



RECIPES TO WARM YOUR TUMMY ON A COLD DAY

Every week, Pennsylvania Parks and Forests Foundation—the official nonprofit partner of the Pennsylvania state parks and state forests—invites you to “Take Five” with our email update on the latest adventures found in your favorite parks and forests.

It’s short, generally sweet, and includes photos and a little bit of trivia to test your wits and, we hope, provide an “oh? I didn’t know that” moment.

For the last edition of “Take Five” in 2017 we invited our trivia players to share their favorite foods for a warm tummy on what was predicted (and indeed turned out to be) one of the coldest New Year’s Day celebrations in recent memory.

Here they are. Sit back (maybe with a hot toddy made with ginger brandy suggested by Jenny) and enjoy!

(And if you’d like to receive Take Five (Fridays with Pam), visit our website and click the link at the bottom of the page to **Join Our Email List.**)

SOUP—A Cold Tummy's Best Buddy

TOMATO & GRILLED CHEESE SOUP

This was the recipe that started the idea for this booklet. Take Five primary author Pam's go-to comfort food is tomato soup and a grilled cheese sandwich. Combine the two into one great dish? Magic!

1 onion, diced	1/2 c flat-leaf parsley
1 tsp Italian seasoning	1 T sugar
1/4 tsp black pepper	4 c chicken stock
1/4 tsp red pepper flakes	1/2 c grated Parmesan
Pinch salt	French baguette, sliced into 12 1/2" slices
6 large (or 8 small) garlic cloves, pressed	1 small garlic clove, peeled but whole
3 oz (1/2 can) tomato paste	1 c shredded Italian cheese blend
1 28-oz can diced tomatoes	Chopped parsley for garnish
1 oz fresh basil leaves	

Heat 3-4 T olive oil in a soup pot over medium high heat. Once hot, add diced onion and saute for few minutes until the onion begins to slightly brown.

Stir in Italian seasoning, black pepper, red pepper flakes and a pinch of salt; stir in garlic. Once the garlic become aromatic (about 30 seconds or so), add tomato paste and cook for a minute or so. Stir in canned tomatoes, fresh basil, parsley, and sugar. Add chicken stock, and simmer for 20 minutes.

Turn off the heat and stir in grated Parmesan.

If you like, use a hand-held immersion blender and puree the soup until completely smooth; increase seasonings to taste. (If you like your tomato soup chunky, don't bother!)

Drizzle some oil over the baguette slices, then place them onto a baking sheet and under the broiler just until golden and toasty. Rub the clove of garlic over each slice and add a pinch of salt.

Ladle some soup into oven-safe bowls, and top each with about 2-3 garlic toasts; then, sprinkle on about 1/4 cup (or more) of the cheese, and place under the broiler to melt and become bubbly.

Carefully remove and garnish with a sprinkle of parsley before serving.

QUICK & EASY CHICKEN NOODLE SOUP

Carol's from Somerset County just like Pam and we LOVE our noodles. When it comes to comfort food Chicken Noodle Soup is just about THE definition! And it's made quicker and easier with a rotisserie chicken from your favorite grocery.

1 T butter	1 1/2 c egg noodles
1/2 c chopped onion	1 c sliced carrots
1/2 c chopped celery	1/2 tsp dried basil
4 (14.5 ounce) cans chicken broth	1/2 tsp dried oregano
1 (14.5 ounce) can vegetable broth	Salt and pepper to taste
1/2 lb chopped cooked chicken breast	

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Carol Saylor

GOOD OLD-FASHIONED CHILI

Janet CLAIMS she's not a good cook but that this classic Betty Crocker recipe always does the trick. Mmmm. With a little bit of cornbread on the side? Oh, yes!

1 large onion, finely chopped	1 tsp ground cumin
2 cloves garlic or 1/4 tsp garlic powder	1/2 tsp salt
1 lb lean (at least 80%) ground beef	1/2 tsp red pepper sauce
1 T chili powder	1 14.5 oz can diced tomatoes (undrained)
2 tsp chopped fresh or 1 tsp dried oregano leaves	1 15-16 oz can red kidney beans (undrained)

Cook the beef and onion together in a big pot. Drain off the fat and add everything but beans. Cook for an hour on low heat. Stir in beans and cook an additional 30 minutes.

Top with cheese? Sour cream? Crushed corn chips? Why not!

Janet Ball

FRENCH ONION SOUP

Friends of Big Pocono's John—who definitely believes snow is a gift from above—advocates for this classic with lots of crispy Swiss all melty. This recipe adds provolone and Parmesan too because ... well, cheese!

1/2 c unsalted butter	Salt and pepper to taste
2 T olive oil	4 slices French bread
4 c sliced onions	4 slices provolone
4 10.5 oz cans beef broth	2 slices Swiss cheese, diced
2 T dry sherry (optional)	1/4 c grated Parmesan
1 tsp dried thyme	

Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent.

Add beef broth, sherry, and thyme. Season with salt and pepper, and simmer for 30 minutes. Heat the oven broiler.

Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer). Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 T Parmesan cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly

John Motz

MAIN DISHES—Hearty (and Easy) Means Happy

POT ROAST

Over on the eastern side of the state, Diane's vote was for melt-in-your-mouth pot roast surrounded by lots of root vegetables. You could put it in the slow cooker, too, while you're outside playing. That's worth coming inside for!

2 to 3 lb boneless chuck roast	4 carrots (cut into 4" lengths)
2 T Worcestershire sauce	8 oz mushrooms brushed clean and trimmed
1 tsp onion powder	6 cloves garlic (peeled and cut into halves)
1 tsp garlic powder	1/2 large onion (sweet variety, sliced thin)
1 tsp salt	1 package dry onion soup mix
1 T dried oregano (crushed)	1/4 c red wine
Black pepper to taste (Freshly ground)	3/4 c beef broth
8 baby red new potatoes (scrubbed)	

Heat oven to 325° F.

Rub beef chuck roast with Worcestershire sauce on both sides.

Combine onion powder, garlic powder, kosher salt, and dried oregano. Sprinkle spice mixture evenly on both sides of roast. Add freshly ground black pepper to taste.

Place seasoned chuck roast in the center of a large foil-lined roasting pan. Arrange new potatoes, carrots, mushrooms, and garlic around roast. Separate sweet onion slices and arrange on top of beef and vegetables.

Mist top of vegetables with cooking oil spray. Sprinkle dry onion soup mix evenly on top of vegetables and meat. In a separate small bowl, combine red wine, beef broth, and tomato paste until smooth. Pour mixture down the side of the pan, tilting to distribute evenly over the bottom. Cover pan with foil, crimping around the edges to seal tight.

Bake for 2 1/2 to 3 hours, until meat is tender. Slice pot roast and serve with roasted vegetables and pan gravy.

Diane Smith

TUNA NOODLE CASSEROLE

PPFF Number Cruncher Debbie put in her vote for Nuna Toodle Casserole because best of all it's a "throw together" dream! Maybe we can get her to make it for our next staff retreat!

Some kind of cooked noodle—your choice
A can or two of tuna
A can of cream of mushroom soup
A little bit of milk
Peas
Your choice of cheese ... onions ... bread crumbs on top

Mix it all together in a casserole dish. Bake at 350 for 30 to 40 minutes. Sigh!

Debbie Whitmoyer

SPAGHETTI & MEATBALLS

When it comes to classics, PPF's Outreach Coordinator Amanda says nothing much rivals sketti and meatballs. Here's a recipe for homemade meatballs and sauce for the purists. But when you want to spend just a little bit more time outside, we bet you've found that your local grocery has some delicious already-prepared ones just waiting for you in the meat department. And a good jar of sauce does the trick.

1 lb ground beef	1/2 tsp red pepper flakes
1/3 c bread crumbs	1/2 c onion, finely chopped
1/4 c finely chopped parsley	1/4 c grated Parmesan
1 egg	1 bay leaf
2 garlic cloves, minced	1 35-oz can crushed tomatoes in puree
1 tsp salt	Freshly ground pepper
1/2 tsp red pepper flakes	1 lb spaghetti, prepared to package directions
2 T olive oil, divided	

In a large bowl, combine beef with breadcrumbs, parsley, Parmesan, egg, garlic, salt and pepper flakes. Mix until just combined and form into 16 balls.

In a large pot over medium heat, add 1 T oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes.

Remove meatballs and reserve on plate.

Add the remaining olive oil and onion and saute until onion is translucent. Add bay leaf and crushed tomatoes. Season with salt and pepper and bring to a simmer. Add the meatballs back into the pot, cover and simmer until the sauce has thickened, 8-10 minutes.

Serve pasta with a healthy scoop of meatballs and sauce. Top with Parmesan and serve.

Amanda Trimmer

MARCI'S BAKED OATMEAL

When it's cold, who would argue that baked oatmeal makes a main dish? This is a favorite specialty of Prez Marci. Loyal reader Mary Bowser also put in her vote for oatmeal and no doubt she'd agree to the idea of making it the baked variety.

1/3 c oil	1/2 c raisins
1/3 c sugar	2 T brown sugar
1 1/3 c milk	1/2 tsp cinnamon
2 eggs	1/2 tsp vanilla
1/2 tsp salt	1/2 c chopped nuts
1 T baking powder	1/2 to 1 c chopped fruit (apples, berries, peaches, etc.)
3 c whole oats	

Mix together and spread into 8 x 8 inch baking pan. Bake at 350° for about 30 minutes.

Marci Mowery

CHOCOLATE—The Ultimate in Tummy Happiness

GOOEY BROWNIES

Stephanie seconded the chicken noodle soup idea but who can argue with her suggestion of a warm gooey brownie to go with it?

1/2 c unsalted butter, melted	2 tsp pure vanilla extract
1 T cooking oil (olive oil or coconut oil are fine)	1/2 c all purpose flour
1 1/8 cup superfine (caster) sugar*	1/2 c unsweetened cocoa powder
2 large eggs	1/4 tsp salt

Preheat oven to 350°.

Lightly grease an 8-inch square baking pan with cooking oil spray. Line with parchment paper (or baking paper); set aside.

Combine melted butter, oil, and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the eggs and vanilla; beat until lighter in color (another minute).

Sift in flour, cocoa powder, and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined. DO NOT over beat as doing so will affect the texture.

Pour batter into prepared pan, smoothing the top out evenly. (OPTIONAL ADD INS GO HERE)

Bake for 20-25 minutes, or until the center of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies. DO NOT OVERBAKE if you want fudgy brownies.

Remove and allow to cool to room temperature before slicing into 16 brownies.

OPTIONAL ADD INS: Crushed walnuts, peanuts, almonds, pecans, etc. Chocolate chips, peanut butter chips, chocolate chunks, dried fruit (cranberries, raisins, etc)

*Regular white granulated sugar can be used if you can't find caster sugar.

Stephanie Miller

COCOA AND TOAST

To Karen goes the award for Best Nostalgia trip! This was the treat on the kitchen table at Grandma Hamer's in Friedens whenever Pam came back inside from outdoor adventures and (as Karen so delightfully put it) "we slid out of our overly stuffed snowsuits."

1/2 c sugar	1/3 c hot water
1/4 c Hershey's Cocoa	4 c milk
Dash salt	3/4 tsp vanilla extract

Mix sugar, Cocoa, and salt in a saucepan. Stir in water. Cook and stir over medium heat until mixture boils. Boil and stir for two minutes. Stir in milk and heat but DO NOT BOIL. Remove from heat and add vanilla.

Serve with a side of buttered toast and lots of love.

Karen Verchimak