

Minestrone Soup (served at The Phantom Run)

Mark and Alice Lukan, *In the Soup*, Jamm Caterers

Note: the book *In the Soup* has excellent recipes. The authors have a catering company that provides soups for Emily Carr Institute of Art and Design. Proceeds from the book were donated to Union Gospel Mission.

- 2 garlic cloves, minced
- 1 onion, diced
- ½ head cabbage, chopped
- 2 zucchini, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 28 oz canned tomatoes, diced
- 16 oz canned red kidney beans
- 19 oz canned chick peas
- 10 oz frozen spinach, chopped
- 4 cups vegetable stock
- 4 cups tomato juice
- 1 tbsp basil (or more)
- 1 tsp salt
- ½ tsp oregano
- ¼ tsp pepper

Serves 12

1. Saute the onion and garlic until soft.
2. Stir in the remaining ingredients.
3. Simmer for one hour and serve.

Texas Cornbread

Made by Renee Macdonald for The Phantom Run. Source: Laura Coulthart (Heather's sister) brought this back from Texas.

Oven: 425 F

- 1 cup flour
- ¼ cup sugar
- 4 tsp baking powder
- ¾ tsp salt
- 1 cup cornmeal (yellow)
- 2 eggs
- 1 cup milk
- ¼ cup butter

1. Sift flour, sugar, baking powder, and salt. Stir in the cornmeal.
2. Add eggs, milk and butter.
3. Beat until smooth (about 1 minute), do NOT overbeat.
4. Pour into greased loaf pan. Bake 20-25 min.