

Peach Berry Crisp

Yield: 8-12 servings (adapted from <https://www.livewellbakeoften.com/>)

Ingredients:

For the topping:

- 1/4 cup all-purpose flour
- 1/4 cup white wheat or whole wheat flour
- 3/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup cold unsalted butter, cubed into small pieces
- 1 cup old-fashioned rolled oats

For the filling:

- 2-3 cups sliced peaches* (fresh or frozen – if frozen, do not thaw ahead)
- 2 cups berries (fresh or frozen)
- 1/4 cup granulated sugar
- 1/4 cup white wheat or all-purpose flour

Directions:

1. Preheat oven to 350°F. Spray a 9-inch pie plate (or an 8 or 9-inch square baking dish) with nonstick cooking spray and set aside.

To make the topping:

1. In a mixing bowl, whisk together the flour, brown sugar, cinnamon, and salt until well combined. Add the cold cubed butter and using a pastry cutter or fork, cut the butter into the dry ingredients until the mixture starts to come together and is crumbly. Stir in the oats and transfer to the refrigerator while you make the filling.

To make the filling:

1. Add peaches & berries to a large mixing bowl and sprinkle the flour and sugar on top. Stir until all of the fruit is well coated. Scoop the peaches into the prepared baking dish, remove the topping from the refrigerator and sprinkle on top of the filling.
2. Bake at 350°F for 40-50 minutes or until the topping is lightly golden brown and the juices are bubbling around the edges.
3. Remove from the oven and transfer to a wire rack to cool slightly before serving.

Tomato Sauce Yield: 6 servings

Ingredients:

- ¼ cup olive oil
- 4 cloves fresh garlic, pressed or minced
- 1 small chili/jalapeno pepper
- 1 pound tomato pulp (we used a gallon bag of whole frozen tomatoes)

Directions:

- Heat olive oil over medium heat in large pot. Add garlic cloves and simmer for a few minutes until lightly golden.
- Add tomatoes and pepper. Simmer for at least 15 minutes.

Freezer Challenge: Tomato Curry

Adapted from Mollie Katzen by Grace Davy

- 1 tbsp. oil (I used coconut)
- 1 large onion, chopped
- 2 carrots, grated
- 1 jalapeno, frozen and thawed or fresh, minced
- 4 cups roasted tomatoes (canned OK, if frozen—thaw)
- 1 tbsp. curry powder
- 2 tbsp. mustard seeds
- 2 tsps. ginger, minced
- 2 cloves garlic, minced
- 1 tbsp. tomato paste
- Salt to taste

Preparation:

In a large pot, over medium high heat, heat oil until it glistens. Add onions and cook until soft. Salt to taste. Add mustard seeds, jalapeno and grated carrots. Cook until they soften. Add ginger, garlic and curry powder. Cook a few minutes more. Add tomatoes and bring to a boil. Immediately turn heat to medium low and simmer 15-20 minutes.

Enjoy as a soup or serve over cooked grains and spinach and top with hard cooked eggs and toasted cashews.