

## White Bean Stew recipe from Elaine

### White Bean Stew

Easy dish by itself or one that can also be topped with protein--chicken, shrimp, salmon, egg, chopped peanuts, almonds etc. Makes for really good for leftovers as well.

Serves 6

#### Ingredients:

- 2 15oz canned cannellini beans or 4 cups cooked dried beans
- 2 Tablespoons olive oil, or oil of choice
- 2 large onions, chopped
- 2 cloves garlic, finely chopped
- 1 box orzo optional
- 3 scallions, chopped
- 1 large salad size container of spinach and baby kale mixture or frozen spinach, peas, etc.
- 1 15/16oz container of broth...bone,chicken,vegetable,water

#### Directions:

1. Saute onion in oil until golden
2. Add garlic, and saute' until just golden, garlic burns easily.
3. Add beans. Stir until combined and warmed through.
4. Add uncooked orzo, if using. (Beans and grains together form a complete protein)
5. Add enough broth to cover contents. Cover and simmer for about 15 minutes until orzo is tender. if not using orzo just add enough broth to make a soup {more broth} or stew {less broth}.
6. Stir in the greens, until just wilted.
7. Season to taste.
8. Sprinkle with chopped scallions.



Another recipe from Nancy: Chicken Breast with Artichokes (Petto di Pollo ai Carciofi) from Brunetti's Cookbook. "Betsy made this dish for the Library Cookbook Club's celebration of recipes from the books of mystery writer Donna Leon."



## CHICKEN BREAST WITH ARTICHOKES

*Petto di pollo ai carciofi*

Serves 4

5 medium globe artichokes  
6 tablespoons extra virgin olive oil  
1 teaspoon salt  
1 garlic clove, finely chopped  
freshly ground black pepper  
1¾lb chicken  
2 tablespoons white wine  
juice of ½ a lemon

Remove the tough leaves from the artichokes, trim the tips and peel the stems. Plunge into a bowl of water and lemon juice to prevent discoloration. Cut into fine slices, starting from the stems, and place in a non-stick pan or casserole with the oil, salt, garlic, pepper and at least 3½ cups of water. Cover and cook over moderate heat for about 15 minutes. Place the 2 chicken breasts at the bottom of the pan among the artichokes and after 2 minutes add the wine and continue cooking; be careful not to burn the artichokes. When the chicken is cooked, remove and cut into thin slices. Add them to the artichokes and let season. Drain and serve hot.

## An Indian recipe from Betsy: stuffed cauliflower with almonds. Bon appetite!



**A favorite recipe from our friends at the HPL Cookbook Club.**

A delicious Indian food from *Classic Indian Vegetarian and Grain Cooking* by Julie Sahni. It's a whole cauliflower, lightly steamed, covered in this delicious crust made of almonds, onions, garlic and jalapeños that is baked to perfection.

### **Gobhi Masallam – Stuffed cauliflower with tomato-cilantro sauce**

*Serves: 4 Prep time: 15 minutes Cook time: 40 minutes*

#### **For the cauliflower**

1 1/2 pound cauliflower, left whole with the leaves and core removed  
6 tbsp light vegetable oil (not olive oil)  
1 1/2 cup chopped onion  
1 tbsp chopped garlic  
1 1/2 tbsp grated fresh ginger  
6 jalapeños (less if you want less spice), diced  
1/4 tsp cayenne pepper  
1/4 tsp black pepper  
1 1/2 tbsp ground coriander  
1/2 tsp ground fennel  
2 tbsp ground almonds\*  
1 tsp salt  
1 tbsp all purpose flour  
Handful of raw almonds, roughly chopped

#### **For the sauce**

3 tbsp light vegetable oil  
1/2 cup chopped onion  
2 tsp ground cumin  
1 pound ripe tomatoes, pureed  
1/2 – 1 cup water  
2 tbsp chopped cilantro

Preheat the oven to 400 degrees F. Steam the cauliflower for about 8 minutes and then set aside to cool. Measure out the spices from cayenne pepper to the flour and put them on a plate by the stove. Heat 4 tbsp of the oil in a skillet and cook the onion until brown, about 6-8 minutes. Add the garlic and ginger, cook for 2 more minutes. Add the jalapeños, cook for 1 more minute. Add the spices on the plate, cook for 2 more minutes. Add about 1/4 cup of water until the mixture has turned into a thick paste. You might need to add more water. Let this cool for a little bit. I start making the tomato-cilantro sauce while this is cooling.

*The cauliflower all cooked! Those almonds are heavenly.*

Place the cauliflower in a baking dish. Take the mixture and stuff the cauliflower by separating the florets with your fingers and stuff some mix in there. This is kind of hard, so do your best! Stuff about half in the cauliflower and then spread the rest over the whole thing. Sprinkle the chopped almonds on top and drizzle the other two tablespoons of oil on top. Bake for about 25-30 minutes.

To make the tomato-cilantro sauce, puree the tomatoes in a blender.

Heat the oil in a pot and add the onions. Cook for about 8 minutes, or until browned. Add in the cumin, cook for 2 more minutes. Add in the tomatoes and the water, bring to a boil and simmer for about 15 minutes or while the cauliflower is finishing. You may not need to add the water. I've found that I prefer the sauce without the water because it can be too thin. Finish the sauce with the cilantro before serving. Once the cauliflower is done, cut it into four big slices, serve over rice with the tomato sauce on top.

Here's what's cooking at Nancy's house – a perfect soup for a damp grey day!



## Zuppa Toscana

Serves 8

### Ingredients

- 2 tbsps. butter
- ¼ cup flour
- 1 lb. sausage (I use bulk Jimmy Dean type sausage; can use Italian sausage)
- 4 cloves garlic, peeled and minced or pressed
- 1 medium onion, finely diced
- 4 cups (32 oz.) chicken broth/stock
- 6 cups (48 oz.) water (I flavor with chicken bouillon cubes)
- 5 medium potatoes, peeled and chopped into bite-sized pieces
- 1 kale bundle, washed, leaves stripped from stems and chopped
- 1 can (12 oz.) evaporated milk, or 1 cup heavy cream
- Salt and black pepper to taste
- Parmesan cheese to serve (optional)

### Directions

1. In a large skillet over medium-high heat, cook onions and sausage, breaking it up with a spatula. Sauté until cooked through. Drain off fat.
2. Lower heat and add garlic. Cook until fragrant, just a minute or two.
3. In a soup pot, melt butter and whisk in flour to make a roux.
4. Add broth and water, stir into roux and bring to boil. Add potatoes and cook 10 minutes until just softened.
5. Add sausage and onion mix and warm through.
6. Stir in the kale and cream or evaporate milk and bring almost to a simmer. Season to taste with salt and pepper and remove from heat. Garnish with grated parmesan.

**One of the best cooks on our staff, Elaine, offers a delicious Stuffed Sweet Potato recipe for you to try for lunch for the kids or a dinner for two.**



## **Stuffed Sweet Potato**

A very easy, delicious and nutritious meal for two. Prep and cook time about 20 minutes. Use any leftover mix with pasta, as a base for a fried or poached egg or as a side dish.

### Ingredients:

- 1 large sweet potato
- 2 tablespoons olive oil
- 1 large onion chopped
- 1 15 oz can of rinsed black beans or  
2 cups cooked dried beans
- 3/4 cup raisins
- 1/2 cup grated hard cheese...cheddar jack, hot...your favorite
- 2 scallions chopped

### Directions

1. Microwave potato until soft when pierced by a fork....about 8 minutes
2. Saute onion in the olive oil, until golden
3. Stir in the beans, raisins, and one half the scallions and cheese. Stir until warm
4. Cut potato in half, scoop out pulp into a separate bowl.  
Save the shells
5. Add enough of bean mix to make a good blend.  
There will be leftover bean mix
6. Generously refill potato shells
7. Sprinkle remainder of cheese on top
8. Microwave until cheese melts....about 2 1/2 minutes
9. Sprinkle remainder of scallions on top and around plate