

Potato Carrot Soup

Ingredients

1 tbsp. olive oil
2 small cloves of garlic
1 medium onion
2 celery sticks

2-3 large carrots
4 smallish potatoes

3 stalks of kale

Vegetable broth

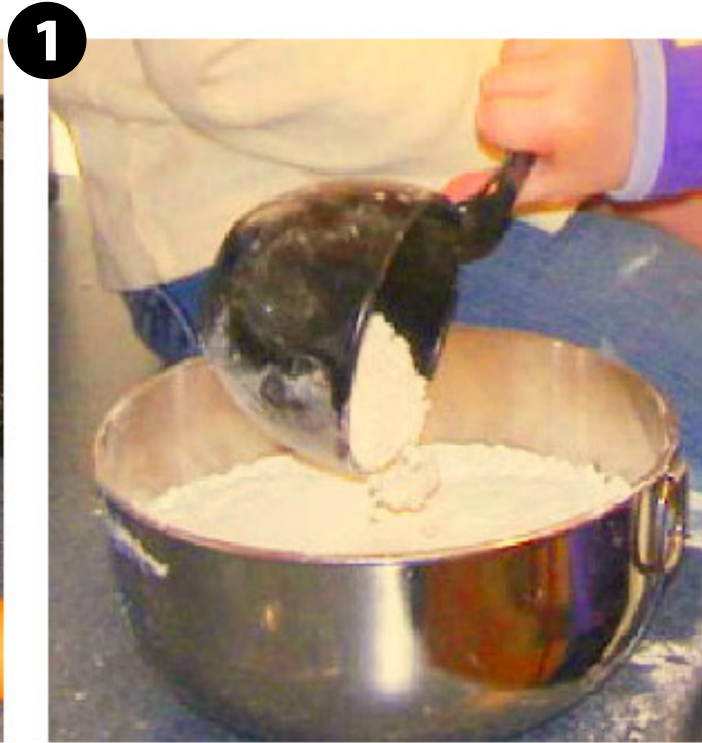
Salt and pepper
Red pepper flakes

Prep

- 1 Chop garlic
- 2 Chop onion
- 3 Chop celery
- 6 Cube carrots
- 7 Cube potatoes
- 10 Wash kale
- 11 Tear into pieces

Cook

- 4 Heat oil in large pot.
 - 5 Add onion, garlic, celery and cook until tender.
 - 8 Add potatoes and carrots.
 - 9 Cook 3-5 minutes.
 - 12 Add kale to pot a few handfuls at a time.
 - 13 Add broth.
 - 14 Bring to a boil.
 - 15 Reduce heat.
 - 16 Simmer for 20-30 minutes.
- (Optional to make soup creamier)
Blend all broth and about half of the potatoes and carrots.
- 17 Add salt, pepper, and red pepper flakes to taste.



Apple Cinnamon Bread

Ingredients

3 cups all-purpose flour
2 teaspoons cinnamon
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt

2 cups apples
½ cup vegetable oil
2 cups sugar
2 eggs beaten
½ teaspoon vanilla

Prep

② Peel, core, and chop apples.

Cook

- ① In bowl, combine flour, cinnamon, baking soda, baking powder and salt; set aside.
- ③ In large mixing bowl, place oil, sugar, eggs, vanilla and apples.
- ④ Stir into flour mixture and mix. Add just enough water to allow all the flour to mix in.
- ⑤ Divide mixture between two greased 8x4 in. bread pans (or use a muffin tin.)
- ⑥ Bake at 350 degrees °F for 40–45 minutes or until **bread test** shows it is done.
- ⑦ Let your Apple Cinnamon bread cool for 10 minutes on wire rack before removing from pan.

The “Bread Test” is when you insert a toothpick toward the center of the bread; if the toothpick comes out clean, the bread is done. If not, then obviously the bread needs to bake longer.