

1 TBSP BUTTER
1 SMALL ONION DICED
1 CUP UNCOOKED LONG GRAIN RICE
2 CUPS CHICKEN STOCK (OR BROTH)
1 CUP FROZEN PEAS

rice & peas

1. IN A SKILLET WITH A TIGHT LID HEAT THE BUTTER OVER MEDIUM-LOW HEAT. (IF YOU NEED NUMBERS, THAT'S 3 OR 4)

2. ADD THE ONION AND COOK UNTIL SOFT, STIRRING OFTEN. ADD THE UNCOOKED RICE, STIR FREQUENTLY AND COOK FOR AN ADDITIONAL 2 – 3 MINUTES.

3. ADD THE STOCK, TURN UP THE HEAT TO MEDIUM HIGH (6 – 7), BRING TO A BOIL AND COVER TIGHTLY. IMMEDIATELY REDUCE THE HEAT TO LOW. SIMMER FOR AN ADDITIONAL 15 – 20 MINUTES.

4. TWO OR THREE MINUTES BEFORE REMOVING FROM THE HEAT STIR IN THE PEAS.

5. PEPPER TO TASTE.

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2 TBSP BUTTER
1 MEDIUM ONION, SLICED
1 MEDIUM POTATO, DICED
6 CUPS CHICKEN BROTH
3 CUPS BROCCOLI, CHOPPED
1 CUP HALF AND HALF
SALT AND PEPPER TO TASTE
PINCH OF NUTMEG (OPTIONAL)

cream of broccoli soup

1. MELT THE BUTTER OVER MEDIUM HEAT IN A POT (AT LEAST 3QT IN SIZE). ADD THE SLICED ONION AND COOK UNTIL SOFT.

2. ADD THE DICED POTATO. IN A MICROWAVE SAFE BOWL HEAT THE BROTH. WHILE IT'S HEATING DON'T FORGET TO STIR YOUR POTATOES AND ONIONS.

3. POUR THE BROTH INTO THE POT AND ADD THE BROCCOLI. COOK UNTIL THE BROCCOLI IS SOFT, STIRRING OCCASIONALLY.

4. USING A STANDARD OR IMMERSION BLENDER PUREE THE SOUP UNTIL SMOOTH.

5. ADD THE HALF AND HALF, SALT AND PEPPER TO TASTE, AND STIR UNTIL HEATED THROUGH.

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1 LB BROCCOLI FLORETS ROUGHLY CHOPPED
1/2 CUP SLIVERED ALMONDS, TOASTED
1/2 CUP RAISINS OR DRIED CRANBERRIES
1/4 CUP ONION THINLY SLICED
3 SLICES COOKED BACON, CRUMBLED
1 CUP FROZEN PEAS OR BLANCHED FRESH PEAS
1 CUP MAYONNAISE
1/3 CUP SUGAR OR 1/4 CUP HONEY
2 – 3 TBSP RED WINE OR CIDER VINEGAR

broccoli almond salad

1. IN A LARGE BOWL COMBINE THE BROCCOLI, ALMONDS, RAISINS, BACON, AND PEAS. SET ASIDE.

2. IN A SMALL BOWL COMBINE THE MAYONNAISE, SUGAR, AND VINEGAR. STIR BRISKLY UNTIL ALMOST ALL OF THE SUGAR IS DISSOLVED. POUR OVER THE BROCCOLI MIXTURE AND TOSS OR STIR TO COAT. COVER AND CHILL FOR AT LEAST AN HOUR BEFORE SERVING.

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4 BACON SLICES
2 SHALLOTS, SLICED
1 TEASPOON GRATED ORANGE RIND
1 CUP FRESH ORANGE JUICE
1 TEASPOON PEPPER
1/2 TEASPOON SALT
2 (16-OZ.) BAGS FROZEN SWEET GREEN PEAS, THAWED
2 TABLESPOONS CHOPPED FRESH MINT
2 TEASPOONS BUTTER

peas & bacon

1. COOK BACON IN A MEDIUM SKILLET OVER MEDIUM HEAT 10 TO 12 MINUTES OR UNTIL CRISP; REMOVE AND DRAIN ON PAPER TOWELS,

RESERVING 2 TSP. DRIPPINGS IN SKILLET. CRUMBLE BACON.

2. SAUTÉ SHALLOTS IN HOT DRIPPINGS OVER MEDIUM-HIGH HEAT 2 MINUTES OR UNTIL TENDER. STIR IN ORANGE RIND, ORANGE JUICE, PEPPER, AND SALT. COOK, STIRRING OCCASIONALLY, 5 MINUTES OR UNTIL REDUCED BY HALF.

3. ADD PEAS, AND COOK 5 MINUTES; STIR IN MINT AND BUTTER.

4. TRANSFER PEAS TO A SERVING DISH, AND SPRINKLE WITH CRUMBLED BACON.

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