



BIG B GROCERY

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3400 CHOCCOLOCCO ROAD

ANNISTON AL 36207.

(256)-238-BIGB (2442) (256)-741-8817 FAX (256)-741-8874

bigbgro@bigbgrocery.com

WWW.BIGBGROCERY.COM

BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

Creamy Broccoli Soup with Home Made Croutons

Ingredients:

Broccoli 3 cups packed

Onion 1

Bay Leaf 2

Rice Flour 1 tbsp

Whole / Skimmed Milk 1 cup

Salt to taste

Black Pepper to taste

Olive Oil 1 tbsp

Method of preparation:

Separate the big heads of broccoli and wash them thoroughly.

Peel and finely chop onion.

Heat oil in a sauce pot; add chopped onion and bay leaves.

Once onion starts to brown, add rice flour and let the flour turn to golden brown.

Now add broccoli, 2 cups of water, freshly ground black pepper and salt.

Boil covered until broccoli is soft and completely cooked.

Cool the broccoli mixture, discard the bay leaves and blend broccoli into fine creamy mixture.

Heat a sauce pot, pour the blended broccoli mixture into the pot and stir in milk.

Bring the broccoli soup to a light boil and remove from heat.

Serve hot creamy broccoli soup with homemade croutons.

Notes: Drizzle olive oil, salt, black pepper, red chili flakes on chopped white bread pieces and place the mixed bread pieces on baking tray in 380F preheated oven for 5 - 10 minutes to make homemade croutons.

Green Beans

Patoli is a traditional Andhra dish and is very tasty and healthy. Today's recipe is made with French beans and lentil (Bengal gram, senaga pappu) and goes well with rice and Rotis. I have used French beans in this dish today but you can substitute it with either okra, cluster beans, cabbage or raw banana.

1 cup of chopped beans (cut into 1" pieces and boiled in salted water)

1 big onion chopped

2 green chillis slit length wise

10 curry leaves

1/2 mustard seeds

1 tsp urad dal (minapappu, black gram)

1 1/2 toss jeera

2 whole dry red chillis

1" piece ginger

1 cup channa dal (senaga pappu, Bengal gram) soaked in water for 2 hours

1/3 tsp turmeric

pinch of asafoetida

salt

Grind the soaked channa dal with ginger, dry red chillis, tbsp cumin seeds and salt to a coarse texture without adding water.

Heat 1 tbsp oil in a wide vessel and add mustard seeds and let them splutter.

Now add 1/2 tsp cumin seeds, urad dal, and asafoetida and curry leaves and fry for 10 seconds.

Now add the green chillis and onions and fry till transparent Add turmeric powder.

Now add the boiled French beans and fry for 3 minutes.

Now add the ground channa dal and mix well and cover and cook stirring once in a while for 10-12 minutes.

The Patoli should have a fry powder-like texture.

This goes very well with hot rice and a dash of ghee. Tastes best when eaten hot!