

Mediterranean 3-Bean Salad

<https://thedomesticdietitian.com/easy-bean-salad/https://thedomesticdietitian.com/easy-bean-salad/>

Jessica Kooiman, MPH

AMOR PICANTE DE CHOCOLATE CALIENTE HOT SPICY CHOCOLATE LOVE

AKA

MEXICAN HOT CHOCOLATE SNICKERDOODLES [VEGAN]

INGREDIENTS

- **Topping**

- 1/3 cup sugar
- 1 teaspoon ground cinnamon

- **Dough**

- 1/2 cup coconut oil
- 1 cup sugar
- 1/4 cup pure maple syrup (I used the real stuff)
- 3 tablespoons almond milk (or whatever non-dairy milk you like, I used chocolate almond milk)
- 1 teaspoon vanilla extract
- 1 teaspoon chocolate extract (or more vanilla extract if you have no chocolate)
- 1 2/3 cups flour
- 1/2 cup cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cayenne

PREPARATION

Preheat oven to 350 F. Line 2 large baking sheets with parchment paper.

Mix the topping ingredients together on a flat plate. Set aside.

In a medium mixing bowl, use a fork to vigorously mix together oil, sugar, syrup, and milk.

Mix in extracts.

Sift in remaining ingredients, stirring as you add them. Once all ingredients are added mix until you have a pliable dough.

Roll dough into walnut sized balls. Pat into the sugar topping to flatten into roughly 2 inch discs.

Transfer to baking sheet, sugar side up, at least 2 inches apart (they do spread). This *should* be easy as the bottom of the cookies should just stick to your fingers so you can just flip them over onto the baking sheet.

Bake for 10 to 12 minutes, they should be a bit spread and crackly on top.

Remove from oven and let cool for 5 minutes, then transfer to a cooling rack to cool completely.

ENJOY!

Gabino Salgado

BARLEY LENTIL SOUP

Recipe By : THE OREGONIAN
Servings : 8 Preparation Time : 1:00
Categories : Soups

1 tablespoon olive oil
1 1/2 cups onion, chopped
1 1/2 cups carrots, chopped
3 cloves garlic, minced
1 tablespoon fresh marjoram, chopped
12 cups chicken broth
3/4 cup pearl barley
3/4 cup dried lentils
1 can diced tomatoes
1 6 oz bag baby spinach
salt and pepper, to taste

Heat oil in large, heavy, nonreactive pot over medium-high heat. Add onions and carrots. Saute until onions are golden, about 5 minutes. Add garlic and stir 1 minute. Mix in marjoram and stir 30 seconds. Add broth, barley, lentils and tomatoes in their juice. Bring to a boil.

Reduce heat to low and partially cover. Simmer 35-45 minutes until barley and lentils are tender.

Add spinach to soup. Cover and simmer until spinach is tender, about 5 minutes. Season soup with salt and pepper to taste.

If you use dried marjoram reduce amount by 1/2. You can chop the spinach if you want for smaller pieces, but it cooks down alot. I used stewed tomatoes and cut them smaller before adding them to the soup.

Notes : Excellent!

Creamy Avocado Pesto Pasta

<https://cozypeachkitchen.com/creamy-avocado-pesto-pasta/>

Tanya Daymon

Deer Casserole

One jar of canned deer in beef broth

One can of Cream of Mushroom

1-2 Packets of brown gravy

One package of macaroni noodles

add in choice of veggies: frozen peas, corn, carrots, onions, and/or celery

Cook pasta according to directions on package

In separate pot on low heat dump in canned deer and cream of mushroom. Stir

After a couple of minutes, add in gravy according to package.

Add in veggies of choice.

Cook on low heat until deer is shredded and veggies are tender (usually 30 minutes)

**Recipe can be modified for deer pie. Instead of noodles take cooked ingredients and place in pie dish. Top with choice of piecrust, Pillsbury pizza dough, Bisquick biscuit dough or top with mashed potatoes or your choice. Optional to add shredded cheese between layers.

Easy Taco Soup

INGRIENDENTS **FOR SOUP**

2 cans diced/peeled (or stewed) tomatoes

2 cans of pinto beans (I used a ranch style version that had seasoning in the beans, sometimes I use chili beans)

1 can of black beans (You can also use kidney beans, I just didn't have any)

1 can of corn

1 can of green beans

1 can of olives (diced)

1 to 2 cans of broth based on how thick you want the soup (I used chicken because I used ground chicken in the soup)

1 onion (Cut up and sautéed before adding, you can also add sautéed green/red peppers)

1 ½ packets of ranch seasoning

1 ¼ packets of taco seasoning

INGRIEDIENTS FOR MEAT

1 to 2lbs of ground meat (I used ground chicken, but I have used deer/elk and even shredded chicken before)

1 can of Ro*tel diced tomatoes (You can also skip this part if you want, I just think it gives more flavor)

1 packet of taco seasoning.

PREPERATION

- 1.) I first brown the meat and add any generally seasoning like chopped garlic, or garlic salt.
- 2.) Once the meat is brown I add the can of tomatoes with chilies and the taco seasoning. I also add a little water. (Sometimes I skip the tomatoes in this step and just add water).
- 3.) I then sauté 1 chopped onion in butter, in another pan.
- 4.) Depending on when you want the soup, you can either cook it on the stove top in a big pan, or in your crockpot.
- 5.) If I am using the crock pot, I put it on low and add all of the soup ingredients listed above, including the juice in the cans (everything in the can goes in the soup).
- 6.) I dice up my olives and pour the olive juice in the soup as well, then I put in the diced olives.
- 7.) I then add the meat and onions to this mix.
- 8.) Finally I add the taco and ranch seasoning and stir.
- 9.) I let it sit overnight and it is ready to go in the morning.
 - a. If you make it in a pot on your stove, you add all of the ingredients and bring it to a boil and then just let it simmer for a bit and serve.
- 10.) I like to eat it by adding a scoop of sour cream to the soup and some cheese.

Breanna Hansen

Italian-style Lentil Soup (dump-cook directions)

Green lentils (or any kind of lentil you choose (red lentils will be mushier for a creamier soup and will thicken the soup substantially)

Vegetable broth, twice the amount of the lentils (if you use 1 cup of lentils, use 2 cups of broth. You will use more lentils in a large crockpot or large pot. If you crockpot this recipe, watch that you might need to add a bit of water during the cooking process so it remains a soup.)

Tomato sauce, your choice (the one used for the Cook-Off was Garlic-Basil, 1 quart jar for the large crockpot)

Dried onion flakes

Dried basil (yes, I used more basil)

Ancho chili power (this is a sweeter chili powder)

Cumin powder

Salt, to taste (I do not use much extra salt at home, so I suggest maybe adding most, if not all, of the salt toward the end of the cooking process so it is salted to your taste. An herb seasoning salt is great to use for this.)

Begin the crockpot on high for about ½ to 1 hour, or until it is bubbling around the edges. Turn down to low and cook overnight. (your house will smell yummy the next morning, if not before)

About ½ to 1 hour before the end of the cooking process stir in:

Diced Field Roast sausages, Italian style (I used two for the large crockpot)

A good olive tapenade (I used ½ - ¾ of a small jar, about ½ pint size, in the large crockpot)

Enjoy!

Anita Quirk

Red and White Quinoa with Pan Roasted Vegetables (dump-cook directions)

Cut up your chosen vegetables into medium sized chunks. For the Cook-Off I used:

Baby carrots

Yellow Summer Squash

Green zucchini

Orange yam

Red sweet pepper

Dried onion flakes (you can use a fresh diced onion, instead)

Salt

All tossed in olive oil.

Using a large skillet, sauté over medium heat, covered, stirring often to soften the vegetables to the desired consistency. Remove the lid and finish, slightly browning/caramelizing the vegetables.

For the quinoa depending on the size of pot you use:

1 part red quinoa to 2 parts white quinoa, washed

Double the amount of water (2 cups water to 1 cup of quinoa; you can also use broth of your choosing)

You can bring the water to a boil and add the quinoa. If you start with the quinoa in the water before cooking, it will not be as fluffy. I do it with water. Turn the burner to low, cover and cook over until the water is absorbed.

For a vegan quinoa use: Olive oil drizzled over, stirred in and season how you want (curry is good in this)

For a vegetarian version, you can use:

Butter and seasoning to taste.

Serve with the roasted vegetables and enjoy!.

Anita Quirk

Monastery Lentils

1 C lentils

3 C water

1 bay leaf

1 carrot grated

2 cloves garlic minced

1 C dice tomatoes

1 T dried basil

1 T McKay's chicken seasoning

1 T balsamic vinegar

1 T sugar

Salt to taste

Cook lentils in water (around 30 minutes). Add everything but vinegar, sugar & salt and cook for another 30 minutes. Add vinegar, sugar and salt to taste. (I find that I have to add extra water). I usually double the recipe.

Annette Ward

mushroom pot pie

32oz vegetable broth
16 oz sliced white mushrooms
1 bag frozen peas
5 large carrots
1/3 yellow onion
3 tbs olive oil
½ cup flour
Pillsbury Pastry Pie Shell Crust, 14.1 Ounce
Salt and pepper to taste

Directions

Peel and slice carrots and onion, sauté in olive oil until onion is translucent. Whisk together flour and broth, simmer, continuing to stir frequently, add in carrots and onion and stir until broth thickens and carrots soften to desired texture, add in peas and mushrooms until cooked to the desired consistency. Prepare pie crust fill and bake according to instructions on package.

Amanda Boyer

“Roasted Pork Tenderloin and Root Veggies”

For the Pork

1. Coat Pork in Olive Oil
2. Season with
 - a. Onion Powder
 - b. Dried Basil
 - c. Dried Thyme
 - d. Paprika
 - e. Pinch of Garlic Powder
3. Place pork in oven-safe roaster pan and cook at 350 until done (roughly 40 minutes)
4. Pork is best served hot.
 - a. NOTE: Since my pork was cooked the night before, then refrigerated, then cooked more in the crockpot, it developed a tough texture and pulled apart. If served right out of the oven, the meat will be much more firm and juicy.

For the Veggies

5. In a bowl, combine
 - a. Baby carrots (I used Heirloom carrots for color)
 - b. 1 Med-Large Purple Onion, and 1 Med-Large White Onion; cut.
 - i. I usually cut in half and then slice the halved into “1-2cm wedges”
6. Coat liberally with Olive Oil
7. Season Veggies with
 - a. Onion Powder
 - b. Dried Thyme
 - c. Dried Oregano
 - d. Paprika
 - e. Pinch of Cayenne Pepper
8. Let Carrots and Onions rest
9. While Carrots and Onions are resting; parboil baby potatoes. I used tri-color potatoes for color
10. Once potatoes are tender, strain water, cut in half, add potatoes to seasoned veggies and toss.
11. Transfer Veggies to Oven-Safe baking dish, drizzle with more olive oil and back at 350 until done (roughly 45 minutes to 1 hour 25 minutes; depending on depth of veggies in dish)

Donovan Tate