

# The NMSD Monthly Morsel Nutrition Newsletter

10/26-10/30

## Carrot, Potato and Cabbage Soup

### Ingredients

4 large carrots thinly sliced  
2 large potato thinly sliced  
1 large onion thinly sliced  
¼ medium head cabbage, shredded thinly  
2 cloves of garlic, smashed (or 2 tsp garlic powder if you don't have fresh.)  
6 cups chicken stock  
1 tbsp olive oil  
¼ tsp dried thyme  
¼ tsp dried basil  
1 tsp dried parsley  
1 tsp salt  
Black pepper to taste

### Preparation

Combine the carrots, potatoes, onion, cabbage, garlic, chicken stock, olive oil, thyme, basil, parsley, salt, and pepper in a stock pot over medium-high heat; bring to a simmer and cook until the carrots are tender, about 20 minutes. Transfer to a blender in small batches and blend until smooth.

**PRO TIP:** If you don't have buttermilk for a recipe, add an acidic agent, such as lemon juice or vinegar to a cup of regular milk. Simply add 1 tsp of your acidic agent per cup of milk.

## Peanut Butter Loaf

### Ingredients

1 ¾ cups all-purpose flour  
1 teaspoon baking soda  
½ teaspoon salt  
1 cup brown sugar  
½ cup peanut butter  
1 egg, beaten  
½ teaspoon vanilla extract  
1 cup buttermilk

### Preparation

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch baking pan. Sift together flour, soda and salt. In a large bowl, cream sugar and peanut butter together. Beat in egg and vanilla until smooth. Stir in flour and milk alternately, beating until smooth after each addition. Spoon batter into prepared pan. Bake in preheated oven for 1 hour, until well browned. Remove from the pan to cool. Store in a covered container.

*Toast and top with jelly for a different kind of PB & J!*

## Carrot Souffle

### Ingredients

1 lb carrots, coarsely chopped  
½ cup margarine or butter  
1 teaspoon vanilla extract  
3 lg eggs  
3 tablespoons all-purpose flour  
1 teaspoon baking powder  
½ teaspoon salt  
¾ cup white sugar

### Preparation

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2-quart casserole dish. Bring a large pot of salted water to a boil. Add carrots and cook until tender, 15 to 20 minutes. Drain and mash. Stir in margarine, vanilla extract and eggs; mix well. Sift together flour, baking powder, salt and sugar; stir into carrot mixture and blend until smooth. Transfer to prepared casserole dish. Bake for 45 minutes.

## Apple Brown Betty

### Ingredients

#### Filling:

One 21 ounce can of apple pie filling, or your own apples- cooked down with cinnamon, brown sugar and butter

1/3 cup white sugar  
1 tbsp ground cinnamon

#### Crust:

1 c flour  
2/3 c brown sugar, packed well  
½ c margarine or butter  
1 tbsp baking powder

### Preparation

Preheat oven to 350. Spread apple pie filling or apple mixture into the bottom of a 9x13 baking pan. Sprinkle sugar and cinnamon on the top. Mix flour, brown sugar, margarine or butter, and baking powder in a large bowl to make a soft dough. Spoon or spread over apple filling. Bake about 1 hour, or until the crust is golden brown delicious. Let cool 15 minutes before cutting. *Delicious with some frozen yogurt!*

## Banana, Honey and Soy Milk Smoothie

### Ingredients

1 banana, peeled and sliced  
1 c vanilla soy milk  
1 c ice  
1 tsp honey, or to taste  
Put all ingredients in the blender, puree and enjoy.



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