

FOOD

Beef and Butternut Chili

Ingredients:

- Cooking spray
- 1 tablespoon canola oil, divided
- 1 1/2 pounds boneless chuck roast, trimmed and cut into 1/2-inch cubes
- 3/4 teaspoon salt
- 1 1/2 cups chopped onion
- 1/2 cup chopped green bell pepper
- 2 tablespoons tomato paste
- 1 tablespoon minced fresh garlic
- 2 teaspoons diced jalapeño pepper
- 2/3 cup dry red wine
- 1 1/2 teaspoons ground ancho chile pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon ground red pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground cinnamon
- 1 (28-ounce) can whole tomatoes, undrained and chopped
- 1 (15-ounce) can no-salt-added kidney beans, rinsed and drained
- 2 cups (1/2-inch) cubed peeled butternut squash
- 1 cup coarsely chopped carrot
- 6 tablespoons reduced-fat sour cream
- 2 tablespoons fresh cilantro leaves

Directions:

1. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add 1 teaspoon oil; swirl. Sprinkle beef with salt. Add beef to pan; sauté 8 minutes, turning to brown on all sides. Remove beef.
2. Add 2 teaspoons oil to pan. Add onion and bell pepper; sauté 3 minutes. Add tomato paste, garlic, and jalapeño; sauté 2 minutes, stirring constantly. Add wine; bring to a boil, scraping pan. Cook 2 minutes. Return beef to pan.



3. Stir in ancho chile pepper and the next 7 ingredients (through kidney beans), and bring to a boil. Cover, reduce heat to medium, and simmer gently for 1 hour. Add butternut squash and 1 cup carrot, and simmer for 1 hour or until beef is tender. Ladle 1 1/3 cups chili into each of 6 bowls, and top each with 1 tablespoon sour cream and 1 teaspoon cilantro.



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- Medication collection
- Blood pressure checks
- Sharps and needle collection
- Health insurance sign-ups
- Green cleaning natural gifts
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Hosted by North by Northeast and Metro



North by Northeast
Community Health
Center

714 NE Alberta Street
Portland

Upcoming event
2 to 5 p.m.
November 9, 2018

Future events
2 to 5 p.m.
January 11, 2019
March 8, 2019
May 10, 2019

Learn more

For more information call
503-287-4932 or visit nrxnclinic.org

Bucatini with Mushrooms

Ingredients:

- 1/2 cup dried porcini mushrooms (about 1/2 ounce)
- 2/3 cup boiling water
- 8 ounces uncooked bucatini
- 3 1/4 teaspoons salt, divided
- 1 tablespoon canola oil
- 1/4 cup finely chopped shallots
- 2 (4-ounce) packages exotic mushroom blend, coarsely chopped
- 2 garlic cloves, minced
- 2 tablespoons dry sherry
- 2 ounces Parmigiano-Reggiano cheese, divided
- 1/4 cup heavy whipping cream
- 1 teaspoon finely chopped fresh sage
- 1/2 teaspoon cracked black pepper
- 1 teaspoon truffle oil Sage sprigs (optional)



Directions:

1. Rinse porcini thoroughly. Combine porcini and 2/3 cup boiling water in a bowl; cover and let stand 30 minutes. Drain in a sieve over a bowl, reserving 1/4 cup soaking liquid. Chop porcini.
2. Cook pasta with 1 tablespoon salt in boiling water 10 minutes or until al dente; drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
3. Heat oil in a large skillet over medium-high heat. Add shallots, mushroom blend, and garlic; sauté 5 minutes, stirring frequently. Stir in porcini, sherry, and 1/4 teaspoon salt; cook 1 minute or until liquid evaporates.
4. Finely grate 1 ounce cheese; crumble remaining cheese. Reduce heat to medium. Stir in pasta, 1/4 cup reserved cooking liquid, 1/4 cup reserved porcini soaking liquid, 1/4 cup grated cheese, cream, chopped sage, and pepper; toss well to combine. Drizzle with oil; toss. Place about 1 1/4 cups pasta mixture on each of 4 plates; top each serving with about 1 tablespoon crumbled cheese. Garnish with sage sprigs, if desired.