



RECIPES + INGREDIENTS

Bring new flavors to your home while celebrating the holiday traditions of **Navidad** and **Kwanzaa**.

WHAT'S LOCAL?

- Garlic - Good Taste Farms (Lyons, NE)
- Yellow Onion - Lone Tree Foods (Lincoln, NE)
- Lacinato Kale - Wolff Farms (Norfolk, NE)
- Delicata Squash - Lone Tree Foods (Lincoln, NE)

NOTE FROM THE CHEFS



MEYA HILL



DANA CHRISTENSEN



POZOLE

For the celebration of **Navidad**, we chose to make **Pozole** with its signature ingredient, **Hominy**. Hominy undergoes a process called nixtamalization, discovered by Indigenous people, that turns regular field corn from a nutrient-lacking food into a nutrient-dense super food. Hominy therefore celebrates taking something common and turning it into yellow gold. It reminds us of the genius of the people who lived on this land before us and of the knowledge they left for us to sustain ourselves into the New Year.

Another reason Pozole is the perfect food for Navidad is that it is a **soup**, the ultimate community meal; it brings people together. Our hope is that there are no empty pots for Navidad this year, and specifically that this pot of Pozole you cook with us today will fill the bellies of those you love during this special time!

HOPPIN' JOHN

For the celebration of **Kwanzaa**, we chose to make **Hoppin' John**, a stew made from Black-Eyed Peas, rice, and traditionally pork. Especially important to this dish is the **Black-Eyed Pea**. This bean was introduced to the Americas by Slaves from West Africa. This humble pea was so valued that in the face of unimaginable circumstances it was brought along often in lieu of anything else. It is therefore a seed of connection, a reminder of the story of survival, and a food of celebration to remind us of those who have come before us.

Eating Hoppin' John during Kwanzaa gives **prosperity**: an abundance of love, hope and food to sustain us for our journey ahead in the New Year. We hope as you cook this meal, you feel this connection to history and receive our best wishes of prosperity in the coming year for you and your loved ones!

VEGAN HOPPIN' JOHN

INGREDIENTS

- 3 Cloves Garlic, minced
- 1 Stalk Celery, minced
- 1 Green Bell Pepper, diced
- Prepped Black Eyed Peas
- Mixed Greens, sliced into strips and salted to taste
- 1 Cup Parboiled Rice
- Vegetable Broth
- 1 Seasoning Packet (thyme, paprika, cayenne, pepper)
- Liquid Smoke
- 1/2 Onion, diced
- 1 Tablespoon Olive Oil
- Hot Sauce (optional)
- Scallions (optional)

DIRECTIONS

1. Wash parboiled rice with cold water until drained water runs clear.
2. Place rice in sauce pan and cover with 1 1/3 cup water. Bring water to a boil on medium-high heat. Reduce heat, cover pan and let simmer for about 20 minutes.
3. Remove rice from heat and let stand for 10 minutes.
4. Place the olive oil in large pot and set over medium heat. Add the garlic, celery, onion and bell pepper. Sauté until softened, and the onion is translucent.
5. Add the broth, black eyed peas, liquid smoke, and spice packet.
6. Add the greens and stir a few times. Allow to simmer about 3 more minutes, until the leaves are wilted.
7. Serve over rice.
8. Garnish with scallions or hot sauce for more kick if you dare!

ROASTED SQUASH

INGREDIENTS

- Roasted Delicata Squash
- Savory Spice Packet (nutmeg, cloves, cinnamon, sage and cayenne)
- Sweet Spice Packet (cinnamon, nutmeg, brown sugar and cloves)

DIRECTIONS

1. Savory or sweet? Your choice! Flavor the squash with either the sweet or savory spice packet.
2. To reheat, turn broiler on. Place squash on a baking sheet. Broil 6 inches from heat source, until squash has golden edges, usually 2 to 4 minutes. Put squash into a deep serving bowl.

CORNBREAD

INGREDIENTS

- 2 Cornbread Muffins

DIRECTIONS

1. To reheat, preheat your oven to 350 °F.
2. Place your cornbread muffins in a tray and cover with foil to prevent them from burning and keep the bread soft!
3. Bake for 10 to 15 minutes or until warm.

POZOLE

INGREDIENTS

- Pozole Sauce (1.5 cup vegetable broth; 1 can tomato paste; cumin, chipotle and salt spice blend)
- 1 Can Hominy
- 1/2 Onion, chopped
- 1 Lime
- 1 Radish, thinly sliced
- Cilantro, minced
- Prepped Pinto Beans
-

DIRECTIONS

1. Over medium heat, warm the olive oil in a pot until simmering. Add the chopped onion and a pinch of salt. Cook, stirring often, until the onions are tender and translucent, about 5 minutes.
2. Add the Pozole sauce and cook while stirring for 1 minute.
3. Add the hominy and pinto beans to the pot. Stir in ½ teaspoon salt and raise the heat to medium-high. Bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer, stirring occasionally, and cook for 25 minutes.
4. Stir in the minced cilantro and juice of ½ lime into the soup. Taste, and add more salt if needed.
5. For extra richness, add a little splash of olive oil and stir it in.
6. Divide the soup into bowls and garnish with remaining lime wedges, sliced radish and cilantro.