

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

LET'S GET SOCIAL! @FOODSHARESC



12.15.21

Basic Mushroom Meat Blend

Stretch your dinner ingredients AND add more vegetables to your plate. It's a win, win!

Ingredients

- 3 Tablespoons vegetable oil
- 1 Pound button mushrooms, finely chopped
- 1 Pound ground beef, pork, turkey or chicken
- 1 Tablespoon Kosher salt



Instructions

1. Place a 12 inch frying pan over medium heat, add oil. Once the oil is warm, add the mushrooms, stir to coat then add half of the salt to the mushrooms. Cook, stirring occasionally until most of the moisture has evaporated, 8 to 10 minutes.
2. Add the ground meat, and remaining salt. Stir well to break up the meat. Sauté until the meat is cooked through, about another 10 minutes. Add water as needed if mixture is dry. Season with spices & herbs.
3. Use in recipes as you would use any ground meat.

Adapted from mushroomcouncil.com

STORAGE TIPS POTATOES

Potatoes are a staple because they're nutritious, filling and **long-lasting** in the pantry. Here are the best ways to store potatoes so they last long, even for **months**!



- Potatoes can be dirty for storage, but **make sure they're dry**.
- **Remove from plastic bag** and store in a paper bag or cardboard box in a cool dark place, with airflow, like a box or paper bag in a pantry. Don't put in the refrigerator (too humid!) The ideal storage temperature is 50 degrees, (remember root cellars?) but that may be too cold for your house. Just remember to keep them away from warm spots like next to the oven, the top of 'fridge or under the sink.
- Store away from onions, bananas and apples. These let off gases that affect the others' ripening and may even cause the potatoes to sprout!

Winter Roasted Tomatoes

When you get tomatoes out of season and they seem a little less... well, **tomato-y**. Roasting them coaxes their good flavor forward.

Roasted tomatoes can be used in pasta sauces, with rice, or on winter salads to give a deeper-flavored tomato. A little investment in time pays off big in flavor!



Ingredients

- 2 pounds cocktail, Roma, plum, or cherry tomatoes
- 2 tablespoons extra virgin olive oil
- 6 cloves whole garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 5-10 sprigs fresh herbs such as thyme, basil, parsley, or rosemary

Instructions

1. Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil for easy clean-up.
2. If using cherry or cocktail tomatoes, you can leave the tomatoes whole. For plum or Romas, first stem the tomatoes, then slice them in half lengthwise.
3. Lay the tomatoes, cut side up if cut in half, in a single layer on a baking sheet lined with foil. For cocktail, Roma, or plum tomatoes, roast at 400°F for 40-50 minutes or until the skin softens and begins to burst. For cherry tomatoes, roast for 15-20 minutes.
4. Discard the herbs and slice, chop or add whole to salads, grains, or rice; mash and spread on toasted crostini; or add the garlic and tomatoes to a blender and whiz until smooth for an easy pasta sauce.

Adapted from www.foodiecrush.com

OUR NEXT BOX
IS IN 2022!



WE WILL **NOT** HAVE A FOODSHARE DISTRIBUTION ON DEC 29.
ORDER BY **THURSDAY, JAN. 6**. PICK-UP **WEDNESDAY, JAN. 12**.

Mushroom Lentil Walnut Burgers

Savory and flavorful, use this recipe as is to try a vegetarian burger, or add the mixture to your ground meat to make it go further and stay juicier. Hooray for mushrooms!

Ingredients

Makes 4-6 servings

- 3/4 cup dry lentils (any kind)
- 1 1/2 cups water
- 2 tablespoons cider vinegar
- Extra virgin olive oil
- 1 cup minced onion
- 4 large cloves garlic, minced
- 1/2 teaspoon smoked paprika
- 10 large mushrooms, minced
- 1/2 cup very finely minced walnuts
- 1 teaspoon salt
- 1/2 pound spinach, finely minced (optional)
- 1 teaspoon dry mustard
- 1 egg
- Freshly ground black pepper to taste
- 1/2 cup bread crumbs, wheat germ, or rolled oats



Instructions

1. Place lentils and water in a small saucepan and bring to a boil. Lower the heat and simmer, partially covered, for about 30 minutes, or until the lentils are soft and the liquid is gone. Transfer to a medium-sized bowl, add vinegar, and mash well.
2. Heat the oil in a medium-sized skillet. Add onion and sauté over medium heat for about 5 minutes. Add remaining ingredients except the egg and bread crumbs, wheat germ, or oats. Sauté 5 to 10 minutes or until all the vegetables are tender. Off the heat, combine the sautéed mixture and bread crumbs, wheat germ, or oats with the lentils, then add the egg and mix well. Chill for about 1 hour before forming patties.
3. If you're using this recipe to make your pound of beef stretch farther, wait until the lentil mixture has cooled, then combine beef and lentil-mushroom-walnut mixture. You will have delicious burgers with extra nutrition and more than enough to go around! (It doubles the recipe and serves 8-12 people, depending on the size of your patties.)
4. Form 4-inch diameter patties. (It might be easiest to do this if you wet your hands.) Heat a small amount of olive oil in a skillet, and sauté the patties on both sides until heated through and crispy. You can also just broil them for about 5 to 8 minutes on each side.

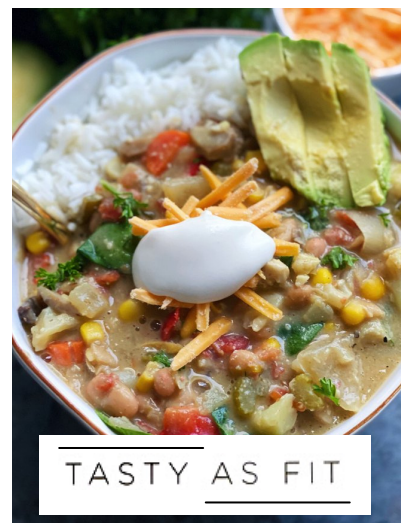
Adapted from Moosewood Cookbook by Mollie Katzen

Southwest White Bean Chili

Ingredients

- 1 cup cashews, soaked overnight
- 1.5 cup green tomatillo sauce
- 2 Tablespoons arrowroot powder
- 1/2 cup nut milk
- 2 Tablespoon vegan butter or olive oil
- 1 onion, diced
- 3 ribs celery, diced
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 jalapeno diced (optional)
- 1 red pepper, diced
- 1.5 teaspoons cumin
- 2 cups cauliflower rice
- 2 cups diced mushrooms, diced
- 1 can sweet corn, drained and rinsed
- 1 can RO*TEL® tomatoes
- 1 32 ounce vegetable broth
- 1 can cannelloni beans, drained and rinsed
- 1/4 cup nutritional yeast
- 2 Tablespoon sriracha
- 2 cups spinach, chopped
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 Tablespoon lime

*Over the coming months, FoodShare will be featuring other partners in building a healthy Columbia. First up is **Tasty As Fit** and Chef Emilie's vegan recipe for Southwest White Bean Chili*



TASTY AS FIT

Instructions

1. Drain and rinse cashews and add to a high speed blender. Add in tomatillo sauce, arrowroot powder, and nut milk. Blend on high until smooth and creamy, scraping down sides as needed. Set aside.
2. In a large soup pot, add onion, celery, and carrots. Sauté until onions become translucent, 4-5 minutes. Add in garlic, red pepper, and jalapeño, sauté a few minutes more. Add cumin and stir.
3. Add in cauliflower rice, mushrooms, corn and sauté until all flavors are combined, 1-2 minutes.
4. Add RO*TEL® tomatoes, vegetable broth, cannelloni beans, nutritional yeast, sriracha, salt, pepper, and stir. Bring mix to a boil and then reduce to a simmer. Stir in spinach.
5. Stir in mixture from blender and allow to simmer for 20 minutes so soup can thicken. Squeeze in lime juice. Taste and adjust seasoning.
6. Serve with avocado, cashew yogurt, vegan mozzarella.

From tastyasfit.com/blogs/tasty-as-fit-recipes/