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LOCAL FOODS

GREAT
Tastes
OF MANITOBA
Local Farms Local Foods

• COOKING WITH MANITOBA FOODS •

RECIPE BOOK

GREAT Tastes OF MANITOBA

Local Farms Local Foods



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Baked Oatmeal

SERVINGS: 8-10 **PREP TIME: 10 min**
COOK TIME: 40 min **TOTAL TIME: 50 min**

INGREDIENTS

3 cups (750 mL) rolled oats	2 eggs
1 cup (250 mL) brown sugar	1/2 cup (125 mL) butter, melted
2 tsp (10 mL) ground cinnamon	2 tsp (10 mL) vanilla extract
2 tsp (10 mL) baking powder	1/4 cup (60 mL) dried cranberries
1 tsp (5 mL) salt	Cream (optional)
1 cup (250 mL) milk	

Preheat oven to 350°F (175°C).

In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. In a separate bowl whisk eggs, milk, melted butter, and vanilla extract. Combine milk mixture with oat mixture. Stir in dried cranberries. Spread into a greased 9 x 13-inch baking dish. Bake for 40 minutes.

Serve warm. Add a couple tablespoons of cream!

TIP: *Instead of dried cranberries, substitute your favorite dried fruit. For a thicker, chewier oatmeal use a 9 x 9-inch baking dish instead of a 9 x 13-inch baking dish.*

RECIPE COURTESY OF: Dairy Farmers
of Manitoba



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Turkey Minestrone Soup

SERVINGS: 6-8 PREP TIME: 10 min
COOK TIME: 45 min TOTAL TIME: 55 min

INGREDIENTS

- | | |
|---|--|
| 1 lb (450 g) boneless, skinless turkey thigh, diced | 1 can (26 oz/796 mL) tomatoes, chopped |
| 2 Tbsp (30 mL) olive oil | 1/2 cup (125 mL) macaroni noodles |
| 1/2 cup (125 mL) white onion, diced | 1 Tbsp (15 mL) fresh parsley, chopped |
| 1 cup (250 mL) carrots, diced | 1 tsp (5 mL) fresh oregano, chopped |
| 1/2 cup (125 mL) celery, diced | 1 can (18 oz/540 mL) white kidney beans, drained and rinsed to taste, sea salt and freshly ground black pepper |
| 6 cups (1.5 L) homemade or low-sodium turkey or chicken stock | 1/4 cup (60 mL) fresh Parmesan cheese |

Sauté turkey, onions, carrots and celery in olive oil until onions are soft. Add stock and tomatoes and bring to a simmer. Add noodles and simmer until carrots are soft and noodles are cooked. Add parsley, oregano and kidney beans. Season with salt and pepper to taste and serve with fresh Parmesan cheese.

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Lentil & Tomato Stew

SERVINGS: 4-6 PREP TIME: 15 min
COOK TIME: 45 min TOTAL TIME: 60 min

INGREDIENTS

2 cups (500 mL) green lentils	1 Tbsp (15 mL) fresh thyme
1 can (796 mL) diced tomatoes (good quality)	2 Tbsp (30 mL) chopped parsley
1 Tbsp (15 mL) tomato paste	6 cups (1.5 L) chicken stock
4 cloves garlic, chopped	canola oil, as necessary
1 white onion, chopped	salt & pepper to taste

In a heavy bottom pot, sweat the onions and garlic until soft and translucent and season with salt. Add the thyme and tomato paste and cook an additional 2-3 minutes. Add fresh tomatoes and cook again for an additional 2-3 minutes. Cover with half of the chicken stock and simmer on low heat for 20 minutes to develop flavour. Add the remaining chicken stock and the 2 cups of lentils. Simmer until lentils are tender. Once lentils are cooked the stew may be served immediately or cooked further to attain desired consistency. Be sure to taste and do final seasoning with salt and pepper.

TIP: add the parsley right before serving for that burst of freshness. This dish can be used as a side dish for meats and poultry, or omit the chicken stock for a protein packed vegetarian dish.

RECIPE COURTESY OF:

MANITOBA
Pulse Soybean
GROWERS

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Weeknight Tacos

SERVINGS: 4 **PREP TIME: 15 min**
COOK TIME: 15 min **TOTAL TIME: 30 min**

INGREDIENTS

TACO SPICE MIX

3 Tbsp (45 mL) chili powder
2 Tbsp (30 mL) cumin
1 tsp (5 mL) garlic powder
1 tsp (5 mL) onion powder
3/4 tsp (4 mL) paprika
3/4 tsp (4 mL) oregano
1/2 tsp (2.5 mL) cayenne
1/2 tsp (2.5 mL) salt

TACOS

1/2 tsp (2.5 mL) ground pepper
2/3 cup (160 mL) water
1 lb (500 g) ground beef
2.5 Tbsp (38 mL) spice mixture
4 hard or soft taco shells
2 cups (500 mL) grated cheddar or
marble cheese
Chopped tomatoes, shredded
lettuce, green onions, green
peppers, cucumbers as needed

Combine spices in bowl and set aside. Place ground beef in non-stick pan over medium heat. Brown until no pink remains – about 10 minutes. Drain the meat and wipe out pan if there is an excess of fat. Return the meat to the pan and add your seasoning along with the water. Cook until the mixture thickens, about 5 minutes more. Assemble tacos with shells, cheese, veggies as desired. Serve with salsa on the side, if you like.

RECIPE COURTESY OF:



**MANITOBA
BEEF PRODUCERS**

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Savoury Sloppy Joes

SERVINGS: 4-6 PREP TIME: 15 min
COOK TIME: 20 min TOTAL TIME: 35 min

INGREDIENTS

1 tsp (5 mL) canola oil	2 tsp (10 mL) red wine vinegar
1 ¼ lb (0.625 kg) lean ground pork	1 tsp (5 mL) Worcestershire sauce
1 cup (250 mL) chopped yellow onion	1 tsp + ½ tsp (7 mL) dried oregano leaves
2 ribs celery, chopped	1 large green bell pepper, seeded and chopped
1 clove garlic, minced	Salt and ground black pepper to taste
1-24 oz (680 mL) can thick pasta sauce	4-6 crusty buns, sliced
2 Tbsp (30 mL) honey	

In large sauté pan, heat oil over medium-high heat. Sauté ground pork until thoroughly cooked and no pink remains, breaking up larger pieces with spatula, about 10 minutes. Add onion, celery and garlic to skillet. Cook 2-3 minutes more, stirring often. Stir in pasta sauce, honey, vinegar, Worcestershire sauce and oregano. Add bell pepper; stir to combine while bringing mixture to a gentle boil. Reduce heat to low; cover and simmer until vegetables are tender, about 10 minutes. Season with salt and pepper according to taste. Serve over sliced crusty buns.

RECIPE COURTESY OF:


ManitobaPork

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Chicken Chili with Corn

SERVINGS: 4-6 PREP TIME: 15 min
COOK TIME: 40 min TOTAL TIME: 55 min

INGREDIENTS

2 tsp (30 mL) canola oil	1/4 tsp (1.25 mL) each hot pepper flakes and black pepper
1 onion, chopped	1 can - 27 oz (796 mL) crushed tomatoes
2 cloves garlic, minced	1 can - 20 oz (570 mL) black beans, rinsed and drained
1 lb (454 g) ground chicken	2 cups (500 mL) kernel corn (fresh, frozen or canned)
1 red pepper, chopped	1/4 cup (60 mL) chopped fresh parsley (optional)
2 stalks celery, sliced	
2 Tbsp (30 mL) chili powder	
1 tsp (5 mL) ground cumin	
1/2 tsp (2.5 mL) salt	
1/2 tsp (2.5 mL) dried oregano	

In a large skillet heat oil over medium heat, cook onion and garlic until onion is soft. Add chicken and stir cook, breaking up the lumps, until the chicken is no longer pink. Stir in red pepper, celery, spices, tomatoes, and black beans. Bring to a boil; reduce heat, cover, and simmer for 20 minutes. Stir in corn and simmer, uncovered, for 10 minutes. Stir in parsley. Serve with salad, and crusty bread or corn bread.



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chicken
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Judy's Chocolate Chip Cookies

SERVINGS: 32-36 cookies **PREP TIME: 15 min**

COOK TIME: 10-12 min **TOTAL TIME: 60 min**

INGREDIENTS

3/4 cup (175 mL) canola oil	1/4 tsp (1 mL) salt
1 egg	1 tsp (5 mL) baking powder
1/4 cup (60 mL) white sugar	1/2 tsp (2 mL) baking soda
1/2 cup (125 mL) brown sugar	1 cup (250 mL) rolled oats
2 tsp (10 mL) vanilla	1 1/4 cups (310 mL) semi-sweet chocolate chips
3/4 cup (175 mL) whole wheat flour	
3/4 cup (175 mL) all-purpose flour	

Preheat oven to 350°F/180°C. In large bowl, whisk together canola oil, egg, white sugar, brown sugar and vanilla until well combined. In second bowl, combine flours, salt, baking powder and baking soda. Add dry ingredients to wet mixture. Add oats and chocolate chips. Using large spoon, mix all ingredients together. Using a levelled 1 Tbsp measure, portion out cookies on parchment-lined cookie sheets about 2 inches apart. Flatten slightly with a fork. Bake for 10 to 12 minutes or until cookies are golden brown. Cool cookies about 5 minutes on baking sheets. Transfer to wire racks to cool completely.

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