



# Random Acts of Cooking Kindness

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*Bruschetta in a Jar*

*Coleslaw with Lime Cumin Dressing*

*Slow Cooker Southwestern Beef Stew*

*Steamed Rice or Cooked Pasta*

*Raspberry Almond Bars*

## **BRUSCHETTA IN A JAR**

*Adapted and printed with permission from  
"Tomatoes Canning & Specialty Recipes" by Bernardin Ltd.*

1 cup (250 mL) dry white wine	5 cloves garlic, chopped
1 cup (250 mL) white wine vinegar	2 tbsp (25 mL) basil, crumbled
1/2 cup (125 mL) water	2 tbsp (25 mL) oregano, crumbled
2 tbsp (25 mL) balsamic vinegar	2 tsp (10 mL) pickling salt
2 tbsp (25 mL) sugar	9 cups (2.25 L) diced seeded Roma tomatoes

Combine all ingredients except tomatoes in a nonreactive Dutch oven and bring to a boil. Add tomatoes and return to a boil. Reduce heat and simmer 5 minutes. Using a slotted spoon, lightly pack tomatoes into hot sterilized jars, leaving 3/4 inch (2 cm) headspace. Pour hot liquid from Dutch oven over tomatoes, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife; add additional liquid, if required. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath. Process 25 minutes at altitudes of 1001 - 3000 feet (305 - 914 m); process 30 minutes at altitudes of 3001 - 6000 feet (915 - 1829 m). Store in a cool dry place for up to 6 months. Drain bruschetta before serving.

Makes 8 half-pint (250 mL) jars.

**Cook's Note:** *Use as an appetizer by topping a toasted baguette with cheese and drained bruschetta. For a quick dinner, combine a jar of bruschetta with cooked pasta; add olive oil, sliced olives, grated Parmesan cheese and freshly ground pepper.*

## **COLESLAW WITH LIME CUMIN DRESSING**

1/3 cup (75 mL) fresh lime juice	1/2 cup (125 mL) oil
1/2 tsp (2 mL) cumin	8 cups (2 L) coleslaw mix
1/2 tsp (2 mL) hot pepper sauce	3/4 cup (175 mL) thinly sliced red onion
1/2 tsp (2 mL) salt	1/4 cup (50 mL) chopped fresh cilantro
1 clove garlic, finely chopped	1 red bell pepper, julienned

To prepare dressing, whisk together lime juice, cumin, hot pepper sauce, salt and garlic. Gradually whisk in oil. Combine coleslaw mix, onion, cilantro and red pepper in a bowl. Add dressing and toss to coat. Refrigerate for up to 2 hours. Serves 8 - 10.

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## **SLOW COOKER SOUTHWESTERN BEEF STEW**

2 lb (1 kg) boneless beef chuck steak, cubed	1 can (19 oz/540 mL) black beans, rinsed and drained
1 cup (250 mL) medium salsa	1/4 cup (50 mL) flour
1 cup (250 mL) barbecue sauce	1/2 cup (125 mL) water
1 pkg (35 g) taco seasoning mix	1/2 cup (125 mL) chopped fresh cilantro, optional
2 cups (500 mL) frozen kernel corn, thawed	
1 can (19 oz/540 mL) chickpeas, rinsed and drained	

Combine first 7 ingredients (beef through black beans) in a slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until beef is tender. Increase to high heat setting. Whisk together flour and water until smooth. Stir into stew. Cover and cook for 30 minutes or until stew is thickened. Stir in cilantro. May be frozen for up to 2 months. Serves 6.

## **RASPBERRY ALMOND BARS**

1 1/2 cups (375 mL) flour	2 tbsp (25 mL) butter, melted
1 cup (250 mL) icing sugar	1 tsp (5 mL) vanilla
3/4 cup (175 mL) butter, softened	1/2 tsp (2 mL) almond extract
2 eggs, lightly beaten	3/4 cup (175 mL) sieved raspberry jam
1/2 cup (125 mL) sugar	2 cups (500 mL) sliced natural almonds
1/2 cup (125 mL) golden brown sugar	

Line a 9x13 inch (23x33 cm) baking pan with nonstick foil, leaving a 2 inch (5 cm) overhang. To prepare crust, combine flour and icing sugar in a bowl. Cut in softened butter with a pastry blender until mixture is crumbly. Press mixture into prepared pan. Bake at 350°F (180°C) for 20 minutes or until firm and light golden around edges. Remove pan from oven; let crust cool for 5 - 7 minutes. Meanwhile, whisk together beaten eggs, sugar, brown sugar, melted butter, vanilla and almond extract until blended. Spread raspberry jam evenly over crust. Sprinkle with almonds. Drizzle egg mixture over almonds and spread gently. Continue baking for 25 minutes or until set and top is golden. Cool in pan on a rack. Using foil as an aid, lift bar from pan and cut into bars. Carefully remove bars from foil. Store in an airtight container in refrigerator for up to 1 week. May be frozen. Makes 32 bars.