

## Julie McGuire's Recipes from Two Onion Farm in Belmont, Wisc.

### Charred Sweet Peppers Potato Chowder

(Juli's new favorite soup! Makes 2 servings.)



#### *Ingredients*

1 Tbsp vegetable oil  
1½ cups red sweet peppers, chopped  
1 cup yellow onion, chopped  
5 oz. russet potato, peeled and chopped  
¼ - ½ cup vegetable broth  
1 cup milk  
dash of cayenne pepper (optional)  
2 tsp butter  
¼ cup cheddar cheese, shredded  
2 Tbsp plain Greek yogurt (optional)  
Crumbled bacon

#### *Directions*

1. Heat oil in a pot over medium-high heat. Add peppers, and cook, uncovered, 10-15 minutes or until charred, stirring frequently.
2. Add onions, and cook 5-6 minutes, or until soft and golden brown, stirring occasionally. Stir in potatoes and broth. Bring to boil, reduce heat, and simmer, covered, 12 minutes or until potatoes are very tender.
3. Coarsely mash with a potato masher. Add milk and, if using, cayenne pepper; heat through.
4. Remove from heat; stir in butter, and season to taste with salt and pepper. Top servings with cheese, yogurt, and/or bacon, if desired.

# Honey-Soaked Quinoa Salad with Apples

(Makes 4 servings)



## *Ingredients*

- ¼ cup honey
- 2 Tbsp grated fresh ginger
- 2 Tbsp red wine vinegar
- 2 Tbsp lime juice
- 1 small clove garlic, minced
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup olive oil
- 1 cup water
- 2/3 cup uncooked quinoa, rinsed
- ¼ tsp salt
- 1 cup apple, cored and chopped into small pieces (or red grape, halved)
- ½ cup whole cashews, coarsely chopped
- ½ cup dried apricot, cut into thin slivers
- ¼ cup thinly sliced onion
- 1 head of lettuce, torn

## *Directions*

1. For honey vinaigrette, in a small bowl whisk together first 7 ingredients. Drizzle in oil, whisking constantly, until well mixed.
2. In a medium saucepan combine the water, quinoa, and ¼ tsp salt. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until liquid absorbed. Remove from heat; let stand 10 minutes.
3. Fluff quinoa with fork. In a large bowl combine quinoa, apples, cashews, apricots, and onion; toss to mix. Add lettuce; drizzle with ½ cup of the honey vinaigrette. Toss again. Pass remaining honey vinaigrette around at serving.

## Carrot Celeriac Soup

(Makes 6 small servings)



### *Ingredients*

3 Tbsp canola oil  
2 tsp curry powder  
6-8 medium carrots, peeled and thinly sliced  
½-1 celeriac, peeled and minced (depending on the size of celeriac) 1 medium onion, coarsely chopped  
4 cups vegetable or chicken broth  
1 Tbsp lemon juice  
½ tsp salt  
Black pepper

### *Directions*

1. Cook oil and curry powder over medium heat in a large saucepan, stirring constantly, until curry becomes fragrant, about 1-2 minutes.
2. Add carrots, celeriac, and onion and stir until they are coated with oil. Cook for 10 minutes, stirring frequently.
3. Add broth, cover pot, bring to boil, reduce heat, and simmer until vegetables are very tender. Let soup cool a bit before next step.
4. Working in small batches, puree the soup in a food processor, return pureed soup to a pot and warm it over medium heat until heated through. Season with lemon juice, salt, and pepper.