

Roasted Butternut Squash and Carrot Soup

Yield 14 Cups or 56 – 4 oz. Servings

Ingredients:

1 Extra large butternut squash Or 4-5 cups of *butternut squash puree*
(*eliminates steps 3-7*)

¼ C. Maple Syrup

5 Large Carrots

1 Onion

2 C. vegetable broth

2 C. water

3 C. Milk

3 T. butter

1tsp. salt

1tsp. pepper

1. Preheat oven to 400 degrees.
2. Rinse the butternut squash, scrub carrots with a vegetable brush, and peel onions.
3. *Remove top of the squash, sliced it in half and scoop out the seeds with a large spoon.*
4. *Slice carrots and onions into pieces small enough for the food processor.*
5. *Place squash in a baking dish, hollow side up, and pour maple syrup into each half.*
6. *Cover the baking dish with foil and bake for 1-1/2 hours, until very tender.*
7. *When done, cool and scoop the out the tender squash from the skin.*
8. Place broth and water into a large saucepot and bring to a boil.
9. Add carrots and onions to the liquid and simmer until vegetables are tender.
10. Remove from heat and cool.
11. Process the liquid and the vegetables in the food processor until pureed and then add the squash to continue the puree until smooth.
12. When ready to serve; place puree into the sauce pot and add the milk, butter, salt and pepper, heat to simmer and serve.

BANANA CARROT BREAD

Prep Time: 20 min. Cooking Time approximately 55 min. Yield 1 loaf

INGREDIENTS

- 1/3 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 2 cups stone-ground whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 cup mashed ripe bananas
- 1 cup grated carrots

DIRECTIONS

1. In a mixing bowl, combine oil and sugar then add the eggs and mix well.
2. In a separate bowl, combine flour, baking soda, salt and cinnamon.
3. Gradually add the dry mix to the wet mixture alternately with bananas.
4. Stir in carrots.
5. Transfer to a greased 9-in. x 5-in. x 3-in. loaf pan.
6. Bake at 350 degrees for 55-60 minutes or until a toothpick inserted near the center comes out clean.
7. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Japonica Black Rice Salad

Ingredients

- 2 Cups black rice, cooked
- 1 Cup shredded carrots
- 1 Cup snow Peas
- 1 red bell pepper diced
- ½ red cabbage shredded or sliced
- ½ Cup chopped cilantro

Dressing is made separately and is optional based on taste preference.

The following Asian style dressing is recommended:

Whisk together:

- ½ Cup soy sauce
- 4 T. sesame oil
- 1 tsp dried red chili flakes
- 1 Cup olive oil
- 2-3 T maple syrup

Salad Directions:

AFTER EVERYTHING IS PREPARED AS NOTED....TOSS IT ALL TOGETHER!!!!