

The NMSD Monthly Morsel Nutritional Newsletter 2/14/21-2/20/21

Bean Rarebit

Ingredients

¼ c butter
¼ c chopped onion
¼ c flour
½ tsp salt
2 c milk
1 tsp Dijon mustard
2 c shredded cheddar cheese
2 c white northern beans, drained and rinsed

Preparation

Melt butter in a saucepan over medium heat. Cook and stir onion until soft, about 5 minutes.

Stir flour and salt into onion until flour forms a paste, 1 to 2 minutes. Gradually whisk milk and Dijon mustard into onion mixture and bring to a simmer, whisking constantly until the sauce thickens, 5 to 7 minutes. Stir Cheddar cheese and white beans into sauce until cheese melts into sauce, 5 to 7 minutes. Serve over warmed Texas toast.



Creamy Tomato Soup

Ingredients

½ c diced onion
1 ¾ c celery, diced
¼ c chopped garlic
4 tbsp margarine
¼ c olive oil
2 tsp ground thyme
3 bay leaves
3 quarts water
1 #10 can diced tomatoes- provided by NMSD

8 c northern beans, with juice

1 tbsp salt

2 tsp pepper

Preparation

Heat margarine and oil in a large stock pot over medium-low heat. Add onions, and cook, stirring occasionally, until the onions are translucent. Add celery and cook about 5 minutes, stirring occasionally. Add garlic and cook, stirring until the vegetables are softened, about 5 minutes. Stir in thyme and bay leaves. Add water and bring to a simmer over high heat. In a blender, puree tomatoes with juice in small batches. Clean blender, and puree northern bean in small batches, adding aquafaba as needed. Pour tomato puree into water slowly, then the northern bean puree. Heat over medium-low heat until simmering and fragrant. Remove bay leaves. Add salt and pepper. Top with Texas toast croutons.

Note: This soup freezes well for another meal, or 2, or 3!

Reminder: aquafaba is the liquid from a can of beans.

Texas Toast Croutons

Ingredients

5 slices garlic Texas toast
2 tsp butter, melted
½ tsp parsley
1/8 tsp paprika
¼ tsp garlic powder
1/8 c shredded parmesan

Preparation

Preheat oven 400. In a bowl, mix together melted butter, parsley, and garlic powder. Arrange bread slices on baking sheet face down, and using a spoon or pastry brush, spread some of the melted butter mixture over the unbuttered side of the garlic Texas toast slices. Bake in the oven for 7-9 minutes, or until golden. Remove from oven, and let sit for 2 minutes, or until manageable. Cut into 1/2" squares, and add to remainder of butter mixture. Using your hands, coat bread pieces well, and return to pan, baking for additional 4 minutes. Remove from heat, and let cool. Toss with parmesan, and paprika. Serve with creamy tomato soup.



Classic Tomatoes with Macaroni

Ingredients

2 lb. macaroni, dry
1 tbsp bacon grease
One 28-oz can dice tomatoes
½ tsp salt
¼ tsp black pepper
Sugar-optional

Preparation

Cook macaroni in salted, oiled water to al dente preparation according to package then drain and rinse with cold water; set aside. In a large pot, melt the bacon grease and pour in the tomatoes with the juice, and 1 tsp white sugar to cut the acidity. Bring to a boil, then reduce heat to medium and cook until almost all the water has cooked out, about 10 minutes. Add the macaroni to tomato and mix well, then salt and pepper to taste.



This institution is an equal opportunity provider.