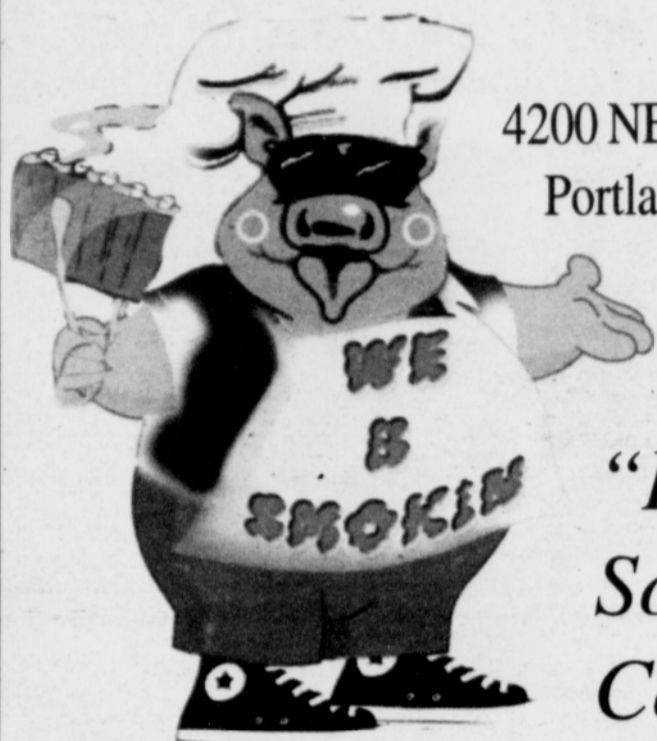


Cafe at Miracles

in The Miracles Club Bldg.



4200 NE MLK Jr. Blvd,
Portland OR 97212

"Real
Southern
Cooking"

New Hours: M-F 11am - 7:30pm
Serving Lunch and Dinner

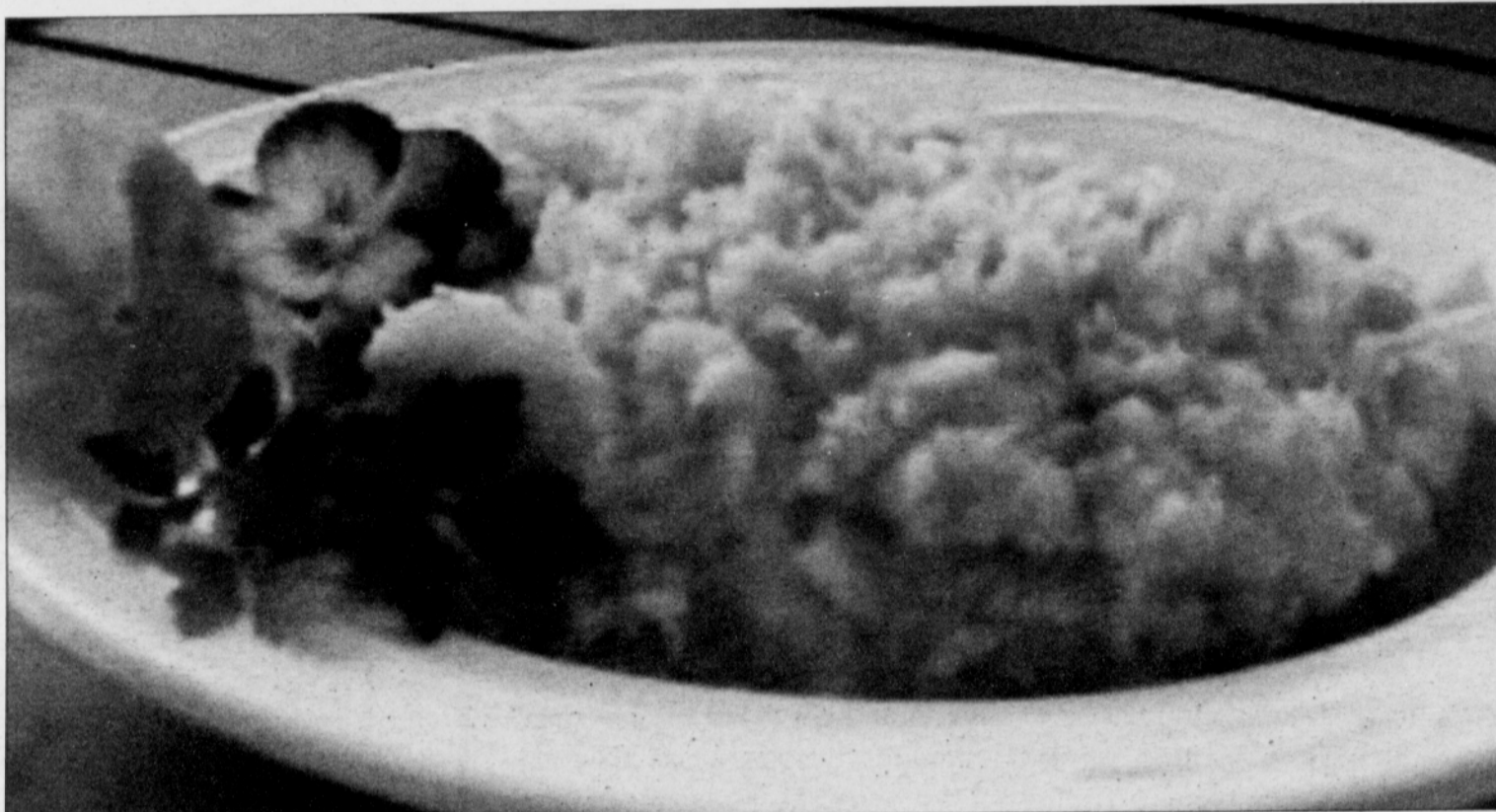
Free fries with purchase of
any sandwich or burger

Valid only at Cafe at Miracles; 4200 NE MLK Jr.
Blvd, Portland OR 97212

Coupon good for the month of August, 2014 only.

FOOD

ROOT VEGETABLE MEDLEYS



Mashed, Mixed Root Vegetables

Instead of ordinary mashed potatoes, combine the flavors of multiple different root vegetables into this simple but spectacular blend. Great for holidays or a tasty side-dish any night. Prep time is 15 mins; cook time is 20 mins.

Ingredients:

- 4 1/2 lbs root vegetables; including two or more of the following: celery root, potatoes, rutabagas, parsnips, carrots, sunchokes, yams/sweet potatoes, turnips and fingerlings.
- salt (or salt-free substitute) & freshly ground black pepper, to taste
- extra virgin olive oil and or butter to taste

Directions:

1. Peel the root vegetables then chop up into golf-ball sized pieces, place in salted boiling water and cook until very tender.
2. Drain in a colander.
3. Place the vegetables back in the pan and mash with a potato masher.
4. Mash them as smooth or as chunky as you like. Season with salt and pepper, then enrich the flavor with extra virgin olive oil, butter, or both, to taste.
5. Once cooked, the mashed vegetables can be kept warm in a bowl covered with kitchen foil over simmering water. This is handy when cooking for a dinner party. They can easily be reheated in the microwave if refrigerated.

Smokey Split Pea and Root Vegetable Soup

Prep Time: 20 mins;

Cook Time: 1 hrs 5 mins.

Ingredients:

- 6 tablespoons butter/margarine
- 3 medium carrots, chopped
- 2 large parsnips, chopped
- 2 medium leeks, chopped (white and light green only)
- 1 large onion, chopped
- 2 1/2 teaspoons dried thyme, crumbled
- 2 teaspoons marjoram, crumbled
- 3 bay leaves
- 11 cups chicken stock or 11 cups vegetable broth.
- 3 cups dried split peas
- For meat-eaters; 1 1/2 lbs smoked ham hocks or 1 1/2 lbs smoked turkey wings
- For vegetarians; 4 or 5 cups whey powder
- 1/2 cup chopped fresh Italian parsley

Directions:

1. Melt butter/margarine in lg pot over low heat.
2. Add carrots, parsnips, leeks, onion, thyme, marjoram and bay leaves.



cover and cook until vegetables are tender, stirring occasionally, about 20 minutes.

3. Add stock, peas and ham hocks. bring to simmer and cover partially and cook til peas are tender and soup thickens slightly stirring occasionally, about 45 minutes.

4. If using whey powder instead of meat, remove four cups of liquid after it has heated up, let cool til its just warm and blend equally with the whey powder, then mix back into the pot to finish cooking.

5. Add parsley in the last 5 minutes. season with salt and pepper.

THOMAS JEFFERSON HIGH SCHOOL
PRESENTS

Class REUNION

ALL P.I.L.
CLASS OF 92-95



LABOR DAY WEEKEND!
AUG. 29/2014-SEPT. 1/2014

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GO TO WWW.PILREUNIONS.COM

Proceeds go to PPS & Eddie Barnett Jr. Foundation!
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