

# Sweet POTATO HASH

By ANNIE FALK @ANNIE.FALK

## INGREDIENTS

- 2 TBSP. OLIVE OIL
- 1 MEDIUM-SIZED RED ONION, DICED
- 1 RED BELL PEPPER, DICED
- 3 LARGE SWEET POTATOES, DICED INTO CUBES. PEEL 2, LEAVE SKIN ON 1.
- 2 CLOVES GARLIC, MINCED
- 1 TSP. SMOKED PAPRIKA
- 1/2 TSP. CUMIN
- 1/2 TSP. TURMERIC
- 1/8 TSP. CHILI FLAKES
- 1/2 LB. BABY SPINACH
- 1/4 TSP. SALT, MORE TO TASTE
- 1/4 TSP. PEPPER, MORE TO TASTE
- 1/4 CUP FRESH PARSLEY, MORE FOR GARNISH
- 6 TBSP. PLAIN GREEK YOGURT, OPTIONAL

## METHOD

- In a large pan, heat 2 tablespoons of olive oil over high heat until hot and shimmering. Add onion and sauté until golden brown, about 4 minutes. Stir in the red bell pepper and sweet potatoes. Cook until caramelized, stirring occasionally, about 20 to 25 minutes.
- Stir in the garlic, paprika, cumin, turmeric, and chili flakes, and sauté for 2 minutes longer.
- Stir in the spinach and season with salt and pepper. Cook until spinach is wilted, about 2 minutes.
- Remove from the heat and stir in the fresh parsley. Serve hot with 1 tablespoon of Greek yogurt over top. Garnish with parsley.





# Veggie

## “MEAT” LOAF *By* ANNIE FALK @ANNIE.FALK

### FOR THE LOAF:

- 1 LARGE RED BELL PEPPER, HALVED, SEEDED, CORE REMOVED
- 1 LARGE GREEN BELL PEPPER, HALVED, SEEDED, CORE REMOVED
- 2 LBS. CREMINI MUSHROOMS, COARSELY CHOPPED
- 1 TBSP. OLIVE OIL
- 1 CUP ASPARAGUS, CUT IN 1/2-INCH PIECES
- 1/2 CUP RED ONION, CHOPPED
- 1 CUP PANKO (JAPANESE BREAD-CRUMBS)
- 1 CUP WALNUTS, TOASTED, CHOPPED
- 2 TBSP. FRESH BASIL, CHOPPED
- 1 TSP. KETCHUP
- 1 TSP. DIJON MUSTARD
- 1/2 TSP. HIMALAYAN SEA SALT
- 1/2 TSP. FRESHLY GROUND BLACK PEPPER
- 4 OZ. FRESH PARMIGIANO-REGGIANO CHEESE, GRATED
- 2 LARGE EGGS, LIGHTLY BEATEN

### FOR THE TOPPING:

- 4 TBSP. KETCHUP
- 2 TBSP. VODKA
- 1/2 TSP. DIJON MUSTARD

### METHOD

- Preheat broiler on high. Place pepper halves, skin side down on a foil-lined baking sheet. Flatten and broil until blackened, about 12 minutes. Place peppers in a paper bag, fold closed, and allow to stand for 10 minutes. Peel and finely chop peppers and transfer pieces to a large mixing bowl.
- Reduce oven temperature to 350° F.
- Set out a baking sheet, and a 9-inch-by-5-inch loaf pan coated with cooking spray. Working in batches, place the mushrooms in a food processor and pulse until finely chopped.
- Heat a large skillet over medium-high heat. Add oil to the pan, and swirl to coat the pan. Add mushrooms and sauté until liquid evaporates, stirring occasionally, about 15 minutes. Add mushrooms to bell peppers and combine.
- Place asparagus and onions in the same pan used to cook the mushrooms. Sauté until tender, stirring occasionally, about 6 minutes. Add asparagus and onions to mushrooms and peppers. Stir to combine.
- Arrange the breadcrumbs in an even layer on the baking sheet, bake until golden, about 10 minutes. Add breadcrumbs, walnuts, chopped fresh basil, ketchup, mustard, salt, pepper, cheese, and eggs to the mushroom mixture. Stir well to combine ingredients. When combined, spoon the mixture into the prepared loaf pan. Press lightly to pack and bake for 45 minutes, or until the thermometer registers 155° F.
- In a small mixing bowl, combine the topping ingredients. Brush the mixture over the meat loaf and bake an additional 10 minutes. Allow to stand 10 minutes before slicing. Cut into 6 slices.

INGREDIENTS

# Carrot GINGER SOUP

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INGREDIENTS

## MAKES 8 SERVINGS

4 TBSP. EXTRA-VIRGIN OLIVE OIL  
4 LBS. CARROTS, PEELED, ROUGHLY  
CHOPPED  
1 MEDIUM SWEET ONION, PEELED,  
ROUGHLY CHOPPED  
6 CLOVES GARLIC, PEELED,  
ROUGHLY CHOPPED  
4 TBSP. FRESHLY GRATED GINGER  
2 TBSP. ORANGE ZEST  
1/2 CUP ORANGE JUICE  
8 CUPS WATER  
2 SMALL BAY LEAVES  
1 TSP. SALT  
1 TSP. FRESHLY GROUND BLACK  
PEPPER  
PLAIN YOGURT TO GARNISH  
PARSLEY TO GARNISH

## METHOD

- Preheat the oven to 425° F. Place the carrots in a roasting pan and toss with olive oil, salt, and pepper. Roast until caramelized, about 30 minutes.
- Heat the oil over medium heat in a soup pot and sauté the onions until they are

translucent. Add the garlic, ginger, and orange zest. Add the roasted carrots. Pour in the water and orange juice, and add the bay leaves. Bring the liquid to a boil, reduce the heat, and simmer, covered, for about 20 minutes, until the flavors have melded.

- Allow the soup to cool, then, using a handheld blender, pulse to achieve a smooth, creamy texture. Season with salt and pepper.
- Heat before serving. Serve with a dollop or flourish of plain yogurt, a sprinkle of pepper, and parsley.



# Soups & Salads



**CARROT GINGER SOUP**  
BY ANNIE FALK

GET IN YOUR VEGGIES FOR THE DAY WITH CREATIVE DISHES THAT DON'T SKIMP ON FLAVOR

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### RECIPES IN THIS SECTION

- 5 ASPARAGUS SOUP FOR THE SOUL
- 6 ENSALADA RUSA
- 7 CARROT GINGER SOUP
- 8 VEGETABLE, LENTIL, AND TURKEY SOUP
- 9 FASOLADA (GREEK BEAN SOUP)
- 10 WHITE BEAN AND TUNA SALAD

