

# Local Winter Recipes: Vol 5

Eating Local for Less in the  
Adirondacks






Soups, Stews, Broths, Chilis, and more!  
Edition



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Welcome to Volume 5 of the Local Winter Recipes guide! This will be a limited series run through the 2021/2022 Winter and into Spring 2022. To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up!

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This guide is based on ingredients sourced locally in the Adirondacks and sold locally at the Keeseville Farmacy. For more local food resources, visit [adkaction.org/ffp](http://adkaction.org/ffp) and scroll down to the "Resources" section for a local food map!



= Vegetarian or Vegetarian alternative listed  
San Antonio Food Bank

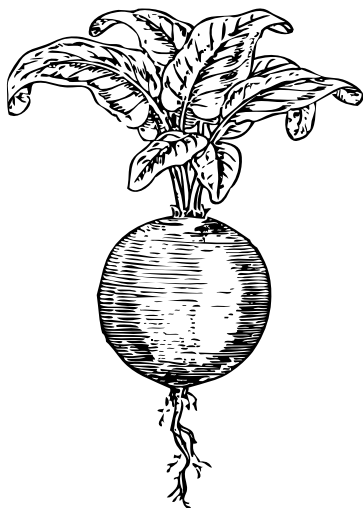


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# Chili Cornbread Skillet



## Ingredients

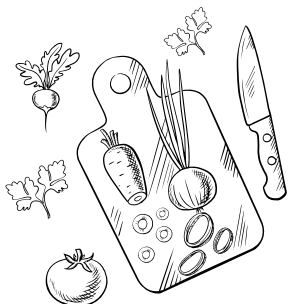


- 2 Tbsp cooking oil
- 2 cloves garlic, minced
- 1 yellow onion, minced
- 1 lb lean ground beef
- 1 jalapeno, diced without seeds (optional)
- 1-15oz can fire roasted diced tomatoes
- 1-6oz can tomato paste
- 3-15oz cans of beans (pinto, kidney, black)
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 cup water
- 1 cup shredded cheddar cheese

## Cornbread:

- 1 cup yellow cornmeal
- 1 cup flour
- 1/4 cup sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 large egg
- 1/4 cup cooking oil

## Instructions



adapted from Budget Bytes' "Chili Cornbread Skillet"

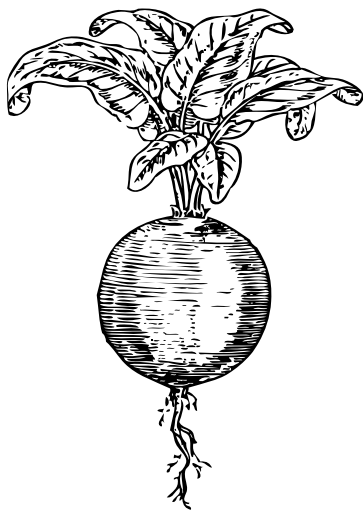
Note: if you don't have a skillet, you can still do this with a 4qt casserole dish! Just make your chili in a pot.

1. In oven safe skillet, add cooking oil, garlic, onion, jalapeno, and ground beef. Cook over medium heat until beef is browned.
2. Drain canned beans. Add beans, diced tomatoes, tomato paste, water, and seasonings. and stir.
3. Preheat oven to 425°F. Add milk, egg, and oil to a bowl and whisk. Add dry cornbread ingredients and stir until moistened.
4. Transfer chili to casserole dish if needed. Sprinkle shredded cheese otop chili. Carefully pour cornbread mixture evenly over chili.
5. Bake for 25 minutes or until cornbread is golden brown..
6. Serves 8+ - enjoy!

# Dilly Bean Potato Soup

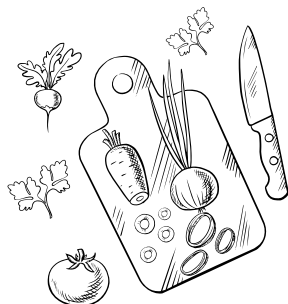


## Ingredients



- 3-4 stalks of celery, chopped (1 ½ cups)
- 6 carrots, shredded
- 3 cloves garlic, minced
- 12 cups/3L chicken or vegetable broth
- 9 large potatoes, diced
- 8-9 cups cooked Great Northern Beans
- 2 Tbsp dried dill weed
- 1 ½ cups plain yogurt or sour cream
- 3 Tbsp flour

## Instructions

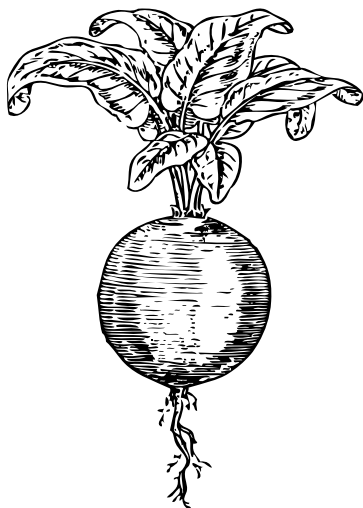


1. Sauté celery, carrots, and garlic in 2 Tbsp olive oil in large soup pot. Saute until soft
2. Add broth and potatoes, simmer until potatoes are tender (20-25 minutes). Mash some potatoes at this stage if you'd like a creamier texture.
3. Add Great Northern Beans and dill weed, then add dairy, flour, salt and pepper.
4. Serves 12+ - enjoy!

# Tomato Leek Soup



## Ingredients



- 2 Tbsp canola oil
- 3 large leeks, trimmed and thinly sliced
- 2 cloves garlic, minced
- 1 quart/1-28oz can tomato puree
- 6 cups chicken or vegetable broth
- 1 pound sweet/hot Italian sausage (optional)
- Salt and pepper to taste

## Instructions

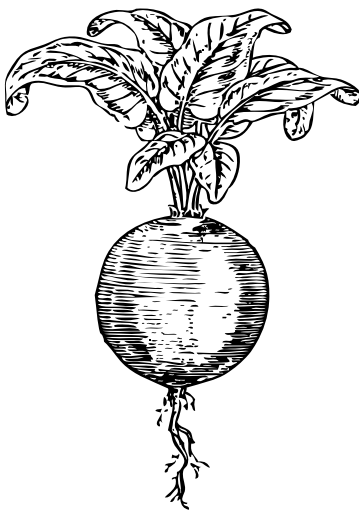


1. Heat oil in large soup pot on medium heat. Add leeks and garlic, saute until leeks are soft (5 minutes).
2. Add tomato puree and broth, and bring to boil. Reduce heat and let simmer for 15 minutes.
3. Season with salt and pepper.
4. Serves 6 - enjoy!

# Curried Carrot Soup



## Ingredients



- 1 onion, chopped
- 1 clove garlic, minced
- 2 stalks celery, chopped
- 2 pounds of carrots or sweet potatoes
- 6 cups vegetable broth
- 2 tsp curry powder
- 1 tsp lemon juice
- Salt and pepper to taste

## Instructions

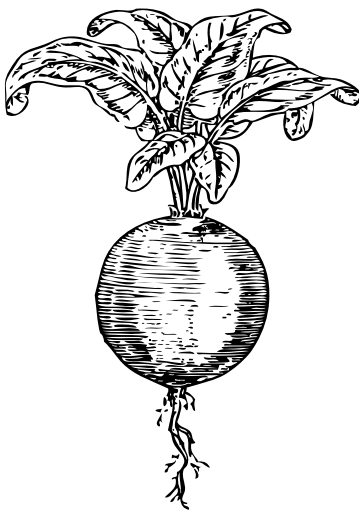


1. In large soup pot, saute onion, garlic, and celery in 2 Tbsp olive oil until soft
2. Add carrots/sweet potatoes, broth, and curry powder and bring to boil. Simmer until carrots/sweet potatoes are tender (20 minutes).
3. Remove from heat, and once cooled slightly, puree (you can use an immersion blender or a regular blender - if using a regular blender, blend in small batches)
4. Add lemon juice, salt, and pepper and stir well.
5. Serves 4-6 - enjoy!

# Vegetable Barley Soup



## Ingredients



- 1 onion, chopped
- 2 cloves garlic, minced
- 2 Tbsp olive oil
- 4 large carrots, chopped
- 1-28oz can diced tomatoes
- 1 cup pearly barley
- 6 cups vegetable broth
- 1 russet potato, diced
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 1/2 cup frozen green beans
- 1 Tbsp lemon juice
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Salt and pepper to taste

## Instructions

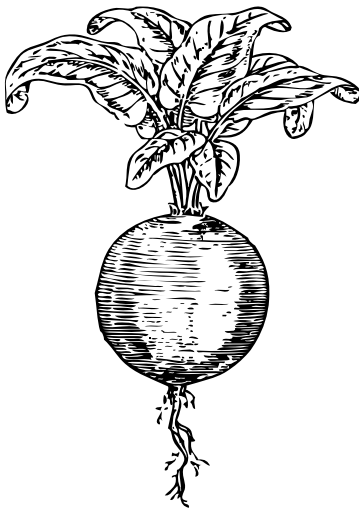


1. In large soup pot, sauté onion and garlic in olive oil until soft
2. Add carrots, diced tomatoes, vegetable broth, barley, and seasonings. Stir, cover, and bring to boil. Bring heat down to low and let simmer for 30 minutes.
3. Once barley is mostly soft, add potatoes and simmer until potatoes are soft (10 minutes).
4. Add frozen vegetables once potatoes are cooked, and cook an additional 5 minutes.
5. Add lemon juice, salt, and pepper and stir well.
6. Serves 6 - enjoy!

# Goat and Butternut Squash Stew



## Ingredients



- 2 onions, roughly chopped
- 2 cloves garlic, chopped
- 1 (1 pound) butternut squash, peeled and cut into 1/2-inch cubes
- 1 (14 ounce) can diced tomatoes
- 1/4 cup butter (1/2 stick)
- 1 bone-in goat shank OR 2-3 pounds boneless goat meat, cubed
- 1 cup water
- 1/2 cup broth
- 1 tsp coriander
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp paprika
- Pinch saffron
- Optional: frozen peas, celery
- Salt and pepper to taste

## Instructions



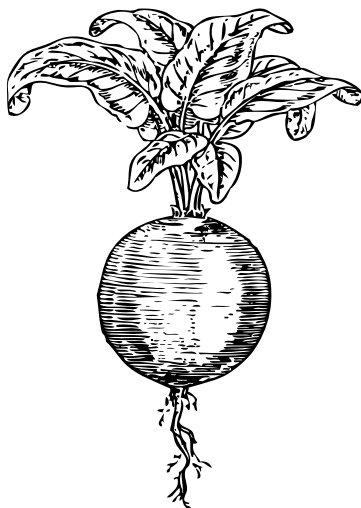
1. Add oil/butter to Dutch oven or large saucepan over medium-high heat. Add onions, garlic, and meat; cook until goat is browned (2-3 minutes per shank side).
2. Remove meat and add butternut squash, and cook about 2 minutes. Add spices over the squash.
3. Stir in diced tomatoes, water, broth, and meat. Bring to simmer for 1 1/2-2 hours, until meat is tender.
4. Serves 4-6 - enjoy!



# Broths: Vegetable, Turkey, and Chicken



## Ingredients



- 4 quarts water
- Salt and pepper to taste

### Vegetable

- 2 carrots, chopped
- 2 leeks, trimmed and quartered
- 1 onion, chopped
- 1/4 head green cabbage, quartered
- 1 Tbsp dried thyme
- 1 cup dried porcini mushrooms, chopped
- 1 cup dry white wine

### Chicken

- 3-4 pounds chicken parts
- 1 onion, chopped
- 1 celery root (celeriac), peeled and chopped
- 4 cloves garlic

### Turkey

- 1 carcass of roasted turkey
- 1 carrot, cut into chunks
- 2 onions, cut in chunks
- 1 celery root (celeriac), peeled and chopped
- 1 bay leaf

## Instructions



### Vegetable Broth:

1. Add all chopped vegetables, herbs, water and mushrooms into large soup pot. Bring to boil, then reduce to simmer for 30 minutes.
2. After 30 minutes, add white wine and simmer, covered, for 10 minutes.
3. Strain and discard all solids.

### Chicken Broth:

1. Combine all ingredients in soup pot, bring to boil, then simmer for 2 hours (do not allow to boil).
2. Strain and discard vegetables. Remove meat from bones and save for other use (like chicken salad).
3. Chill broth for several hours and skim fat from top.

### Turkey Broth:

1. Break carcass into 4-5 pieces and cover with cold water in soup pot. Add vegetables and bay leaf.
2. Bring to boil, then reduce to simmer for 1 1/2 hours.
3. Strain and remove meat from bones and save for another use, like turkey salad.
4. Chill broth for several hours and skim fat from top.

### All:

- Use immediately or refrigerate for 3-5 days or freeze up to 6 months