

Black Bean Soup

Courtesy of former Governor
Tony Knowles

Ingredients

- 1 cup onion, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- 2 cloves garlic, minced
- 1 TBSP olive or canola oil
- 6 cups black beans, canned or cooked
- 3 cups broth, chicken or vegetable, low sodium
- 1 14.5 can tomatoes, diced
- ¾ cup cilantro, chopped except 9 whole leaves
- 2 TBSP tomato paste (remainder of 6 oz can can be frozen in plastic container)
- 1 TBSP lime juice
- 1 tsp cumin, ground
- ⅛ tsp red pepper flakes, dried
- ⅛ tsp pepper, ground
- 1 cup sour cream, low fat

Preparation

Sauté onions, carrots, celery, and garlic in oil for three minutes until tender. Using a blender or food processor, blend cooked vegetable mixture until smooth. Return mixture to the stockpot and add 4 cups of the black beans, broth, tomatoes, ½ cup cilantro, tomato paste, lime juice, cumin, red pepper flakes, and pepper. Mash remaining 2 cups black beans with a fork and add to soup mixture. Bring to a boil then reduce heat to a simmer, cook uncovered for 30 minutes or until thickened. Top each soup serving with 1 TBSP sour cream, remainder of chopped cilantro, and fresh cilantro leaf.

Makes 9 one cup servings and provides 2 serving of vegetables in each cup.

Alaska Blueberry Cobbler

Ingredients

- ¼ cup sugar, white
- 2 TBSP corn starch
- 4 cups Alaska* berries, fresh or frozen
- 1 tsp lemon juice
- 1 cup flour, whole wheat
- 1 TBSP sugar, white
- 1½ tsp baking powder
- 3 TBSP oil, vegetable
- ½ cup milk, low fat

*Any variety of Alaskan berries can be used such as low bush cranberries, raspberries or salmon berries.

Fruit Mixture

Blend ¼ cup sugar and cornstarch in a sauce pan. Stir in berries and lemon juice. Cook mixture, stirring constantly, until mixture thickens and boils. Boil and stir one minute. Pour mixture into 9x9 un-greased baking dish.

Biscuit Topping

Heat oven to 400 degrees. Stir flour, 1 TBSP sugar, and baking powder together in mixing bowl. Add oil and milk, blend together until a dough forms. Drop about 9 dough spoonful onto the fruit mixture. Bake 25-30 minutes or until biscuit topping is golden brown. Serve warm.

Makes 6 servings and provides one serving of fruit in each.

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Alaska Game Stew

Courtesy of Glen Denkler, Eat Smart Alaska

Ingredients

- 2 TBSP olive oil
- 1 pound game meat, trimmed and cubed
- 2 cups pearl onions, canned, frozen or fresh (peeled)
- 2 14.5 oz cans tomatoes, canned and diced
- 1 cup carrots, diced
- ½ tsp oregano dried (or 1 tsp fresh minced)
- 1 Bay leaf
- 1 tsp garlic, powders (or 3 cloves fresh garlic minced)
- ½ tsp thyme, dried
- 1 tsp rosemary, dried
- 1 tsp cumin, ground
- 1 cup beef broth, low sodium
- 1 cup tomato juice, low sodium
- 1 cup dry red wine
- 2 TBSP corn starch
- Salt and pepper to taste.

Preparation

Preheat oven to 200 degrees. In a heavy oven proof stockpot, heat oil. Add meat to oil and cook until brown. Remove meat from stockpot and set meat aside. Add pearl onions to stockpot and cook until soft. Reduce heat to low and add canned tomatoes, carrots, and all spices. Mix broth, juice, wine and cornstarch together. Add cornstarch liquid to stockpot vegetables and bring to a simmer. Return meat to stockpot, cover with lid, place in oven. Cook at 200 degrees for 3 hours. Add salt and pepper to taste.

Makes 6 one cup servings and provides one serving of vegetables in each cup.

Olympic Gold Carrot Nut Spread

Adapted with permission from Nanna L. Meyer, PhD, RD Sports Dietitian US Speed Skating

Ingredients

- 1½ cups cooked carrots* (approximately 2 lbs before preparation)
- 1 TBSP olive oil
- 2 tsp salt
- 1 15 oz can pumpkin puree (NOT pumpkin pie filling)
- ½ cup nut butter (peanut butter or almond butter)
- ⅛ cup slivered almonds (or other variety), toasted** optional
- 1 tsp cumin powder
- ½ tsp red pepper

Preparation

*To cook the carrots: Roasted carrots brings out the best flavor. Preheat the oven to 450 degrees. Peel and slice 2 lbs. carrots so they are about the same size and thickness... 3 inches long by 1/4 inch thick. Toss with olive oil and salt. Line 9x13 pan with foil and spread carrots out on in single layer. Stir every 10 minutes, total roasting time about 30 minutes or until soft.

You may also cook carrots in water on stove top over medium heat with olive oil and salt. Cooking time approximately 15 minutes.

**Toast nuts in dry skillet over high heat on stove top. Stir continually so they do not burn. Cooking time approximately 5 minutes.

After carrots have cooled, blend in food processor or grinder. Add pumpkin (NOT pumpkin pie filling), nut butter, and seasonings. Process mixture until completely mixed. Stir in toasted nuts. Serve warm or cold.

This spread makes a great appetizer or snack. Serve with toast, crackers, pilot bread, vegetables, etc.

Salmon Stuffed Potatoes

Courtesy of Alaska Seafood Marketing Institute

Ingredients

- ½ pound Alaska salmon, cook or canned
- 4 large (7 oz) Alaska grown baking potatoes
- ⅔ cup monterey jack cheese, shredded
- ¼ cup skim milk
- 1 egg, beaten
- 1½ TBSP margarine or butter
- 2 TBSP onion, minced
- 2 TBSP green chilies, diced (optional)

Preparation

Flake salmon. Set aside. Pierce potatoes several times with fork. Place in microwave oven. Cook on high power for 20 minutes or until tender, turning every 5 minutes. Cut a slice off top of each potato. Scoop out inside of potato, leaving skin intact; set aside. Mix potato pulp with flaked salmon, 1/3 cup cheese, and remaining ingredients. Spoon mixture into potato shells. Microwave on high power for 5 minutes or until heated through. Sprinkle with remaining cheese and microwave on high for 45 seconds until cheese is melted.

Makes 4 stuffed potatoes and provides 2 serving of vegetables in each serving.