

BEEF BARLEY SOUP

- 1 pound of Cattle Tracks stew beef, cut into 1/2" chunks
- 2 c. carrots, diced
- 1 c. celery, diced
- 1 lg. onion, diced
- 1/2 c. uncooked barley
- 1/4 chopped parsley
- 6 cups of beef or vegetable broth
- 2 tsp. salt
- 3/4 tsp. dried basil
- 1 bay leaf
- 2 tbsp. ketchup

Brown the beef in a non-stick sauté pan in minimal oil. Remove beef chunks and place in crock-pot. Add the diced vegetables to the pan and stir them around to pick up the flavor bits. Add 1/4 cup of water to the sauté pan and stir. Move vegetables to the crock-pot with the beef and add the remaining ingredients. Cook on low for 8 hours or on high for 4 hours. Check near the end of the cook time to see if you need to add more liquid.

– Cattle Tracks

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Biscuit Mix Coffee Cake

- 2 cups of Earth Elements biscuit mix
- 2 Tbls of sugar
- 1 Egg
- 2/3 cup water or milk

Coffee Cake Topping:

- 1/3 cup of biscuit mix
- 1/3 cup brown sugar
- 1/2 tsp cinnamon
- 2 Tbls butter

Preheat oven to 400 degrees. Grease a 9 inch round pan. Mix the cake ingredients together, and pour evenly into the pan. Sprinkle the topping onto the batter carefully, and evenly. Bake for about 20 minutes. Let cake cool before removing from pan.

– Earth Elements Farm

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Peanut Muffins

- 1 3/4 C. flour
- 2 t. baking powder
- 2 T. sugar
- 1/2 t. salt
- 1/2 C. chopped roasted peanuts
- 2 lightly beaten eggs
- 1 C. milk
- 3 T. oil

Mix flour, baking powder, sugar, and salt in a large mixing bowl. Stir in the chopped peanuts. Make a well in the middle of the dry mixture. In separate bowl combine eggs, milk, and oil. Add to the flour mixture with a few swift strokes. Batter should be lumpy. Fill greased muffin tins 2/3 full (or use baking cup liners) and bake at 400 degrees F. for 20-25 minutes. Makes about 2 dozen. These are really good when they're served hot.

– Snider Farms

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Cornmeal and Honey Scrub

- 1 1/2 tsp. cornmeal
- 1 tsp honey
- 1/2 C. water

Combine ingredients thoroughly and allow cornmeal to absorb liquids for 1 minute. Using your fingers, gently massage onto the face and throat, lie back, and leave on for 15 minutes. Rinse with warm water.

Banana Mask

- 1 very ripe banana
- heavy cream or yogurt

Mash the banana with just enough cream or yogurt into a smooth, spreadable paste. Using fingers, spread onto the face, throat, and recline for 20 minutes. Rinse.

– Rowdy Stickhorse

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