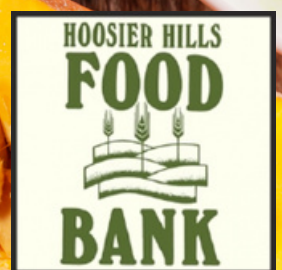


# HOOSIER HILLS FOOD BANK SOUP RECIPES

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## The 2021 Soup Bowl Benefit Project







# *Soup & Community Support*

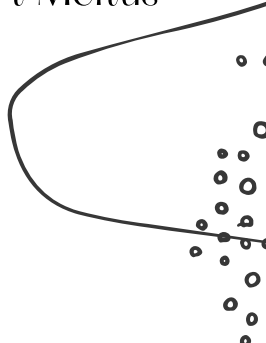
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## **Breads**

Homemade Pita – Carrie Newcomer  
Sanders Family Awesome Blueberry Muffins – Ruth Sanders  
Masa Harina Corn Bread – Karen Greenstone  
Icebox Butterhorns – Kappy MacFarland  
Irish Soda Bread – Sally's Baking Addiction  
Easy Drop Biscuits – Baker Betty  
Simple Corn Bread – Legene White

## **Soups**

Red Lentil Soup With Lemon – Michael Hamburger  
Salmorejo (Tomato Snob Soup) – Jenny Bass  
Fruit Soup – Ann Marie Thomson  
Curried Apple Soup – Julie Lawson  
Lentil Sweet Potato Soup – Christine Lovelace  
Coconut Ginger Curry Butternut Squash Soup – Carrie Newcomer  
Roasted Red Pepper Soup – Carrie Newcomer  
Garden Minestrone Soup – Jeff & Legene White  
Tomato Basil Soup with Bread (Martyna Monaco) – Marcia Veldman  
Spicy Sweet Potato Soup (Oumayma Nadar) – Marcia Veldman  
Maldal Tom Kha – Malcolm Dalglish  
Curried Squash and Kale Soup – Judy Klien  
West African Peanut Soup – Michelle Henderson  
Split Pea Soup – Michelle Matoon  
Gypsy Soup – Carrie Newcomer  
Shakshuka – Gary Walters  
Lentil Soup w/ A Hint of Fruit – Carrie Newcomer  
Slow Cooker Spicy Black Bean & Sweet Potato Chili – Robert Meitus  
Slow Cooker or Stove Top Beef Barley Soup – Colleen Kuhn  
Pumpkin Beef Chili – Colleen Kuhn  
Mushroom Barley Soup – Carrie Newcomer



# *Soup & Community Support*

Collected by The Soup Bowl Benefit Project For You!



## **Sweets and Cookies**

Grandmothers Famous Cranberry Bread – Gracia Vallant

Bittersweet Brownie Shortbread – Faith Hawkins

Best Chocolate Chip Banana Bread – Carrie Newcomer

Legene's Grandmother's Pumpkin Pie – Legene White

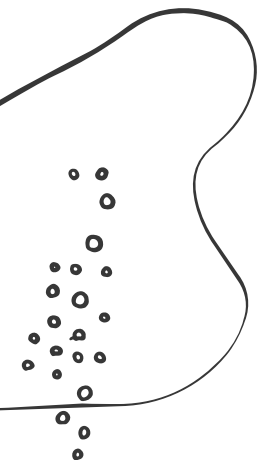
Ranger Cookies – Legene White

Snickerdoodles – Carrie Newcomer

Teddie's Apple Cake – Jenny Bass

Cranberry–Pistachio Biscotti – Jenny Bass

Sanders Family Cocoa, Pecan, Coconut Cake – Ruth Sanders





# Homemade Pita

Contributed by Carrie Newcomer – From The New York Times

Pita is wonderful with soups. Here's a sure fire recipe.

## Ingredients

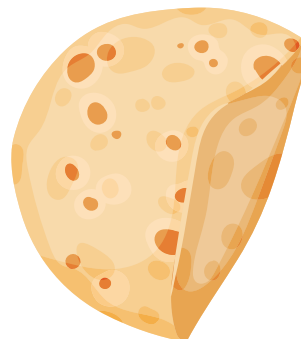
- 2 teaspoons active dry yeast
- 1/2 teaspoon sugar
- 1/4 C. whole wheat flour
- 2 1/2 C. Unbleached all-purpose flour
- 1 teaspoon salt
- 2 Tablespoons olive oil

## Instructions

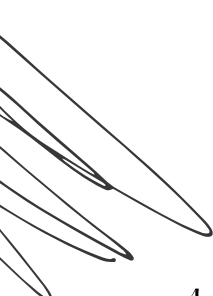
1. Make sponge: Put 1 cup lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add the whole-wheat flour and 1/4 cup all-purpose flour and whisk together. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.

2. Add salt, olive oil and nearly all remaining all-purpose flour (reserve 1/2 cup). With a wooden spoon or a pair of chopsticks, stir until mixture forms a shaggy mass. Dust with a little reserved flour, then knead in bowl for 1 minute, incorporating any stray bits of dry dough.

3. Turn dough onto work surface. Knead lightly for 2 minutes, until smooth. Cover and let rest 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist. (At this point, dough may be refrigerated in a large zippered plastic bag for several hours or overnight. Bring dough back to room temperature, knead into a ball and proceed with recipe.)



## Homemade Pita (cont.)



4. Clean the mixing bowl and put dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put bowl in a warm (not hot) place. Leave until dough has doubled in size, about 1 hour.

5. Heat oven to 475 degrees. On bottom shelf of oven, place a heavy-duty baking sheet, large cast-iron pan or ceramic baking tile. Punch down dough and divide into 8 pieces of equal size. Form each piece into a little ball. Place dough balls on work surface, cover with a damp towel and leave for 10 minutes.

6. Remove 1 ball (keeping others covered) and press into a flat disc with rolling pin. Roll to a 6-inch circle, then to an 8-inch diameter, about 1/8 inch thick, dusting with flour if necessary. (The dough will shrink a bit while baking.)

7. Carefully lift the dough circle and place quickly on hot baking sheet. After 2 minutes the dough should be nicely puffed. Turn over with tongs or spatula and bake 1 minute more. The pita should be pale, with only a few brown speckles. Transfer warm pita to a napkin-lined basket and cover so bread stays soft. Repeat with the rest of the dough balls.



# SANDERS FAMILY AWESOME BLUEBERRY MUFFINS

Contributed by Ruth Sanders

## Ingredients

2 C flour  
1 tsp baking powder  
½ tsp baking soda  
1 C sugar  
½ C. Butter (room temp)  
2 eggs  
1 tsp vanilla  
½ C orange juice  
½ C yogurt or buttermilk  
½ to 1 C blueberries



## Instructions

1. Combine flour, baking powder and baking soda.
2. Cream butter and sugar together, add eggs and mix well, then stir in dry ingredients.
3. Stir in juice, yogurt and vanilla, then add berries.
4. Bake in muffin cups at 375o for 20 to 25 minutes. Cool slightly to make it easier to remove from cups.







# MASA HARINA CORN BREAD

Contributed by Karen Greenstone

(Great with hot soup and socially distanced friends around a fire!)

## Ingredients

1 cup whole wheat pastry flour

1 cup masa harina

(I use Bob's Red Mill Organic Masa Harina)

1/4 cup sugar

2 teaspoons baking powder

1/2 teaspoons baking soda

1/2 teaspoon salt

5 Tbl unsalted butter, melted

1 1/4 cups buttermilk

1 large egg

1 teaspoon vanilla

1/2 to 1 cup freshly steamed corn  
cut off the cob or frozen whole  
corn (optional)

(Note: Next batch I plan to experiment with 1/2 cup roasted poblano peppers, diced)

## Instructions

1. Preheat oven to 400 degrees. Put the butter into an 8" square metal pan or round cast iron frying pan. Melt the butter on the stove top, if using a frying pan. If using a metal baking pan, melt in the oven. Either way, tilt the pan to coat the bottom and sides with melted butter before adding the rest of the melted butter to the buttermilk mixture.

2. Sift or whisk together the flour, sugar, baking powder, baking soda and salt into a medium bowl. Whisk in the cornmeal. Add the corn to the dry ingredients. Stir gently to mix.

3. Whisk together the buttermilk, egg, vanilla and melted butter into a bowl until well mixed. Pour the flour/masa mixture over the buttermilk mixture, stirring slowly with a spatula while turning the bowl until just combined. Small lumps in the batter are ok.

4. Scrape the batter into the pan, smoothing the top and spreading it to the sides.

5. Bake in middle rack for about 20 minutes, until the top feels firm when pressed and the gold brown edges pull away from the sides of the pan a bit. A tooth pick inserted into the center should come out clean. Let cool in the pan for about 10 minutes.

# ICEBOX BUTTERHORNS

Contributed by Kappy MacFarland

Found in Taste of Home Magazine, Oct/Nov 2012

## Ingredients

- 2 packages (1/4 oz. each) active dry yeast
- 1/4 C. warm water (110–115 degrees)
- 2 C. warm milk (110–115 degrees)
- 1/2 C. teaspoon sugar
- 3/4 C. butter, melted
- 6 1/2 C. all purpose flour
- 1 large egg
- 1 tsp. salt
- Additional melted butter



## Preparation

1. In a small bowl, dissolve yeast in warm waters. Let "proof" for 10 minutes or so.
2. In a large bowl, combine the warm milk, melted butter, sugar, egg, salt, yeast mixture and 3 cups of flour. Beat on medium speed until smooth. Stir in enough remaining flour to form a dough (dough will be sticky).
3. Do not knead. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap or cover and refrigerate overnight. (Note: If making the same day, you can let the dough rise for an hour or so.)
4. Punch down the dough. Turn onto a lightly floured surface and divide in half. Roll each half in a 12-in circle. Cut into 12 wedges. Roll up wedges from the wide ends. Repeat with the half of the dough. Place each butterhorn 2 inches apart on greased baking sheets, point side down. Cover with kitchen towels and let rise in a warm place until doubled, at least 1 hour.
5. Bake at 350 for 15–20 minutes or until golden brown (convection back at 350 for 10 minutes).
6. Immediately brush with additional butter. Remove to wire racks to cool.  
Makes 2 dozen rolls.



# IRISH SODA BREAD

Contributed by Carrie Newcomer – From Sally's Baking Addiction

Sometimes homemade bread feels daunting, but this is a recipe for Irish soda bread. Soda Bread is quick bread made with baking soda, not yeast! It's a dense bread with a brown crisp crust. Great with soups, little butter or jam. Carrie has made this recipe many times and it's a winner.

## Ingredients

- |   |   |
|---|---|
| • 1 and 3/4 cups buttermilk                             | 3 Tablespoons granulated sugar                |
| • 1 large egg (optional)                                | 1 teaspoon baking soda                        |
| • 4 and 1/4 cups all-purpose flour                      | 1 teaspoon salt                               |
| (spoon & leveled), plus more for your hands and counter | 5 Tablespoons unsalted butter, cold and cubed |
|   | optional: 1 cup raisins                       |

## Instructions

1. Preheat oven to 400°F (204°C). There are options for the baking pan. Line a baking sheet with parchment paper or a silicone baking mat, use a seasoned 10–12 inch cast iron skillet, or grease a 9–10 inch cake pan or pie dish. Set aside.
2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers.
3. Work the dough until into coarse crumbs, then stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. With floured hands on a lightly floured surface, work the dough into an (approximately) 8 or 9 inch round loaf as best you can. Knead the dough for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.



## IRISH SODA BREAD (CONT.)

4. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score an X into the top. Bake until the bread is golden brown and center appears cooked through, about 45 minutes. Loosely cover the bread with aluminum foil if you notice heavy browning on top. I usually place foil on top halfway through bake time.
5. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
6. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week.

### 3 Success TIPS For Soda Bread

- 1 Don't over-work the dough. It's supposed to look a little shaggy.
2. Score the top of the dough with an "X" before baking. This helps the center bake through.
3. You can bake Irish soda bread on a baking sheet, in a baking pan, or in a cast iron skillet. I recommend a cast iron skillet because it helps guarantee a super crispy crust.



# EASY DROP BISCUITS

Contributed by Carrie Newcomer – From Baker Bettie

This easy drop biscuit recipe only requires 5 simple ingredients! In under 30 minutes you can have homemade drop biscuits on your table!

## Ingredients

- 2 cups all-purpose flour
- 1 Tablespoon baking powder
- 1 1/4 tsp kosher salt
- 1/2 cup (1 stick,) cold unsalted butter, cut into small pieces
- 3/4 cup–1 cup milk or buttermilk

**Preparation:** Preheat the oven to 450 F (232 C).

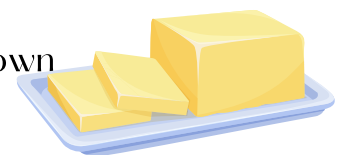
1. In a large bowl, whisk together flour, baking powder, and salt together. If you want to add any herbs or spices you can add them here.

2. Add the pieces of cold butter and cut into the dry ingredients with a pastry cutter or fork until the consistency of coarse meal. If you want to add any cheeses or other add-ins you can stir them in here before adding the milk.

3. Add 3/4 cup of the milk and stir just until combined. You can use any milk you like or buttermilk if you want a tangy flavor. If the batter is very dry, add a little more milk until the consistency of a very thick batter. Do not over-mix. The batter will be quite lumpy.

4. Drop large mounds (about 1/4 cup each. I use a 2 oz scoop) onto a baking sheet. You can also use a cast iron skillet that has been greased with butter.

Bake at 450 F (232 C) for 18–22 minutes until golden brown.  
Brush with melted butter if desired.



**NOTES** If you only have salted butter you can use that and leave out the additional salt in the recipe.

# SIMPLE CORNBREAD

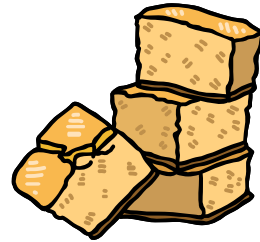
Contributed by Legene White

## Preheat Oven to 325

Prepare a 9" square baking pan or 10" diameter cast iron skillet.

## Combine

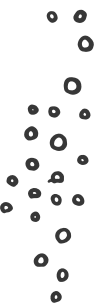
- 1 C. corn meal
- 1 C. White Flour
- 1/2 teaspoon salt
- 2 Tablespoons brown sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder



(Make sure the brown sugar and baking soda are are well– distributed)

## Beat Together

1. 1 Cup buttermilk (or 1 Cup milk and 1 1/2 teaspoon vinegar) 1 egg  
2 Tablespoon melted butter
2. Make a well in the dry ingredients, pour in wet ingredients and mix
3. Pour into prepared pan
4. Bake 20–25 minutes or until a knife comes out clean.







# RED LENTIL AND LEMON SOUP

Contributed by Michael Hamburger – from The New York Times

## Instructions

- 3 tablespoons olive oil, more for drizzling
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- ¼ teaspoon kosher salt, more to taste
- ¼ teaspoon ground black pepper
- Pinch of ground chile powder or cayenne, more to taste
- 1 quart chicken or vegetable broth
- 2 cups water
- 1 cup red lentils
- 1 large carrot, peeled and diced
- Juice of 1/2 lemon, more to taste
- 3 tablespoons chopped fresh cilantro



## Preparation

1. In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering.
2. Add onion and garlic, and sauté until golden, about 4 minutes.
3. Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer.
4. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially
5. cover pot and turn heat to medium–low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
6. Using an immersion or regular blender or a food processor, purée half the soup then add it back to pot. Soup should be somewhat chunky.
7. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder if desired.



# SALMOREJO– TOMATO SNOB SOUP

Contributed by Jenny Bass

On the first day of a visit to Madrid, I ordered salmorejo for lunch. Then everyday thereafter. This is cold tomato soup, but it's not gazpacho — it's tomatoes. And bread. And salt. And olive oil. It makes me purrrrrr.

This is a summer soup to dream about the rest of the year. And it's snobby, because you really have to have good, fresh tomatoes from your garden or someone's nearby to make it sing.

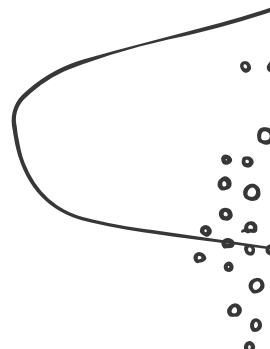
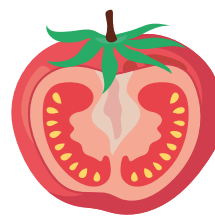
Here's a starter recipe. <https://eatingeuropean.com/salmorejo-spanish-cold-tomato-soup-recipe/>

- 9 Roma Tomatoes Medium size, peeled and seeds removed
- 2 cloves Garlic
- 2 cups baguette or rustic white bread (cut off the crusts if very crusty)
- 2 teaspoon Sherry Vinegar
- some salt to taste, and maybe some pepper
- 1/4 cup good olive oil

Blanche the tomatoes in boiling water for a minute, then plunge in ice water to loosen the skins. Blend the tomatoes and garlic in your blender or processor. Add the bread and let it soak for a few minutes, then blend with a shake of vinegar and salt. Add the olive oil (you can do that slowly while the motor's running if you use a blender to emulsify. Or not).

Chill for an hour. Top it off with these optional additions:

avocado, chopped Hard-boiled egg, cilantro, arugula, dill, basil... whatever's around





# SWEDISH FRUIT SOUP

Contributed by Ann Marie Thomson

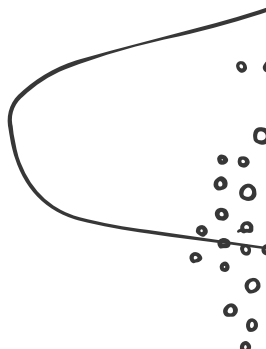
This comes from my full-blooded Swedish Heritage. We only ate this soup at Christmas. It was always the most delicious dessert at Swedish Smorgasbord served with the special spice cookie, pepparkakor. As a child, in the middle of Congo, somehow my mother was able to make a Smorgasbord spread and this delicious Fruit Soup. My mother never provided any measurements, so these are my best guess

## INGREDIENTS

- Dried Fruit: About one cup each; use any combination of dried fruit you want. Pitted prunes, peaches, pears, apricots, apples, cranberries, dried cherries, mango.
- 1 lemon, washed, seeded, and sliced thinly
- 2 sticks of cinnamon
- $\frac{3}{4}$  – 1c. sugar, to taste
- Enough cranberry, apple, or other fruit juice; or water to cover fruit (can you use half water / half juice, if you prefer)
- Scant  $\frac{1}{2}$  c. Tapioca

1. Simmer until tender. Add tapioca. Continue cooking about 5 minutes

2. Serve warm with whipped cream. Should be made a couple of days before serving. Leave lemon and cinnamon sticks in soup while stored.







# CURRIED APPLE SOUP

Contributed by Julie Lawson

Here's a great recipe for a soup. Besides being yummy and "fancy" (but it's not), it hits two important marks for me: 1) it's a soup 2) it's made of things all of us probably has in the kitchen anyway.

## Ingredients

- 1 tablespoon unsalted butter
- 2 shallots, minced
- 2 teaspoons freshly grated ginger
- 1 1/2 tablespoons curry powder
- 2 Granny Smith apples, peeled, cored, and cut into 1-inch pieces
- 1 small russet potato, peeled and cut into 1-inch pieces
- 1 teaspoon coarse salt, plus more for seasoning
- 3 3/4 cups homemade or low-sodium canned chicken stock
- 1/2 cup heavy cream or milk
- Freshly ground pepper

## Directions

1. Melt butter in a medium saucepan over medium heat. Add shallots; cook until soft and translucent, about 2 minutes. Add ginger and curry powder; cook, stirring, 1 minute. Add apples, potato, salt, and chicken stock. Bring to a simmer over medium-high heat, and cook until potato is tender when pierced with a paring knife, about 12 minutes. Remove from heat, and let cool slightly.

2. Use an immersion blender, or transfer mixture to the jar of a blender, working in batches if necessary so as not to fill more than halfway; puree just until smooth (do not overprocess). Return soup to pan; stir in cream, and season with salt and pepper. Place over medium heat until soup is just heated through; do not let it boil. Divide soup among serving bowls, and garnish with sour cream.



# LENTIL SWEET POTATO SOUP (PRESSURE COOKER OR INSTANT POT)

Contributed by Christine Lovelace

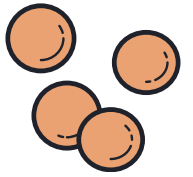
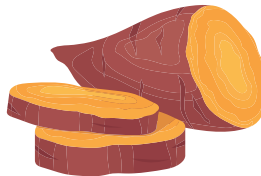
Note from Christine: you don't have a pressure cooker or instant pot, you can just add everything to a pot and simmer until the lentils and sweet potatoes are nice and soft.

## INGREDIENTS

- 1 box Veggie Broth – 4 Cups
- 1 onion Chopped
- 2 sweet potatoes chopped
- 2 cups green lentils
- 2 garlic cloves minced
- 1 cube not–chicken bullion & 3 cups water
- 2 Teaspoons Cumin
- 1/2 Teaspoon cinnamon
- 1/2 Teaspoon Cardamom
- 1/2 teaspoon Coriander
- 1/2 Teaspoon Tumeric
- 1 Teaspoon Curry Powder
- 1 Teaspoon Salt
- Black pepper to taste
- 1 can coconut milk
- Olive Oil for saute

## Directions

1. In pressure cooker – Saute onions, then add garlic, then cube, then spices, then sweet potato, then lentils
  2. Add broth along the way as needed to unstick.
  3. Add remaining broth + water.
  4. Set to pressure cook on bean setting(high) 20 minutes.
  5. After 20 use natural release to depressurize.
- When finished, stir in coconut milk and serve hot.





# BUTTERNUT SQUASH COCONUT MILK SOUP

Contributed by Carrie Newcomer

This can be made with fresh butternut squash. But I'm going to do this recipe with canned organic for ease.

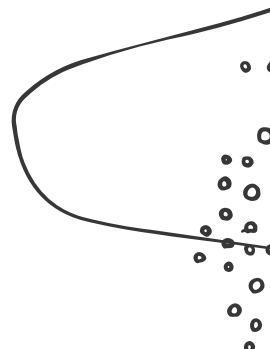
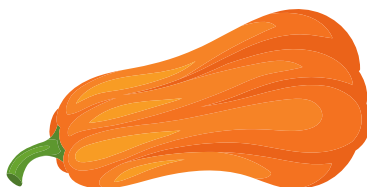
## ingredients

- 2 cans of organic butternut squash or one butternut squash cubed into 1/2 inch pieces
  - 1 can of thai coconut milk (you can use lite or full. I think it's better with full.
  - 2 TBS of butter or coconut oil
  - 2 stalks of celery
  - 1/2 cup of chopped onion
  - 1/2 teaspoon turmeric
  - 1/2 teaspoon curry powder
  - 1 tsp of fresh ginger minced (I like it more gingering so I'll up this amount)
  - 1 cup of veggie or chicken stock
  - Freshly ground pepper
- Optional toppings: roasted pepitas  
a drizzle of full fat coconut milk, a little fresh chopped cilantro

## Preparation

1. Melt butter in a medium saucepan over medium heat. Add onions and celery; cook until soft and translucent, about 2 minutes. Add ginger, tumeric, curry powder; cook, stirring, 1 minute. Add butternut squash and stock. Bring to a simmer over medium-high heat, and cook until squash is tender (if using fresh) is tender when pierced with a paring knife, about 12 minutes. Remove from heat, and let cool slightly.

2. Transfer mixture to the jar of a blender, working in batches if necessary so as not to fill more than halfway; puree just until smooth. Return soup to pan; stir in coconut milk and season with salt and pepper. Place over medium heat until soup is just heated through; do not let it boil. Serve with toasted pepitas on top.





# Garden Minestrone

Contributed by Jeff and Legene White

Great served over Orzo!



## Ingredients

- 1/3 Cup extra virgin olive oil
- 1 cup chopped onions
- 1 cup chopped leeks
- 1/4 C. minced Italian parsley
- 1 teaspoon fresh thyme
- 3 cloves garlic, minced
- 1 cup diced potatoes
- 2 cups diced carrots
- 1 cup diced celery
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 1 28-oz can whole peeled tomatoes
- 1 tablespoon tomato paste
- 2 cups chicken or vegetable broth
- 1 1/4 Cups water
- 1 cup small pasta
- 1 can kidney beans, drained and rinsed
- 2 tablespoons chopped fresh basil
- salt and pepper to taste
- freshly grated Parmesan cheese.

1. In a large, heavy bottomed pot or dutch oven over medium heat, combine olive oil, onions, leeks, parsley, and thyme. Saute about five minutes until onions and leeks are tender.

2. Add garlic and saute three minutes. Add potatoes, carrots, celery, zucchini, and yellow squash, and saute for five more minutes, stirring occasionally.

3. Pour the canned tomatoes into a small bowl and break them up with your hands, and then add them to the pot along with the tomato paste, chicken (veggie) broth, and water. Bring the soup to a simmer, cover, and cook 45 minutes stirring occasionally.

4. While the soup is simmering bring a medium pot of salted water to boil. Add pasta and cook according to the package directions until the pasta is al dente.





# Garden Minestrone (cont.)

From Jeff and Legene White

5. Drain, drizzle with a little olive oil, and set aside.

6. Add the drained kidney beans and chopped basil to the soup and cook five to 10 minutes until the beans are heated through.

7. Salt and pepper the soup to taste.

## **(note about pasta or orzo)**

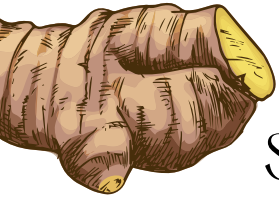
If you plan on eating the whole pot of soup in one sitting, add the pasta and serve the soup topped with the freshly grated Parmesan cheese.

If you don't think you'll eat the whole pot of soup, add a small amount of pasta or orzo in each soup bowl, top the pasta with soup and cheese and serve.

The reason for this is because if you add the pasta directly to the soup and then refrigerate some as leftovers the pasta will continue to absorb the liquid and get very mushy.

Enjoy!





# Spicy Sweet Potato Soup (Oumayma Nadar)

Contributed by Marcia Veldman

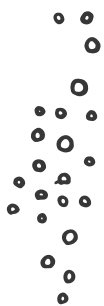
Since I just love soup, here are two of my favorite soup recipes. Both are from a cookbook Janice gave me called "Soup for Syria". Proceeds help Syrian refugees. It has beautiful photos of people and food.

## Ingredients

1/2 cup plain yogurt	1/2 t cumin
1 t lime zest	1/4 tsp red pepper flakes
1 T olive oil	2 T ginger, grated
1 onion chopped	1/4 cup smooth peanut butter
2 small cloves garlic, chopped	Juice of 1 lime
2 large sweet potatoes, peeled and cubed	Salt, to taste
4 1/4 cup vegetable stock	1 large tomato, diced
	2 T cilantro, diced

## Directions

1. Mix yogurt and lime zest and refrigerate.
2. Heat olive oil. Add onion and garlic, sautéing for about 5 minutes. Add sweet potatoes and vegetable stock. Season with cumin, red pepper flakes, and ginger. Bring to a boil. Simmer for about 15 minutes, until sweet potatoes are tender.
3. Puree the soup.
4. Return to low heat and whisk in the peanut butter. Stir in lime juice & salt.
5. Serve topped with yogurt, cilantro and tomatoes.





# Tomato Basil Soup with Bread (Martyna Monaco)

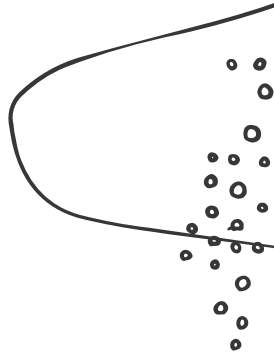
Contributed by Marcia Veldman

## ingredients

- 1/2 cup olive oil
- 5 thick slices of rustic bread
- 1 t salt
- pinch of oregano
- 3 small cloves of garlic, thinly sliced
- 1 onion, finely chopped
- 10 basil leaves
- 2# ripe tomatoes sliced
- 4 1/4 cup vegetable stock

## Directions

1. Place all ingredients in a large soup pot over medium heat in the following order: olive oil, bread, salt, oregano, garlic, onion, basil, tomatoes and vegetable stock.
2. Bring to a boil over low heat, simmer for about 1 hour, stirring occasionally. The soup is ready when the bread breaks down and the soup is thick.



Contributed by Malcolm Dalglish



# Maldal Tom Kha

*This is a spicy comfort hot pot. Left overs can be frozen for another time.. Ingredient/Grocery list as follow:*

- ☐ Rotisserie chicken (or shrimp or crab)
- ☐ Carrots, Celery, Bok Choy or other cookable green
- ☐ Mushrooms
- ☐ Coconut oil
- ☐ Fresh garlic
- ☐ Fresh ginger
- ☐ Lemon Grass
- ☐ Red Thai Curry Paste
- ☐ Sriracha sauce
- ☐ Coconut cream & Coconut milk
- ☐ Brown sugar
- ☐ Fish Sauce
- ☐ Limes



## 1. Prep Stock, Meat & Mushrooms:

- Pull apart & put aside rotisserie chicken meat (can sub shrimp or crab)
- 4 cups stock made w/ chicken carcass, carrot peel, celery, misc veg debri...
- 2 boxes mushroom caps sliced seared gently with meat

## 2. Aromatics: In big pot stir fry on medium heat ~ 5 mins

- 2 Tbsp.+ coconut oil
- 6+ garlic cloves & a mess of peeled ginger root all sliced thin
- 3+ lemongrass 2" stalk bottoms peeled + smashed under side of a knife
- 3+ teaspoons red Thai curry paste
- Squeeze of Sriracha sauce to preferred heat

## 3. Strain out aromatics, Add stock & simmer/reduce for 30 min.

- here you could add carrots, bok choy stalk etc. (save bok choy leaves till very end)

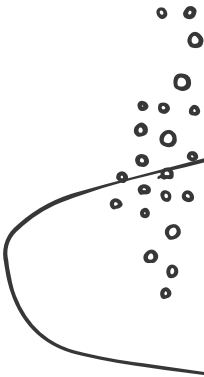
## 4. In mix bowl stir together

- 1 can coconut cream 2 can coconut milk

## 5. Prep final sweet & sour mixture

- 2 Tbsp. coconut or brown sugar
- 2 to 3 Tbsp. fish sauce
- 2 fresh lime, juice of

## 6. Combine 3. 4. & 5. Bring to simmer & serve w/ chopped cilantro

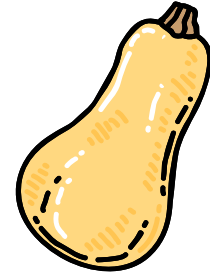


# Curried Squash and Kale Soup

Contributed by Judy Klien

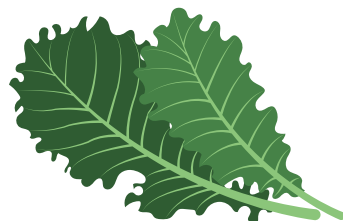
## Ingredients

- One medium butternut squash
- Several handfuls of kale
- 3–4 garlic cloves
- Stock (either veggie or chicken) 4–6 c
- 1 can coconut cream
- Salt and pepper to taste
- Crushed red pepper to taste
- Olive oil



## Preparation

1. Peel and cube squash. Drizzle with olive oil and roast in a 350 degree oven until caramelized and soft (10–15 min)
2. Put 2/3 of the roasted squash in a blender with a can of coconut milk and blend.
3. Saute garlic in olive oil in a soup pot. Add stock, the rest of the squash and the kale.
4. Add squash/coconut milk mixture and stir.  
Simmer for 30–60 minutes.
5. Salt and pepper to taste. Add red pepper flakes for desired heat.



# West African Peanut Soup

Contributed by Michelle Henderson



## Ingredients

- 2 tbsp Olive oil
- 1 Medium onion, chopped (1 cup)
- 1 tbsp Ginger, minced
- 1 Jalapeño, seeds & ribs removed, diced
- 1 sweet pepper (red, green, or yellow), diced
- 4 Garlic cloves, minced (1 tbsp)
- 1/2 tsp Pepper
- 2 tsp Cumin
- 2 tbsp Tomato paste
- 1 (14oz) can Crushed tomatoes
- 4 cups vegetable stock
- 2 Sweet potatoes, peeled & diced
- 1 cup Creamy natural peanut butter
- 1 tsp Salt (to taste)
- Sriracha (to taste)
- Peanuts, crushed
- Cilantro, chopped (optional) for garnish
- Cooked rice (optional)

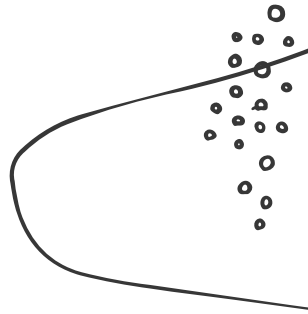
## Instructions

1. In a large pot heat olive oil over medium heat. Add onions and sauté until softened, about 3–4 minutes.
2. Add in ginger, jalapeño and garlic and stir until fragrant about 1 min. Add the pepper, cumin and tomato paste and cook for another 2 minutes, stirring, until paste darkens,
3. Add the crushed tomatoes, vegetable broth, sweet potatoes, and peanut butter. Bring to a boil and stir until fully combined. Turn the heat down to low and simmer for 15 minutes, until sweet potatoes are tender.
4. Taste the soup before adding salt. Depending on how salty your stock and/or peanut butter was, it may not need any more salt. If you use low sodium stock and salt-free peanut butter, it will need a full teaspoon of salt, maybe more. Adjust to your own liking.
5. Serve over cooked rice if you'd like, and top with cilantro, sriracha and crushed peanuts. Enjoy!



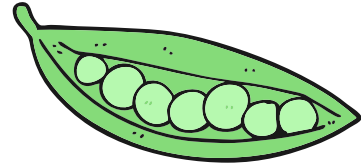
# Split Pea Soup

Contributed by Michelle Mattoon



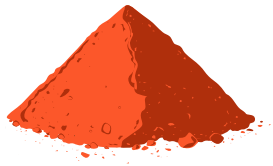
## Ingredients

1 Lb Green Split Peas  
3 quarts of water  
1 1/2 Teaspoons of salt  
2 1/2 Tbs butter  
1 1/3 Cups finely chopped carrots  
1 cup finely chopped potato  
1/2 cup chopped celery  
1/2 to 1/4 teaspoon marjoram  
1 tsp dried basil  
1 to 2 cloves of minced garlic  
1/2 to 1/4 teaspoon ground cumin  
1/2 cup white wine  
fresh ground black pepper to taste  
optional garish – croutons



## Instructions

1. Put the split peas in a large pot with the water and salt, bring the water to a boil, then lower the heat and simmer for about 1 hour. Skim off the foam from the top and discard it.
2. Saute the finely chopped or minced carrots, sweet potato, onions, and celery in the butter for 10 minutes stirring constantly.
3. Add the herbs, and cook the vegetables for another 5 minutes, then add them to the soup.
4. Simmer the soup, stirring occasionally, for another 45 minutes to 1 hour.
5. Ladle out approximately 1/2 of the soup and puree it in a blender or force it through a sieve.
6. Return the puree to the pot, add the wine and pepper, stir, and bring the soup back to a simmer. Serve hot – alone or with croutons.



# Gypsy Soup

Contributed by Carrie Newcomer  
Adapted from The Moosewood Cookbook



Note: This is a nice simple but favorable soup, but the combination of smoked paprika, turmeric, basil and fresh tomatoes is very nice.

## INGREDIENTS

4 tbsps olive oil	1 pinch cayenne pepper
2 cups onion (chopped)	1 bay leaf
1/2 cup chopped celery	4 Cups veggie broth
2 cloves garlic (crushed)	1 cup fresh tomato (chopped)
2 cups sweet potatoes (diced peeled)	<b>or</b> 1 can of diced tomatoes drained)
2 tsps smoked paprika	1 cups garbanzo beans (cooked)
1 tsp ground turmeric	3/4 cup green bell pepper (chopped)
1 tsp dried basil (or 5 or six leaves of fresh chopped)	
1 tsp salt	
1 pinch ground cinnamon	

## PREPARATION

Heat olive oil in a stock pot over medium-high heat. Saute onion, garlic, celery and sweet potatoes for about 5 minutes, or until onion is soft. Season with paprika, turmeric, basil, salt, cinnamon, cayenne, and bay leaf. Stir to blend, then stir in chicken stock and tamari. Cover, and simmer over low heat for 15 minutes. Add tomatoes, garbanzo beans and green pepper to the soup, and simmer for another 10 minutes, or until all of the vegetables are tender. Adjust salt and pepper to taste







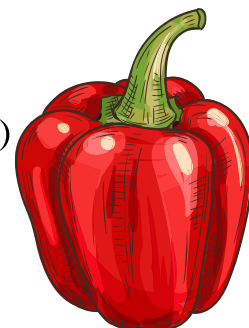
# Cream of Red Pepper Soup

Contributed by Carrie Newcomer – Moosewood Still Life With Menu

Preparation time: 50 minutes Yield: 4 to 5 servings An indescribable shade of creamy red–orange, this is a beautiful, rich–tasting soup that is quite easy to prepare.. Attention to these details will prevent curdling.

- **Ingredients**

- 1 to 2 tablespoons unsalted butter
- (or 1 tablespoon unsalted butter and 1 tablespoon olive oil)
- 2 cups minced onion
- 2 large cloves garlic, minced
- 1 teaspoon cumin
- 5 medium–sized red bell peppers– stemmed, seeded, and sliced
- 1 teaspoon salt
- 1 tablespoon all–purpose flour
- 2 1/2 cups milk (soy okay) – at room temperature or warmer
- Freshly ground black pepper to taste

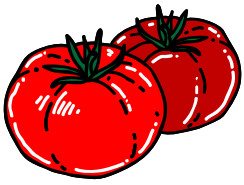


**Optional, for the top:**

Sour cream (thinned by whisking slightly)

Torn cilantro leaves

1. Melt the butter and/or heat the oil in a soup pot or Dutch oven over medium heat and swirl to coat the pan.
2. Add the onion and garlic, & cumin, cook over low heat, stirring, for 5 min.
3. Add the bell peppers and salt, stir well, cover, and continue to cook over low heat for 15 minutes, stirring occasionally.
4. Gradually sprinkle in the flour. Cook, stirring, for another 3 minutes or so. Remove from heat.
5. Purée in a blender, bit by bit, with the milk. Pour the puréed soup back into the soup pot. You may wish to strain the soup to get a smoother texture
6. Heat very gently (do not boil), then add black pepper to taste. Serve topped with sour cream and/or torn cilantro leaves, if desired.



# Shakshuka

Contributed by Gary Walters  
(not exactly a soup, but close and so good!)

## Ingredients:

- |               |  |  |
|---------------|--|--|
| 3             | tablespoons extra-virgin olive oil                                     |  |
| 1             | large onion, halved and thinly sliced                                  | $\frac{3}{4}$ teaspoon kosher salt, plus more as needed  |
| 1             | red bell pepper, seeded & thinly sliced                                |  |
| 1             | green bell pepper, seeded & thinly sliced                              | $\frac{1}{4}$ teaspoon black pepper, plus more as needed |
| 3             | garlic cloves, thinly sliced   |  |
| 1             | teaspoon ground cumin  | 5 ounces feta, crumbled (about 1 $\frac{1}{4}$ cups)     |
| 1             | teaspoon sweet paprika   |  |
| $\frac{1}{8}$ | teaspoon ground cayenne, or to taste                                   | 6 large eggs   |
| 1             | (28-ounce) can whole plum tomatoes with their juices, coarsely chopped | Chopped cilantro, for serving                            |
|               |  | Hot sauce, for serving                                   |

## Preparation

Heat oil in a large skillet over medium-low.

Add onion and bell pepper. Cook gently until very soft, about 20 minutes.

Add garlic and cook until tender, 1 to 2 minutes

Stir in cumin, paprika and cayenne, and cook 1 minute.

Pour in tomatoes and season with  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper

Simmer until tomatoes have thickened, about 10 minutes.

Taste and add more salt and pepper if needed.

Stir in crumbled feta. If preparing for immediate consumption: Gently crack eggs

into skillet over mixture. Season eggs

with salt and pepper. Cover skillet with

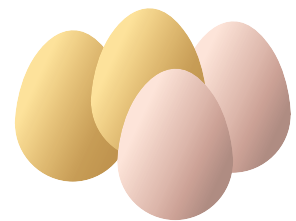
lid and cook eggs to desired doneness.

Alternatively, the Shakshuka can be

saved and reheated in a skillet, adding

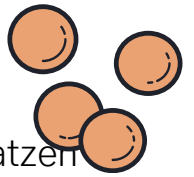
egg(s) on top, cover and cook eggs to

desired doneness.



# Lentil Soup With a Hint of Fruit

Contributed by Carrie Newcomer – Vegetable Heaven by Mollie Katzen



Preparation time: 45 minutes (10 minutes of work) Yield: 6 to 8 servings

The fruit that's doing the hinting here is the humble dried apricot, which might seem bizzarre at first glance, But something subtle and magical happens when the apricot flavor modestly blends into the soup.

## ingredients

2 cups red or brown lentils,	2 tablespoons minced garlic
8 cups water (maybe more)	1 cup minced dried apricots
2 cups minced onion	1 1/2 to 2 teaspoons salt (to taste)
2 teaspoons ground cumin	3 to 4 tablespoons balsamic vinegar
2 teaspoons dry mustard	(or, to taste)
	Black pepper and cayenne to taste

OPTIONAL GARNISHES: Extra slivers of dried apricot, A drizzle of yogurt  
A sprig or two of cilantro or parsley

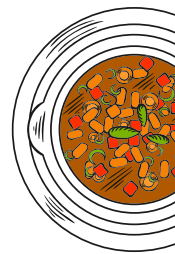
## directions

1. Place the lentils and water in a soup pot or Dutch oven and bring to a boil. Cover, lower heat to a simmer, and cook for about 15 minutes. Add the onion, cumin, and mustard, and continue to simmer, covered, until the lentils are very soft (about 15 more min.). Add small amounts of additional water, if it seems too thick.
2. Add the garlic, apricots, and salt, cover, and let sit for another 15 minutes or so. Stir in the vinegar, black pepper, and cayenne to taste (and correct the salt too, if necessary). At this point the soup will keep for several days.
3. Heat gently just before serving, and serve hot, topped with a few slivers of dried apricot, a drizzle of yogurt, and a sprig of cilantro or parsley, if desired.



# Slow Cooker Spicy Black Bean & Sweet Potato Chili

Contributed by Carrie Newcomer – Adapted from The New York Times



## Ingredients

1 ½ pounds sweet potatoes  
(4 to 5 small–medium or about 2 large),  
scrubbed and cut into 1/2–inch pieces  
2 (15–ounce) cans black beans, drained  
1 (28–ounce) can crushed or diced  
tomatoes, preferably fire–roasted  
¾ cup orange juice  
¼ cup coconut oil or vegetable oil  
1 to 4 chipotles from a can of chipotles  
in adobo, finely chopped, plus 3  
tablespoons adobo sauce

2 packed tablespoons light  
brown sugar  
Juice of 1 lime (about 1 1/2  
tablespoons)  
6 garlic cloves, smashed and  
roughly chopped  
2 teaspoons ground cumin  
2 teaspoons garlic powder  
2 teaspoons onion powder  
Kosher salt and black pepper  
1 (10–ounce) bag frozen corn  
Sliced avocado and red onion,  
for topping

## Directions

1. In a 6– to 8–quart slow cooker, combine the sweet potatoes, black beans, tomatoes, orange juice, oil, chipotles and adobo sauce, brown sugar, lime juice, garlic cloves, and dried spices. Stir in 2 teaspoons salt, a generous amount of pepper and 1 cup water. Cook on low until the sweet potatoes are tender, about 8 hours. The chili holds well on the warm setting.
2. Just before serving, stir in the corn and let it warm through, about 5 minutes. Taste and add more salt and pepper if necessary. Top with avocado and red onion.

**substitution** – If I don't have chipotle peppers or adobo, I add a 1/2 teaspoon of Penzey's smoked chipolte spice and 1 teaspoon of Penzey's fajita spice)



# Slow Cooker or Stove Top Beef Barley Soup

Contributed by Colleen Kuhn



## Ingredients

Servings: 6

- 1 pound Ground beef or ground turkey 1/4 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 cup chopped cabbage
- 28 ounces can diced tomatoes (undrained) 28 ounces beef broth
- 1/3 cup uncooked barley
- 1/2 teaspoon basil
- 1/2 teaspoon thyme
- 1 Tablespoon brown sugar
- 2 teaspoons cider vinegar
- salt & pepper to taste

## Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients except brown sugar and vinegar.
3. Add brown sugar and vinegar right before serving
4. If cooking in crock pot, start in the morning and cook on low all day. If on stove, cook about 3–4 hours.



# Pumpkin Beef Chili

Contributed by Colleen Kuhn



Servings: 8

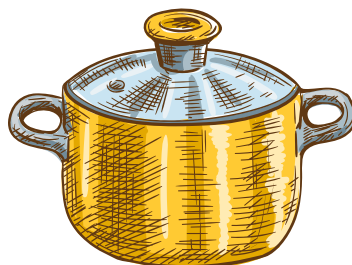
## Ingredients

- 1/2 onion, chopped
- 1 pound beef
- 2 cloves garlic
- 2 bell peppers / yellow and red
- 1/2 teaspoon crushed red pepper
- 3 15 oz cans beans , black, pinto or kidney 2 teaspoons pumpkin pie spice
- 1 15 oz pumpkin puree
- 3 4 oz cans tomato sauce
- 2 tablespoons chili powder 1 teaspoon cumin
- 3 15 oz can of diced tomatoes 2 teaspoons olive oil



## Instructions

1. Heat olive oil in large pot over medium heat and cook meat. Stir in onion, garlic, and red pepper flakes for 5 minutes.
2. Stir in bell peppers and cook another two minutes. Add spices, chili powder and cumin. Stir.
3. Add beans, tomatoes, and pumpkin. Turn heat to high and bring to boil. Then simmer on low for 1-2 hours.





# The Original Moosewood Mushroom Barley Soup

Contributed by Carrie Newcomer

Adapted from Moosewood Cookbook by Mollie Katzen. My daughter always asked for this soup on her birthday!

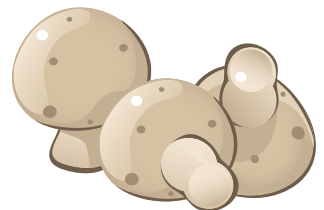
## Ingredients

- 6 1/2 cups vegetable stock or water
- 1/2 cup uncooked pearled barley
- 3–4 Tbsps. tamari
- 3–4 Tbsps. dry sherry or white wine
- 2–3 Tbsps. olive oil
- 2 cloves garlic, minced
- 1 heaping cup onions, chopped
- 1 pound fresh mushrooms, sliced (sometimes I add more to make it very mushroom-y)
- freshly ground black pepper



## Instructions

1. In a large soup pot, cook the barley in 1 1/2 cups of the stock or water until tender.
  2. Add the remaining stock, tamari, and sherry.
  3. In a large saucepan, sautee the garlic and onions in the olive oil until the onions are soft and just translucent.
  4. Add the mushrooms and continue to sautee until the mushrooms are tender.
  5. Add all of the mushroom and onion mixture to the stock, and grind a few turns of pepper.
  6. Cover and simmer on low heat for 20 minutes.
- Nice with a crusty bread.



# GRANDMOTHERS FAMOUS CRANBERRY BREAD

Contributed by Gracia Valliant

Recipe tested by the food department of Parents ' Magazine.

Recipe in: Cranberry Thanksgiving

## Ingredients

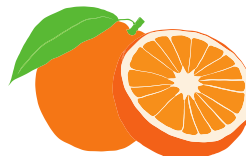
- 2 cups of sifted all- purpose flour
- 1 cup sugar
- ½ teaspoons of baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ¼ cup of butter or margarine
- 1 egg, beaten
- 1 teaspoon grated orange peel
- ¾ cup of orange juice
- ½ cups of light raisins
- ½ cups of fresh or frozen cranberries, chopped

1. Sift flower, sugar, baking soda, salt, baking powder into a large bowl,. Cut in butter until mixture is crumbly.

2. Add egg, orange peel, orange juice all at once, stir just until mixture is evenly moist. Fold in cranberries and raisins.

3. Spoon into a greased large 9x 5x3- inch loaf pan. Bake at 350 for 1 hour and 10 minuets, or until a toothpick inserted in each center comes out , clean. Remove from pan, cool on a wire rack.

Note: You can substitute more cranberries for the raisins, for an all cranberry bread.





# BITTERSWEET BROWNIE SHORTBREAD

Contributed by Faith Hawkins

From Melissa Clark (shared, mildly adapted, and enthusiastically endorsed by Faith Hawkins)

Yield: 32 bars (these are very rich, so I'd recommend cutting in small squares for 64 servings — or halving the recipe for 32 small squares)

Time: 1 ½ hours, plus cooling (which is important)

## Faith's comments:

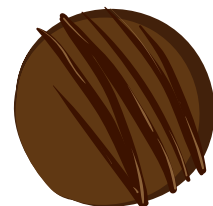
I love shortbread, but usually find it a bit boring — so will liven it up with lemon glaze, espresso and chocolate, etc. love brownies, but I usually find them overwhelmingly chocolate. This recipe brings two of my favorites together in a way that brings out the best in both!

### • Ingredients

- For the Shortbread:
- 1 ½ cups (340 grams) cold unsalted butter (3 sticks), cut into ½" pieces, plus more for greasing the pan
- 3 cups (385 grams) all-purpose flour
- (I prefer to use 300g all-purpose flour, and 85g almond flour)
- ¾ cup (150 grams) granulated sugar
- 1 ¼ teaspoons fine sea salt

### For the Brownie:

- 1 cup plus 2 tablespoons unsalted butter (2 ¼ sticks)
- 3 ounces unsweetened chocolate, chopped
- 1 ¼ cups (265 grams) light brown sugar
- 1 cup (200 grams) granulated sugar
- ½ cup plus one TBSP (45 grams) cocoa powder
- 3 large eggs
- 1 TBSP vanilla extract





## BITTERSWEET BROWNIE SHORTBREAD (CONT.)

- 1 ½ cups (190 grams) all purpose flour)
- ¼ teaspoon fine sea salt
- ¾ cup (90 grams) slivered almonds, chopped walnuts or pecans (optional)
- Flaky sea salt

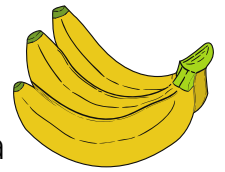
### Preparation

1. Preheat oven to 350°F. Grease a 9x13 inch baking dish, and line with parchment paper so there is a 2" overhang on both long sides
2. Prepare the shortbread: In the bowl of an electric mixer fitted with a paddle attachment or beaters, mix together flour, sugar, and salt. Beat in butter on low speed until dough just comes together but is still a little crumbly.
3. Press dough into prepared pan, distributing evenly. Prick dough all over with a fork. Bake until golden, 30–35 minutes. Remove from oven.
4. Raise oven temperature to 375°F.
5. While shortbread is baking, prepare brownie batter: place butter and chocolate in a large bowl. Melt in microwave in 30–second bursts, stirring after each one until smooth. (Or melt over a pan of simmering water). Whisk in sugars and cocoa powder until smooth, then whisk in eggs and vanilla.
6. In a medium bowl, whisk together flour and sea salt. Whisk into chocolate mixture until no streaks of flour remain. Fold in nuts, if using.
7. Spread mixture onto warm shortbread base. Sprinkle lightly but evenly with flaky sea salt.
8. Bake until the top is set, the center is soft, and edges start to pull away from the pan (23–28 minutes). A toothpick inserted in the center will come out gooey.
9. Transfer to a wire rack to cool completely (if you try to cut while still warm, the shortbread will separate from the brownie).
10. Cut into bars or squares before serving.





# BANANA CHOCOLATE CHIP BREAD



Contributed by Carrie Newcomer – From The New York Times a

YIELD One 9-inch loaf TIME 1 1/2 hours

This recipe uses four bananas, which is more than is typical for a single loaf. The natural sugars from the ripe, brown bananas keep the bread incredibly moist for up to one week, even sliced. The high moisture of the batter can make it tricky to determine doneness, so take care not to under bake the the loaf. It should have a dry, shiny, cracked surface, and a tester inserted into the thickest portion should come out with a few moist crumbs attached. Great for using up bananas that are getting a little ripe.

## Ingredients

- Nonstick spray, as needed
- 4 very ripe medium bananas, peeled
- 6 tablespoons unsalted butter, melted
- 1/3 cup/80 milliliters plain Greek yogurt
- 1 cup light or dark brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups/255 grams all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup/135 grams finely chopped chocolate or mini chocolate
- 3/4 cup coarsely chopped toasted nuts, such as almonds, walnuts or pecans (opt.)
- Sprinkle of sugar for finishing (opt.)

## Preparation

1. Heat the oven to 350 degrees. Lightly grease a 9-by-5-inch loaf pan with nonstick spray.
2. In a large bowl, mash the bananas coarsely using a fork. They should be fully broken apart, but it's OK if some larger lumpy pieces remain.
3. Whisk in the melted butter, yogurt, brown sugar, eggs and vanilla until well combined.
4. In a medium bowl, whisk the flour, baking soda and salt to combine.
5. Add the flour mixture to the banana mixture and stir to combine using a silicone spatula or wooden spoon. Scrape the sides and base of the bowl well to make sure the mixture is uniformly combined.



## BANANA CHOCOLATE CHIP BREAD

Continued

6. Gently stir in the chocolate until combined, then pour the batter into the prepared loaf pan and spread into an even layer.

7. If using, sprinkle the surface generously with coarse sugar.

8. Transfer the pan to the oven and bake until the edges of the loaf start to pull away from the edge of the pan, and a tester inserted into the center comes out with just a few moist crumbs attached, 60 to 75 minutes.

9. If the top of the loaf is becoming too dark before it's baked through, loosely cover with foil.

10. Transfer from the oven to a cooling rack and run a thin knife around the edge of the banana bread to separate it from the pan.

11. Let cool in the pan for 10 minutes before unmolding and cooling completely.





# RANGER COOKIES

Contributed by Legene White

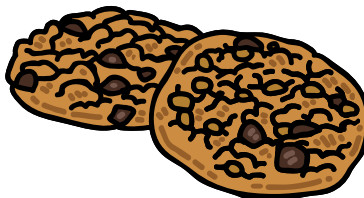


## Ingredients

- 1 c shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs, beaten
- ½ teaspoons of baking powder
- 1 teaspoons of baking soda
- 1/2 teaspoon salt
- 2 cup sifted Flour
- 1 cup coconut
- 1 cup Rice Krispies cereal
- 1 cup Oats

## Directions

1. Cream together shortening and sugars.
2. Add eggs. Mix well.
3. Mix in remaining ingredients,
4. Drop a teaspoonful of batter onto cookie sheet (lightly greased).
4. Bake at 350o for about 13 minutes until light brown.





## SOFT CHEWY SNICKERDOODLES

Contributed by Carrie Newcomer – From Cookie and Cups



Prep Time: 5 minutes Cook Time: 10 minutes Total Time: 15 minutes

Yield: 20 large

My husband grandmother, Naomi, made the best snickerdoodles. They were super soft and buttery, loaded with cinnamon and sugar. I was always looking for a recipe that was similar to her cookies. This one got Robert's thumbs up of hearty approval!

### Ingredients:

1 cup butter, room temperature

3/4 cup granulated sugar

1/2 cup light brown sugar

1 egg, plus 1 yolk

1 tablespoon vanilla

teaspoon baking soda

1 teaspoon cream of tartar

1/2 teaspoon kosher salt

1 teaspoon ground cinnamon

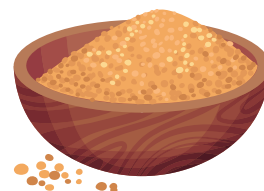
2 3/4 cup flour

### CINNAMON SUGAR MIXTURE

1/4 cup granulated sugar

1 tablespoon ground cinnamon

### Instructions



1. Preheat oven to 325°F. Line a baking sheet with a parchment paper and set aside.

2. In the bowl of your stand mixer fitted with the paddle attachment mix the butter, granulated sugar, and light brown sugar together on medium speed until light and fluffy, 2–3 minutes. Add in the egg, the yolk, vanilla, baking soda, cream of tartar, salt, and cinnamon and mix for 1 minute, scraping the sides of the bowl as necessary.

## SOFT CHEWY SNICKERDOODLES (CONT.)

Cookie and Cups



3. Turn mixer to low and add in flour, mixing until just combined.

In a separate small bowl make your Cinnamon Sugar by mixing together cinnamon and sugar, stirring until evenly combined.

4. Using a medium (2– tablespoon) cookie scoop portion out the dough and roll into a ball. Then roll each cookie dough ball into the cinnamon sugar mixture until coated.

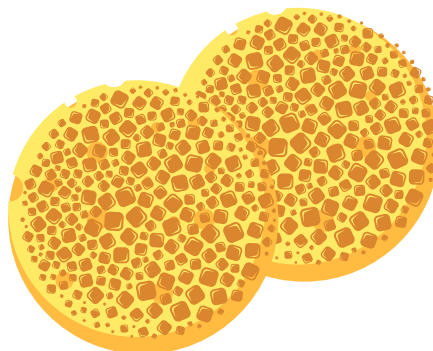
5. Place on prepared baking sheet about 2– inches apart. Bake for 10–12 minutes, turning cookie sheet halfway through baking.

Allow the cookies to cool on the baking sheet for 3–4 minutes before transferring to a wire rack to cool completely.

### Notes:

I bake my Snickerdoodles for exactly 11 minutes every time I make this recipe with perfect results, but I know ovens vary, so bake only until the edges are slightly golden. The tops may seem slightly undercooked, but they will firm up perfectly when they cool. If you prefer a crisper cookie, bake for 2 additional minutes.

Store airtight for up to 3 days.



# MY GRANDMOTHER'S PUMPKIN PIE

Contributed by Legene White



## Ingredients

### Mix together:

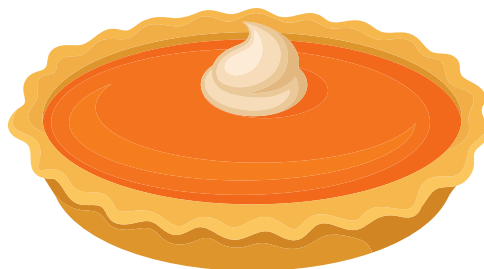
- ½ t salt
- 4 eggs
- ¾ c sugar
- 16 oz evaporated milk
- 1 ¼ c pure pumpkin (not “pie filling”)

1. Pour into an uncooked pie crust. Sprinkle top with cinnamon or nutmeg. Bake 450o for 8 minutes. Then 325o for 40 minutes (up to 50)

2. minutes), watching for edges to set but a bit jiggly in the middle. It will get firmer as it cools.

3. This makes a large, deep pie. You can also put some of the

4. mixture in an oven-proof bowl and bake it without a crust—it’s just as yummy.





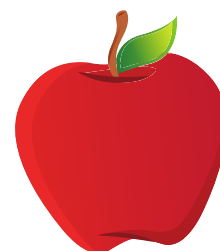
## TEDDIE'S APPLE CAKE

Contributed by Jenny Bass

This is my go-to dessert. I've cut the sugar in half but otherwise it's tried and true New York Times from 1973. Lasts for days and good for breakfast, too.

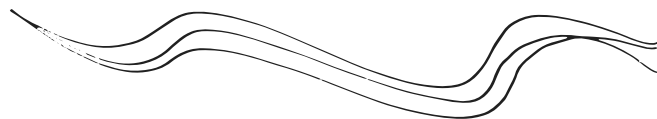
### Ingredients

- 3 cups flour, plus more for dusting pan
- 1 1/2 cups vegetable oil
- 1 cups sugar (original recipe is 2 cups!)
- 3 eggs
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 3 cups peeled, cored and thickly sliced tart apples
- 1 cup chopped walnuts
- 1 cup raisins
- Vanilla ice cream (optional)



### Preparation

1. Preheat oven to 350 degrees. Butter and flour a 9-inch tube pan. Beat the oil and sugar together in a mixer for 2 minutes or so. . Add the eggs and beat until the mixture is creamy.
2. Sift together 3 cups of flour, the salt, cinnamon and baking soda. Stir into the batter. Add the vanilla, apples, walnuts and raisins and stir by hand until combined.
3. Transfer the mixture to the prepared pan (it can be uneven — it'll spread out while baking). Bake for 1 hour and 15 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan before turning out. Serve at room temperature. Vanilla ice cream or not...



# CRANBERRY-PISTACHIO BISCOTTI

Contributed by Jenny Bass  
(From somewhere on the internet)



## • **Ingredients**

- ¼ cup light olive oil
- ¾ cup white sugar
- 2 teaspoons vanilla extract
- ½ teaspoon almond extract
- 2 eggs
- 1¾ cups all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ½ cup dried cranberries
- 1½ cups pistachio nuts

## **Preparation**

Preheat the oven to 300 degrees F (150 degrees C).

1. In a large bowl, mix together oil and sugar until well blended. Mix in the vanilla and almond extracts, then beat in the eggs. Combine flour, salt, and baking powder; gradually stir into egg mixture. Mix in cranberries and nuts by hand.

2. Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily.

3. Bake for 35 minutes in the preheated oven, or until logs are light brown. Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275 degrees F (135 degrees C).

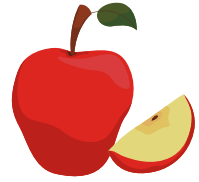
4. Cut logs on diagonal into 3/4 inch thick slices. Lay on sides on parchment covered cookie sheet. Bake approximately 8 to 10 minutes, or until dry; cool.





## INDIAN PUDDING

Contributed by Suzanne Halvorson  
From The Joy of Cooking with Variations



### Preparation

Pre-heat oven to 325 degrees

Boil on top of a \*double boiler over direct heat: 2 cups milk.

Stir in:

1/3 C cornmeal

2 cups thinly slices apples (up to 4 cups)

Place these ingredients over boiling water. Cook for about 15 minutes.

Stir into them and cook for about 5 minutes: 3/4 cup dark molasses

Remove from heat. Stir in:

1/4 cup butter

1 tsp ginger

3 tablespoons sugar

1 well-beaten egg

1/2 cup raisins

1/2 teaspoon cinnamon 1/2 teaspoon ginger

Pour batter into a well-greased baking dish. To have soft center, pour over the top: 1 cup milk

Bake pudding from 1 1/2 to 2 hours

### Notes:

\*I have made this without a double boiler.

In the original Joy of Cooking they state, "It is a barbarous New England custom to serve it with Vanilla Ice Cream"



# SANDERS FAMILY

## COCOA, CINNAMON, COCONUT, PECAN CAKE

Contributed by Ruth Sanders

### • **Cake Ingredients**

- 2 C flour
- 2 C sugar
- ½ tsp salt
- 1 C butter
- ¼ C unsweetened cocoa

- 2 eggs, slightly beaten
- ½ C buttermilk
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp vanilla



### **Icing:**

- ½ C butter
- ¼ C unsweetened cocoa
- 6 Tbsp milk

- 1 pound confectioners sugar
- 1 tsp vanilla
- 2 C flaked cocoanut
- 1 C chopped pecans

### **Instructions**

1. In large bowl, mix flour with sugar and salt. Preheat oven to 350o; grease a 13 x9 inch baking pan.
2. In saucepan, combine 1 C butter, ¼ C cocoa, and 1 C water. Bring to boiling and pour over flour mix.
3. Add eggs, buttermilk, soda, cinnamon and 1 tsp vanilla; beat until just smooth. Pour immediately into prepared pan.
4. Bake 40 to 45 minutes, or until surface springs back when gently pressed with fingertip.
5. Meanwhile, make Icing: in saucepan, combine butter, cocoa and milk. Bring just to boiling. Remove from heat.
6. Add sugar and vanilla. With spoon, beat until smooth. Stir in cocoanut and nuts. Spread over the cake as soon as it comes out of the oven. Icing will melt down into the warm cake. Cool in pan on wire rack. Makes 15 servings.





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## WITH GRATITUDE

Thank you to everyone who supported the 27th Annual Soup Bowl Benefit Project. This very special event could not happen without the help of our local arts and potter's community, the contributions of dedicated volunteers and our donors of every size.

### The Work of The Hoosier Hills Food Bank

Hoosier Hills Food Bank collects, stores and distributes food to non-profit agencies that feed the hungry in Brown, Lawrence, Orange, Owen, Martin and Monroe counties in Indiana.

Over 40,000 people, including almost 10,000 children, are food insecure in HHFB's service area. Please consider donating today to make this a reality! Your support has made a significant difference in the lives of local people in need.



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For more information about HHFB visit [www.hhfoodbank.org](http://www.hhfoodbank.org)