

LET'S EAT

It's All About the Food! (At Least After Sundown)

Ingredients

1 1/2 cups all purpose flour

1 cup sugar

1 teaspoon baking soda

1/2 teaspoon salt

3 medium-sized ripe
bananas

1 large egg, room
temperature

1/3 cup vegetable oil

1 teaspoon vanilla extract



Basic Banana Muffins

In a large bowl, combine dry ingredients. In another bowl, mash the bananas. Add egg, oil and vanilla; mix well. Stir into the dry ingredients just until moistened. Fill greased or paper-lined muffin cups half full.

Bake at 375° for 18-22 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool.

Ingredients

1 tablespoon olive oil

1 onion, diced

1 teaspoon sumin

1 teaspoon coriander

2 large beef bones

4 carrots, sliced

1 (15 ounce) can diced tomatoes

1 (15 ounce) chickpeas, rinsed and dried

8 cups of water

Salt & pepper to taste

Moroccan Beef Stew

Flavorful Moroccan soup with beef and vegetables and chickpeas. It's a one pot meal to fill and satisfy everyone.

Heat oil in a soup pot over medium heat.



Add onion and spices, sauté until fragrant.

Add beef bones, carrots, tomatoes and chickpeas.

Stir and then add water and salt and pepper.

Simmer for at least 1 hour, the longer it cooks the better it is. Taste to adjust seasoning.