



# Granny's Tea Biscuits

## Ingredients



5 cups all purpose flour  
½ cup white sugar  
1 tsp baking soda  
1 ½ c buttermilk

½ tsp salt  
4 heaping tsp. baking powder  
½ lb. lard

## Instructions

1. Mix dry ingredients. Cut in lard to make a coarse mixture using a pastry cutter or two butter knives. Add in buttermilk, a little bit at a time and mix well. Roll out on a well floured surface. Cut out in large circles using a glass or cookie cutter.
2. Bake on an ungreased pan at 425- 450 for 10 - 15 minutes until the bottom is golden.
3. \*You can adjust the recipe by adding in additional ingredients before rolling out (i.e., shredded cheese, raisins)
4. \*If you don't have buttermilk, place 1 tbsp. vinegar (or lemon juice) in a measuring cup and add enough milk to make one cup. Let sit for 5 - 10 minutes then stir and add to recipe



# Cauliflower Soup

## Ingredients



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|---|--|
| 1 medium head cauliflower, broken into florets            | 3 tablespoons all-purpose flour              |
| 1 medium carrot, shredded                                 | 3/4 teaspoon salt                            |
| 1/4 cup chopped celery                                    | 1/8 teaspoon pepper                          |
| 2-1/2 cups water  | 2 cups 2% milk                               |
| 2 teaspoons chicken bouillon or 1 vegetable bouillon cube | 1 cup shredded cheddar cheese                |
| 3 tablespoons butter                                      | 1/2 to 1 teaspoon hot pepper sauce, optional |

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.



# Tomato Soup

## Ingredients



2 tbsp vegetable oil  
1 cup chopped onions  
½ chopped celery  
½ tsp dried basil  
½ tsp dill weed  
3 cups drained canned tomatoes  
2 tbsp tomato paste

1 tbsp granulated sugar  
1 tsp salt and pepper  
2 cups chicken stock  
¼ cup butter  
¼ flour  
2 cups milk

1. In a large saucepan, heat oil and cook onions, celery, basil, and dill weed until onions are soft; add tomatoes, tomato paste, sugar, salt, and pepper to taste. Simmer, covered, for 10 minutes. Uncover, add stock and bring to a boil; reduce heat and simmer for 20 minutes
2. Transfer mixer to a bowl and, using an immersion blender (or other) blend until smooth
3. In the saucepan, melt butter; whisk in flour and cook gently for 2 minutes. Add milk and cook, stirring constantly, until thick and smooth. Remove from heat and whisk into tomato purée.
4. Taste and adjust seasoning.



# Lentil Stew

## Ingredients



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|----------------------------|--|
| 2 tablespoons olive oil    | 1 teaspoon black pepper  |
| 1 large onion diced        | 1 ½ cups green lentils   |
| 3 medium carrots diced     | 1 large potato peeled, cubed small                               |
| 3 celery stalks diced      | 2 (15-ounce) cans fire roasted diced tomatoes                    |
| 4 garlic cloves minced     | 6 cups low sodium vegetable broth (can substitute chicken broth) |
| 1 ½ teaspoons ground cumin | 2 cups baby spinach  |
| 1 ½ teaspoons paprika      |  |
| 1 teaspoon dried thyme     |  |
| 1 teaspoon salt            |  |

1. In a heavy bottomed pot, add olive oil and set over medium heat. Add the onions, carrots, and celery and cook for 10 minutes until softened.
2. Add garlic, cumin, paprika, and thyme, salt, and pepper, and cook until the garlic is fragrant, about 1 minute.
3. Add the lentils, potatoes, tomatoes, and vegetable broth and bring to a boil. Reduce heat to a simmer and cook for 30-35 minutes, stirring occasionally.
4. Once the lentils are tender, use an immersion blender to blend part of the stew for a thicker consistency. Alternatively, you could transfer 2 cups of stew to a high speed blender and blend until creamy.
5. Return the blended soup back to the pot with spinach and cook for another 2-3 minutes until the spinach is wilted.