

To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. **For recipe requests or suggestions contact:** SharonS@portlandobserver.com **Subject:** Food Section

FOOD

'Black History Month ~ Community Recipe Collection'

To honor Black History Month and the heritage of our community, the Portland Observer respectfully requests family recipes that have been passed down through generations. The 'Black History Month ~ Community Recipe Collection' will be published throughout the month of February.

Submission Requirements:

- Recipes must be legibly printed or typed with a photo of the prepared dish, as a substitute you may use an old or historical family photo relating to the recipe.
- Include a brief timeline: when and where the recipe originated, how and who passed the recipe to you. Note: If using a family or historical photo, please include information relating to the photo.

Submission Deadline:
February 1, 2007



SUBMISSION PROCESS:

Email: SharonS@portlandobserver.com
Subject: Recipes ~ Black History Month

MAIL:
The Portland Observer
Attn: Recipes ~ Black History Month
4747 MLK Blvd.
Portland, OR 97211

*The Portland Observer reserves the right to print or reprint recipe and photo submissions at our discretion.

Southwestern Slow Cooker Chicken and Potato Soup



"Get warm on frigid winter days with our spiced-up chicken soup. It's great if you're suffering from a cold or just from bored taste buds."

Ingredients

- 3/4 pound uncooked boneless, skinless chicken breast, cut into 1-inch cubes
- 2 medium sweet potatoes, peeled, cut into 1-inch cubes
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- 29-oz canned diced tomatoes, salsa-style with chilies, undrained
- 14 1/2-oz fat-free chicken broth
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1 1/2 cup frozen corn kernels, not thawed

Directions

- Mix chicken, potatoes, onion, tomatoes, broth, oregano and cumin in a 4-quart or larger slow cooker. Cover and cook on low heat setting for at least 6 hours.
- Stir in corn; cover and cook on high heat setting until chicken is no longer pink in center and vegetables are tender, about 30 minutes. Yields about 1 1/4 cups per serving.

Beef & Vegetable Cheese Casserole



This low-fat delicious casserole can be made ahead, tightly wrapped and frozen until needed. Perfect for those hectic evenings when you need a quick healthy meal to feed the family!

Ingredients

- 2 medium tomatoes, sliced
- 2 medium zucchini, sliced
- 12 oz raw lean ground beef
- 1 cup canned tomato sauce
- 1 large egg yolk
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 1 large onion, finely chopped
- 2 medium garlic cloves, minced
- 2 cups fat free cottage cheese
- 1/2 cup low-fat shredded cheddar cheese
- 1 Tbsp parsley, oregano or rosemary, chopped

Directions

- Preheat oven to 500°F. Coat a baking sheet with cooking spray and spread tomatoes and zucchini over sheet. Roast vegetables for 10 to 12 minutes.
- Meanwhile, in a large, nonstick skillet sauté beef, onion and garlic until beef is browned. Stir in tomato sauce and bring to a simmer.
- Spread beef mixture in a large, shallow baking dish and top with roasted vegetables. Reduce oven temperature to 350°F.
- Whisk together cottage cheese, egg yolk, cheddar cheese, herbs, salt and pepper in a medium bowl. Spoon over roasted vegetables and smooth with a rubber spatula.
- Bake until very hot and bubbling around edges, about 35 minutes. Cut into six equal pieces and serve. (Note: If preparing casserole in advance and freezing it, make sure to thaw it completely in the refrigerator before baking it. Increase the baking time by 5 to 10 minutes.)

Notes: To give this dish an Italian accent, add 1 Tbs. Italian seasoning, substitute fat-free ricotta cheese for cottage cheese and use 1/4 cup grated Parmesan cheese in place of the cheddar. Sprinkle with 2 tablespoons minced fresh basil just before serving.

Ingredients for life..



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Rancher's Reserve Angus Beef Chuck Pot Roast
Boneless.
SAVE up to \$2.30 lb.

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Bone-in.
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Butcher's Cut, Grade A.
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5.99 lb
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Farm raised. Color added.
Smaller size package \$6.49 lb.
SAVE up to \$2.00 lb.

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14.75 to 15-oz. Pasta with meat.
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