

Angels Cook Book



Moroccan Vegetable Soup

2 tablespoons olive oil, more as needed, optional	1 teaspoon lemon juice
1 onion, chopped	Salt and ground black pepper to taste
1 cup peeled, chopped carrots	½ teaspoon dried cilantro
1 cup peeled, chopped parsnips	1 clove garlic, minced (optional)
1 cup canned pumpkin puree	3 tablespoons chopped fresh parsley (optional)
1 quart vegetable stock, more as needed	⅛ teaspoon paprika (optional)

Instructions:

Heat 2 tablespoons olive oil in a large pot. Stir in onion and cook until soft and translucent, about 5 minutes. Add carrots and parsnips. Cover and cook until vegetables have softened slightly, about 5 minutes.

Add pumpkin puree and stock. Bring to a simmer and reduce heat to low. Cover and let simmer until vegetables are tender, about 40 minutes. Add lemon juice, salt, pepper, and cilantro. Taste and adjust seasonings, if necessary. Remove from heat and let cool.

Ladle soup in batches into a food processor and blend until smooth. Alternatively, use an immersion blender. If soup is too thick, thin with additional stock. Return pureed soup to the pot and heat on medium-low until hot.

Meanwhile, heat 2 teaspoons olive oil in a small skillet. Cook garlic and parsley over low heat until garlic is fragrant, 1 to 2 minutes. Stir in paprika. Ladle soup into bowls and top with garlic-parsley mixture.

Nutritional Information

Serving Size: 5 servings • Calories: 147

www.allrecipes.com/recipe/171110/moroccan-vegetable-soup/



Fresh Southern Peach Cobbler

8 fresh peaches, peeled, pitted and sliced into thin wedges	¼ cup white sugar
¼ cup white sugar	¼ cup brown sugar
¼ cup brown sugar	1 teaspoon baking powder
¼ teaspoon ground cinnamon	½ teaspoon salt
⅛ teaspoon ground nutmeg	6 tablespoons unsalted butter, chilled and cut into small pieces
1 teaspoon fresh lemon juice	¼ cup boiling water
2 teaspoons cornstarch	3 tablespoons white sugar
1 cup all-purpose flour	1 teaspoon ground cinnamon

Instructions:

Gather all ingredients.

Preheat the oven to 425°F (220°C).

Combine peaches, ¼ cup white sugar, ¼ cup brown sugar, ¼ teaspoon cinnamon, nutmeg, lemon juice, and cornstarch in a large bowl; toss to coat evenly, and pour into a 2-quart baking dish. Bake in preheated oven for 10 minutes.

Meanwhile, combine flour, ¼ cup white sugar, ¼ cup brown sugar, baking powder, and salt in a large bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse crumbs. Stir in water until just combined.

Remove peaches from oven, and drop spoonfuls of topping over them.

Mix 3 tablespoons white sugar and 1 teaspoon cinnamon together in a small bowl; sprinkle over entire cobbler.

Bake in the preheated oven until topping is golden, about 30 minutes.

Nutritional Information

Serving Size: 4 servings • Calories: 562

www.allrecipes.com/recipe/51535/fresh-southern-peach-cobbler/