

Dilly Bread

1 package yeast
1/4 cup lukewarm water
1 cup cottage cheese
1 tablespoon butter
2 tablespoons sugar
1 teaspoon salt
1/4 teaspoon baking soda
1 tablespoon minced onion
2 tablespoons dill seed
1 egg
2 1/4 cups flour
Butter for rubbing top of bread
Salt for sprinkling over top of bread

Combine yeast and water in small bowl. Let dissolve. In saucepan, heat cottage cheese, butter and sugar until butter is melted. Cool to lukewarm. Pour cottage cheese mixture into large mixing bowl and add salt and baking soda. Mix and add onion, dill, egg and yeast mixture. Mix well. Gradually add flour, mixing after each addition. Knead slightly. Place in greased bowl, cover with towel and let rise until double, about 60 minutes. Punch dough down and stir. Place in greased 1 1/2 - 2 quart round casserole dish. Cover with towel and let rise again, about 40 minutes. Bake at 350 degrees for 35-40 minutes. Let cool 5 minutes and then turn out onto rack. While still hot, rub top with butter and sprinkle with salt.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**January 2014
Souper Suppers**

<https://extension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>
Seasonal Eating Market Blog:

<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Sweet Potato Corn Chowder

1 tablespoon olive oil
12 ounces kielbasa sausage, chopped
1 cup chopped onion
1 cup chopped celery
1 tablespoon minced garlic
1 1/2 teaspoons ground cumin
1 1/2 teaspoons chili powder
1 teaspoon Creole or Cajun Seasoning
6 cups chicken broth
16 ounces frozen whole kernel corn or 3 cups fresh kernels
2 cups 1/2" cubes peeled sweet potatoes
5 tablespoons flour
1/2 cup water
1 cup heavy cream
Salt and pepper

In a Dutch oven, brown sausage in oil over medium heat for 5 minutes, stirring occasionally. Add onion, celery and garlic. Cook and stir for 5 minutes. Stir in cumin, chili powder and Creole seasoning. Cook and stir for 2 minutes more. Stir in chicken broth. Bring to boiling. Add the corn and sweet potato. Return to boiling, reduce heat and simmer, covered, about 20 minutes or until sweet potatoes are tender. Combine flour and water. Whisk into broth and cook until slightly thickened. Stir in the cream, season with salt and pepper and heat through.

Winter Minestrone

1 cup dried great northern beans
2 tablespoons olive oil
1 onion, chopped
3 stalks celery, chopped
2 carrots, chopped
3 cloves garlic, pressed
1/4 teaspoon crushed red pepper
1/2 teaspoon dried thyme
1 teaspoon Italian seasoning
8 cups water
2 tablespoons chicken base (or low sodium bouillon)
1/4 head green cabbage, cored and thinly sliced and chopped
1 large potato, peeled and chopped
1 (14 1/2-ounce) can whole tomatoes, broken up
1/4 teaspoon salt
1/4 teaspoon black pepper

Cover beans with water to cover by several inches and soak overnight. In a large Dutch oven, heat olive oil and add onion, celery and carrot. Sauté until translucent and tender. Add garlic, red pepper, thyme and Italian seasoning and cook until fragrant. Add water, chicken base cabbage and beans. Bring to a boil, reduce to a simmer and cook, stirring occasionally, for 1 1/2 hours, covered. Uncover and add potato, tomatoes, salt and pepper. Simmer for 30-45 minutes longer until potatoes and beans are tender. Taste and adjust salt.