

Broccoli Cheddar Soup



Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 ½ teaspoons butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli
- 1 cup milk
- ¼ cup flour
- ½ cup shredded cheddar cheese
- ⅛ teaspoon pepper

Instructions

1. In a medium pot over medium-high heat, saute onion and carrot in butter until onions begin to brown. Add broth and broccoli.
2. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup.
4. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
5. Add cheese and pepper.
6. Heat over low heat until the cheese is melted. Serve hot.

Adapted from snapedny.org

Citrus Fruit Salad



Ingredients

- 1 banana, sliced
- 1 kiwi, peeled and sliced
- 1 orange, peeled and segmented
- A handful of strawberries, hulled and sliced
- 1 Tablespoon honey
- 1 teaspoon lemon juice

Instructions

1. Peel and slice the banana, kiwi, and orange
2. Hull and slice the strawberries
3. Mix all the fruit in a bowl and gently combine
4. In a small cup or bowl, mix the honey and lemon juice
5. Pour the mixture over the fruit and gently mix
6. Enjoy as a side or a snack!

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Rotkraut



Ingredients

- 1 head red cabbage, halved, cored and thinly sliced
- 1 cup cranberry juice
- ½ cup brown sugar
- 1 teaspoon salt
- Dash of cayenne pepper
- Dash of ground cloves
- 2 bay leaves
- 2 apples peeled, cored and thinly sliced
- 1 tablespoon cornstarch
- ½ cup vinegar, apple cider or white
- 4 tablespoons unsalted butter, cubed

Instructions

1. In a large pot, combine cabbage, cranberry juice, brown sugar, salt, cayenne, cloves, bay leaves and apples in a large pot and bring to a simmer
2. Simmer, covered, for 20 minutes
3. In a small bowl, whisk the cornstarch into the vinegar to make a slurry
4. Add the mixture to the pot along with the butter; stir until butter is melted.
5. Simmer, uncovered, 20 more minutes, or until most of the liquid has cooked off and cabbage is very tender.
6. Remove bay leaves before serving.

Adapted from [cooking.nytimes.com](https://www.nytimes.com)

Irish Colcannon



Colcannon with cabbage and carrots is a warm, comforting Irish dish that blends creamy mashed potatoes with tender sautéed cabbage and sweet, earthy carrots.

Ingredients

- 4-5 potatoes
- ¼ or ½ head of green cabbage
- 1 onion
- 3 carrots
- 1-2 Tablespoons of unsalted butter
- ¾ cup of milk
- 1 Tablespoon oil
- Salt and pepper, to taste

Instructions

1. Place carrots, and potatoes in a pot and fill with water to 1 inch above the vegetables
2. Bring to a boil and lower heat to medium-low
3. Cover partially and simmer for 25 minutes until vegetables are tender
4. Meanwhile, heat a Tablespoon of oil in a pan
5. Add the cabbage and onions and cook until tender, about 5 minutes.
6. Drain the vegetables and place back in the pot with the lid on
7. Add butter to the pot and leave the vegetables to steam for about 5 minutes
8. Mash the vegetables with a masher. When the mixture gets thick and hard to mash add the milk a little at a time until you reach your desired consistency
9. Add in the cabbage and onions and mix to combine
10. Serve with your favorite meal!

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