

Recipes from Sunday Supper on January 29, 2023

Head Chef Susan Hyne, unit 57

Tomato Herb Soup

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Serves 12

- 1/2 cup olive oil
 - 4 cloves garlic
 - 1 teaspoon dried oregano
 - 1 teaspoon dried basil
 - 1 teaspoon dried thyme
 - 1/2 teaspoon dried rosemary
 - Pinch red pepper flakes
 - 20 cranks freshly cracked black pepper
 - 2 (6 oz.) can tomato paste
 - 2 tablespoons brown sugar
 - 2 (28 oz.) can crushed tomatoes
 - 6 cups vegetable broth
1. Mince the garlic and add it to a sauce pot along with the olive oil, oregano, basil, thyme, rosemary, red pepper flakes, and freshly cracked pepper. Turn the heat on to medium-low and sauté for about 2 minutes, or until the garlic has softened.
 2. Add the tomato paste and brown sugar. Stir until everything is mixed (the oil will stay partially separated). Cook the mixture while stirring continuously for 3-5 minutes, or until it takes on a darker, almost burgundy hue.
 3. Add the crushed tomatoes and vegetable broth. Turn the heat up to medium and heat through, stirring occasionally. Serve hot.

Onion Bread

- 2 to 3 large sweet onions, about 2 1/2 lbs
 - 1 c sunflower seeds, ground
 - 1 c flax seeds, ground
 - 1/3 c nama shoyu, tamari, soy sauce or Bragg's Liquid Aminos
 - 1/4 c olive oil
1. Thinly slice onion, or just process in food processor until chopped, but not mushy.
 2. Mix all ingredients together by hand in large bowl.
 3. Spread mixture on solid teflex dehydrator sheets (or top mesh sheets with parchment paper). It covers 3 to 4 small Excalibur trays.
 4. Dry at 145 degrees for one hour, then score (create perforations by pressing down with a cooking spatula-- don't drag a knife across) and reduce heat to 115 degrees. Dry for 4 to 6 more hours, then flip onto dehydrator mesh tray. Dry until done (typically 24 hours).

Roasted Sesame Winter Slaw

www.mynewroots.org

- 2 c each shredded Savoy cabbage, purple cabbage, kale
- 2 c shredded carrots
- 2 scallions
- 1 c chopped flat leaf parsley
- 1/2 c sesame seeds

Tahini Cream Dressing with Orange Dressing:

- 2 T olive oil
- 3 T lemon juice
- 1 T honey (or agave or maple syrup)
- 1/3 c tahini
- 1/2 c water
- Pinch salt
- Zest of 1 organic orange

1. Wash and shred the cabbage and kale as finely as possible (use a food processor slicer or knife). Place in a large bowl.
2. Shred the carrots either with a food processor or on a box grater. Add to the cabbage.
3. Finely slice the scallions into rings. Wash and chop the parsley. Add to the bowl.
4. Whisk dressing ingredients together. Add water to thin to desired consistency.
5. Roast sesame seeds in a dry skillet until they begin to pop. Remove from heat immediately. Pour over salad ingredients.
6. Toss and serve. Pour dressing on only after the salad has been plated – this way you get some bites with lots of dressing and some without for the best balance. Garnish with extra parsley and sesame seeds.

Tahini Oatmeal Raisin Cookies

Makes 12 cookies

- 1/2 c Tahini
- 1/4 c Maple Syrup
- 1 t Vanilla
- 1 t Cinnamon
- 1/4 t Salt
- 1 c Oats
- 1/4 c Raisins

1. Cream tahini, maple syrup, vanilla, cinnamon and salt.
2. Stir in oats and raisins.
3. Bake 12 minutes at 350.