



ALL PUEBLO READS 2 0 2 1

COMMUNITY Cookbook



Flavor



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We asked and you delivered! To commemorate the celebration of food, family and fun, the Pueblo City-County Library District asked for recipe submissions during All Pueblo Reads. We're now proud to celebrate your love of food, family and fun with our All Pueblo Reads Community Cookbook.

Enjoy!

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Klopse Chicken Meatballs and Potato Dumplings

Submitted by Kathleen Byers

INGREDIENTS

For the meatballs:

- 2 lb. fresh ground chicken breast (8 pieces)
- 3 dinner rolls
- ¼ pt. water (enough to soak rolls)
- 2 medium onions, chopped fine
- 1 Tablespoon oil or more if needed
- 4 teaspoons chopped fresh dill, separated (can sub dried in a pinch but has much less flavor)
- ¾ teaspoons salt
- 2 eggs
- 2 tablespoons sour cream

2 cups chicken broth

For the dumplings:

- 10 ounces potatoes, boiled in skin until soft, peel while hot
- 2 eggs
- 6 heaping Tablespoons flour
- Crushed black pepper (optional)
- Salted water, boiling

STEPS

In a large, covered pot, place broth over medium until low boil. In a small bowl, soak rolls in water for 15 minutes. Place ground chicken in a deep bowl.

Meanwhile, saute onions in oil until golden. Squeeze water out from rolls and break apart. Place in a bowl with chicken, add 3 tsp. dill, salt, eggs and onions. Mix well with your hands. Using an ice cream scoop to form meatballs (they will be very soft) gently drop into boiling broth and adjust heat to simmer meatballs 15-20 minutes. Best to do it in batches, not overcrowded, as these are tender and may fall apart.

Remove with a slotted spoon and place on a heat-proof serving dish in a warm oven. Repeat for rest of the meat.

To the remaining broth, add sour cream and remaining 1 tsp. dill, whisk and heat over medium until heated through. Return meatballs to the pot and stir gently to cover. Serve over potato dumplings.

Dumplings

Mash peeled potatoes until very smooth or use a ricer. Add eggs, flour and pepper (if using), mix well, but don't over mix. Roll out dough on a floured surface into bread stick lengths and cut into 1-inch pieces.

Drop one by one into salted, boiling water. Stir gently so they don't stick to the bottom; once they float to the surface, remove and drain well. Place on a warm serving dish and smother with meatballs and sauce.



Spelt Bread Recipe

Submitted by Deric Stowell

Makes two loaves or one big one

Prep time: 25 minutes, plus overnight proving. Baking time: 40 minutes

INGREDIENTS

1kg (4.25 cups) strong
wholewheat spelt bread flour, plus
extra for dusting
5g ($\frac{1}{3}$ tablespoon) dried yeast
1 tbsp sea salt
700ml (3 $\frac{1}{4}$ cups) warm water
Extra virgin olive oil, for greasing

STEPS

The day before you bake the bread, mix the flour, yeast, and salt together in a large mixing bowl and make a well in the centre. Gradually, pour in 650-700ml lukewarm water, starting off with the smaller quantity and adding more if needed. Stir with a fork and then with your fingers to make a soft ball of dough.

Tip it out onto a lightly floured work surface and knead for 10-15 minutes until smooth and elastic. Shape into a ball and put in a lightly oiled clean mixing bowl. Cover with cling film and leave to rise overnight (about 10 hours) at room temperature – it can be left for up to 18 hours – until doubled in size.

The next day, line and flour two baking trays. Cut the dough in half in the bowl and carefully tip the dough out onto the trays, taking care not to lose too much air. (Alternatively, place the dough in two 900g loaf tins.) Shape each ball into a round. Cover with clean tea towels and leave to prove for about two hours or until doubled in size.

Preheat the oven to 425F/220C/200C fan/Gas 7. Dust the loaves with flour and slash with a utility knife. Pour some cold water into a roasting tin and place in the bottom of the oven – this will create steam and give the bread a good crust.

Bake for 35-40 minutes until golden and the loaves sound hollow when tapped on the bottom. Leave to cool completely on a wire rack. The loaves will keep for up to five days – you could freeze one for later.



Vegetable Soup

Submitted by Desiree Anderson

INGREDIENTS

- 10 russet potatoes, peeled and chopped
- 2 large bags of baby carrots sliced
- 1 head of celery sliced
- 1 whole head green cabbage chopped up finely
- 2 bags frozen okra, thawed
- 2 bags frozen peas, thawed
- 2 cans whole kernel corn, drain the juice
- 2 family sized cans Campbell's Tomato soup
- Salt and pepper to taste
- 2 pounds ground beef, cook and drain grease
- 1 large soup pan

STEPS

Cut all ingredients as directed and put in the pan. The ground beef should be added to everything else last, make sure it is cooled, and that all grease has been drained before adding. Open the two cans of tomato soup and empty them both in the pan stirring the ingredients together until everything is lightly coated.

Next add water to the pan and fill to all ingredients are submerged. Add salt and pepper as the soup cooks to your liking. Cook on medium heat for 8 to 10 hours or until the soup is thick and hearty. Make sure to stir throughout the cooking process and do not allow the soup to boil over. If soup does not begin to thicken after cooking the first 6 hours add another can of tomato soup to thicken.

Serve with crackers or bread.



BBQ Shrimp

Submitted by Teresa Luebke

INGREDIENTS

2 lbs. medium- large shrimp,
shells on, thawed if frozen

¼ to ½ cups butter, melted

¼ cup vegetable oil

¼ cup white wine vinegar

2 cloves garlic, minced

1 Tbs. parsley, less if dried

¼ tsp. oregano, dried

¼ tsp. ground red pepper

1 tsp. paprika

1 tsp. creole seasoning

1-2 tsp. Worcestershire
sauce

½ tsp. Tabasco sauce

½ tsp. seasoned salt, or to
taste

¼ tsp pepper

Juice of one lemon

STEPS

Mix all the above ingredients except the lemon juice and marinate the shrimp for several hours in the refrigerator. Preheat the oven to 400 degrees.

Spread the shrimp with the marinade onto a large cookie sheet. Cook shrimp for 10-20 minutes watching closely until the shrimp turn pink. Do not overcook. Remove from oven and squeeze lemon juice over the shrimp and marinade. Serve family style from the cookie sheet with everyone peeling their own shrimp and don't forget the crusty French bread for dipping in the marinade!





Fluffy Biscuits

Submitted by Marka Rapenchuk

INGREDIENTS

- 2 tsp. dry yeast
- 2 tsp. sugar
- 2 Tbsp. warm water
- 2½ cups flour
- 1 Tbsp. baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ½ cup shortening
- 1 cup buttermilk
- Optional: melted butter and salt for brushing on top

STEPS

Preheat oven to 450°F.

Mix yeast and sugar in a small bowl, then stir in warm water. Let sit about five minutes until yeast begins to bubble.

In a larger mixing bowl, whisk together the flour, baking powder, baking soda, and salt. Use a fork or a pastry cutter to cut the shortening into the flour mixture (it should look like fine crumbs). Let rest for five minutes so the flour can rest with the fat in it.

Add the yeast-sugar mixture and the buttermilk to the bowl with the flour.

Stir until ingredients are mostly sticking together as a cohesive dough. Put onto a floured surface and gently fold 3-4 times, making a square.

Press the dough with your hands to about ½-inch thick. Cut with a biscuit cutter and place on a baking sheet. Bake for 10-15 minutes, depending of the size of the cutter, until the bottoms are golden.

For maximum deliciousness, brush the tops with melted butter and salt.





Cherry Cobbler

Submitted by Sharon Campbell

INGREDIENTS

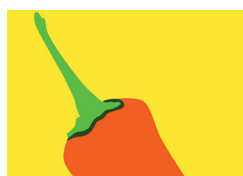
- 1 cup flour
- 1 cup milk
- 1 cup sugar
- 1 stick butter or margarine, melted
- ½ tsp. salt
- 2 tsp. baking powder
- 1 can of cherries

NOT CHERRY PIE FILLING

STEPS

Pour everything but the can of cherries into a 2-quart glass baking dish. Mix together with a whisk. Dump a can of cherries into the batter. Bake at 350° F for about 45 minutes until golden brown. The cake batter will bake up around the fruit. Best served warm with ice cream. Any fruit that has some tartness to it will work; *strawberries are disastrous.*





Little Gram's Goulash

In honor of Betty & Chuck McGhee

Submitted by Rebecca McGhee

INGREDIENTS

1 yellow onion diced
1 green bell pepper diced
1 lb. ground beef
1 16 oz. can stewed tomatoes
1 lb. elbow macaroni
Parsley
Italian seasoning mix
Garlic powder, to taste
Salt and pepper, to taste

STEPS

Begin by dicing the vegetables and then saute the onion until translucent. Stir occasionally as you saute over medium to medium high heat.

Add the ground beef and brown. Once the ground beef is cooked through add the spices and the bell pepper.

Finally, add the stewed tomatoes and lower to medium low. Meanwhile bring a large pot of water to boil in order to cook the macaroni.

Once the macaroni is cooked add it to the ground beef mixture. Serve with shredded cheddar cheese and a nice fresh salad.

