

Invited

WINTER RECIPES

LUNCH

COZY CHICKEN AND RICE SOUP | *Holly Conway*

- 9 C chopped tomatoes
- 1 large potato diced
- 1 onion diced
- 1 green pepper diced
- 2 carrots, diced
- 4 c chicken broth
- 1/2 C. uncooked brown or white rice
- 1 TB salt
- 1/2 tsp pepper
- 2 1/2 C cooked chicken

Place all ingredients except chicken in a heavy saucepan. Simmer covered for 45 minutes. Add chicken and cook for 25 more minutes. You can use a pressure cooker to pre-cook chicken and create the broth. The simmering can be done in a regular stock pot. Green beans are also a good addition.

PAPAW'S HOT COCOA | *Emilie Gonzalez*

- 2 TB cocoa
- ¼ C. Hot water
- 2 tsp. Sugar
- 1 C. hot milk
- 2 shakes salt

Put cocoa, sugar, and salt into a mug. Add enough hot water to cover ingredients and stir until dissolved. Fill the rest of the cup with hot milk. The milk and water can be heated over the stove or in a microwave.

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SHEPHERDS PIE | *The Wholesome Dish*

Meat Filling:

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef or lamb
- 2 teaspoons dried parsley leaves
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves -minced
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1 cup beef broth
- 1 cup frozen mixed peas & carrots*
- 1/2 cup frozen corn kernels

Potato Topping:

- 1 1/2 - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1 inch cubes
- 8 tablespoons unsalted butter - 1 stick
- 1/3 cup half & half
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup parmesan cheese

Make the Meat Filling.

Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.

Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.

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SHEPHERDS PIE *continued...*

Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.

Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally. Set the meat mixture aside.

Preheat oven to 400 degrees F.

Make the potato topping.

Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.

Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.

Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.

Add the parmesan cheese to the potatoes. Stir until well combined.

Assemble the casserole.

Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.

If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 min. ** Cool for 15 minutes before serving.

Notes

**If you can't find frozen mixed peas and carrots, you could use 1/2 cup frozen peas and 1/2 cup frozen sliced carrots.*

***Bake at 400° F. Start preheating the oven after you make the meat mixture (listed in step 6).*