



A Spring Soup, with Ingredients from Your Freezer!

Recipe by Mary Bilecki, AmeriCorps for RAFFL. Adapted for What's Cooking Rutland's Freezer Challenge episode. Please substitute suggested vegetables with what you have on hand and in your freezer!

Ingredients

Glug of olive oil

1 large onion, chopped

2 cloves of garlic, minced

Salt and pepper to taste

1 tsp each of cumin, dried basil, dried oregano, and dried thyme

Herbs are optional, feel free to mix up and try out new spices from the Co-Op's bulk section!

1 cup mix of chopped root vegetables such as carrots, sweet potatoes, or turnips

1 cup of defrosted, previously frozen grated zucchini

1 gallon bag of defrosted, previously frozen tomatoes (or 1 large can whole tomatoes, or fresh)

1 quart of corn/vegetable/chicken stock

2 cups of roughly chopped fresh greens such as spinach, kale, chard

Splash of apple cider vinegar, or freshly squeezed juice from half a lemon

Preparation

1. In a heavy bottom stock pot, saute chopped onion and minced garlic in olive oil.
2. When golden, add chopped root vegetables, and season with choice of herbs, and salt and pepper to taste.
3. Add zucchini to vegetable mixture and continue to saute until zucchini has dried out and vegetables are caramelized.
4. In a separate large bowl add defrosted whole tomatoes and use immersion blender or to blend tomatoes into a puree. *Or add tomatoes to blender and blend on low until pureed.*
5. Add blended tomatoes and stock to sauteed vegetables.
6. Allow soup to simmer for 15 minutes or until flavors are well developed.
7. Remove from heat. Add apple cider vinegar or fresh squeezed lemon juice, and stir in greens.
8. For a creamier, bisque-style soup, stir in dollop of fresh, plain yogurt.

Real Corn Bread

Adapted from Rich Corn Cake, The Fannie Farmer Cookbook

Ingredients

1 cup all-purpose flour
1 cup cornmeal
1 tsp baking soda
2 tsp cream of tartar
3/4 tsp salt
1 cup plain low-fat yogurt or Greek yogurt
1/4 cup skim milk
2 eggs
4 TBSP butter, melted and cooled
1 cup fresh or frozen corn kernels

Preparation

1. Preheat oven to 425°.
2. Whisk dry ingredients together. Make a well in the bowl.
3. Blend yogurt, milk and eggs together. Place in the well of the dry ingredients, and fold dry ingredients over top. Do not mix.
4. Pour butter around over batter. Fold in just until batter holds together.
5. Pour into a buttered and floured 9 X 9 pan. Bake 20 minutes or until it begins to brown. Let rest for 5 minutes, cut and enjoy!

Chocolate Zucchini Banana Muffins

adapted from chef-in-training.com

Ingredients

1 cup mashed bananas
1/3 cup canola oil
1 large egg
3/4 cup sugar
1 1/2 cups zucchini, grated and well drained
1 cup white wheat flour
3/4 cup all-purpose flour
1/4 cup cocoa
1 teaspoon baking soda
1/4 teaspoon baking powder
1 cup mini chocolate chips

Instructions

1. Preheat oven to 350° F.
2. In a large bowl, combine bananas, oil, egg, and zucchini large mixing bowl.
3. In a separate large bowl, sift together sugar, flours, cocoa, baking soda, baking powder. Add to banana/zucchini mixture. Stir in chocolate chips.
4. Spoon batter into greased or lined muffin tins. Bake for 20 to 25 minutes.