

## February 2021 World Hunger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7 The Pines Mini Food Cupboard <b>Soup</b>	8	9	10	11	12	13
14 The Pines Mini Food Cupboard <b>Soup</b>	15	16	17 Ash Wednesday	18	19 Donate \$10 or what you can for World Hunger	20
21 Soup to share <u><a href="#">Minestrone</a></u> The Pines Mini Food Cupboard <b>Toilet Paper</b>	22 <i>Fast Facts</i> In 2019, before the pandemic 34,000,000 people lived in poverty in the the United States	23 <i>Prayer</i> God of justice, God of life, during Lent, we remember the work you call us to do.	24 Bread to share <u><a href="#">Bran Muffins</a></u>	25 <i>Activity</i> <u><a href="#">Sharing resources</a></u> What would you do? <u><a href="#">Click link to activity</a></u>	26 Visit <u><a href="#">Heifer International</a></u>	27 Bread to share <u><a href="#">Banana Bread</a></u>
28 Soup to share <u><a href="#">Tomato, Basil, Orzo</a></u> The Pines Mini Food Cupboard <b>Toilet Paper</b>	1	2	3	4	5	6

## Keys and hints for soup and bread recipes

All of the recipes are meat free. Eating vegetable proteins uses less resources and feeds more people per acre of land than animal protein. Animal protein can be added if you like.

- ✓ tsp = teaspoon
  - ✓ TBLSP = Tablespoon
  - ✓ Adjust the seasonings means to add more of herbs, spices, salt and pepper so it tastes good to you.
  - ✓ Yeast is regular baking yeast
  - ✓ Baking powder and baking soda are two different leavenings. They can not be substituted for each other.
  - ✓ Dairy free milks can be substituted for cow's milk
  - ✓ Margarine can be substituted for butter, but it will change the taste slightly
  - ✓ Vegetable oils can be substituted for olive oil
  - ✓ 1 TBLSP flax + 3 TBLSP cold water, resting for 5 minutes can be substituted for 1 egg
  - ✓ In most cases canned or frozen can be substituted for fresh and vice versa
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- Sauté means to mix ingredients with oil or fat and gently stir while cooking.
  - Diced, chopped or cubed means simply to cut up the vegetables into smaller pieces. How small? You choose. Some like big chunks in their soup and some like small chunks!
  - Cut in means to break butter or shortening up into small pieces that become coated with flour and other dry ingredients. These small pieces then evaporate in the baking process making a light product. The traditional tool for cutting in is a pastry cutter. A food processor on pulse works well, too.
  - Muffins and biscuits like a light touch. No rambunctious mixing.
  - Breads like a good kneading to develop the gluten.
  - All of the recipes that call for flour can use all purpose flour

## **Minestrone Soup (6 servings)**

Based on a recipe from *The Moosewood Cookbook*, Mollie Katzen (1977)

### **Place in the soup kettle and cook for 5 minutes stirring gently**

- 3 TBLSP of olive oil
- 1 cup onions, chopped
- 4-5 cloves garlic, chopped

### **Add and cook for 10 minutes**

- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 small eggplant, cubed

### **Add and stew for 20 minutes**

- 3 ½ cups of water
- 2 tsp. salt (taste and adjust after it has cooked for awhile)
- 2 cups tomato puree or crushed tomatoes
- 1 can of diced tomatoes
- 1 zucchini, cubed
- 1 cup peppers, chopped
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 2 TBLSP dried parsley
- 1 can of kidney beans with water
- 1 can of great northern or garbanzo beans with water
- 1/4 tsp. ground black pepper
- 3 TBLSP dry red wine

### **Add before serving**

- ½ cup dry pasta of your choice, cooked

Taste and adjust seasonings

Serve topped with a sprinkle of parmesan cheese.

## **Bran Muffins**

**From the Kitchen of Beth Walker**

400° 15-20 min

About 25 good sized muffins

1 1/2 cups sugar

1/2 cup oil

2 eggs

2 cups buttermilk (yogurt or sour milk)

1/8 -1/4 cup applesauce, apple butter or 1 banana (optional) to make them moister

1 tsp. vanilla

2 1/2 cups flour

2 1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon (optional)

1/8 tsp. cloves (optional)

3 cups bran buds, All Bran or 4 cups of raisin bran cereal

1/2 cup boiling water

1 cup raisins

Pour boiling water over bran and raisins and set aside. Mix sugar, oil, eggs, buttermilk, applesauce, and vanilla. Add dry ingredients (flour, baking soda, salt, cinnamon and cloves) to wet mixture, then add moistened bran and raisins. Mix until all is incorporated.

Fill muffin papers in a muffin tin 3/4 full. Bake until the tops spring back.

You may refrigerate the batter for up to a week or bake immediately. These freeze well after baking.

## **Banana Bread**

**From the kitchen of Beth Walker**

350° 45-60 minutes

Makes 1 loaf

3/4 cup sugar

1/4 cup butter

1 egg

2/3 cup mashed bananas (about 2 bananas)

3 TBLSP sour or buttermilk

2 cups flour

1/2 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1/2 cup walnuts (optional)

Cream together sugar and butter. Mix in egg and bananas. Stir in milk. Sift in dry ingredients and mix. Spoon into a greased bread pan. Bake until springs back when pressed or until a toothpick comes out clean.

## **Tomato Basil with Orzo Soup**

**From the kitchen of Beth Walker**

Makes 6 servings

1 pkg (8 oz) Mirepoix (or 2/3 cup chopped onion, 1/3 cup chopped carrots, 1/3 cup chopped celery)

2 Tbsp oil

1 Tbsp garlic, peeled and chopped

1/2 Tbsp cracked pepper

1 can (28 oz) cut/chopped tomatoes with basil

1 can (28 oz) crushed tomatoes with Italian herbs

(if fresh tomatoes are used, season with basil, oregano, cilantro, etc. to taste)

1 carton (32 oz) vegetable stock or equivalent

Salt to taste

2 roasted red peppers, diced finely

1 cup orzo pasta (you can cook pasta separately and add at the end of cooking)

1 cup light cream

2 Tbsp chopped fresh basil

Add Mirepoix and oil to large stockpot on medium-high. Cook, stirring, 6-7 min. Add chopped garlic. Cook 2 min, until vegetables are tender.

Add cracked pepper, cut tomatoes and crushed tomatoes; simmer about 10 min. Add vegetable stock and return to simmer. Season to taste with salt.

Add red peppers and pasta. Simmer 8-10 min, stirring often, until pasta is firm, but tender. Remove from heat.

Temper cream by pouring into medium bowl. Add a few ladles of hot soup to cream to slowly raise the temperature of the cream. Add tempered cream to soup. Fold in basil.

Garnish lightly with fresh herbs or thinned sour cream!

[RETURN TO CALENDAR](#)

## Activity: Sharing Resource

**Participants will understand that when hunger exists, some people have more than they need and some people may die of hunger related conditions.**

### Materials:

**Paper Circles about the size of a saucer.**

1. Cut out circles based on the table. The circles represent a day's food ration necessary for one person to stay alive.
2. Randomly hand out the circles. You can give more than one to some people.
3. Tell participants:

# of participants	Use this many circles
3	2
4	2
5	3
6	3
7	3
8	4
9	4
10	4

- This is what you will get for food every day this year.
  - If you eat your entire circle you will survive today in good health.
  - If you eat less than your entire circle every day:
    - Consume  $\frac{3}{4}$  of your circle and share  $\frac{1}{4}$ . You will experience discomfort and hunger pains. You can live on  $\frac{3}{4}$  rations for 1 month and then your health will falter. It will be difficult to work because you will be distracted by your hunger.
    - Consume  $\frac{1}{2}$  of your ration and share  $\frac{1}{2}$ . You will experience extreme discomfort and hunger pains. You can live on  $\frac{1}{2}$  rations for 2 weeks and then your health will falter, and you will be open to disease and death. You will not be able to work or earn any money for your family to eat, so your family may also suffer.
    - Consume  $\frac{1}{4}$  of your ration and share  $\frac{3}{4}$ . You will experience extreme hunger pains, have no energy. It will be hard to move. Your brain will have trouble focusing. Death will come in one week.
4. Participants must decide what they will do with their food ration.
  5. Talk about your decision.

This exercise can be repeated by dispersing more or less circles in a group, to different participants, or by giving multiple circles to one individual. Heifer International uses this activity but has participants in "country camps" where each camp is given the number of resources proportional to that country. The facilities that campers live in also reflect the status of their country.

[RETURN TO CALENDAR](#)