

Recipes for Quilting Workshop 2006

Minestrone Soup

- 3 T. olive oil
- 1 cup minced white onion
- ½ c. chopped zucchini
- ½ c. frozen cut Italian green beans
- ¼ c. minced celery (about ½ stalk)
- 4 tsp. Minced garlic (about 4 cloves)
- 4 cups Vegetable Broth (Swanson is good – do not substitute chicken broth)
- 2 (15 ounces) cans red kidney beans, drained
- 2 (15 ounces) cans small white beans or Great Northern Beans, drained
- 1 (14 ounces) can diced tomatoes
- ½ cups carrots, julienne or shredded
- 2 Tablespoons minced fresh parsley
- 1 ½ tsps. Dried oregano
- 1 ½ tsps. Salt
- ½ tsp. Ground black pepper
- ½ tsp. Dried basil
- ¼ tsp. Dried thyme
- 3 cups hot water
- 4 cups fresh baby spinach
- ½ c. small shell pasta

1. Heat olive oil over medium heat in large soup pot.
2. Sauté onion, celery, garlic, green beans and zucchini in the oil for 5 minutes or until onions begin to turn translucent.
3. Add vegetable broth to pot plus tomatoes, drained beans, carrots, parsley and spices.
4. Bring soup to boil, then reduce heat and allow to simmer for 20 minutes.
5. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.
6. Makes about 3 quarts or 8 1 ½ c. servings.

Wild Rice Soup (Canby Herald 2005)

- 2/3 c. wild rice
- 1 cup potatoes, finely grated
- 1 medium onion, minced
- 2 cups chicken broth
- 2 tablespoons butter
- 1 quart milk
- 2 tablespoons flour
- 1 ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon parsley flakes
- 8 ounces Velveeta cheese
- 10 strips bacon, diced and cooked

Cover wild rice with water in a cooking pot. Simmer over low heat about 40 minutes until rice is barely tender, taking care not to overcook. Drain and set aside. Combine broth and butter in a soup kettle. Add grated potatoes and minced onions. Reserving ¼ cup milk, pour remaining milk into soup kettle. Stir often to avoid scorching. Add flour to remaining milk and stir into kettle until soup is creamy and smooth in texture. Season with salt and pepper; stir in rice, parsley flakes, cheese and bacon. Heat until cheese melts. Serves 8 to 10.

Sweet Corn Bread

1 ½ cup flour
½ cup cornmeal
2/3 cup sugar
1 tablespoon baking powder
½ teaspoon salt

Mix together:

1/3 cup oil
3 tablespoons melted margarine
2 eggs
1 ¼ cup milk

Mix all together and put into greased 8" x 8" pan. Bake at 350° for 35 minutes.

Honey Butter (makes 24 tablespoons)

½ c. butter, softened
½ c. powdered sugar
½ c. honey
½ tsp. Cinnamon

Mix butter, sugar and cinnamon together with hand mixer until creamy. Stir in by hand the honey. Do not mix honey with a mixer.

Amazin' Raisin Cake

3 cups flour
2 cups sugar
1 cup mayonnaise
1/3 cup milk
2 eggs
2 teaspoons baking soda
½ cup chopped pecans
1 ½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
¼ teaspoon cloves
1 cup raisins
3 cups peeled, chopped apples

Mix all ingredients except apples, nuts and raisins, for 2 minutes on low speed. Stir in nuts, apples and raisins. Put into either two 9" pans or at 9 x 13" pan. Bake at 350° for 45 minutes or done. Cool. Frost with Cream Cheese Frosting.

Cream Cheese Frosting

1 8 oz. Cream cheese, room temperature
1 cube butter, softened
2 cups powdered sugar
vanilla

Beat until well-mixed and fluffy.