

# Sunday Supper Recipes and Ingredients Lists for February 2024

## February 4th

Head Chefs George and Donna Converse

### Chicken and Tofu Satay

The meal originally scheduled for January 14<sup>th</sup> was moved to this date due to snow/ice storm. Check out the Sunday Suppers section on RVillagers to find the recipes for this meal.

## February 18<sup>th</sup>

Head Chefs Linda Burk and Lynn Thomas

### Vegetarian Chili

½ Tbl olive oil

3 cloves garlic, minced

1 large yellow onion, diced

1 large carrot, diced

2 stalks of celery, diced

1 red pepper, diced

4 oz green chilis

1 medium sweet potato, cubed

2 & 1/2 tsp chili powder

1Tbl cumin

½ tsp oregano

¼ tsp salt

¼ tsp cayenne pepper

28 oz can crushed tomatoes

¾ cup veg. broth

1 can black beans

1 can kidney bean

1 cup whole kernel corn

Saute onion, garlic, carrot, sweet potato, red pepper, and diced chilis 5-7 minutes.

Add remaining ingredients. Simmer 45 minutes.

## **Turkey Chili**

1 Tbl olive oil  
2 lbs ground turkey  
2 cups onions  
2 Tbl minced garlic  
1 large red pepper  
1 cup chopped celery  
1 jalapeno chopped  
1 Tbl fresh or dried oregano  
2 bay leaves  
3 Tbl chili powder  
2 tsp cumin  
3 cups diced tomatoes  
2 cups chicken broth  
Salt & pepper  
2 cans kidney beans, drained

Brown turkey in oil. Add onions, garlic, pepper, celery, jalapeno, & spices. Cook 5 minutes.

Add tomatoes, broth, salt, and pepper. Add beans and simmer 15 more minutes.

**Chili toppings:** sour cream, cheddar cheese, cashews, avocado

**Mixed green salad** / vinaigrette dressing

**Easy Buttermilk Cornbread** (may add corn and mild chili peppers)

Ingredients

1/2 cup unsalted butter  
1 cup all-purpose flour  
1 cup yellow cornmeal  
1/4 cup brown sugar

1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 cup buttermilk  
1/4 cup honey  
2 large eggs

## Instructions

1. Preheat the oven to 200C | 400F and position a rack in the middle. Lightly grease a 9-inch cast iron skillet or 9-inch square baking dish with butter and place skillet/dish into the oven to heat up.
2. *(Alternatively for cast iron skillets: heat 1/2 cup of unmelted butter in your cast iron over stove top on medium heat until melted, turn heat off then allow the butter to cool slightly before adding to the batter.)*
3. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder (if using), baking soda and salt.
4. Make a well in the centre and add the buttermilk, honey and eggs. Mix together well to combine, then add in the slightly cooled melted butter. Mix again until just combined (don't overmix).
5. Carefully remove your 'hot' pan or dish from the oven with oven mitts, and pour the batter into the hot skillet or dish. Listen to that sizzle! That's what you want.
6. Bake until the cornbread begins to brown on top and a toothpick inserted in the centre comes out clean (about 20-23 minutes). Allow to cool for about 10 minutes before slicing and serving.

## **Gluten-Free Fruit Crisp**

2 lbs mixed fruit

1/3 cup honey

3 Tbls cornstarch

1/2 tsp lemon zest

2 Tbls lemon juice

Mix together in 9x9 baking dish

Topping:

1/2 cup almond flour

1/2 cup sliced almonds

1/3 cup brown sugar

1/4 tsps salt

4 Tbls butter, melted

Dollop topping onto filling. Bake at 350 degrees for 40-50 minutes. Cool. Top with ice cream or whipped cream.