

Recipes from Sunday Supper on April 2, 2023

Head Chef Susan Hyne, unit 57

Tortilla Soup

- 2 onions, chopped
 - 4 cloves garlic, minced
 - 1/2 teaspoon pepper
 - 1/2 teaspoon cumin
 - 6+ c. veggie or chicken broth
 - 2 14 ½ oz. can stewed tomatoes
 - 2 c. corn
 - 2 4 oz. can WHOLE chile peppers (mild), don't get diced peppers because it is very hard to pick out the hot seeds
 - 1/2 c. cilantro, chopped
 - 2 c. tortilla chips
1. Saute onions, garlic, cumin and pepper. Add broth, tomatoes, corn and chiles.
 2. Bring to boil, then reduce to low and simmer for 8 minutes. Stir in cilantro.
 3. Serve over tortilla chips or fresh tortillas and garnish with cheese (optional).

Cabbage Jicama Orange Salad

Slaw

- 9 cups green cabbage, shredded
- 4 1/2 cups jicama, julienned
- 4 1/2 oranges, peeled and segmented
- 1 1/2 cups red peppers, julienned
- 1 1/2 cups green peppers, julienned
- 3/4 red onions, sliced in thin rings
- 3/4 cups cilantro

Dressing

- 3/8 cups olive oil
- 3 tablespoons sugar
- 3/8 cups rice vinegar
- 1.5 tablespoons sesame oil
- 1 tablespoon soy sauce
- 3/4 teaspoon Dijon mustard
- 3/4 cups peanuts, as garnish

Mix ingredients for slaw then toss in dressing. Garnish with peanuts.

Refried Beans Without the Refry

- 1 onion, peeled and halved
 - 3 c. dry pinto beans, rinsed
 - 1/2 fresh jalapeno pepper
 - 2 t minced garlic
 - 2 t salt
 - 1 3/4 t fresh ground black pepper
 - 1/8 t ground cumin, optional
 - 9 c. water
1. Place the onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed. Note: if more than 1 c of water has evaporated during cooking, then the temperature is too high.
 2. Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.