

## Homemade Chicken Stock

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After roasting a chicken, this recipe is a good use for the leftover carcass. You can also use this recipe to make beef or vegetable stock as well.

Makes: 6-8 cups (1.5-2 L)

- 1/2 cup (125 ml) vegetable oil
- 2 large onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 chicken carcass
- Water
- 1 tsp (5 ml) peppercorns
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried parsley
- bay leaf

Turn on stove to medium heat. Heat oil in a large pot. Add onions, carrot and celery. Cook until the vegetables start to get soft. Add chicken bones. Fill the pot with enough cold water to cover the bones about 2-3 inches (5 to 8 cm). Add peppercorns, thyme, parsley and bay leaf. Heat stock on medium heat and bring to a gentle boil or simmer. Reduce heat to low or medium-low and continue to simmer for 1 hour. Use a soup ladle to carefully skim off any scum. Put a strainer or colander over an empty large pot or glass bowl. When the stock has cooled, use ladle to scoop the stock into the strainer. Throw away the herbs, bones and vegetables. Cover the stock and put in the refrigerator overnight. The fat in the stock will form a hard layer on top, use a spoon to scoop it off and throw it away. Keep the stock in the refrigerator for up to three days.

*Storage Tip: You can freeze homemade chicken stock in 1/2 cup (125 ml) containers for up to 4 months.*

*Alternate Recipes: To make beef stock, follow the same steps for making chicken stock but use beef bones instead of chicken bones.*

*To make vegetable stock, follow the same steps for making chicken stock but do not use chicken bones.*

# Food Bank Mini Recipe Book: Winter

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Healthy, Nutritious, and Affordable Food for People of All Ages and Cooking Talents



## Autumn Squash Soup

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This soup is perfect for warming up after a cold day and is great for any season as long as you have squash available! If you use vegetable broth, this recipe is completely vegan as well.

Makes 4 servings

- 2 tsp (10 ml) vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tsp (5 ml) ginger
- 1 tsp (5 ml) cayenne – optional
- 2 cups (500 ml) of squash – some good choices are butternut, acorn or sugar pumpkin
- 3 ½ cups (875 ml) vegetable or chicken broth – can also use bouillon cube
- ¼ tsp (1 ml) salt and pepper

In a medium pot, heat oil over medium-high heat. Add onions and cook until clear about 3-5 minutes. Add garlic clove, ginger and cayenne and cook for 2 more minutes. Peel squash and chop into cubes. Add squash and broth to pot, bring to a boil and then reduce the heat to medium. Simmer for 1 hour until very tender. Remove from heat and blend using hand-held blender, or mash by hand until desired smoothness is reached. Use of a hand-held blender will result in a creamier textured soup. Serve in bowls immediately.

*Recipe Tip: If you are finding it difficult to peel the squash, simply place it on a cookie sheet and into the oven at 375 degrees F for one hour. Afterwards the skin should come off very easily.*

Adapted from: Guelph Student Cookbook

## Warming Lentil Soup

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A filling and flavourful soup perfect for a cold winter's day.

Makes: 6 servings

- 1 tablespoon (15 ml) vegetable oil
- 1 medium celery stalk, diced
- 1 medium carrot, peeled and diced
- 1/2 medium onion, diced
- 3 medium garlic cloves, minced
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) pepper
- 4 cups (1 L) low-sodium vegetable or chicken broth\*
- 1 15 oz (425 g) can diced tomatoes with their juices
- 1 ½ cups (375 ml) brown or green lentils
- 1 bay leaf
- ½ tsp (2 ml) thyme
- 1 tsp (5 ml) white or red wine vinegar
- 1 cup (250 ml) fresh or frozen spinach

Heat the oil in a large saucepan over medium heat until shimmering, about 3 minutes. Add the garlic, celery, carrot, and onion and cook, stirring occasionally, until the vegetables have softened, about 10 minutes. Add the broth, tomatoes with their juices, lentils, bay leaf, salt, pepper and thyme and stir to combine. Cover and bring to a simmer, about 15 minutes. Once simmering, reduce the heat to low and continue simmering, covered, until the lentils and vegetables are soft, about 15 minutes more. Stir in the vinegar. Add the fresh spinach and stir until wilted. If using frozen thaw, drain and add to soup.

Adapted from: [www.chow.com](http://www.chow.com)

## Chili Lime Chickpea Poppers

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Crispy roasted chickpeas that are perfect as a snack!

Makes: 1 ½ cups (375 ml) chickpeas.

- 2 (15 oz or 425 g) cans chickpeas, drained, rinsed and patted dry
- 3 tsp (15 ml) chili powder
- 2 tbsp (30 ml) vegetable oil
- ½ tsp (2 ml) salt
- 1 tbsp (15 ml) lime juice
- 1 tsp (5 ml) cumin

Preheat oven to 400 degrees F. Line baking sheet with aluminum foil and grease with 1 tsp (5 ml) vegetable oil. Spread chickpeas out in a single layer on the foil. Bake for 40-50 minutes, stirring every 15 minutes. Cooking times may vary but take them out when they are very crunchy and golden brown. Mix oil and seasonings in bowl. Once chickpeas are done, allow to cool for a few minutes and add to oil and seasonings. Stir to coat and serve immediately.

*Nutrition tip: These chickpea poppers are a great stand in for other higher calorie, salt and fat snacks such as chips or microwave popcorn. Chickpeas are also high in protein and fibre which help keep you fuller longer.*

Adapted From: [www.sparkpeople.com](http://www.sparkpeople.com)