac{1}{2}$ red onion, chopped or sliced into half moons

Optional toppings:

- I have used cilantro, olives, jalapenos, pepperoni slices, bacon bits. Also, can add sliced tomatoes after baked.

Instructions

- Preheat the oven to 400 degrees F.
- Combine/stir all canned chicken pizza crust Ingredients (canned chicken, egg, Parmesan cheese, garlic, salt, pepper) in a bowl.
- Spread crust mixture onto a baking sheet or pizza stone covered with a piece of parchment paper. Roll out or press crust to about $\frac{1}{4}$ " thick.
- I place parchment paper on both sides of pizza crust when rolling out the "dough." Then remove top parchment paper when baking.
- Bake for 15-20 minutes, until firm and golden on the edges. Remove from oven.
NOTE: I have flipped crust over halfway through cooking, so both top and bottom are "firmer".
- Let the crust rest for 5 minutes, which helps "seal" it.
- Spread the crust with a layer of BBQ or alfredo sauce.
- Add layer of Mozzarella cheese, chopped onions, and other optional toppings.
- Bake for 10-15 minutes or until cheese is melted, and to your preference.
- If desired, place under a broiler for a couple of minutes to brown the cheese more.

- Remove from oven and slightly cool 5-10 minutes before cutting.

Recipe Details

Category: Dinner Main Course

Polenta and Mushrooms

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

This is a savory, filling, and memorable dinner for many dietary needs and those who eat everything.

Ingredients

Polenta:

- 1 cup polenta (150 g) (see recipe notes*)
- $\frac{3}{4}$ cup full-fat coconut milk* (200 ml)
- 1 $\frac{1}{4}$ cup vegetable broth (300 ml)
- 2-3 tbsp nutritional yeast flakes or vegan parmesan cheese (optional)

Mushroom Spinach Topping:

- 1 tbsp olive oil or coconut oil
- 1 onion sliced 7 oz mushrooms (200 g) sliced
- 2 cloves garlic minced
- 1-2 tbsp soy sauce
- 2 cups spinach roughly chopped salt, black pepper to taste
- 2-3 tbsp pine nuts (options see text above)

You can find this recipe here:

<https://biancazapatka.com/en/creamy-vegan-polenta-with-mushrooms-and-spinach/>

Instructions

Polenta:

- Bring coconut milk and vegetable broth to a boil in a pot.
- Stir in polenta by using a whisk.
- Reduce heat to a low simmer and continue to whisk for 1-2 minutes to avoid lumps.
- Then cover and let simmer for about 10 minutes (or according to packaging instructions*), stirring occasionally. (If the polenta thickens too much you can add additional milk and/or water and stir to thin.)
- Once the Polenta is creamy and smooth, remove from the stovetop. Add nutritional yeast or vegan parmesan and stir (optional).
- Mushroom Spinach Topping: Heat oil in a skillet or pan. Add mushrooms along with onions and fry for about 3 minutes on high heat or until beginning to get golden-brown.
- Add minced garlic and roast for 30 seconds longer. Then add soy sauce and spinach and cook for 1-2 minutes or until spinach is wilted.
- Season with salt and pepper to taste. Add a splash of fresh lime juice, if you like. Toast pine nuts in a small pan without oil until lightly browned. Serve polenta with mushrooms, spinach and pine nuts. Enjoy!

Recipe Details

Category: Dinner Main Course

Tags: Vegetarian, Vegan, Gluten Free, Dairy Free

Porcupine Meatballs

From the Kitchen of: Matthew Hertel, Public Works

Ingredients

- 1 lb. ground beef
- ½ cup uncooked rice
- 2 ¼ cups tomato juice
- ¼ cup diced onion
- 1 tsp salt
- ¼ tsp black pepper

Instructions

- Preheat oven to 350 degrees.
- Mix beef, rice, salt, and pepper together.
- Create golf ball size meat balls and place in casserole pan.
- Pour tomato juice and onion over meatballs.
- Cover with foil and put in oven for 1 hour.

Recipe Details

Category: Dinner Main Course

Tags: Dairy Free

Rachel Ray's Chicken & Mushrooms

From the Kitchen of: Miriam Estrada, Behavioral Health

Recipe Description

"It's one of my favorite quick recipes from Rachel Ray's 30 Minute meals. It's ready so quick!" *Your preference how mushroom-heavy you want it.

Ingredients

- Cooking Oil
- Salt & pepper
- Chicken Breast cut into ½ - 1" cubes
- ¼ cup flour Mushrooms
- 3 cups White wine (I've left this out before)
- ¼ onion diced
- Half-and-half (I've used regular milk before)
- 1 clove Diced garlic
- 2 cups Chicken broth (can use water)

Instructions

- Brown chicken with salt and pepper.
- Add onion, garlic & mushrooms and cook until just browning.
- Sprinkle flour over and stir well.
- Add a splash of white wine and cook until liquid is ½ evaporated.
- Add half-and-half and chicken broth.
- Cover and simmer for a few minutes then serve over white rice.

Recipe Details

Category: Dinner Main Course

Red Devil Franks

From the Kitchen of: Monroe Davis, Sheriff's Office

Recipe Description

These are called Red Devil Franks, and they are typically served with hashbrowns. My grandma used to make them, and they were always a family favorite comfort meal.

Ingredients

- 1 Jar Heinz Chili sauce
- 2 medium onions
- 3 cloves of minced garlic
- $\frac{3}{4}$ stick of butter
- 1 tbsp Worcestershire sauce
- 1 tbsp mustard
- 1 tbsp sugar
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp Black Pepper
- 1 pack of Hot Dogs

Instructions

- Melt the butter in a saucepan. Dice the onions and mince the garlic, then add them to the butter. Add the salt, pepper, and Worcestershire, and cook until the onions are translucent.
- Add the Chili Sauce mustard and sugar, mix, and simmer for 5 minutes.
- Split the hot dogs so that they lay open. Place them in a baking dish. Spoon the sauce over the split dogs. Bake at 400 degrees for 20 minutes.

Recipe Details

Category: Dinner Main Course

Sheet Pan Mediterranean Inspired Chicken and Vegetables with Rice

From the Kitchen of: Rachel Bulder, Board of Commissioners

Ingredients

- 1 lb. of skinless and boneless chicken thighs cut into 3" pieces
- 1 can of garbanzo beans drained and rinsed
- 1 bulb of fennel sliced
- 1/2 of a sliced red onion
- 1 cup worth of leek sliced into 1" medallions
- 6 garlic cloves peeled, but kept whole
- Juice of 1 lemon
- Avocado oil
- 1 tbsp of cumin
- 1 tbsp of oregano
- Salt and Pepper to taste
- Jasmine rice cooked to your preference (I like to pre toast the rice and then cook in a rice maker with garlic powder and salt added)

Instructions

- Pre-heat oven to 415 degrees, and line a pan with parchment paper.
- Add all of the ingredients (excluding the rice) to a bowl and mix.
- Add those mixed ingredients to the pan and cook in the oven for 30 minutes.
- Remove from oven and serve with rice. I like to also serve with a side of hummus and toum.

Recipe Details

Category: Dinner Main Course

Tags: Dairy Free, Gluten Free

Simmer Chicken

From the Kitchen of: Rachel McEneny, Board of Commissioners

Recipe Description

I like this because it's simple and can be gluten free if needed. I also find kids love it.

Ingredients

- ¼ cup of flour or a gluten free alternative (I like almond flour)
- Salt and Pepper to taste
- 4 Skinless Chicken Breasts (thighs can work as well)
- 2 eggs beaten
- 1 tbsp white sugar
- 1 tbsp of Parmesan Cheese (grated)
- 2 tbsp of extra virgin olive oil
- ¼ cup butter
- 2 tsp minced garlic
- 2 tsp of squeezed lemon
- 5 tsp chicken stock/broth
- 2 tsp of Sherry or white wine

Instructions

- Mix all flour, salt and pepper in bowl, whisk eggs, sugar and parmesan cheese in another bowl until blended.
- Heat olive oil in cast iron skillet over medium heat, and then into the egg mixture. Pan-fry the chicken until golden brown and cooked through. Remove and set aside.
- In same skillet over medium low heat, melt butter and stir in garlic. Add lemon, chicken broth and chicken broth sherry (did I mention the sherry? if not white wine can work) if not a little always helps, bring sauce to a simmer, and stir until smooth, and lightly thicken.
- Return chicken to the sauce, simmer for about 15 minutes. To serve, place chicken breast on a plate and top it the sauce.

Recipe Details

Category: Dinner Main Course

Tags: Gluten Free

Southwest Rice Bowl

From the Kitchen of: Nikki Marr, Behavioral Health

Ingredients

- 1 lb. meat of choice
- 1 cup rice
- 2 cups water
- 1 tbsp butter
- 3 bell peppers (yellow, orange, red)
- 1 onion
- 1 cup frozen corn
- 1 tbsp tajin
- Choice of Mexican seasoning (taco mix, fajita mix, etc.)
- Olive oil
- Salt and pepper to taste
- 1 lime
- Optional:
 - 1 can black beans
 - 1 avocado (sliced)
 - 1 tomato
 - Shredded cheese (to taste)

Instructions

- Mix water, rice, and butter in rice cooker or large pot and cook.
- Pour olive oil into pan to cook meat and into pan to cook veggie mix.
- Cook meat in its own pan.
- Slice all veggies and put into large pan for sautéing. (you can cook corn in with veggie mix or on its own, tajin mixes into corn).
- I prefer to really cook the veggies as it gives it more flavor.
- Once meat is cooked, mix in desired seasoning and cover to retain moisture.
- Once meat and veggies are all cooked squeeze lime juice directly into mixtures (option to skip this step and save lime juice for topping at end).
- Optional: slice avocado and tomato and rinse black beans.
- Once all is cooked assemble your rice bowl! This is where the option to top with the extra ingredients (cheese, avocado, tomatoes, and beans) comes in.

Recipe Details

Category: Dinner Main Course

Sweet and Spicy Tacos

From the Kitchen of: Sydney Bennett, Community Development

Recipe Description

I love tacos, and I love the sweet and spicy flavor.

Ingredients

Sweet Potato, Black Bean & Vegetable Filling

- 1 ½ lbs. sweet potatoes (about 6 cups), cut into ½" cubes
- 4 tbsp olive oil (divided)
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground coriander
- 1 tsp sea salt
- ¼ tsp pepper
- 1 ½ cups green pepper (2 medium peppers), cut into 1" pieces
- 1 cup red pepper (1 medium pepper), cut into 1" pieces
- 14.5 oz black beans (rinsed and drained)
- ½ cup frozen yellow corn (thawed and drained)

Honey, Cilantro Lime Sauce

- 3 tbsp honey
- 3 tbsp lime juice
- 3 tbsp fresh cilantro chopped

For Serving

- Corn or flour tortillas
- guacamole, salsa, sour cream, cheese, etc.

Instructions

- Preheat oven to 425 degrees F. Grease a large baking sheet or line with foil.
- Mix spices together in a small bowl, set aside.
- In a large bowl, mix sweet potatoes 3 tbsp olive oil. Add in spices, mix until the sweet potatoes are evenly coated.
- Bake in preheated oven for 20 minutes, or until they just start to brown, stirring halfway through.
- While sweet potatoes are baking, add peppers to the large bowl that the sweet potatoes were mixed in. Add 1 tbsp olive oil and a little extra salt and pepper. Stir until evenly coated.
- After 20 minutes, or once sweet potatoes are slightly browned, remove the pan from oven and add peppers. Stir until combined.
- Return to oven for 10 minutes, stirring halfway through.
- While pan is in the oven, mix honey, lime juice and cilantro together in a small bowl and stir to combine.

- Once sweet potatoes and peppers are looking nice and roasted, add corn and black beans and stir to combine. Drizzle honey lime sauce over all the veggies on the pan and stir until everything is evenly mixed/coated.
- Return to the oven for another 10 minutes. Remove from oven when corn is slightly browned and the sauce has stuck to the veggies!
- Serve immediately in tortillas (or in a bowl!) with your favorite taco toppings.

Recipe Details

Category: Dinner Main Course

Tags: Vegetarian

Tacos

From the Kitchen of: Kim Mcdermid, District Attorney's Office

Recipe Description

My family absolutely loves these tacos. They are a lot of work, but they feed a lot of people, and they are great leftovers. I used to be the one cooking the meat and the shells and it would take a good couple of hours to do. Now my son does the shells while I do the meat, and we stuff them together.

Ingredients

- 3 lbs. ground beef
- 1 bundle of cilantro
- 1-2 bundles of green onions (I use 2 if they are small onions)
- 1 can diced green chilis
- 1 can of diced jalapenos (if you like it a little spicy)
- 1 can Rotel
- 1 scoop of garlic
- 3 packets of taco seasoning
- 30 corn tortillas (I prefer yellow but white also works)
- Oil for frying the tortillas
- Cheese
- Tomatoes
- Sour cream
- Salsa
- Guacamole (if you like it)

Instructions

- Add 3 lbs. of ground beef to a large saucepan or large frying pan.
- Put the cilantro, green onions, diced green chilis, jalapenos, Rotel, and Garlic to my food processor and blend them all together.
- Add the mixture to your ground beef and cook on medium heat until the meat starts to brown.
- Add the 3 packets of taco seasoning and let simmer for 30 min-1 hours depending on how saturated you want the seasonings to be in the meat.
- I use my strainer to drain the grease off the meat when it is finished simmering.
- I make my own taco shells, so they are not too crispy or too soft. To do this you need to add a decent amount of oil to a frying pan (about half the bottle depending on the size of the bottle) you want the taco shells to float.
- Turn the frying pan on medium and wait for the oil to heat up.
- Once is heated put in a corn tortilla once the oil has saturated, I use tongs to fold it in half like a taco shell and let it cook for about 30 seconds.
- Pull the shell out and drain as much of the grease off as you can.
- Put it on a place with a napkin underneath and a napkin on top (this will also help soak up some of the grease)

- Then repeat all of the shells. Once you get good you can actually do 3-4 at a time as long as you have a big enough pan.
- Once all of the shells are cooked, I stuff them with a spoonful of the meat mixture and top with cheese.
- Then put in the oven until all of the cheese is fully melted. Usually, 15-20 minutes on 325.
- I dice up the fresh tomatoes and put all of the toppings on the side and everyone puts on what they like.

Recipe Details

Category: Dinner Main Course

Teriyaki Bowl

From the Kitchen of: Nikki Marr, Behavioral Health

Recipe Description

It's just downright yummy!

Ingredients

- 1 cup rice
- 1 tbsp Butter
- 1 lb. ground meat (I typically use turkey, but beef works great too)!
- 1 pack of frozen stir fry veggies (my favorite is the pepper mix from WinCo, or the stir fry mix from Costco!)
- 1 tbsp (or so) of Webber's Honey Garlic Seasoning
- 1 tbsp Olive oil
- Salt and Pepper to taste
- 4 tbsp (or so) of Yo Mama's Asian Sesame Sauce
- Teriyaki/Soy sauce to taste

Instructions

- Place water, rice, and butter in rice cooker/pot and cook.
- Brown ground meat.
- Fry veggies (I usually put some olive oil in my pan).
- Once meat is fully cooked mix in seasoning and sauce and cover to keep moisture in (I sometimes add a little flour to thicken the sauce).
- Salt and pepper veggies to taste.
- Once everything is cooked create your masterpiece in a bowl or on a plate layering rice, meat, veggies (or whatever order you prefer.
- Add extra teriyaki/soy/Yo Mama's sauce to taste on top of your masterpiece.
- amounts are estimates.... I usually sprinkle here and there until it looks good... and it usually turns out pretty good!
- Adding some honey/brown sugar would also be good to sweeten it up more if that's more your style!

Recipe Details

Category: Dinner Main Course

Vegan Lasagna

From the Kitchen of: Caitlin Armstrong, District Attorney's Office

Recipe Description

I encourage plant-based recipes to protect our planet and animals, and this is one of my favorite comfort soups! Each serving also provides 19g of protein!

Ingredients

- ½ tbsp oil
- 1 small onion diced
- 4 garlic cloves minced
- 1 ½ tsp Italian seasoning
- 1 tsp onion powder
- ½ tsp paprika
- 1 ¼ tsp salt
- Black pepper to taste
- ½ cup dried red lentils
- 5 cups low-sodium vegetable broth or water
- ½ cup dairy-free milk
- ½ cup tomato sauce
- 1 tbsp tomato paste
- 6 lasagna noodles broken into pieces
- ¼ cup nutritional yeast
- ⅓ cup cashew butter or vegan sour cream
- 1 tbsp lemon juice
- Red pepper flakes (optional)
- Vegan ricotta or mozzarella to garnish (optional)
- Fresh herbs (e.g. parsley) to garnish (optional)

Instructions

- Chop the onion and mince the garlic.
- Heat oil in a large pot and sauté the onion for about 3-4 minutes over medium heat. Add the garlic and sauté for a further one minute.
- Add all spices (Italian seasoning, onion powder, paprika, sea salt, black pepper), the lentils, tomato sauce, tomato paste, cashew butter, and the vegetable broth. Stir with a whisk and bring to a boil.
- Meanwhile, break the lasagna noodles into smaller pieces. Once the soup boils add the lasagna noodles and cook for about 9-10 minutes or until the noodles are al dente.
- Finally, add the plant-based milk (or cream), the lemon juice, and nutritional yeast. Turn off the heat.
- Taste and adjust the seasonings. Add more salt, pepper, Italian herbs as needed. You can also add red pepper flakes or hot sauce for a spicier soup!
- Serve immediately and garnish with fresh herbs and vegan ricotta cheese. Enjoy!
- The soup will thicken over time, as the noodles will absorb a lot of the liquid. Simply add more vegetable broth if you want to eat leftovers the next day. Store covered in the fridge for up to 4-5 days.

Recipe Details

Category: Dinner Main Course

Tags: Vegan

Italian Sausage Orzo

From the Kitchen of: Ashley Talamantes, Behavioral Health

Ingredients

- 16 oz Mild Italian sausage (Italian Sausage can be substituted for another type of meat or vegan option)
- 1/2 medium onion, chopped
- 3-4 cloves garlic minced
- 1/2 tsp crushed red pepper flakes optional, or more to taste
- 1 cup uncooked orzo pasta
- 2 cups chicken broth
- 1 cup heavy/whipping cream
- 1/2 cup freshly grated parmesan
- 2 cups (packed) fresh baby spinach
- 1 tsp Garlic Powder
- 1 tsp Onion Salt
- Salt & pepper to taste
- For an extra kick of heat, you can add chili flakes or hot sausage
- You can toss in any extra veggies that you may have in your fridge, I like to add mushroom or extra spinach. Sun dried tomatoes could be great too!

Instructions

- Add the sausage meat to a soup pot/Dutch oven. Over medium-high heat, cook it for 5 minutes.
- Stir in the onions and continue cooking for another 5 minutes or so, until the sausage is nicely browned and the onions have softened.
- Stir in the garlic, red pepper flakes, and orzo, and cook for 30 seconds.
- Stir in the chicken broth and cream. Once it starts to bubble, continue cooking for 10 minutes, uncovered, stirring fairly often (or else the orzo may stick to the bottom of the pot). You will likely need to turn the heat down a bit (to medium or even medium-low). It should gently bubble vs. boil (you don't want the liquid to reduce too much before the pasta has cooked).
- Take the pot off the heat, stir in the parmesan and spinach, and cover the pot for 3-5 minutes or until it has thickened up to your liking. Season with salt & pepper as needed and serve immediately. See more troubleshooting tips in the notes below.
- If sausage has casing, remove prior to cooking.
- As with any one pot pasta dish pots/stoves/temperatures can vary, so if you feel like it needs more liquid, add another splash of broth or cream. If it seems too wet, let it sit for a bit longer, and it'll soak any excess liquid up within a few minutes.
- Orzo is pasta. If you want to make this with rice, you may have to adjust liquid measurements and cooking time.

Recipe Details

Category: Dinner Main Course, Easy/Workday meal

Summer Vegetarian Chili

From the Kitchen of: Rachel Bulder, Board of Commissioners

Recipe Description

This is my summer variation on chili.

Ingredients

- 1 can of black beans drained
- 1 can of pinto beans drained
- 1 cup of pre charred sweet corn
- 1 Jalapeno sliced (I keep some seeds in for spice)
- 1 Red bell pepper chopped
- 1/2 of a yellow onion, chopped
- 1 leek, chopped (should be about 1 cup)
- 5 cloves of garlic minced
- 5 Roma tomatoes peeled and cut in half
- 2-3 tbsp of tomato paste
- About 25 oz of vegetable stock (1 carton is 32 oz, use about 3/4 of it)
- 3 tbsp of chili powder
- Salt and pepper to taste
- 1 tsp of Cholula sauce
- 2 tbsp of Masa

Serve with:

- Pickled red onions (I like to do a quick pickle using apple cider vinegar)
- Plain Greek yogurt, sour cream or a non-dairy alternative
- Cilantro and/or green onion

Instructions

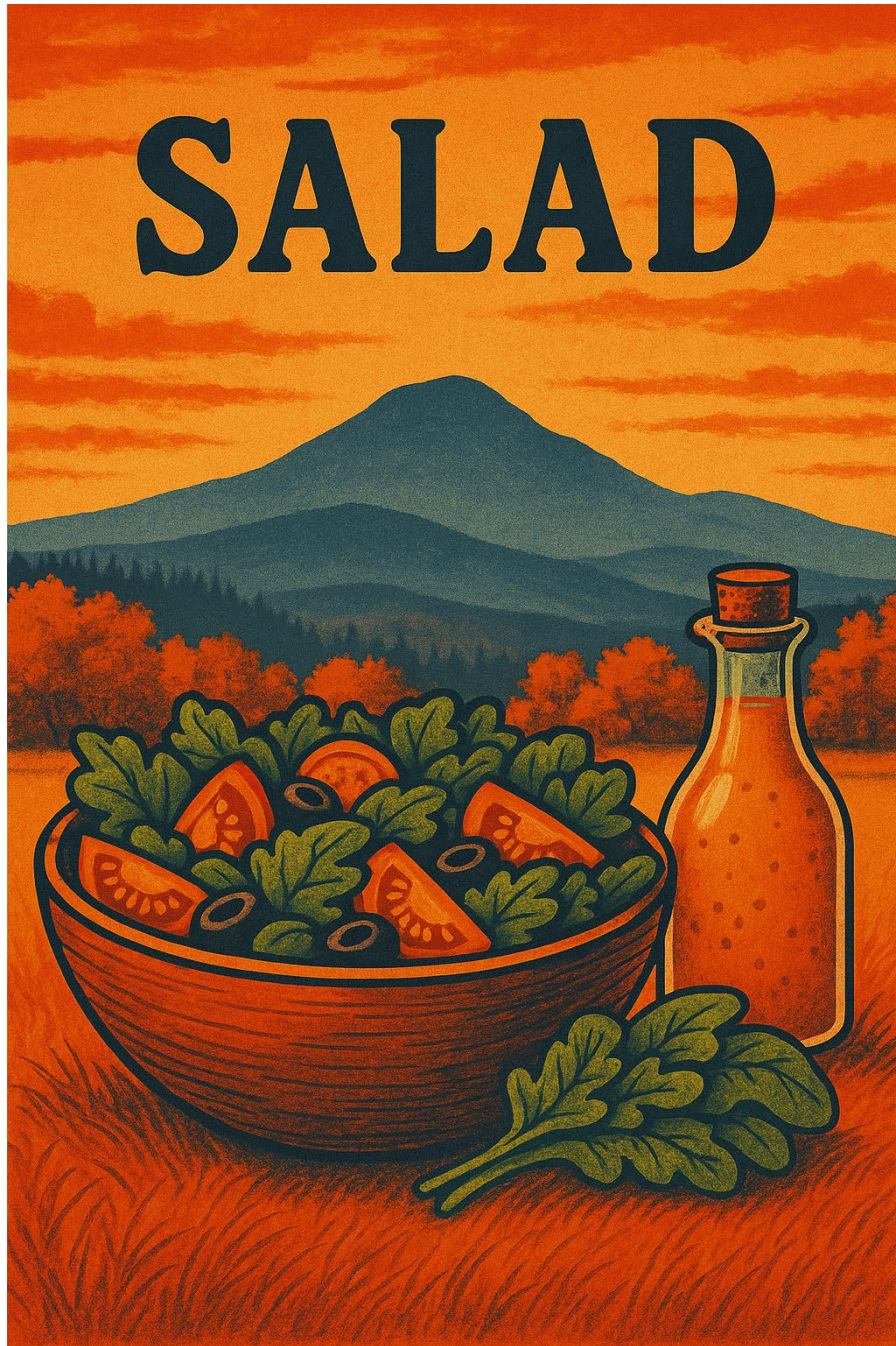
- Heat on medium-high and add avocado oil or canola oil (must be a high flash-point oil) to a medium to large sized enameled cast iron pot.
- Add the yellow onion and cook until translucent (about 2 minutes), then add your leeks, jalapeno, and bell pepper and cook for an additional 2 minutes or so.
- Reduce heat slightly and add the garlic, chili powder, and tomato paste, stir for 30 seconds.
- Add the Roma tomatoes and vegetable stock and increase heat to high to get it to a boil. Once a boil has been reached, reduce heat and simmer with lid on for about 15-25 minutes.
- Remove lid and add both of the beans and the already charred corn cook with lid off for additional 10 minutes, give or take.
- Stir in the masa and Cholula, turn off heat and let sit for 5-10 minutes before serving.

Recipe Details

Category: Dinner Main Course, Soup, Lunch

Tags: Vegetarian, Vegan, Dairy Free

SALAD



Asian Slaw Crunchy Salad

From the Kitchen of: Paula Felipe, Public Health

Recipe Description

This is a refreshing way to enjoy an Asian-style salad that is bursting with a variety of flavors for any occasion!

Ingredients

- 3 tbsp rice vinegar
- 1/2 a lime, juiced
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 2 cups of green cabbage, shredded
- 1/2 cup of shredded carrots
- 1/4 cup of fresh cilantro
- 2 green onions, chopped
- 1 baby red bell pepper, chopped
- 1 mango, nearly ripe, sliced
- Sesame seeds, to taste

Instructions

- Combine the rice vinegar, lime juice, soy sauce, and sesame oil together in a small bowl.
- Whisk until well combined; set aside.
- Combine the cabbage together with the carrots, cilantro, green onion, and red bell pepper in a bowl and toss together.
- Add the sliced mango and sesame seeds then drizzle with the salad dressing. Gently toss to combine. Serve immediately. Enjoy!

Recipe Details

Category: Salad

Tags: Vegetarian, Vegan, Gluten Free, Dairy Free

Crunchy Broccoli Salad

From the Kitchen of: Ann Yager, District Attorney's Office

Recipe Description

This recipe has become a staple for holiday potlucks. It originally came from the food blog "She Likes Food".

Ingredients

Crunchy Broccoli Salad:

- 4 cups chopped broccoli
- 1 (15 oz) can garbanzo beans, drained and rinsed (or 1 1/2 cups)
- Heaping 1/2 cup dried cranberries, or more if you like
- 1/2 cup roasted sunflower seeds
- 1/3 cup diced red onion

Maple Mustard Dressing:

- 1/3 cup olive oil
- 1 tbsp pure maple syrup
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- Salt and pepper, to taste

Instructions

- Add all salad ingredients to a large bowl and mix until combined.
- Add all dressing ingredients to a small jar and whisk until combined.
- Pour over salad and mix again until combined.
- Season with salt, to taste, if desired.
- Salad can be served immediately or refrigerated for up to 4 days.

Recipe Details

Category: Salad

Tags: Vegetarian

Brussel Sprout Salad

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

This salad changed my Midwestern family into Brussel sprout salad enthusiasts. No more over cooked, mushy, and smelly cabbage dishes. I even made this in bulk (unexpectedly) for a wedding it was so popular.

Ingredients

- 1 1/2 lbs. brussels sprouts, freshest you can find
- 3 tbsp extra-virgin olive oil
- 2 - 3 tbsp fresh lemon juice
- 1 tsp fresh thyme leaves
- 1/3 cup fresh chives, minced
- 2-3 big pinches of salt
- 1 1/3 cups hazelnuts, smashed just a bit and toasted
- 2 oz hard, salty, aged cheese, shaved (pecorino, dry aged jack, Parmesan, etc.)

Instructions

- Shred the brussels sprouts whisper thin using a mandoline slicer or a knife.
- Five minutes before serving, place the shredded sprouts in a large mixing bowl and toss gently with the olive oil, lemon juice, thyme, chives, salt, and hazelnuts.
- Taste and adjust the seasoning, adding more lemon juice if needed, keeping in mind the cheese will bring a salty element to the salad.
- Add the cheese and toss once or twice to distribute it evenly throughout the salad.

Serves 4 - 6.

You can find this recipe here:

<https://www.101cookbooks.com/archives/brussels-sprout-salad-recipe.html>

Recipe Details

Category: Salad

Tags: Vegetarian, Gluten Free

Creamy Pasta Salad

From the Kitchen of: Jenny Davis, District Attorney's Office

Recipe Description

This is a creamy pasta salad recipe I came up with that my family begs for at every gathering. It is what I feel is a perfect blend of all the best things about a pasta salad without just being tossed in an acidic Italian dressing with out of place items. Each ingredient was carefully chosen to work well with the whole flavor profile, without all the things my family and I specifically don't like in pasta salads, with a delightful creamy twist.

Ingredients

- 1 box of tri-color rotini noodles
- 1 diced red bell pepper
- 1 diced orange bell pepper
- 1 peeled and diced cucumber
- 1-1.5 cups of shredded carrot
- 1 4.3 oz bag of "real" crumbled bacon bits
- 1-1.5 cups shredded parmesan cheese
- 1 - 16fl oz bottle of any Bacon Ranch dressing
- 1 - 16fl oz bottle of Kraft Tuscan House Italian dressing
- Salt & pepper to taste

Instructions

- Boil the rotini noodles per box directions, drain, rinse, and let cool to the side in a large serving bowl.
- Dice up all the veggies (I found the smaller diced size blends much better than big clunks and the family loved it).
- Add veggies to pasta and pour in both bottles of dressing. The Italian-Ranch blend is magical.
- Next, add shredded carrots and parmesan cheese to desire, and the whole bag of real bacon pieces.
- Last step is to add salt and pepper to taste and stir it all up together. Allow to cool in the fridge before serving, and voila! Perfection.

Recipe Details

Category: Salad

Jicama Salad

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

Crunchy, fruity, refreshing and great for a summer potluck or salad bar set up at home. If you've never had Jicama this is a great introduction.

Ingredients

- 1/2 Jicama, peeled and julienned
- 1 ripe mango, diced
- 4-5 tsp cilantro, minced
- Juice of 1 to 2 limes

Instructions

- Mix the jicama, mango, and cilantro together in a bowl. Add lime juice (to taste). Toss and serve.

Recipe Details

Category: Salad

Tags: Vegetarian, Vegan, Gluten Free, Dairy Free

Potato Salad

From the Kitchen of: Caitlin Armstrong, District Attorney's Office

Ingredients

- 3 lbs. Potatoes
- 1/2 cup Vegan Mayo
- 8 oz Vegan Cream Cheese
- 1/2 cup Red Onion
- 1/2 cup Dill Pickle
- 1/2 cup Celery
- 1 tbsp Nutritional Yeast
- Salt, pepper, and paprika to taste

Instructions

- Boil your chopped potatoes until tender.
- Combine 1/2 cup vegan mayo and 8 oz vegan cream cheese.
- To the same bowl, add nutritional yeast, salt, and pepper.
- Add chopped red onion, dill pickle, and celery.
- Refrigerate. Serve with paprika.

Recipe Details

Category: Salad

Tags: Vegan

SIDE DISH



Beer Bread

From the Kitchen of: Michelle Bangs, Behavioral Health

Recipe Description

Buttery Beer bread is super easy to make and crunchy buttery goodness. Pairs well with my Broccoli cheese soup.

Ingredients

- 12 oz beer, room temp
- 3 1/4 cups flour
- 3 tsp sugar
- 3 tsp baking powder
- 2 tsp melted butter
- 1/2 tsp salt

Instructions

- Mix all ingredients except butter to form a sticky dough.
- Place in greased, covered bowl.
- Let rise for 1 hour.
- Pour into greased loaf pan.
- Smooth the top.
- Bake at 350* for 60 minutes.
- Brush with the melted butter the last 10 minutes of baking.

Recipe Details

Category: Side dish

Tags: Vegetarian

Scalloped Corn

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

This is my childhood best friend's recipe, and her family always requests it at holidays.

Ingredients

- 2 cans of corn, drained
- 1 can cream corn
- 2 rolls of Ritz crackers
- 1.5 tbsp butter
- 1 tsp granulated sugar

Instructions

- Combine one can of corn and half can of cream corn and layer in bottom of buttered casserole dish.
- Sprinkle half the sugar and half the butter.
- Crumble one roll of crackers on top.
- Repeat second layer.
- Bake at 350°F for 45 minutes.

Recipe Details

Category: Side dish

Davis Jalapeno Super Nacho Dip

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

This is another Potluck Star! My family and I really love Mexican and Mexican-inspired food, it brings everyone together and warms your belly like none other. I tried this recipe on my family first, then debuted it to the work family and it was hailed all around. It is an easy put-together-ahead of time dish that can be enjoyed as an appetizer, or a family meal. I like to serve it deconstructed so everyone can choose their desired toppings (and reheat the bean/meat mixture before toppings if enjoying at work).

Ingredients

- 3 lbs. ground turkey or beef (we prefer turkey at home)
- 1 can El Pato hot tomato sauce (red and yellow can)
- ½ large onion, diced
- 1 can diced green chilis
- 2 scoops minced garlic
- 1 bag shredded sharp cheddar
- 1 large can refried beans
- Plenty of tortilla chips for dipping
- 1 regular can whole pinto beans
- Side toppings to pile on: sour cream, shredded lettuce, green onions, diced tomatoes, guacamole, salsa, extra cheese, etc.

Instructions

- Preheat oven to 350.
- Sauté onion and jalapeño in olive oil until slightly soft, then add your garlic, green chilis, and ground turkey and brown/cook in that until the liquid is soaked up.
- Add can of El Pato and stir until soaked into the meat (around 10 minutes).
- Let simmer while you open the beans.
- In a cake pan: layer refried beans, salsa, whole pinto beans, then the meat mixture and top with cheese.

Optional: Line the inside edges of the pan with tortilla chips for visual interest.) Bake in the oven for approximately 10-15 minutes until the cheese is melted and beans hot. Yum time!!! Add desired fixin's on top and dig in with tortilla chips or a fork.

Recipe Details

Category: Side dish

Easy Cheesy Garlic Bread

From the Kitchen of: Amy McCormick, Behavioral Health

Recipe Description

My best friend shared this recipe with me. Her family loves it and so does mine!

Ingredients

- 8 oz shredded Colby blend cheese
- 3/4 cup mayonnaise
- 1/8 tsp garlic powder
- 1.5 tsp dried parsley
- Loaf French bread halved lengthwise

Instructions

- Combine cheese, mayonnaise, garlic powder, and parsley and then spread evenly on each half of the bread.
- Place on baking sheet and bake at 350°F for 15-20 minutes until cheese is melted and lightly browned. Slice and serve.

Recipe Details

Category: Side dish

Fry Bread

From the Kitchen of: Ray Woothtakewahbitty, Human Resources

Recipe Description

Fry Bread is a part of Native American Culture. In my family it was something made on special occasions.

Ingredients

- 4 cups All Purpose Flour
- 1 tbsp baking powder
- 1 tsp salt
- 1.5 cups warm water

Instructions

- Mix ingredients and let stand for a while, form dough into hand size patties deep fry in oil until golden brown.

Recipe Details

Category: Side dish

No Guilt Cauliflower Nachos

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

It is a healthier way to enjoy a big plate of nachos while having friends over to watch a favorite sporting event or other activity. You really need to try it to believe how delicious it is!

Ingredients

- 1 head cauliflower, cut into florets
- 1 15oz can black beans, drained and rinsed
- 2 tbsp olive oil
- 1 cup shredded cheddar cheese
- 3 cloves garlic, minced
- 1 Roma tomato, diced
- ½ tsp cumin
- 1/3 cup guacamole, homemade or store bought
- ¼ tsp chili powder
- ¼ cup diced red onion
- ¼ tsp smoked paprika
- 1 jalapeno, thinly sliced
- Kosher salt and freshly ground black pepper to taste
- 2 tbsp fresh cilantro leaves, chopped
- 6 oz tortilla chips

Instructions

- Preheat oven to 425°F. Lightly oil a baking sheet or coat with nonstick spray.
- Place cauliflower florets in a single layer onto the prepared baking sheet.
- Add olive oil, garlic, cumin, chili powder and paprika, season with salt and pepper, to taste.
- Gently toss to combine.
- Place into oven and bake for 12-14 minutes, or until tender and golden brown.
- Stir in tortilla chips in a single layer.
- Top with black beans and cheese.
- Place into oven and bake until heated through and the cheese melts, for about 5-6 minutes.
- Serve immediately, topped with tomato, guacamole, onion, jalapeno and cilantro.

Recipe Details

Category: Side dish

Spinach and Cheese Strata

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

When brunch with friends was the most complicated thing I did on weekends, this was a pretty impressive contribution. Great for groups, holidays, and some up-front effort that smells delicious and pays off at Sunday brunch.

Ingredients

- 1 (10 oz) package frozen spinach, thawed, squeeze of all excess liquid, and chopped
- 1 1/2 cups finely chopped onion (1 large)
- 3 tbsp unsalted butter
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp freshly grated nutmeg
- 8 cups cubed French or Italian bread in 1-inch cubes (1/2 lb.)
- 6 oz coarsely grated Gruyère (2 cups)
- 2 oz finely grated parmesan (1 cup)
- 2 3/4 cups milk
- 9 large eggs
- 2 tbsp Dijon mustard

Instructions

- Sauté onion in butter in a large, heavy skillet over medium heat until soft, about 5 minutes. Add 1/2 tsp salt, 1/4 tsp pepper and nutmeg and continue cooking for one minute. Stir in spinach, remove from heat and set aside.
- Spread one third of the bread cubes in a well-buttered 3-quart gratin dish or other ceramic baking dish. Top with one-third of spinach mixture and one-third of each cheese. Repeat layering twice with remaining bread, spinach and cheese.
- Whisk eggs, milk, mustard and remaining 1/2 tsp salt and 1/4 tsp pepper together in a large bowl and pour evenly over strata. Cover with plastic wrap and chill strata for at least 8 hours or up to a day.
- The next day, let it stand at room temperature for 30 minutes while preheating the oven to 350°F. Bake strata, uncovered, in middle of oven until puffed, golden brown, and cooked through, 45 to 55 minutes. Let stand 5 minutes before serving. Serves 6 to 8.

You can find this recipe here:

<https://smittenkitchen.com/2009/12/spinach-and-cheese-strata/>

Recipe Details

Category: Side dish

Tags: Vegetarian

Texas Cornbread Dressin'

From the Kitchen of: Stacy Tindall, Behavioral Health

Recipe Description

This recipe is a family staple during Thanksgiving and Christmas. It brings back wonderful memories of family (I have an extremely small family) gatherings! I hope you enjoy!

Ingredients

- 1 cast iron skillet of homemade sweet cornbread
- 4-6 boiled eggs
- 4-6 Quarts Chicken stock
- Celery
- Green Onion
- Thyme
- Pepper
- Salt
- Garlic Salt
- Sage
- Stick of BUTTER not margarine

Instructions

- I only know how to make enough to feed a small army. So, in a large deep foil tray (I prefer the ones with the lid you can put on later) crumble your homemade sweet cornbread. I would give you this recipe – but then I'd have to... well it's a family secret.
- Dice up several stalks of celery and three or so batches of green onions after you have thoroughly washed them and toss them in a skillet with a stick of melted butter.
- Add salt, pepper, and garlic salt until it looks well-seasoned. My grandmother said to "wilder them" I learned later in life that meant to sauté them until they are soft and dark – not burnt dark!
- Add the wildered vegetables to your sweet cornbread, cut up four boiled eggs to start if it looks light on eggs and another one or two.
- Add salt, pepper, garlic salt, thyme, and sage (I was never told measurements) Careful! If you add too much sage, you will be drinking gallons and gallons of water. If the dressin' turns green – you added too much sage.
- Pour in 4 to 6 quarts of chicken stock. Until it looks almost soupy – don't make it soupy. If you do you will just need to bake a little longer.
- Mix all in the foil pan place in the oven for 60 minutes – check if 'liquidy' continue to bake checking every 30 minutes until no longer 'liquidy'.

Recipe Details

Category: Side dish

Tags: Vegetarian

Dammit Janet Rolls

From the Kitchen of: Adam Loerts, Information Technology

Recipe Description

This is Mom's crescent shaped "east coast" sweet rolls. They are a favorite of everyone in our extended family; we have had family gatherings without the rolls, and they'd say, "dammit Janet!". When it came time to write up the recipe, the name stuck!

Ingredients

- ½ cup Whole Milk
- ½ cup Granulated Sugar
- 1 ½ tsp Table Salt
- ¼ cup Salted Butter (dough mixture)
- ¼ cup Salted Butter (brushing on rolls)
- ½ cup Warm Water
- 2 packages Yeast (no fast-acting yeast)
- 2 large Eggs
- 4 ½ cups sifted Baking Flour (e.g. Gold Medal Baking Flour - not bread flour)

Instructions

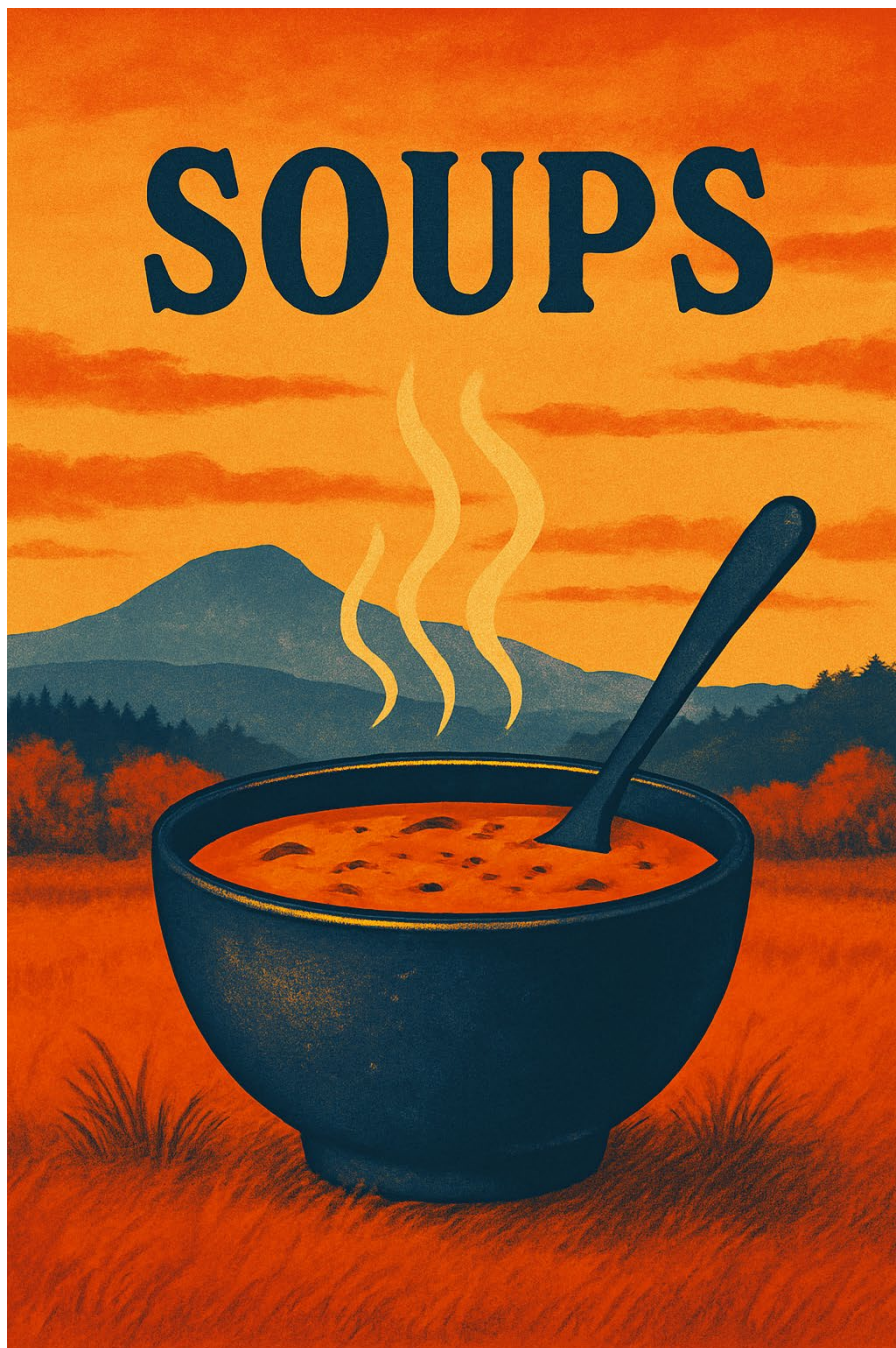
- Sift and measure out 4 ½ cups of flour.
- Scald milk in a bowl in the microwave for 45 seconds, or on the stove top until steaming but not boiling. Remove from heat, stir in sugar, salt, and butter until melted and combined. Set aside to allow it to cool to luke-warm.
- In a large mixing bowl combine warm water and yeast, stir until dissolved.
- Beat the eggs into the luke-warm milk mixture. Add egg and milk mixture to the dissolved yeast in the large mixing bowl.
- Place the mixing bowl into the mixer with a flat beater attachment and stir in half the sifted flour by mixing on low speed until combined and smooth. Add remaining sifted flour gradually while mixing, allowing the dough to blend in the dry flour evenly.
- Replace the flat beater attachment with a dough hook attachment. Knead dough in the mixer on low speed for 8-10 minutes, or until the dough is firm but elastic "like a baby's butt".
- Extract the dough onto a lightly floured surface for kneading. Knead by hand, turning dough over by half and pressing into itself until the dough is smooth and very elastic (knead a few minutes, knead until it feels right).
- Butter the surface of the large mixing bowl. Roll kneaded dough inside the bowl to coat it with butter. Shape the dough into a ball and position at the bottom of the mixing bowl for rising.
- Cover the bowl with a kitchen towel and leave it in a warm place to rise for 1 hour. The dough should almost double in size.
- Melt ¼ cup butter in a bowl by microwaving for 45 seconds or melting into a pan on the stove top. Line two large sheet pans with parchment paper.

- Remove the dough ball from the mixing bowl onto a lightly floured cutting surface. Too much flour will result in a grainy texture. Divide the dough into two even halves, return one half to the mixing bowl.
- Using a rolling pin, roll out dough to a circle shape, about ¼" thick. Brush one side of the dough circle with the melted butter.
- Using a pizza cutter, cut the circle into equal pie slices like a pizza. Separate and roll each pizza slice into a crescent shape by starting from the wide end of the slice and rolling to the pointed end. Pinch down the pointed end of the roll into itself to keep it from unraveling. Place the shaped rolls onto a sheet pan with the pinch-side down for baking. Brush tops with melted butter.
- Repeat the rolling, cutting and shaping process for the second half of the dough. Each half of the dough should make 12-16 rolls, enough to fill a large sheet pan.
- Leave the sheet pans out, uncovered, in a warm place to allow the rolls to rise again for 20 minutes or until the rolls increase by about 50 percent of their shaped size.
- Bake each sheet at 375 degrees for 8-10 minutes. Check rolls at 8 minutes, look for a nice golden brown on their top surface.
- Serve still warm, or reheated 20 seconds in the microwave with a thin slice of butter folded in.

Recipe Details

Category: Side dish

SOUPS



Broccoli Cheese Soup

From the Kitchen of: Michelle Bangs, Behavioral Health

Recipe Description

When you are cold and need something to keep warm, Broccoli Cheese Soup is our go-to.

Ingredients

- 1 tbsp + 4 tbsp unsalted butter, divided
- 1 small or medium sweet yellow onion, diced small
- 1 clove garlic, peeled and minced finely
- ¼ cup all-purpose flour
- 2 cups low-sodium vegetable stock, chicken stock may be substituted
- 2 cups half-and-half,
- 2 to 3 cups broccoli florets, diced into bite-size pieces
- 1 cup broccoli stems, diced into bite-size pieces (optional)
- 2 large carrots, trimmed, peeled, and sliced into very thin rounds, about 1/16th-inch
- ¾ tsp salt, or to taste
- ¾ tsp freshly ground black pepper, or to taste
- ½ tsp smoked paprika, (or regular paprika) optional and to taste
- ½ tsp dry mustard powder, optional and to taste
- Pinch cayenne pepper, optional and to taste (doesn't make soup spicy and serves to enhance flavor)
- 8 oz grated extra-sharp cheddar cheese, with a small amount reserved for garnishing

Instructions

- In a small saucepan, add 1 tbsp butter, the diced onion, and sauté over medium heat until the onion is translucent and barely browned, about 4 minutes. Stir intermittently.
- Add the garlic and cook about 30 seconds, stirring constantly so it doesn't burn. Remove from heat and set pan aside.
- In a large heavy-bottom pot, add 4 tbsp butter, flour, and cook over medium heat for about 3 to 5 minutes, whisking constantly, until flour is thickened. You are making a roux and it's very important the mixture is thick, or soup will never thicken properly later.
- Slowly add the vegetable stock, whisking constantly.
- Slowly add the half-and-half, whisking constantly.
- Allow mixture to simmer over low heat for about 15 to 20 minutes, or until it has reduced and thickened some. Whisk intermittently to re-incorporate the 'skin' that inevitably forms, this is normal.
- While mixture is simmering, chop the broccoli and carrots. After simmering 15 to 20 minutes, add the broccoli, carrots, and the onion and garlic you previously set aside.
- Add the salt, pepper, optional paprika, optional dry mustard powder, and optional cayenne. If you don't have these seasonings on hand, it's okay, but they do add subtle depth of flavor. Stir to combine.
- Allow soup to simmer over low heat for about 20 to 25 minutes, or until it has reduced and thickened some. Whisk intermittently to re-incorporate the 'skin' that inevitably forms, this is normal.

- While soup simmers, grate the cheese. After simmering about 20 to 25 minutes, add most of the cheese, reserving a small amount for garnishing bowls. Stir in the cheese until melted and incorporated fully, less than 1 minute.
- Transfer soup to bowls, garnish with reserved cheese, and serve immediately.

Notes

- Half-and-half: Whole milk or 2% milk will also work but soup won't be as creamy.
- Broccoli: I used 3 cups florets and 1 cup stems. The fibrous stems are great in soups!
- Cheese: It's important to use a high-quality cheese (not the cheapest thing you can find) because the flavor of the soup depends on it. Do not use pre-grated cheese in zip top bags because that cheese is resistant to melting and won't incorporate well.

Recipe Details

Category: Soup

Tags: Vegetarian

Chicken Noodle Soup

From the Kitchen of: Nicole Patterson, Behavioral Health

Recipe Description

Chicken Soup for the Soul. My mom taught me to make this soup, and I modified it to be gluten-free and have taught my children how to make it as well. Enjoy! This soup is even better the next day!

Ingredients

- Butter
- Olive Oil (optional)
- Salt & Pepper
- Seasonings
- Carrots
- Celery (May Substitute Bok Choy)
- Onion or Shallot
- Chicken Thighs - 6-8
- Spiral Rice Noodles (Gluten Free) - 1 box
- Chicken Stock - (Gluten Free, Family Size)

Instructions

- Season chicken thighs prior and set aside.
- Heat butter and oil in a large pot over medium heat.
- Add sliced chicken thighs to the pot.
- Add onion, carrots, celery, and to pan. Season with salt & pepper, add any additional seasonings you might like. There is a gluten free powder chicken bouillon that I like to use.
- Sauté until vegetables are tender, about 10 minutes. It is optional to add garlic after that; I tend not to.
- Add chicken stock to the pot and simmer.
- Boil gluten free noodles according to directions on box and preference. I use spiral noodles but use your favorite.
- Drain noodles, run under cool water for a few, then add the desired amount to soup. Keep in mind that the noodles will absorb some of the broth as they sit.

Recipe Photo



Recipe Details

Category: Soup

Tags: Gluten Free

Chicken Wild Rice Soup

From the Kitchen of: Amy McCormick, Behavioral Health

Ingredients

- 6 tbsp butter
- 1/4 cup diced carrot
- 3 tbsp chopped onion
- 1/2 cup fresh sliced mushrooms
- 1/3 cup flour
- 2 cans (14.5 oz each) chicken broth
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 to 1.5 cup cooked long grain wild rice
- 1 to 1.5 cup cooked diced chicken
- 1 cup half-and-half

Instructions

- In a pot or soup kettle, sauté carrots, onions, and mushrooms in butter.
- Stir in flour until blended. Gradually add broth, stirring to eliminate lumps.
- Bring to a boil and cook 3-5 minutes or until thickened.
- Reduce heat and add chicken, salt, pepper, and previously prepared rice.
- Cover and simmer for 5 minutes or until carrots and mushrooms are tender.
- Add half-and-half and heat through (do not boil).
- Stir in flour until blended.
- Gradually add broth, stirring to eliminate lumps.
- Bring to a boil and cook 3-5 minutes or until thickened.
- Reduce heat and add chicken, salt, pepper, and previously prepared rice.
- Cover and simmer for 5 minutes or until carrots and mushrooms are tender.
- Add half-and-half and heat through (do not boil).

Recipe Details

Category: Soup

Chicken with Wild Rice

From the Kitchen of: Jesse Ott, Natural Areas Parks and Events

Recipe Description

I spent my youth between Minnesota and the Pacific Northwest. One of my favorite recipes is a staple in Minnesota because of the native tradition of harvesting wild rice. You can get a permit to take a canoe into lake areas to harvest your own wild rice. The process of harvesting involves gently "knocking" the rice stems with two sticks and the rice piles up in your canoe.

Ingredients

- 1 cup uncooked wild rice
- 4 tbsp unsalted butter
- 1 medium yellow onion diced
- 2 cups sliced mushrooms
- 2 large carrots peeled and diced
- 3 ribs celery diced
- 2 bay leaves
- 6 cups chicken stock
- 2 cups chopped or pulled roasted chicken
- ¼ cup heavy cream
- 2 tbsp white wine
- 2 tsp salt
- 1 ½ tsp black pepper freshly ground
- 2 tbsp chopped thyme leaves

Instructions

- Rinse wild rice under hot running water.
- Add rinsed wild rice and 3 cups water to a saucepan and bring to boil.
- Reduce heat to medium low and cook till rice has absorbed all the liquid, about an hour.
- Remove from heat and set aside.
- Melt the butter in a large pot or Dutch oven over medium heat. Add the onion and sauté till translucent. Add the mushrooms, celery, and carrots and cook until the vegetables have softened.
- Pour in the chicken stock and add the bay leaves. Increase the heat and bring the soup to a boil. Reduce the heat to low and simmer for about 20 minutes.
- Add the cream, white wine (or vinegar), wild rice, chicken, salt, pepper, and thyme bundle. Stir together and cook until heated through. Remove the bay leaves.

Recipe Details

Category: Soup

Clam Chowder

From the Kitchen of: Anna Dennis, Behavioral Health

Recipe Description

This recipe was created out of my daughter's love for clam chowder but no longer able to get it from her favorite restaurant due to her celiacs. My family feels this chowder brings us together and is always a comfort food.

Ingredients

- 4 to 5 slices of bacon, cut up
- 2 tbsp butter
- 2 to 3 cloves of garlic (mince)
- 1 small onion (dice)
- 2/3 cup celery (slice to preferred size)
- 2/3 cup carrots (slice to preferred size)
- 4 russet potatoes (small cube size)
- 4 cans of clams (6.5 oz) save 1 cup of the clam juice
- 2 to 3 cups of vegetable stock gluten free
- 1 cup milk
- 2 bay leaves
- 1 tbsp thyme (fresh)
- 1 tbsp parsley (fresh) put extra to the side to garnish
- 3 tbsp gluten free flour
- 2 cups whipping cream
- 1 tsp white pepper
- 1 tsp black pepper
- 1/2 tsp cayenne pepper
- 1/2 tsp paprika
- Salt to taste

Instructions

- Cook bacon until slightly brown then add butter, onions, garlic, celery & carrots (stir occasionally). In another pot begin steaming potatoes (i.e. stainless still two-piece steaming pot) until softened.
- When vegetable mixture begins to soften add clam juice, bay leaves, flour, herbs, milk, and vegetable stock. Tip to mix the flour in well add it to the milk and Wisk before adding.
- Stir often for about 15 minutes.
- Add potatoes, whipping cream, clams, and seasoning until it comes to a light boil. Stir often.
- Tip: serve with parsley, sprinkle of paprika, slice of butter.

Recipe Photo



Recipe Details

Category: Soup

Tags: Gluten Free

Loaded Frito Nachos

From the Kitchen of: Marriah De La Vega, Board of Commissioners

Recipe Description

This is my favorite go to when I do not have a lot of time to prepare dinner. It is fast and easy.

Ingredients

- 1 lb. of ground beef,
- 1 can whole kernel corn,
- 1 can of red kidney beans,
- 1 can of black olives,
- 1 can of diced tomatoes,
- 1 packet of taco seasoning, sour cream, shredded cheese and Fritos corn chips.

Instructions

- Brown the ground beef until fully cooked, add the cans of corn, the tomatoes, the kidney beans and the black olives, including the liquid (do not drain), to the ground beef.
- Add the taco seasoning packet and stir well.
- Cook until heated through. Usually about 5 minutes.
- Garnish with sour cream, shredded cheese and Fritos corn chips and enjoy.

Recipe Details

Category: Soup

Meatless Soup

From the Kitchen of: Sydney Bennett, Community Development

Recipe Description

It is a hearty and delicious meatless soup perfect for the cold weather. It's like a hug in a bowl.

Ingredients

- 1 tbsp olive oil
 - 1 sweet onion, diced
 - 4 garlic cloves, minced
 - 1 tsp kosher salt
 - 1 tsp pepper
 - 2 (4 oz) cans diced green chiles
 - 1 ½ tsp ground cumin
 - ½ tsp smoked paprika
 - ½ tsp dried oregano
 - 1 envelope of taco seasoning
 - 1 (14 oz) can cannellini beans, drained and rinsed
 - 2 (14 oz) cans chickpeas, drained and rinsed
 - 2 ½ to 3 cups chicken or veg stock
 - 1 cup corn (frozen, canned, fresh, etc.)
 - ½ cup heavy cream
 - ¾ cup sour cream or plain Greek yogurt
- For topping: fresh cilantro, chives, sour cream, tortilla chips, avocado, jalapeños, cheese

Instructions

- Heat the olive oil in a large stock pot over medium-low heat. Stir in the onions and garlic with the salt and pepper. Cook until softened, for about 5 minutes.
- Stir in the green chiles, taco seasoning, cumin, smoked paprika and oregano. Cook for another 5 minutes, stirring occasionally.
- Add beans and stock. Add it to the corn. Bring the mixture to a boil, then reduce it to a simmer and let cook for 15 to 20 minutes.
- Stir in the heavy cream and sour cream, mixing until completely incorporated. Taste and season additionally if needed.
- Serve in bowls topped with cilantro, chives, sour cream, tortilla chips, avocado and cheese.

Recipe Details

Category: Soup

Tags: Vegetarian, Gluten Free

Rueben Soup

From the Kitchen of: Jo Missler, Human Resources

Recipe Description

One of my husband's favorite things to eat is Reuben. This soup is a satisfying version of the sandwich and just as tasty. If you are not gluten free, you can add toasted rye bread instead of the gluten free croutons for a more authentic taste!

Ingredients

- 2 tbsp Butter
- 1 medium onion diced
- 2 carrots diced
- 2 cloves of garlic minced
- 3/4 lb. of cooked corned beef chopped
- 4 cups low sodium chicken or beef broth
- 1 cup sauerkraut drained
- 1 tsp caraway seeds
- 1/4 cup gluten free flour (I use Bob's Red Mill)
- 1/4 cup cold water
- 2 cups shredded Swiss cheese
- 1 cup heavy cream
- Salt and pepper to taste
- Gluten free croutons

Instructions

- In a large pot melt butter over medium heat and add onions and carrots - cooking until softened. Then add garlic and corned beef and cook for another 2 minutes.
- Pour in broth, sauerkraut, and caraway seeds and bring to a boil. then reduce heat and simmer for 15 minutes.
- In a small bowl whisk flour and cold water. Slowly pour mixture into the soup and stir for about 5 minutes until thickened.
- Pour in heavy cream and stir until heated through, then toss in the Swiss cheese and stir until melted throughout the soup.
- Season with salt and pepper and top with croutons. ENJOY!

Recipe Details

Category: Soup

Tags: Gluten Free

Vegan Lasagna Soup

From the Kitchen of: Caitlin Armstrong, District Attorney's Office

Recipe Description

I encourage plant-based recipes to protect our planet, and this is one of my favorite comfort soups! Each serving also provides 19g of protein!

Ingredients

- ½ tbsp oil
- ½ cup dairy-free milk
- 1 small onion diced
- ½ cup tomato sauce
- 4 garlic cloves minced
- 1 tbsp tomato paste
- 1 ½ tsp Italian seasoning
- 6 lasagna noodles broken into pieces
- 1 tsp onion powder
- ¼ cup nutritional yeast
- ½ tsp paprika
- ⅓ cup cashew butter or vegan sour cream
- 1 ¼ tsp salt
- 1 tbsp lemon juice
- Black pepper to taste
- Red pepper flakes*
- ½ cup dried red lentils Vegan ricotta or mozzarella to garnish*
- 5 cups low-sodium vegetable broth or water Fresh herbs (e.g. parsley) to garnish

Instructions

- Chop the onion and mince the garlic.
- Heat oil in a large pot and sauté the onion for about 3-4 minutes over medium heat.
- Add the garlic and sauté for a further one minute.
- Add all spices (Italian seasoning, onion powder, paprika, sea salt, black pepper), the lentils, tomato sauce, tomato paste, cashew butter, and the vegetable broth. Stir with a whisk and bring to a boil.
- Meanwhile, break the lasagna noodles into smaller pieces. Once the soup boils add the lasagna noodles and cook for about 9-10 minutes or until the noodles are al dente.
- Finally, add the plant-based milk (or cream), the lemon juice, and nutritional yeast. Turn off the heat.
- Taste and adjust the seasonings. Add more salt, pepper, Italian herbs as needed. You can also add red pepper flakes or hot sauce for a spicier soup!
- Serve immediately and garnish with fresh herbs and vegan ricotta cheese. Enjoy!
- The soup will thicken over time, as the noodles will absorb a lot of the liquid. Simply add more vegetable broth if you want to eat leftovers the next day.
- Store covered in the fridge for up to 4-5 days.

Recipe Details

Category: Soup

Tags: Vegetarian

Yam Soup

From the Kitchen of: Kristin Holly, Juvenile

Recipe Description

I discovered this recipe about 23 years ago and have adapted it to make it my own. It is hearty, aromatic and nutritious. When I make it to share with friends and family, someone usually requests the recipe.

Ingredients

- 2 to 3 tbsp olive oil (or an oil of your choosing)
- 4 to 5 garlic cloves, minced
- 1 small to medium yellow or sweet onion, chopped/minced
- 1 tbsp of fresh ginger, minced or grated (I typically double this)
- ½ tsp ground allspice
- ¼ tsp crushed red pepper flakes (or to taste)
- 4 cups vegetable broth (bouillon cubes work well) *Chicken broth can be used if not vegetarian
- 3 to 4 large yams (I use jewel or garnet), peeled & chopped into 2-inch chunks
- 1/2 to 3/4 cups natural peanut butter
- 1 cup boiling water
- 1/3 cup tomato paste (I use the entire small can)
- 1 can garbanzo beans (chickpeas), drained and well rinsed
- 1 box frozen chopped spinach, thawed and drained

Instructions

- Heat olive oil in large sauce/soup pan, sauté onion and garlic for about 3-5 minutes.
- Add ginger, allspice and red pepper flakes and cook for an additional 2 minutes.
- Add broth and yams and bring to a boil.
- Reduce heat, cover and simmer for 15 minutes.
- Whisk peanut butter together with 1 cup of boiling water and add to pot along with tomato paste, spinach and garbanzo beans.
- Cook for 10 minutes or until heated through.
- Serve it with rustic bread and or brown rice (for gluten free).

Recipe Details

Category: Soup

Tags: Vegetarian, Gluten Free, Dairy Free, Vegan

Cincinnati (Not) Chili

From the Kitchen of: Christine Mosbaugh, Community Health Centers

Recipe Description

When you live in Cincinnati and have to hear people talk about meat sauce on spaghetti as chili, it makes sense to have an option to please a crowd. They won't call it chili and many won't eat beans, but the more open minded in a bunch end up liking the tang and filling nature of this recipe.

Ingredients

- 2 to 2 1/4 lbs. lean ground beef or turkey
- 1 large onion, chopped (about 1 1/2 cups)
- 5 cloves garlic, minced
- 1 cup canned beef broth
- 1/3 cup chili powder
- 1 tbsp ground cumin
- 1 tbsp unsweetened cocoa (optional, but I never make chili without it)
- 1 14.5 oz can diced tomatoes
- 2 15.5 oz cans kidney beans, drained
- 1 tsp kosher salt
- 1 tbsp cider vinegar
- To taste: Tabasco, 1/2 to 1 tsp cayenne or 1 to 2 tbsp chipotle en adobo puree
- Optional toppings and sides: grated Cheddar, sour cream, minced jalapeno, corn bread

Instructions

- Place a large Dutch oven or saucepan over medium-high heat.
- Add the beef or turkey and cook until browned, about 5 minutes.
- Add the onion, stirring well, and cook until translucent, 3 to 5 minutes.
- Add the garlic and cook 1 minute more. Gradually add the broth, scraping up any browned bits from the bottom of the Dutch oven.
- Stir in the chili powder, cumin, cocoa and tomatoes. Reduce heat to medium-low, cover, and let simmer for 10 minutes.
- Add the beans, salt, and vinegar, stirring well. Simmer uncovered for 10 minutes more.
- Adjust flavor with your spices of choice. Garnish with Cheddar, sour cream, and jalapeno, if desired.
- Serve hot, with corn bread, if desired.

You can find this recipe here:

<https://smittenkitchen.com/2007/07/a-mea-culpa-meal/>

Recipe Details

Category: Soup, Dinner Main Course

Tags: Gluten Free

THANK YOU

from the
Benefits and Wellness
Committee

