



**COOKING
TOGETHER
SOUL OF
OMAHA**

2022 COOK BOOK



Kitchen Conversions



Dry Measurements

<u>Cups</u>	<u>Tablespoons</u>	<u>Teaspoons</u>	<u>Ounces</u>	<u>Milliliters</u>
1 C.	16 Tbsp.	48 tsp.	8 oz.	237 ml
3/4 C.	12 Tbsp.	36 tsp.	6 oz.	177 ml
2/3 C.	10 & 2/3 Tbsp.	32 tsp.	5 oz.	158 ml
1/2 C.	8 Tbsp.	24 tsp.	4 oz.	118 ml
1/3 C.	5 & 1/3 Tbps.	16 tsp.	3 oz.	79 ml
1/4 C.	4 Tbsp.	12 tsp.	2 oz.	59 ml
1/8 C.	2 Tbsp.	6 tsp.	1 oz.	30 ml
1/16 C.	1 Tbsp.	3 tsp.	1/2 oz.	15 ml

Fluid Measurements

<u>Gallon</u>	<u>Quarts</u>	<u>Pints</u>	<u>Cups</u>	<u>Ounces</u>	<u>Liters</u>
1 gallon	4 quarts	8 pints	16 cups	128 oz.	3.8 liters
1/2 gallon	2 quarts	4 pints	8 cups	64 oz.	1.9 liters
1/4 gallon	1 quart	2 pints	4 cups	32 oz.	.95 liters
	1/2 quart	1 pint	2 cups	16 oz.	480 ml
		1/2 pint	1 cup	8 oz.	240 ml
			1/2 cup	4 oz.	120 ml.
			1/4 cup	2 oz.	60 ml.
				1 oz.	30 ml.



Brown Sugar



Buttermilk



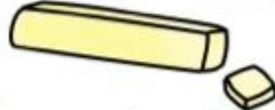
Sour Cream

Heavy Cream



1 CUP =

1/3 CUP BUTTER + 3/4 CUP MILK



1 CUP =

1 CUP GREEK YOGURT



Corn Syrup



1/4 CUP LIQUID +
1 CUP SUGAR



1 CUP =

Ingredient Substitutions

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Together



**GRACE ABBOTT
SCHOOL OF SOCIAL WORK**

This is the fifth 24th Street Cookbook from Together and University of Nebraska Omaha. This cookbook seeks to represent 24th street as a decolonizing cookbook.

A decolonizing cookbook preserves the essence of a community or culture's food. This cookbook seeks to show 24th street in its true state. As such, it is more than a book of recipes. This is a book that seeks to share the heart of a beautiful street in Omaha. 24th Street cuts through inner Omaha from North to South. The street is a beautiful and colorful mosaic of different races, cultures, and backgrounds all living together. 24th Street demonstrates the best of Omaha and our country in open and inclusive living. It also demonstrates our struggles with unnecessary hunger and homelessness. Too many of the beautiful folks that make up 24th Street struggle to get through the day. Yet, they do with resilience and strength. This is their cookbook.

I would like to thank The Abbott School of Social Work at University of Nebraska Omaha. Their students met with community participants and derived the recipes, the stories and provide reflections. These are not just students, they are our future community leaders. Year after year, I get to observe the wonderful insight and passion of the social work students at University of Nebraska Omaha. It is their incredible service that makes this book possible.

I also must thank the University of Nebraska Service Learning Academy. The Service Learning Academy allows the University of Nebraska Omaha to leave the campus and have students not just serve but become positive change agents in our wonderful city. Together has enjoyed fourteen consecutive semesters with a service learning project. I can attest that students, nonprofit organizations, community members, and Omaha as a whole is better because of the Service Learning Academy.

This book cannot happen without AmeriCorps. The Together AmeriCorps team is the creative force each year. The 24th Street Cookbook is the brainchild of a Together AmeriCorps VISTA some five years ago. As an AmeriCorps VISTA alum and a supervisor of AmeriCorps VISTA and AmeriCorp State and National members, I cannot think of a more important service group. They make this cookbook. They feed the hungry. They house the homeless. They build new programs. They revitalize our communities and our country. They are our best.

Finally, I thank Together. Together is a nonprofit that embraces innovative community based solutions to hunger and homelessness. It doesn't need to do a cookbook. It doesn't have to focus a food pantry into a nutrition and health center. It doesn't have to find ways to strengthen collaborative partners. It doesn't have to create innovative housing solutions. Together takes that extra step to not manage hunger and homelessness but to end hunger and homelessness. Together truly seeks that hoped for day when it can turn out its lights and lock its doors because there is no need for its services. Until then, for those who must make the painful decision between food, rent, health, or clothes. Together is there to help make tomorrow possible with shelter and nourishment.

I hope you enjoy Cooking Together: Soul of Omaha.

Craig Howell
Director of Community Partnerships
Together
April 2022



"Food brings people together on many different levels.
It's nourishment of the soul and body; it's truly love."

- Giada De Laurentiis

The Fastest Way to Hunger

Jack Dankof

The fastest way to hunger
Isn't through the loss of a job
Nor is it through the loss of housing,
No, the fastest way to hunger
Starts with our indifference to all the pain around us,
But you say
It's not our pain
So why should we care?

I'll tell you why,
Pain has a ricochet effect
What befalls another always hits us too.
Don't believe that?
That family with the sign,
You see them, don't you?
"We need a home"
Hey, they're just like you, aren't they?
Go ahead and drive on
But look into your rearview mirror as you do,
you see their pain catching up to you, don't you?

No one can go hungry
Without our help first,
No one can go homeless
Without our indifference first,
And you can hide under whatever political banner makes you comfortable
But you're never going to feel comfortable
Without looking at yourself first,
I mean deep inside yourself
Deep into those places your excuses won't let you hide

It's all an inside job
The fastest way to hunger,
Well, that's through us of course
We're the fastest way to hunger,
Every god damn one of us.

Jack Dankof

4/5/2022

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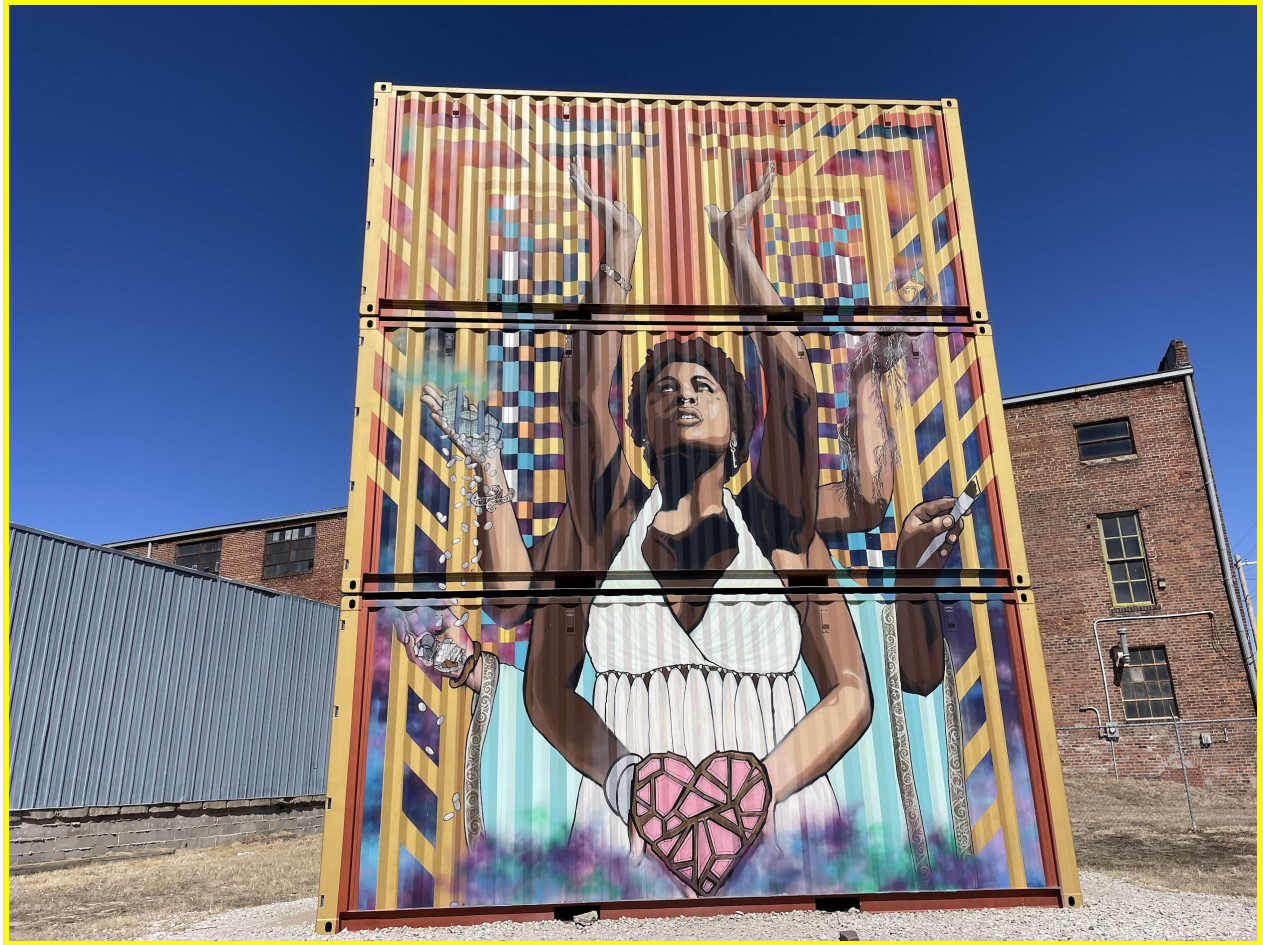
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“This community is a safe place for all people! It doesn’t matter to us where you were born or where you’re from. We are all humans and all deserve basic human dignity and respect”

Pico De Gallo

Yield: About 4 cups

INGREDIENTS

3 cups diced Roma tomatoes
(about 6 tomatoes)
2/3 cup diced white or red onion
(about half of a medium white
onion)
2/3 cup chopped fresh cilantro,
loosely packed
1 to 2 jalapeño peppers, stemmed,
cored and finely diced
1 lime, zested and juiced
1 teaspoon sea salt
(optional) ¼ teaspoon ground
cumin

STEPS

Combine all ingredients in a large bowl and toss until evenly combined.
Serve immediately or refrigerate in a sealed container for up to 2 days.
(Pico de gallo is best eaten fresh)



Veggie Pizza Quesadilla

Serving size = 1 Quesadilla

Ingredients:

1 green bell pepper
1 medium zucchini squash
1 container whole mushrooms
1 yellow onion
Turkey pepperoni
1 jar of pizza sauce
Mozzarella cheese
Whole wheat tortillas
1 tbsp. canola oil
Cooking spray



Optional Ingredients:

*Add any extra veggies you like

Directions:

1. Rinse all veggies, except mushrooms- wipe excess dirt with paper towel.
2. Shred zucchini.
3. Finely chop all other veggies.
4. In a large skillet, heat 1 tbsp. canola oil over medium-high heat. Add onion and green bell pepper until soft (about 4-5 minutes). Add mushrooms and zucchini squash; continue to sauté for 2-3 minutes.
5. Cover tortilla with pizza sauce, leaving a 1" margin around the edge.
6. Put vegetables and pepperoni on half of the tortilla, top with cheese.
 - a. 1 tortilla
 - b. 3 – 5 pepperonis
 - c. ¼ cup vegetables
 - d. 2 T cheese
7. Fold tortilla in half, covering the filling.
8. Grill on one side until golden, then flip over and grill other side until golden.
9. Cut quesadilla into wedges.

Quesadillas de verduras y pizza

Ingredientes:

1 pimiento (verde), cortada
1 paquete pequeño de champiñones, rebanadas
½ cebolla largo, cortada
1 bolsa de pepperoni de pavo
1 taza de salsa de pizza
1 taza de queso de mozzarella
1 paquete de tortillas de avena integral
1 cucharada de aceite de canola
Espray de aceite



Direcciones:

Preparación

1. Limpie todas de las verduras.
2. Rebane los champiñones. Corte la cebolla y pimiento de verde.
3. En un sartén grande, caliente 1 cucharada de aceite a temperatura media. Agregue champiñones y sigue saltear por 2-3 minutos.
4. Pone las tortillas en unos platillos. Separa $\frac{3}{4}$ taza de queso entre las tortillas en un lado (la mitad). Arriba del queso, pone salsa, pepperoni y verduras. Separe el resto de queso entre las tortillas, esparza en la tapa.
5. Doble la tortilla en mitad, empuje un poquito. Espray el aceite bueno en el sartén en temperatura media. Pone 2 tortillas (los mitades) en el sartén y cocínelas. Se dan vuelta el los dos lados hasta de el color es un café. Repite la procesa con el resto de las tortillas. Dejalas hasta son mas frescas, despues cortelos en la mitad.

Turkey Nachos with Cheese Sauce

Serves 12

Ingredients:

1 lb. ground lean turkey
1 clove garlic
1 small onion
1 green bell pepper
1 can of black beans
1 tbsp. chili powder
1 tsp. cumin
Salt and pepper to taste
Homemade or store-bought tortilla chips



Cheese Sauce

2 tbsp. butter
2 tbsp. flour
2 cup milk
3 cups shredded monterey jack and cheddar cheese
A pinch of black pepper and chili powder

Optional Ingredients

fresh cilantro
Shredded lettuce
salsa
jalapenos
plain yogurt

Directions:

1. Drain and rinse black beans and wash all fresh produce.
2. Chop and sauté onion and green bell pepper.
3. Add ground turkey brown until cooked thoroughly. Add black beans, garlic and seasonings.
4. Simmer on a low-heat while you prepare the cheese sauce.

Cheese Sauce Directions

1. Combine butter and flour together in a medium sauce pan to form a paste. Stir slightly.
2. Heat over medium heat until thick (about 5-6 minutes) stirring constantly with a whisk.
3. Add milk slowly stirring to make smooth.
4. Remove milk gravy from heat and add shredded cheese in small bunches at a time, stirring to melt cheese into gravy.
4. Add 1 portion chips, meat, cheese sauce, and top with desired toppings.

Serve

Taco Popcorn

Serves 4-6

Ingredients:

½ cup popcorn
2 tablespoons butter
¼ cup butter
1 tablespoon taco seasoning
Salt, if desired

Directions:

1. Heat oil and popcorn kernels in covered pot over medium-high heat. After first kernel pops, shake pot gently until popping stops.
2. Melt butter and mix with taco seasoning. Toss butter mixture with popped popcorn in large bowl.



“Food is what brings people together from all sorts of places. There are people who come to Together to get groceries and food for their neighbor or a friend.”
-A member of the Together community

Pasta with Beans

Serves 8



Ingredients:

- 1 box whole grain pasta
- 1 onion
- 1 green bell pepper
- 1 Tbsp. canola oil
- 1 Tbsp. oregano
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 tsp. black pepper
- 2 cloves garlic
- 1 tsp. red pepper flakes (optional)
- 28 oz can diced tomatoes
- 14.5 oz can tomato sauce
- 28 oz. can chili beans
- 1 cup shredded cheese

Directions:

1. Prepare pasta according to the directions on the box.
2. Wash all vegetables.
3. Dice onion and green bell pepper, and mince garlic.
4. On medium/high heat, heat canola oil in a large sauté pan. Add onion and green bell pepper to the pan and sauté until they are soft (about 5 minutes). Add spices (optional red pepper flakes for spice) and garlic, continue to sauté for 2 minutes. Add diced tomatoes, tomato sauce, and chili beans. Heat to a simmer.

When vegetables have reached a simmer, add the cooked pasta and stir. Top with shredded cheese and cover the pan until the cheese is melted.

Pizza Soup

Serves 8

Ingredients:

1 Tablespoon canola oil
1 pint fresh mushrooms, cleaned and sliced
1 green pepper, chopped
1 small onion, chopped
1 zucchini, shredded or chopped
2 garlic cloves, minced
1 jar (10 - 15oz.) spaghetti sauce (jarred or make your own using recipe below)
1 Tbsp Italian seasoning
4 cups of vegetable stock
Turkey Pepperoni (cut into bite size pieces)
½ pound favorite pasta (recommend rotini or macaroni)
Shredded monterey jack cheese



Directions:

1. Heat oil in a large soup pot and sauté veggies until soft.
2. Add spaghetti sauce and vegetable stock, and heat to a boil.
3. Add pepperoni and pasta, cook until pasta is soft (about 10 minutes).
4. Serve in a bowl, topped with shredded cheese.

Enjoy!

To make your own spaghetti sauce:

2 Tbsp olive oil
½ cup onion, minced
2 cloves garlic, minced
1 (8 oz) can tomato sauce
1 (6 oz) can tomato paste
2 Tbsp grated parmesan cheese
1 tsp dried basil
1 tsp dried oregano
½ tsp sugar
¼ tsp black pepper
1 small bay leaf

To make sauce:

1. In a large skillet, heat oil. Then sauté onion until soft, add garlic and heat until onion is transparent.
2. Add tomato sauce and tomato paste, stir until smooth.
3. Stir in remaining ingredients and simmer for 45 minutes.

Chicken and Noodle Casserole

Ingredients:

1 can (10 ounce) condensed cream of mushroom

1/2 cup reduced fat milk

1/4 tsp black pepper

1 cup frozen or canned mixed vegetables

2 cups cubed cooked chicken or canned chicken

(Canned pork or tuna works well too!)

1-1/2 cups egg noodles, cooked and drained

1/2 cup shredded cheddar cheese

Directions

1. Stir all ingredients into a casserole dish.

2. Bake at 400 degrees for 25 minutes.

When done, sprinkle with cheddar cheese. Serve.

Turkey & Veggie Tacos

Serving size: 2 tacos

Serves: 10

Ingredients:

1 medium zucchini
2 whole carrots or 1 small sweet potato
1 small onion, diced
2 cloves fresh garlic (or 1 tsp. garlic powder)
1 pound lean ground turkey
1 can (15.5oz) low sodium pinto beans
1 can (15.5oz) diced or crushed tomatoes, no salt added
1 Tbsp chili powder
1 Tbsp cumin
1 Tbsp dried oregano
¼ tsp cayenne pepper (more or less to taste)
Salt and pepper, to taste (about ½ tsp each)
8 oz shredded sharp cheddar cheese
1 package whole wheat or corn tortillas, or crunchy taco shells

Instructions:

1. Rinse and grate zucchini and carrots or sweet potato (leave peels on).
2. Dice onion.
3. Mince garlic.
4. Drain and rinse beans.
5. Heat large skillet over medium-high heat. Coat with cooking spray or a few tsp of oil.
6. Add ground turkey and brown.
7. Add in onions and sauté until tender. After a few minutes, add in garlic and spices.
8. Add grated vegetables, beans, and canned tomatoes. Stir well.
9. Reduce heat and cook until thickened, about 15-20 minutes.
10. Add to tortillas and top with desired toppings such as lettuce, tomato, cilantro, fresh pico and/or salsa.

Additional Tips:

1. Top tacos with Greek or plain yogurt instead of sour cream.
2. Substitute any of your favorite veggies, like bell peppers, chopped spinach, fresh tomatoes, corn, cauliflower, etc.
3. Use lean ground beef or chicken instead of turkey. Or go meatless and add an extra can of beans or crumbled tofu.
4. Use any type of beans you like.
5. For more heat, add minced hot peppers in step 6.
6. Could also serve over brown rice and make rice bowl or use as a filling for enchiladas.

Cheeseburger Pizza

Makes 6 servings

Ingredients:

- 1 (12 oz.) package of whole-wheat English muffins
- 12 oz. lean ground beef
- 1 red or orange bell pepper, finely chopped
- 1/2 tsp. dried oregano
- 1 cup pasta sauce
- 1 1/2 cups shredded part-skim Mozzarella cheese

Directions:

Preheat the oven to 400° F. Slice the English muffins in half and place on a baking sheet. Toast lightly in the oven if desired and set aside. Place the beef, bell pepper, and oregano in a large nonstick skillet over medium-high heat and cook, breaking up the large pieces, until the meat is no longer pink, 6 to 8 minutes. Drain excess fat, add the pasta sauce and mix well. To assemble the pizzas, top each muffin half with a twelfth of the meat mixture. Sprinkle the cheese evenly over the top of each. Bake until the cheese melts, 5 to 7 minutes. Serve hot.

Nutritional Facts Per Serving for main dish recipe:

Calories: 310

Fat: 10 g

Saturated Fat: 5 g

Cholesterol: 50 mg

Sodium: 600 mg

Calcium: 35% Daily Value

Protein: 24 g

Carbohydrates: 30 g

Dietary Fiber: 5 g

Butternut Squash Pasta

Ingredients:

1 and ½ cups macaroni noodles, uncooked
3-4 cups cubed butternut squash, peeled and de-seeded
2 tablespoons unsalted butter
½ cup vegetable broth
¾ cup 1% milk
1 and ¼ cup cheese, I used sharp cheddar
Salt and pepper
1 teaspoon paprika
Optional: fresh parsley

Directions:

1. Cook the macaroni according to package directions. Drain and set aside.
2. Heat the butter in a skillet over medium low heat.
3. Meanwhile, peel the butternut squash and remove the seeds. Cut into large chunks.
4. Boil the squash until completely tender and then drain. Place the squash in the blender with the butter, lots of salt, pepper, broth, paprika, and milk.
5. Pulse until smooth.
6. Pour the sauce over the cooked noodles and add the cheese. Stir until melted.
7. Add more salt and pepper to taste.
8. Serve with parsley if desired.

Recipe by The Recipe Critic at
<https://therecipecritic.com/cheesy-butternut-squash-pasta>

Crock Pot Chicken Tortilla Soup

TheSkinnyFork.com

Servings: 8 • Size: About 1 1/2 C. Soup + 2 Tbsp. Tortilla Strips

Calories: 203.4 • Fat: 2.8 g • Carb: 25 g • Fiber: 4.6 g
Protein: 22.9 g • Sugar: 1.8 g • Sodium: 342.1 mg

Ingredients:

1 1/2 Lb. Boneless Skinless Chicken Breasts (About 2-3 Breasts)
2 (14.5 Oz.) Cans 'No Salt Added' Diced or Whole Peeled Tomatoes, **Un-drained**
2 C. Unsalted Chicken Stock
1 (14.5 Oz.) Can 'No Salt Added' Black Beans, **Drained & Rinsed**
1 (10 Oz.) Can 'No Salt Added' Diced Tomatoes with Green Chilies, **Un-drained**
1 C. Frozen Corn
1 C. White Onion, **Diced**
1 Jalapeño, **Seeded & Diced**
2 Cloves Garlic, **Minced**
1 package taco seasoning, reduced sodium
1 Tsp. Salt

Optional Suggested Toppings: corn tortilla chips, lime wedges, shredded cheese, diced onion, diced avocado, plain Greek yogurt or sour cream, cilantro, etc.

NOTE: *Instead of taco seasoning, you can also use 1 tsp. cumin, 1 tsp. chili powder, ½ tsp. pepper, and ¼ tsp. cayenne pepper!*

Directions:

- Toss all the ingredients for the soup into your crock pot and give everything a good stir.
- Secure the lid and set to cook on low for 6-8 hours.
- Once the soup is nearly done, use a large spoon to pull the chicken apart into smaller pieces.
- ***It should be so tender that this is easily done with a firm stir. But, if need be you can remove the chicken and piece apart with two forks and return to the soup.***
- Dish the soup into bowls and top with a few tortilla strips and/or your choice of toppings.

Note: *If you use whole peeled tomatoes you will want to carefully smash the tomatoes at some point so that they break apart into smaller pieces. Careful though or you'll have super hot tomato juice/seeds everywhere!*

Zucchini Corn Fritters

Yield: Makes 8 Fritters - Serves 2 to 4

Prep Time: 20 mins

Cook Time: 24 mins

Ingredients:

- 2 Medium Large Zucchini, Grated
- 1 Can of corn (or cob of corn, kernels removed)
- 2 Eggs, Lightly Beaten
- 2 Cloves Garlic, Finely Minced or 1 tsp garlic powder
- 1/2 Dried Oregano
- 1/3 Cup Fresh Parsley Leaves or 2 tsp dried parsley
- Salt & Pepper
- 1/2 Teaspoon Red Pepper Flakes
- 1/2 + Cup All-purpose Flour
- Olive Oil or Coconut Oil For Frying

Directions:

Mix together the zucchini, corn, eggs, garlic, oregano, parsley, salt, pepper, red pepper flakes, and 1/2 cup of flour. If the mixture is very wet, add another tablespoon or two of flour if needed.

Heat a tablespoon or two of the oil in a frying pan over medium heat, then drop heaping tablespoons of your batter into the pan.

(I can cook three fritters at one time)

Cook the fritter for 3 to 4 minutes or until golden brown on the bottom then using a spatula, carefully turn it over and cook for another 3 to 4 minutes on the other side.

Remove the fritter onto a paper towel lined plate, and continue to cook the rest of the batter in the same manner.

Serve the fritters immediately with your choice of garnish. You can serve these fritters simply as is with a squeeze of lemon juice and cracked black pepper, with some Greek yogurt mixed with chopped chives as I have, with some guacamole, or even some freshly made tomato relish.

VEGAN FALL QUINOA SALAD W/ CRANBERRIES, WALNUT, APPLES

Ingredients:

For the salad:

- 1 cup uncooked quinoa
- 1/2 cup cranberries
- 1/2 cup toasted walnuts
- 1/3 cup chopped red onion
- 1 apple, chopped
- 1/2 cup chopped cilantro

For the dressing:

- 4 tbsp olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp maple syrup
- 2 tbsp Dijon mustard



Directions:

1. Cook the quinoa according to the package. I normally do 1 cup quinoa to 1 and 1/2 cup water.
2. While the quinoa is cooking, prepare the rest of the salad ingredients. Combine them in a large bowl.
3. In a jar, shake together all the dressing ingredients. Add half of the dressing to the prepared salad ingredients, keep the rest for later.
4. When the quinoa is done, let it cool for a little bit. When it reaches room temperature, add the quinoa to the bowl. Taste, and add more salad dressing as you wish.
5. Let the flavors blend together for an hour or two in the fridge before serving

TOGETHER TEX MEX CASSEROLE

(Serves 6)

1 lb. ground chicken, turkey, boneless chicken thighs cut into 1" pieces or 6 bone-in chicken thighs (or use no meat for a vegetarian dish)
1 large onion
1 green pepper
1 ½ Tbsp. chili powder
1 ½ tsp. Italian seasonings
1 tsp. ground cumin
Contents of Fortified Rice/Soy Protein Meal Package (or regular brown rice)
1 can black beans, drained and rinsed
1 can diced tomatoes
4 cups water
1 can cut green beans, drained and rinsed

Brown the meat, onion, green pepper and seasonings in about 2 Tbsp. oil. Cook 5-6 minutes. Add the remaining ingredients (except green beans), bring to a boil, cover, and reduce heat to simmer for 20 minutes or until the rice is tender. Add the green beans and stir.

OPTIONAL: Top with a handful of grated cheddar cheese for extra flavor. Serve with green salad.

Spaghetti and Meatballs

Serving Size: Serves 5, (about ¾ cup pasta, 4 meatballs, and ½ cup sauce per serving)

Ingredients:

8 ounces whole wheat spaghetti (½, 16-ounce package)
1 large onion (or 2 small)
1 small zucchini (or ½ large)
4 cloves garlic (about 2 Tbsp minced)
1 large egg, beaten
1 pound 93% lean ground beef
½ cup breadcrumbs
1 teaspoon salt
¼ teaspoon ground black pepper
4 teaspoons Italian seasoning
2 Tablespoon olive or canola oil
1 (14-ounce) can crushed tomatoes, no salt added
1 (8-ounce) can tomato sauce, no salt added
Optional toppings: Fresh basil from your garden, grated parmesan



Instructions:

1. Cook spaghetti according to package directions. In a colander, rinse with cool water and drain well.
2. While the spaghetti is cooking, peel onion and garlic. Finely chop onion and mince garlic. Grate zucchini. Set aside.
3. In a large saucepan over medium heat, heat oil. Add onion and salt, then cook until softened (about 2 minutes). Add garlic, Italian seasoning, and pepper. Stir constantly for 30 seconds. Turn down the heat and transfer half of the onion mixture to a medium mixing bowl and set aside.
4. To the saucepan, add tomato sauce and crushed tomatoes. Bring to a boil, then lower heat to a simmer.
5. Whilst the sauce is simmering, make your meatballs. Add beef, breadcrumbs, and egg to the bowl with the onion mixture. Mix well with gloved hands. Knead the meat mixture like a ball of dough a few times. With damp hands, roll about 1 Tablespoon of meat into a ball to make 20 meatballs. Set aside.
6. Gently transfer meatballs into simmering sauce with a slotted spoon. Return sauce to a simmer. Cook, partially covered, for 10 minutes without stirring (stirring before the meatballs “set” may break them up into the sauce). Stir gently and cook for an additional 5 minutes if necessary. (Cook meatballs to an internal temperature of 155°F or higher for safety.)
7. Serve over spaghetti. Top with chopped basil and/or grated parmesan, if using.

Epaguetis con albóndigas

Rinde 5 porciones, aproximadamente ¾ taza de pasta,
4 albóndigas y ½ taza de salsa por porción

Ingredients:

8 onzas de espaguetis integrales
1 cebolla pequeña
2 dientes de ajo
1 huevo grande
1 libra de pavo o carne molida bajo en grasa
2 cucharadas de harina regular
1 cucharadita de cebolla en polvo
1 cucharadita de ajo en polvo
½ cucharadita de sal
¼ cucharadita de pimienta negra molida
4 cucharaditas de sazónador italiano, dividido en dos
1 cucharada de aceite de canola
1 lata (14 onzas) de tomates triturados, sin sal añadida
1 lata (8 onzas) de salsa de tomate, sin sal añadida

Nutrition Facts

Serving Size 3/4 cup pasta,
4 meatballs and 1/2 cup sauce
Servings Per Recipe 5

Amount Per Serving

Calories 430 Calories from Fat 120

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 340mg **15%**

Total Carbohydrate 51g **19%**

Dietary Fiber 8g **29%**

Sugars 5g

Protein 29g

Vitamin A 6% • Vitamin C 8%

Calcium 4% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Instructions:

1. Cocine los espaguetis de acuerdo a las instrucciones del paquete. Enjuáguelos en un colador con agua fría y escúrralos bien.
2. Mientras los espaguetis se cocinan, pele y corte finamente la cebolla. Pele y pique el ajo.
3. Bata el huevo con un tenedor en un tazón mediano. Agregue el pavo, harina, cebolla y ajo en polvo, sal, pimienta y 2 cucharaditas de sazónador italiano. Mezcle bien. Con las manos húmedas, haga bolitas con aproximadamente 1 cucharada de carne. Repita hasta hacer 20 albóndigas.
4. Caliente el aceite en una sartén grande a temperatura media. Agregue la cebolla y cocine hasta que esté suave, por unos 2 minutos. Añada el ajo y las 2 cucharaditas restantes de sazónador italiano. Revuelva continuamente por 30 segundos. Agregue los tomates triturados y la salsa de tomate. Deje que hierva, luego reduzca la flama y cocine a fuego lento. Agregue las albóndigas. Cocine, con la olla a medio tapar, por 10 minutos, sin revolver (revolver antes de que las albóndigas "cuajen" puede hacer que se desbaraten en la salsa).
5. Revuelva suavemente y cocine con la olla a medio tapar hasta que las albóndigas estén cocidas, alrededor de 5 minutos más. Sírvalas sobre los espaguetis.



"Food to me means survival, not being famished. 24th Street is very great and helpful to the whole community."

*John Losteiner Jr.
Omaha Indian*

Parsley Stem Smoothie

Ingredients

Handful of Leftover Parsley Stems (and leaves, if available)
1 old banana
1/2 C orange juice
1 C ice cubes

Directions

1. Combine ingredients in a blender, adding banana and ice first followed by orange juice and stems.
2. Blend until liquified

*Parsley is an excellent source of antioxidants and Vitamin C

Candied Citrus Peel

Ingredients:

- Citrus peels
- Sugar
- Water

Directions:

1. Slice peels into thin strips (about 1/4" wide).
2. In a medium pot of boiling water, cook peel until tender, about 10 minutes.
3. Transfer peels to a wide rack and set in a single layer to dry slightly, about 15 minutes.
4. In a medium saucepan bring about 1/2-1 cup sugar and 1 cup of water to a boil over high heat, stirring to dissolve sugar. Add peel and boil until it turns translucent and syrup.
5. Transfer to a wire rack, separating pieces as needed. Let dry for about an hour, then finish by tossing peel in a bit of sugar to coat.

Roasted Pumpkin Seeds

Ingredients:

Pumpkin seeds

Olive oil

Salt

Spices if desired (I sprinkled these with a bit of cayenne)

Directions:

1. Remove as many pumpkin chunks as you can from the seeds

2. Toss pumpkin seeds, olive oil, salt and spices

3. Spread in a single layer on a cookie sheet or glass tray and roast at 350 degrees

Fahrenheit for 20 or 30 minutes until golden and crunchy

*Perfect during the fall season before carving Halloween Jack o'lanterns

*Pumpkin seeds are a great source of magnesium which helps improve bone density

Baked Bruised Apple Crisps

Ingredients:

Bruised apples
Cinnamon

Directions:

1. Preheat oven to 225 degree oven
2. Cut apples into slices and arrange in a lined baking sheet and sprinkle with cinnamon
3. Bake for two hours, flipping the slices over after an hour.



Chocolate Covered Cherry Energy Bites

Ingredients:

2 cups old-fashioned oats

1 cup milled flaxseed (can replace ½ flax with protein powder)

¼ cup dark chocolate chips

½ cup dried cherries

1 tsp vanilla

⅔ cup honey

1 cup peanut butter

Directions:

1. Combine all ingredients together in a large bowl.
2. Use a cookie scoop to portion and drop onto parchment-lined cookie sheet.
3. Refrigerate 1-2 hours before serving. Store in an air-tight container.



Whitney Larsen, RD, LMNT | Registered Dietitian | whitney@pnomaha.com
For more recipes and tips like "[Dietitian Whitney](#)" on Facebook



"A recipe has no soul. You, as the cook, must bring soul to the recipe."

- Thomas Keller

"Hunger is not a problem. It is an obscenity. How wonderful it is that nobody need wait a single moment before starting to improve the world."

-Anne Frank

Rainbow Fruit Salad

Serves 16, 1/2 cup per serving

Ingredients:

- 8 cups of a variety of fruits such as...
- Mango, peeled and diced
- Blueberries
- Diced peaches
- Halved fresh strawberries
- Seedless grapes
- Kiwifruit, peeled and diced
- Bananas, sliced
- Pineapple, diced

Dressing

- 1/3 cup orange juice
- 2 Tablespoons lemon juice
- ½ tsp fresh ginger or ¼ tsp ground ginger
- 2 Tablespoons honey
- Dash of nutmeg

Optional Ingredients:

Substitute any other fruits that are in season or that you prefer. Use a variety of fresh, frozen and/or canned in 100% juice. If using canned fruit, reserve juice and substitute for the orange juice.

Directions:

1. Wash all fruit.
2. Dice fruit and place into a large bowl (cut grapes into smaller pieces if serving to small children).
3. Slice bananas and set aside on a plate or bowl.
4. In a small bowl combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk together until well combined.
5. Pour orange juice mixture over fruit and stir. Add bananas and stir a few more times.
6. Serve in bowls or cups.

White Bean Blondies

Serves: 9 brownies

Ingredients

- 1½ cups cooked white beans (I used great northern)
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup honey
- 2 tsp vanilla (make your own here)
- ½ cup + 2 Tbsp rolled oats
- ¼ cup butter, melted
- ½ cup vanilla chips (optional, can use whatever chips you'd like)

Instructions

1. Preheat the oven to 350F. Line an 8x8 glass pan with parchment paper.
2. Combine all the ingredients in a blender and blend until the batter is mostly smooth. You likely will have some oats that are not entirely ground up, but the rest of the batter should be smooth.
3. Pour the batter into the prepared pan and bake for 15-20 minutes, until the tops are medium golden brown. Careful not to undercook the brownies as the center will remain gooey.
4. Allow the brownies to cool completely before cutting



Microwave Banana Bread

Ingredients:

- ½ cup of ripe banana
- ½ cup of brown sugar
- ¼ cup of cooking oil
- ¼ of milk
- ½ teaspoon of vanilla extract
- 1 egg beaten
- 1 cup of all purpose flour
- ¾ teaspoon of baking powder
- ½ teaspoon of salt
- ¼ teaspoon of baking soda



Topping:

- ¼ cup of brown sugar
- 2 tablespoons of flour
- ½ teaspoon of cinnamon
- 1 tablespoon of butter or margarine

Directions:

In a bowl combine banana, brown sugar, oil, milk, vanilla and egg.

In a separate bowl, stir together flour, baking powder, baking soda and salt.

Combine the two mixtures

Pour into a wax paper lined, 9 inch microwave safe baking dish.
Microwave on high for 5-6 minutes.

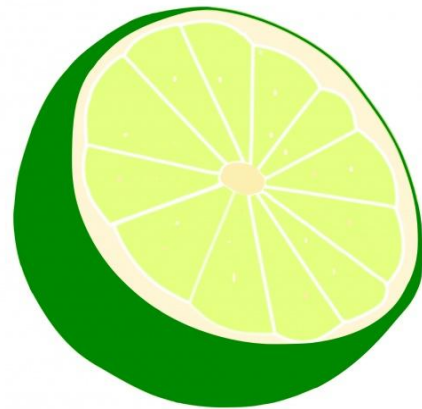
While the bread is cooking, combine brown sugar, flour, and cinnamon in a bowl. Cut in butter until mixture is crumbly and sprinkle on bread. Microwave on high 2-3 minutes or until center springs back when lightly touched. Let stand 5-10 minutes before served.

Lime Dessert Cake

1 can evaporated milk
1 can sweetened condensed milk
1 cup fresh squeezed lime juice
2 packages of Marias cookies

Mix together the two cans of milk, add in the lime juice, mix together. Lay out a layer of Marias cookies on the bottom of a casserole dish, then add the mixture over top. Repeat this process until you have used up all the mixture. Place in freezer.

Recipe from Hattie Shipps



Pancake Mix Cake

2 cups pancake mix

1 tsp vanilla

1 cup sugar

1 cup veg. Oil

1 cup of milk

6 eggs

Directions:

Mix all ingredients together

Bake for 30 mins at 350 degrees



"Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go"

-Anthony Bourdain.

One of my favorite quotes by a character from television is the following:

“Too much sanity may be madness, and the maddest of all, to see life as it is and not as it should be.”

Serving at Together has reminded me more than anything else of what life should be, especially in terms of people having access to healthy and affordable food options. Millions of people in the US alone are facing food insecurity, which is unnerving considering the fact that there is more than enough food to feed everyone. I'm grateful to have had the opportunity to be a part of an organization that is taking action to help feed and house thousands of people every month. But not only that, it's how Together is doing it: establishing choice pantries that allow guests to choose what food they want, maintaining community gardens, using a compost system to prevent unnecessary food waste, and nudging people towards healthier food options. Together is shattering the illusion that many people hold in that there is no real change that can happen that will improve the issues of food insecurity and homelessness. The difference between “it is what it is” and “it shouldn't be this way” is all about empathy and perspective. That being said, it takes action to actually make a change, and that is what Together is doing.

I would be remiss to fail to acknowledge the heart and soul of Together: the people. Being surrounded by people that are genuinely committed to helping others day-in-and-day-out in this community gives me hope. In addition, the resilience of the guests coming into collect food is inspiring. There was once a guest that, quite literally, gave a few of us an inspirational talk about life and doing what we can to make the most of it. Another time a young girl randomly came up to me and gave me a hug. On Valentine's Day, a gentleman handed roses to a few of us that were serving at the counter. Moments like that can last forever. Finally, a huge thank you to the members of the community that have contributed their stories and recipes to the cookbook. You have created something amazing. Period.

Sydney Wind

Together Hunger Relief AmeriCorps

2021-2022

Center of our life

What does food mean to you? Food is always the center of my life. When you are upset, you might be hungry. When you feel satisfied or happy, your belly might be full of food. It is essential for everyone to have meals. You cannot live without food; however, food is not only a meal but also food is the center of our life. Food is a force that goes beyond just taste, because food connects you to other cultures and brings you memories.

Food can connect one another. I'm born and raised in Japan. During my short stay in Omaha, I have been involved in a community called "Global Friends" that makes international students feel like they are home as we gather together to share food every weekend. I have experienced lots of cultures around the world through food. If I did not belong to this community, I would not know about other cultures as much as I know now. I have had food from Burkina Faso, Uganda, Myanmar, Argentina, and more. I also like to share my culture through food, so I bring Japanese food and snacks many times. Some people had Japanese food for the first time. I feel it is meaningful because I made a connection between cultures. Food can represent the unique tastes and styles of our culture. Culture can be united through food.

Food can feed your soul. During my stay in Omaha, I sometimes miss homemade foods because the food keeps my soul healthy. One of my favorite homemade foods is called "Temaki-sushi" (hand-rolled sushi). This is one of the many holiday meals from my family, so it brings back old memories from my childhood. When it is time for the Fall festival, my family gathers at my grandparents' house, and we sit at one big table then have this meal together. Every time I have the food, it fills my heart and soul. It is interesting that food is sometimes a trigger for bringing back old memories. Someone said that Chinese food makes him sad because it reminds him of the fight with ex-girlfriend. Someone said that the homemade lasagna makes her happy because it reminds her of her grandma. People have specific recipes that remind them of old memories either good or bad. Food is a powerful element of life because it can remind you of your old memories.

Chisato Iyoda
Social Work - University of Nebraska at Omaha
Exchange student from Shizuoka University, Japan
2021-2022

Tori Sims Reflection

Going into this assignment, I was so excited to work with Together for this semester's Service-Learning Project. Together has partnered with so many organizations that have directly touched my life that it felt natural to partner with them again but now in a much more direct way. Getting the chance to play even a small role in the success of our group's project and Together's mission has been such a gratifying experience. The one thing that I was apprehensive about was being able to talk to so many new people. As things slowly begin to return to normal after the beginning of the pandemic, I'm realizing just how much I had been isolated due to meetings, classes, and events moving to virtual platforms or being in quarantine at home. This opportunity opened my eyes to just how much I had missed the chance to just sit down and talk to people! Even if it was just getting the chance to tell somebody "good morning" as they passed and exchange a smile as we went on about our day, or a half-hour-long conversation held about personal stories or deep dives into our thoughts about the world. I consider myself truly fortunate for having gotten to be just a little part of Together and the larger 24th street community! There are so many incredible people with stories that I would have never heard had I not been around and open to saying "hello." Lots of people I talked to reminded me in small ways of my family and friends whether it be a saying they used or advice that they gave me. There is so much to be gained even from simple conversation and I have had so many laughs and thoughtful conversations that I would have entirely missed out on without being here with everyone this spring. Omaha really does have such a beautiful community and I am so thankful for everyone who was willing to return a smile or say hello or even sit down and hold a conversation while they waited in line. Coming away from this experience, I have so much more of an appreciation for the good it does to be in community, and such an admiration for this community that so often are wrongly generalized, marginalized, and discounted by our larger Omaha community, but truly deserve –and have always deserved– a seat at the table.

Tori Sims

Third-year Sociology and Social Work student at UNO

Food Privilege

Coming out of this experience, one of the many things I have taken away is the food privilege that exists within our world and our community. I know it may sound unusual. Food is a basic human need, doesn't everyone have the same access to it? After talking to some of these wonderful people at Together, I've realized that answer is a no. Within Omaha, we have what are called food deserts, which is when there is a lack of grocery stores nearby, particularly affecting low-income neighborhoods. Even within grocery stores, healthy and nutritious food is so expensive to purchase. You can find a prepared, organic salad at the store for maybe \$10, and at McDonalds you can buy a combo meal with fries and a drink for the same price if not lower. Plus, going through a fast food drive is faster and more convenient, especially when someone works multiple jobs and has kids to take care of.

There are certain privileges that I have been taking for granted that not everyone has such as the ability to go to the store for groceries whenever I want. A lot of people who go to Together often rely solely on the groceries received to last them to the end of the month or until they receive their next SNAP benefit. While Together prides itself on being a choice pantry with plenty of options, not every food pantry is the same. Imagine the difficulty of finding food from what's available with a diet restriction like a peanut allergy or lactose intolerance. Another thing one takes for granted is a fully accessible kitchen with all the essential equipment and seasoning. My time here at Together has made me more aware of the privilege I have; something that should not have to be a privilege. A basic human need is a basic human right.

Jenna Abbott (She/Hers)
Social Work Major, Class of 2025

The Power of Food

Food transcends culture, race, religion, economic status, sexuality, and gender. Food is the one thing we all have in common, it's what brings us all together. Of course food is a basic necessity. But food becomes so much more than just a basic need. Food becomes stories, traditions, culture, and family.

During my time with Together and working on this project I have been able to really experience the power of food. 24th Street is all about enriching the community with culture and life all through the shared power of food. I was able to hear the beautiful stories from the people of 24th street. There wasn't one person that I was not able to connect with in some way, over food. Food is powerful in many ways; in that it fuels our bodies but more in the way that it unites us. I will forever be grateful for my shared experiences at 24th street and for the power of food.

Hattie Shipps

Behavioral Health - University of Nebraska at Omaha
Graduating Class of 2022

Through this service learning project at Together, I have learned many things and met many people who have a lot of great and sad stories to share. I learned that the food pantry is something many individuals need. Especially if they have criminal records like drug felonies, they can't apply for SNAP or welfare benefits. Food brings us all together and connects us. It's when we sit at a dinner table and talk and bond together. I loved talking to all the people that walked in, even if it was a simple hello. I feel like this experience has really opened my eyes to the challenges that people face. I am from Lincoln so this has also helped me to get to know the Omaha area.

Hanna Neemann

Social Work Major, Class of 2025

The Story We Share

Before my grandma passed away, my mother and I asked her to compile all of her recipes in a notebook for us so we could try to replicate the delicious meals she had made us over the years. None of them were intricate dishes, things like meatloaf, potato salad, yeast rolls, and a country gravy that could make cardboard palatable. I have tried and attempted over the years to replicate my grandma's meals and they always fall a little short, but they always bring my grandma back even if just for a little while and that is what matters most to me. Food is nourishment, food is also a connection to our past, food is love, its comfort, it is a part of ourselves that we can give to a friend and say, "this is who I am, this is where I come from" Its very much a story we all have to share.

The story of Together Inc and the 24th street community is one of resilience, determination, and soul. Being invited in made me realize how every day, there are people helping to better the world in some small way because that is what we are here to do. Despite the circumstances that bring everyone to Together, there is joy, life, and stories to be shared. I had the honor of being able to hear stories about farming and air fryers and friends that are vegan and all the little things that make us, us. There are parts of it that are not pretty, that food insecurity and poverty exist on the level it does in our country is a moral failure. We must choose to confront it head on. We can no longer pretend it isn't happening, it is and as long as it does, Together Inc will be there to help

Liv Runge

Multidisciplinary Studies -University of Nebraska at Omaha
C/O 2025



UNIVERSITY OF NEBRASKA AT OMAHA

SERVICE LEARNING ACADEMY



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