

KITCHEN NOTES

March 24, 2022.



SOUP SALAD SOLIDARITY

A cross-Canada cook along
for student food security

COOKING TOGETHER

WELCOME FROM JOSHNA

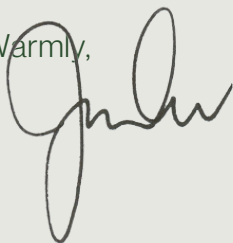
MARCH 18, 2022.

Welcome to the Cross Canada Cook Along! We are so excited to have you with us.

Here's how it's going to work: once you've gotten your ingredients, you'll choose a recipe, either soup or salad. We've chosen recipes that are simple, delicious, and perfect ways to warm up in the cold of winter. On Thursday, you'll join us on a Zoom call and I'll lead the group through cooking both recipes together, in real time.

If you've got any questions, please reach out to us at [**communallunch@gmail.com**](mailto:communallunch@gmail.com).

Remember, we'll meet you where you are with food skills, and want to help you have a great time. We're so glad to have you along for this good food journey, see you on the 24th!

Warmly,


200 students
2 recipes
1 list of winter vegetables
1 mega zoom call
1 even bigger voice for
better campus food!



**SOUP
SALAD
SOLIDARITY**

**WINTER
ROOT SOUP****OR****WARM WINTER
SALAD****for the salad**

small jar with lid

equipmentchef's knife
cutting board
baking sheet
parchment or foil
measuring cups and spoons**for the soup**med soup pot with lid
immersion blender**ingredients**1 medium onion
1 head garlic
2 medium sweet potatoes
3 medium carrots**pantry stuff**olive or vegetable oil
2/3 cup red lentils (optional)
1 lemon
chili powder (optional)
dried oregano (optional)
salt and pepper



We have partnered with producers and distributors in four regions of the country these past two years. **The CLP is focused on supporting local producers** and are thrilled to be able to support agriculture around the campuses we work on. We're offering students fresh local produce, and these farmers are delighted that their food is getting to students!





WINTER ROOT SOUP

3 TBSP VEGETABLE OR OLIVE OIL

1 MEDIUM ONION, PEELED AND DICED

2 CLOVES GARLIC, MINCED

1 TSP CHILI POWDER (OPTIONAL)

1 TSP GROUND CUMIN (OPTIONAL)

2 MEDIUM SWEET POTATO, PEELED AND CHOPPED INTO A 1-INCH DICE

4 MEDIUM CARROTS, PEELED AND CHOPPED INTO 1-INCH PIECES

2/3 CUP RED LENTILS (OPTIONAL)

1 TSP SALT

JUICE OF ½ LEMON

1. IN A MEDIUM SOUP POT, HEAT VEGETABLE OIL ON MEDIUM HIGH HEAT. ADD ONION AND SAUTÉ FOR 3 MINUTES, UNTIL TRANSLUCENT. ADD GARLIC AND SAUTÉ FOR ANOTHER 2 MINUTES TO LIGHTLY BROWN. ADD SPICES (IF USING) AND COOK FOR ANOTHER MINUTE.

2. ADD SWEET POTATO, SQUASH, CARROTS & LENTILS (IF USING) AND FILL TO THE LEVEL OF THE VEGETABLES WITH WATER. COVER POT AND BRING TO A BOIL. REDUCE HEAT TO A SIMMER AND COOK FOR 30 MINUTES, WHEN ALL VEGETABLES SHOULD BE TENDER.

3. REMOVE POT FROM HEAT. USING AN IMMERSION BLENDER, PUREE SOUP UNTIL VERY FINE, GOING A BIT FURTHER THAN YOU THINK YOU NEED TO. ADD SALT AND LEMON JUICE AND STIR TO COMBINE. TASTE AND ADJUST SEASONING AS NECESSARY.



WARM WINTER SALAD

4 MEDIUM CARROTS, PEELED AND CHOPPED INTO 1-INCH PIECES
1 MEDIUM ONION, CUT INTO 6 WEDGES
2 MEDIUM SWEET POTATO, PEELED AND CHOPPED INTO A 1-INCH DICE
4 TBSP VEGETABLE OR OLIVE OIL
½ TSP GROUND CUMIN (OPTIONAL)
½ TSP DRIED OREGANO (OPTIONAL)
1 GARLIC CLOVE, MINCED
JUICE OF 1 LEMON
½ TSP SALT
FRESHLY GROUND PEPPER

1. PREHEAT TO 375°F. LINE 2 BAKING SHEETS WITH PARCHMENT OR FOIL. TOSS CARROTS AND ONIONS GENEROUSLY WITH OLIVE OIL, KOSHER SALT AND BLACK PEPPER IN MEDIUM BOWL TO COAT. TRANSFER TO BAKING SHEET. REPEAT WITH SWEET POTATO AND SQUASH ON SECOND BAKING SHEET.
2. ROAST VEGETABLES UNTIL BROWN AND TENDER, STIRRING TWICE, ABOUT 30 MINUTES. TRANSFER TO LARGE BOWL AND COOL.
3. IN A SMALL JAR, COMBINE 2 TBSP OLIVE OIL, CUMIN AND OREGANO (IF USING), JUICE OF 1 LEMON, SALT, AND PEPPER. SEAL JAR TIGHTLY AND SHAKE VIGOROUSLY. DRIZZLE VINAIGRETTE OVER ROASTED VEGETABLES AND ENJOY!