

2022

# COMMUNITY COOKBOOK

*Cozy Edition*



URBAN PEAK

# Instant Pot Red Lentil Soup



## Ingredients

- 1 tablespoon olive oil
- 1 large onion , diced
- 3 ribs celery , diced
- 2 large carrots , diced
- 5 cloves garlic , chopped finely
- 3 - 4 large potatoes , cubed
- 300 grams / 1½ cups split red lentils
- 1 tablespoon dried mixed herbs , I like to use Italian mixed herbs, or Herbs De Provence
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper
- 8 cups / 1920 mls vegetable stock
- 1 tablespoon sugar see notes
- 2 to 3 fresh lemons
- 4 - 5 big handfuls chopped greens , (spinach, kale, chard or collard greens)

This recipe calls for a 6 quart instant pot. If yours is a different size you will need to scale the recipe up or down accordingly. A crock pot can also be used.



## Instructions

1. Set the Instant Pot to saute and add the olive oil.
2. To the pot add the onion, celery and carrot and cook, stirring frequently until just beginning to turn golden then turn the Instant Pot off.
3. Add the garlic and allow it to cook for a minute in the residual heat, then throw in the potatoes, lentils, herbs, salt and pepper.
4. Add the stock and the sugar and stir well with a metal spoon, scraping really well into the bottom of the Instant Pot with a metal spoon to remove any cooked-on residue leftover from the sauteing.
5. Cook on manual, high pressure for 8 minutes. Once the 8 minutes have passed, leave to naturally pressure release for 10 minutes (or a bit longer is fine if you are busy), then carefully open the vent and release what pressure is left. I like to cover my vent with a cloth in case of any splutters and to protect my hand from steam.
6. Add the greens to the soup, stir and set the Instant Pot to saute. Allow to cook in the simmering soup for 5 minutes or until the greens are cooked to your liking. If using spinach it will more or less cook immediately in the hot soup so you won't need to simmer it.
7. Turn off the Instant Pot and squeeze in the juice of the lemons. I like to use 3 lemons but reduce it if you don't want the soup quite so lemony. I suggest adding it to taste if you aren't sure. Stir well again, check the seasoning and add more salt and pepper if it needs it, then serve.

# VEGAN ZUPPA TOSCANA

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 8 cups



THIS SAVORY VEGAN

## INGREDIENTS

1 tablespoon olive oil

8-16 ounces vegan Italian sausage\*

2 tablespoon vegan butter

2 tbsp flour

1 yellow onion diced

1/2 tablespoon fennel seeds roughly chopped

1 teaspoon oregano

1/2 teaspoon black pepper plus more to taste

red pepper flakes to taste

3 cloves garlic diced

4 cups water

1 cup non-dairy milk, unsweetened I used soy

2 teaspoon Better Than Bouillon No Chicken Base\*\*

1 teaspoon Better Than Bouillon No Beef Base\*\*

5 small russet potatoes (or 2 large ones) peeled and diced into 1" cubes

2 cups kale stems removed and chopped

## INSTRUCTIONS

1. Heat the olive oil in a stock pot over medium heat. Add the sausage and break it apart with a wooden spoon. Allow the sausage to brown, stirring frequently, for 7-10 minutes. Remove the sausage from the pan with a slotted spoon and set aside.
2. Add the butter to the pot and let it melt. Slowly whisk in the flour until the mixture is smooth and bubbly.
3. Add the onion, fennel seeds, oregano, black pepper and a pinch of red pepper flakes and stir to coat evenly. Continue to cook until the onion begins to soften (approx. 5-7 minutes). Add the garlic and cook for an additional 30 seconds.
4. Slowly pour in the water and milk. Add the bouillon and stir until it is combined. Add the potatoes to the pot, cover and bring to a boil. Once it has reached a boil, remove the lid and lower the heat. Simmer, uncovered, until the potatoes are fork tender (approx. 10 minutes).
5. Add the kale and most of the cooked sausage back to the pot and cook for an additional 5 minutes.
6. Serve the soup topped with more black pepper, red pepper flakes and the leftover sausage pieces.
7. You can serve this with some crusty bread for dunking.

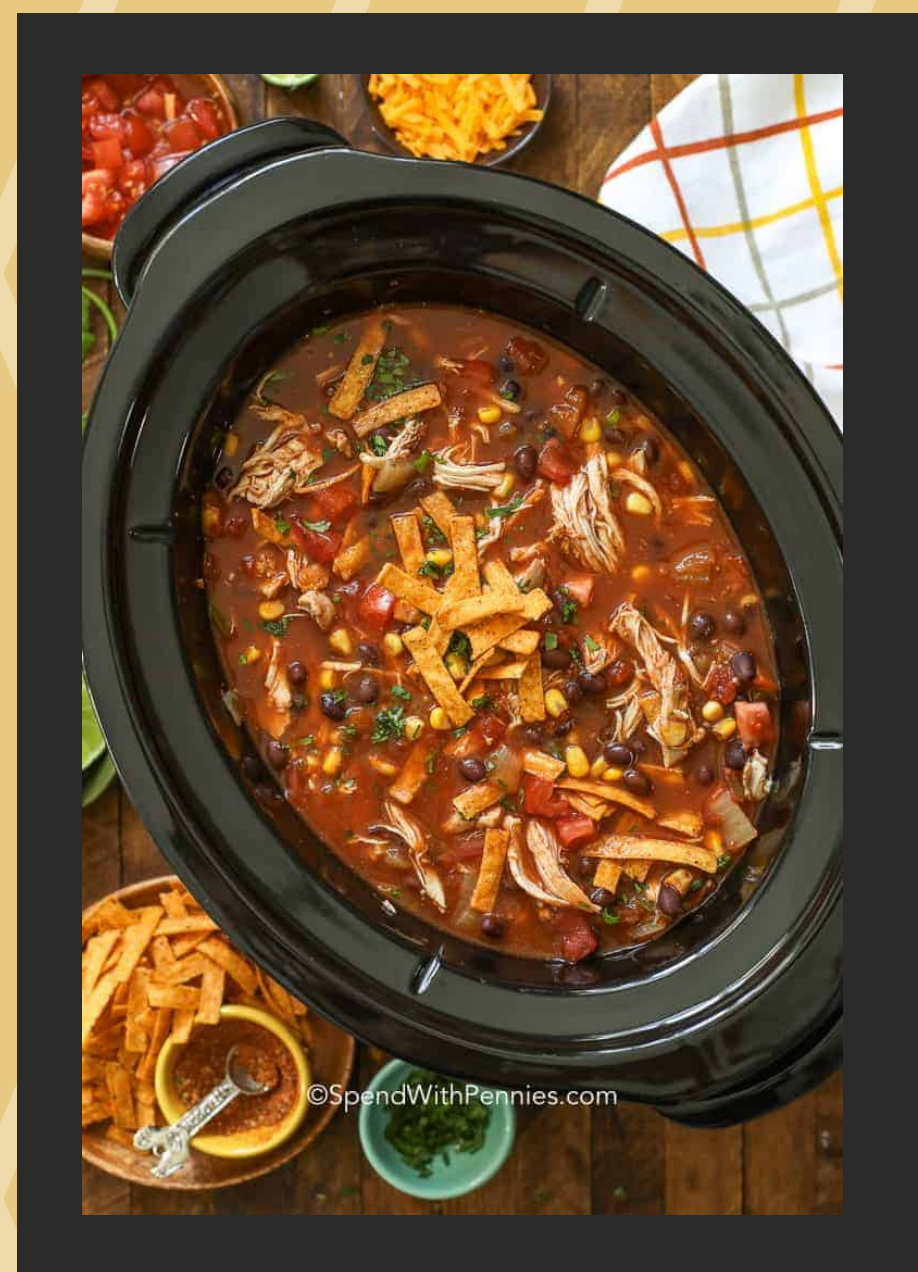


# CROCKPOT CHICKEN TORTILLA SOUP:

## Ingredients:

2-3 chicken breasts (raw or frozen)  
1T butter  
1 jar salsa  
1 bunch of cilantro- or less depending on liking  
1 diced onion (frozen works too)  
1 russet potato diced  
Sprinkle of cumin  
2 cloves garlic  
1 can black beans  
1 can corn  
2 cans diced tomatoes  
1 box (about 32 oz) chicken broth

*YUM!*



## Instructions:

Combine in crockpot on low for 8 hours. Remove chicken, shred, and return to crock pot to stay warm.  
Top with avocado, cheese, chips, sour cream as desired.

# LOADED BAKED POTATO SOUP

## Ingredients

4 potatoes, scrubbed  
8 bacon slices  
4 tbsp unsalted butter  
2 garlic cloves, minced  
1/4 cup yellow onion  
1/3 cup all-purpose flour  
2 cups low fat milk  
1 cup half and half  
2 cups chicken stock  
1 tsp salt, plus more to taste  
1/2 tsp garlic salt, plus more to taste  
1/2 tsp black pepper  
1 cup mild cheddar cheese  
1 cup sharp cheddar cheese  
1 cup sour cream  
fresh chives, for garnish

## Notes

*\*If desired, you can bake your potatoes in the oven. Preheat oven to 350 degrees F and bake the potatoes directly on the rack for 45 minutes or until fork tender.*

*Recipe from: The I Heart Naptime Cookbook*



## Instructions

Pierce the potatoes multiple times with a fork, then microwave them for 12 to 15 minutes, or until tender.\* Carefully halve the potatoes and let cool. Once cool enough to handle, remove the skins, and cut into chunks.

Meanwhile, cook the bacon in a skillet over medium-high heat until crisp. Transfer to a paper towel-lined plate to drain and cool. Reserve up to 1 tablespoon of the bacon fat from the pan, discarding the rest. Once the bacon has cooled, crumble it into small pieces.

In a large pot, melt the butter over medium-low heat. Add the reserved bacon fat, garlic and onion and cook for 2 to 3 minutes, or until the onion is tender. Slowly whisk the flour into the pan and stir for 1 to 2 minutes. Slowly whisk in the milk and half-and-half. Keep whisking until smooth. Gradually add the chicken stock. Bring to a light simmer and whisk in the kosher salt, garlic salt and pepper. Keep at a light simmer until the mixture has thickened slightly, 5 to 7 minutes.

If you'd like to use cheeses and bacon as a garnish, reserve 1/4 cup of t each. Stir in the remaining cheeses, remaining bacon, and the sour cream. Remove the pot from the heat. Scoop potato chunks into the pan, breaking them into small pieces or leaving them chunky, depending on your preference. Serve hot, topped with your favorite garnishes, like cheese, bacon and chives.

# Homemade Veggie Soup

## INGREDIENTS:

### *Required veggies:*

3 carrots  
3 celery stalks  
1 onion  
3+ garlic cloves

### *Optional Veggies:*

frozen corn  
potatoes  
broccoli

*basically any other veggie you want really*

*Oil,*

*dried oregano  
dried basil  
dried thyme  
dried rosemary*

*(OR Italian seasoning instead of all of those).*

*Salt*

*Pepper*

*1 32 oz box of Veggie Stock*

*Egg Noodles*

### *Optional other ingredients:*

*Parmesan cheese*

*Hot sauce*

## INSTRUCTIONS:

*Cut your veggies however you want. Garlic should be minced.*

*In a large pot, place some oil (enough to cover the bottom) and put on med/high heat.*

*Add in onions and garlic, stir around for 30 seconds*

*Add the rest of the veggies. (Except corn if you're using corn, that goes in at the very end)*

*Season liberally, then stir your veggies.*

*Once the veggies are fairly soft, add the whole 32 oz box of veggie stock. Then fill the veggie stock box with water and add that too.*

*You'll probably want to season again, then add parmesan, hot sauce, or whatever other spices you would like.*

*Let that come to a boil, then lower heat to medium heat. You want everything to cook together for a bit to enhance the flavor.*

*Once you feel good about your flavors, add corn and noodles, raise heat back up.*

*Cook until the noodles are cooked, then serve.*

*I use extra parmesan once the soup has been served.*

# LENTIL SOUP

## Ingredients

1 lb bag of lentil beans  
1-2 yellow onions, chopped  
2 boxes of chicken or veg broth  
3-4 carrots (not baby size), sliced  
one whole celery stalk, sliced  
apple cider vinegar to taste (I like a lot/ 1/3 cup)  
2-3 bay leaves  
2 tablespoons of olive oil  
large stock pan



## Instructions

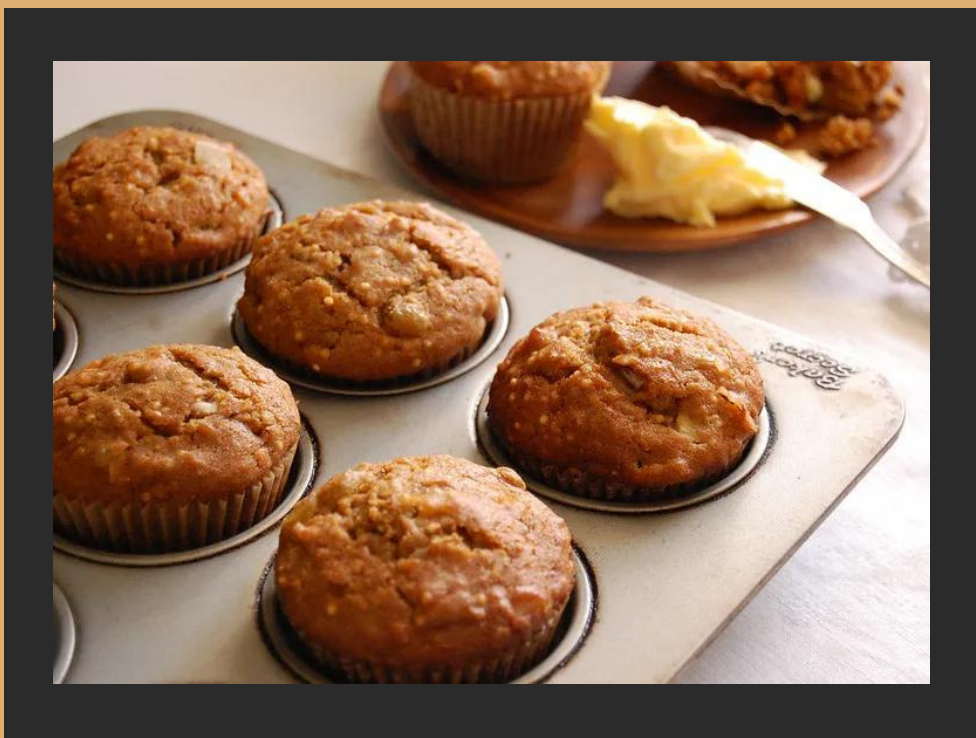
- Sautee onions in the olive oil until soft;
- Add the carrots and celery, sautee for 2-3 minute;s
- Add the bag of lentils and the broth and bring to a boil
- Reduce to a low simmer, add the bay leaves and cover
- Simmer for at least 2 hours, add the cider vinegar during simmer time and as you taste

# POSEY SWEET POTATO MUFFINS

Serves 36

## Ingredients:

2/3 cup canned or cooked fresh sweet potatoes, well drained  
4 tbsp butter  
1/2 cup sugar  
1 egg  
3/4 cup all-purpose flour  
2 tsp baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
1/4 tsp ground nutmeg  
1/2 cup milk  
4 tbsp pecans or walnuts, chopped  
4 tbsp raisins, chopped  
1.5" diameter muffin tins



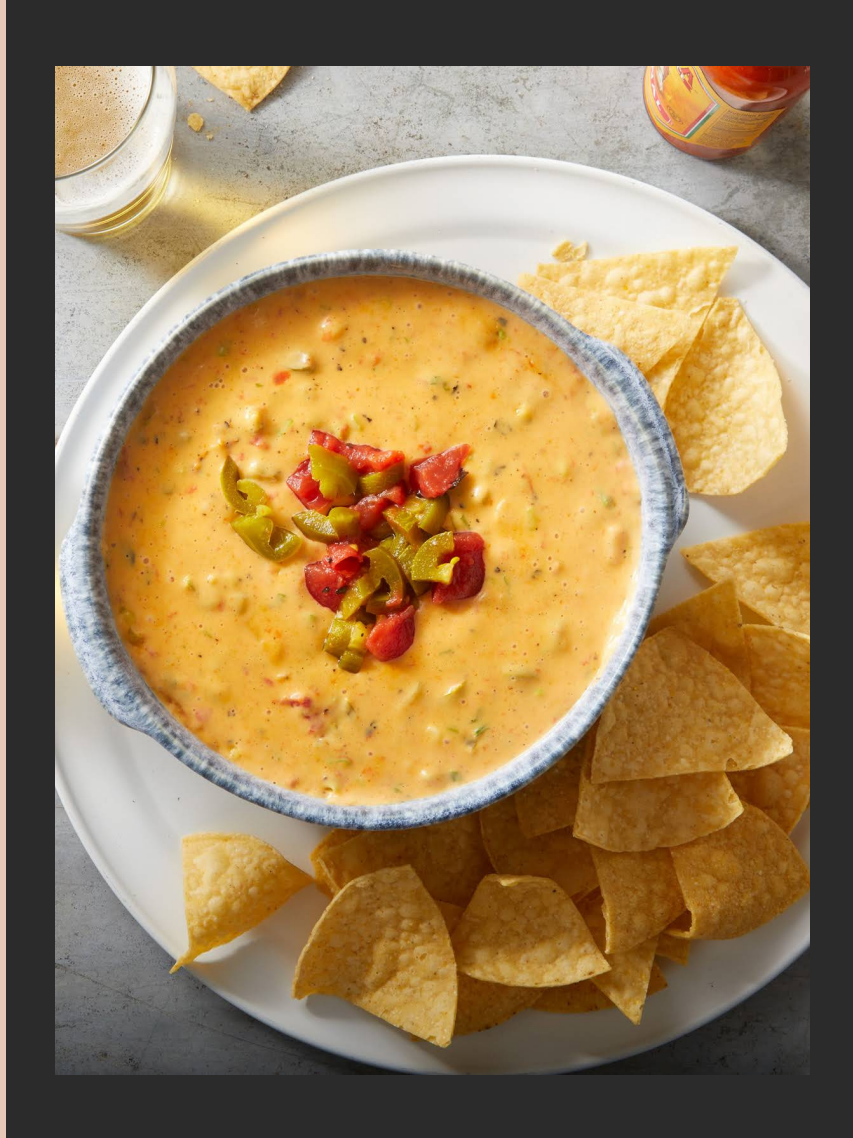
## Instructions:

1. Preheat oven to 400°
2. Grease or spray muffin tins.
3. Puree the sweet potatoes in food processor or blender.
4. Cream the butter and sugar. Beat in the egg and pureed sweet potatoes.
5. Sift the flour with the baking powder, salt, cinnamon, and nutmeg. Add the dry ingredients alternately by hand with the milk and chopped nuts/raisins, mixing until just blended. Do not overmix.
6. Spoon into the greased muffin tins, filling each tin completely full. A little sugar and cinnamon may be sprinkled on top of each muffin if desired.
7. Bake at 400° for 25 minutes.



# Texas Queso Dip

## INGREDIENTS:



2 pounds Velveeta cheese

1 can diced tomatoes and green chiles (Rotel)

1 can cream of mushroom soup (regular or with roasted garlic)

1 pound ground beef

1 pound ground sausage

Tortilla chips for serving

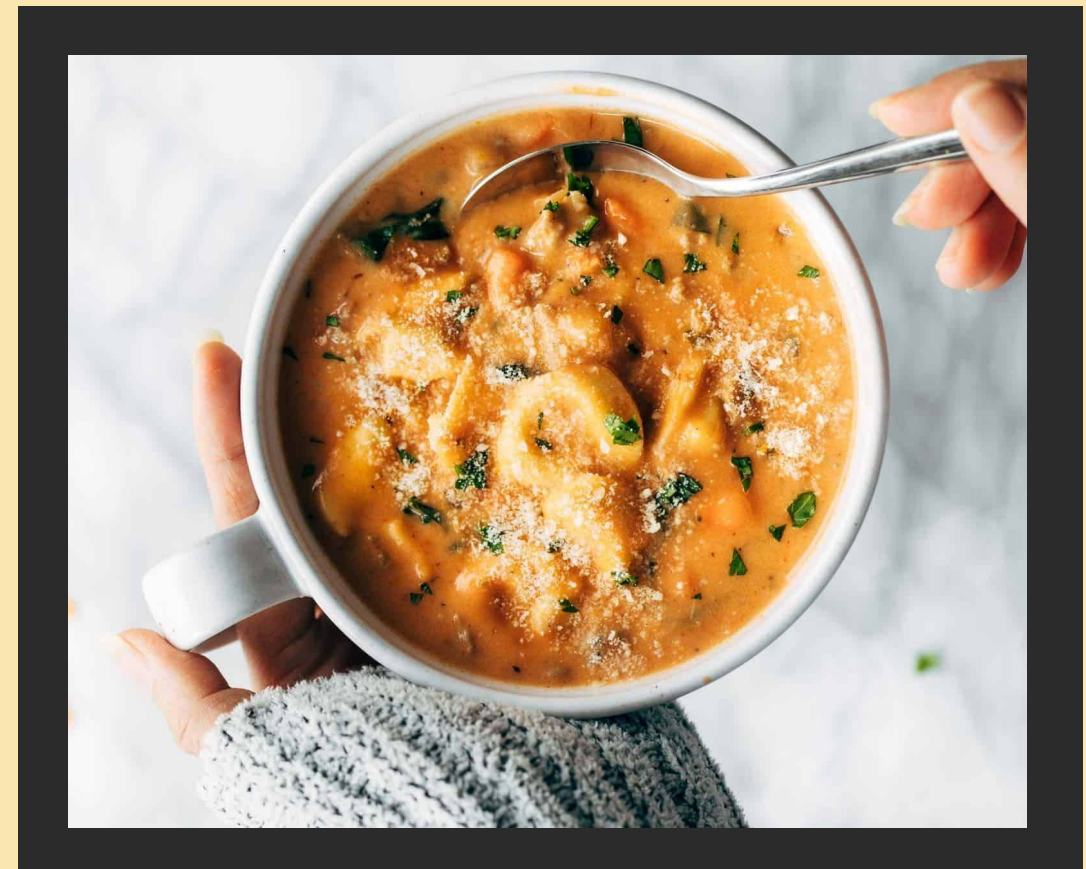
## INSTRUCTIONS

1. Melt Velveeta in a slow cooker or a large pan on the stove.
2. Add in the Rotel and cream of mushroom soup.
3. Cook ground beef and sausage, drain, and add to cheese mixture.
4. Stir and heat until fully melted and combined.
5. Eat with tortilla chips.

# ANG'S CREAMY TORTELLINI SOUP

## INGREDIENTS

- 1 lb. Italian sausage
- 1 small yellow onion, diced
- 2 celery stalks, diced
- 2 large carrots, peeled and diced
- 3 garlic cloves, minced
- 1 teaspoon kosher sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon Italian seasoning
- 1 teaspoon fennel seed, crushed or chopped 1 6-oz. can tomato paste
- 1/2 cup dry white wine
- 1/2 cup all-purpose flour
- 6-7 cups chicken broth
- 14 oz. refrigerated cheese tortellini
- 2 cups half and half or heavy cream
- 1 handful chopped fresh spinach



## INSTRUCTIONS

1. In a large stockpot set over medium-high, cook the sausage, breaking up into little pieces. When sausage is mostly browned, add onion, celery and carrot, sauté for 5 minutes or until the vegetables are soft.
2. Add the garlic, spices, and tomato paste; sauté for an additional 3-5 minutes, or until fragrant, stirring occasionally to prevent it from burning.
3. Add wine and let it cook out for a few minutes. Stir the flour into the sausage and cook for 1 minute. It'll be sticky and dry. Gradually add in the chicken broth, stir to combine. Continue cooking until the mixture reaches a simmer, then reduce heat to low and simmer for 15 minutes.
4. Add the cream, then bring it to a low simmer. Add the tortellini and spinach. Cook just until tortellini is al dente, per package directions. Serve with fresh parsley and Parmesan and dunk with cheese bread! Oh my goodness. This is living

# BUTTERMILK BISCUITS

## Ingredients:

1 3/4 cup sifted all purpose flour

1/2 teaspoon salt

2 teaspoon double acting baking powder

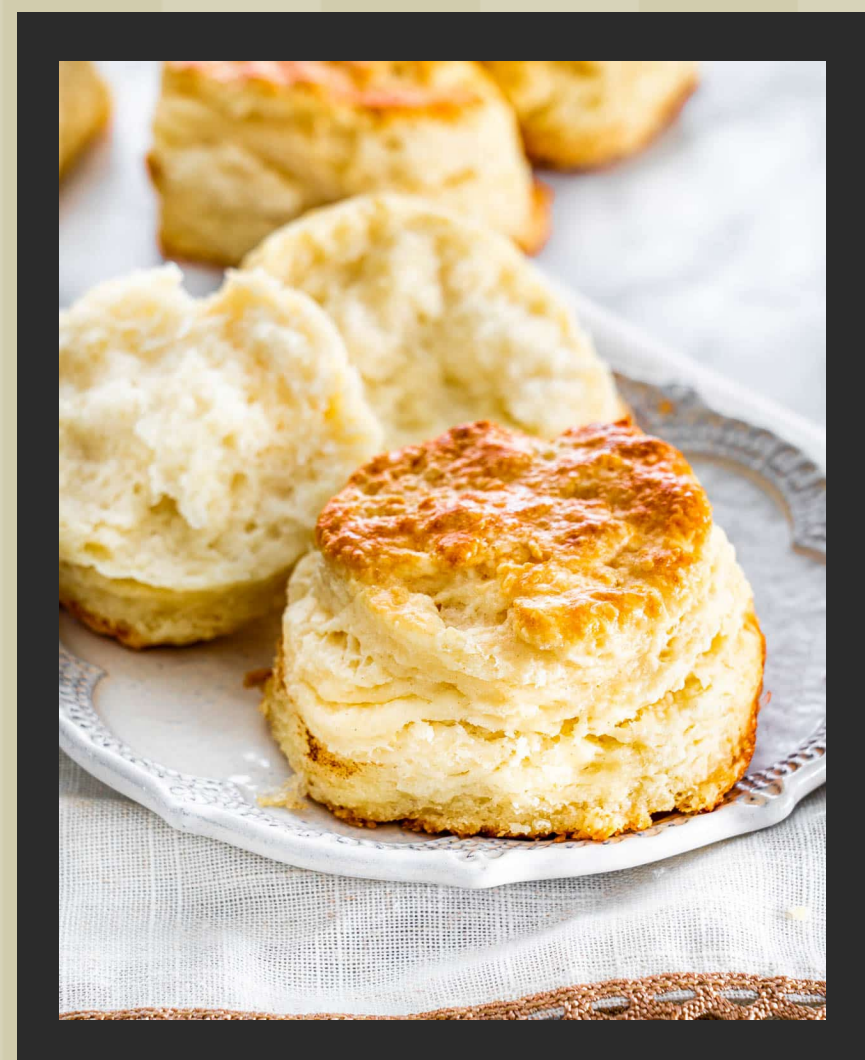
1 Tbsp sugar

1/2 teaspoon baking soda

1/4 cup lard or 5 Tbsp butter

3/4 cup buttermilk

yum!



## Instructions:

- Preheat oven to 450\*
- Sift together flour, salt, baking powder, sugar, and baking soda in a mixing bowl.
- Cut in the lard or butter depending on what you are using.
- Add in buttermilk and lightly mix.
- Turn the dough onto a floured board. Knead it gently for 30 seconds. Pat the dough to the thickness of 1/4 inch. Cut with a biscuit cutter. Bake 10-12 minutes.