

Congregation Beth Shalom presents

Cooking with the Davis Porter Family

All-Day Minestrone from “Fresh From the Vegetarian Slow Cooker”

1 Tbl. Olive oil

1 medium-sized yellow onion, minced

1 celery rib, chopped

2 garlic cloves, minced

4 oz. green beans, ends trimmed and cut into 1-in. Pieces

One 15.5-oz. chickpeas, drained and rinsed

One 14.5-oz. can diced tomatoes, left undrained

1 medium-size zucchini, diced

6 cups vegetable broth/stock

Salt and freshly ground pepper

1/2 cup raw ditalini or other small soup pasta

1/4 cup pesto, homemade or store bought

1. Pour the oil in the bottom of a 4- to 6-quart slow cooker. Add the onion, celery, carrot, and garlic, cover, and cook on High while you assemble the remaining ingredients.
2. After they've been prepped, add the green beans, chickpeas, tomatoes, zucchini, and broth to the slow cooker and season with salt and pepper. Cover and cook on Low for 7 to 8 hours.
3. About an hour before you're ready to serve, add the uncooked pasta to the slow cooker and cover.
4. Just before serving, stir in the pesto and serve.

Kathy's Black Bean Chili

2-3 cans black beans

2 cans pinto beans

2 cans kidney beans

3 cups canned crushed whole tomatoes

2 large chopped yellow onions

1 1/2 cups chopped green bell peppers

1/2 cup olive oil

2 Tbl. Cumin seeds

2 Tbl. Oregano

1 tsp. Cayenne (optional)

1 1/2 Tbl. Paprika

1/4 cup finely chopped jalapeños (fresh or canned)

2 cloves garlic, minced

1 tsp. Salt

8 sprigs cilantro, chopped

Garnish: cilantro, green onions, avocado

1. Place cumin seeds and oregano in toaster on 325 degrees for 10 minutes.
2. Saute onions, green peppers and garlic in oil with cumin seeds, herbs, cayenne, paprika and salt for 10 minutes.
3. Add tomatoes and chiles and stir.
4. Combine all of this with the beans and stir.
5. Garnish with toppings and serve.

Hosanna's Granola Bars

1/2 c. Nut butter (peanut, almond, cashew)

1/4 c. Agave

1/4 c. Coconut oil

1 c. Rolled oats, uncooked

2 c. Goodies (any of the following: sesame seeds, sunflower seeds, dried fruit, pumpkin seeds, shredded coconut, nuts, 2 Tbl. chia seeds)

1. Melt nut butter, agave and coconut oil in a pot until melted.
2. Add remaining ingredients and stir until thoroughly mixed.
3. Put it in a glass pan and refrigerate.
4. Cut into squares and serve. Store leftovers in the refrigerator.