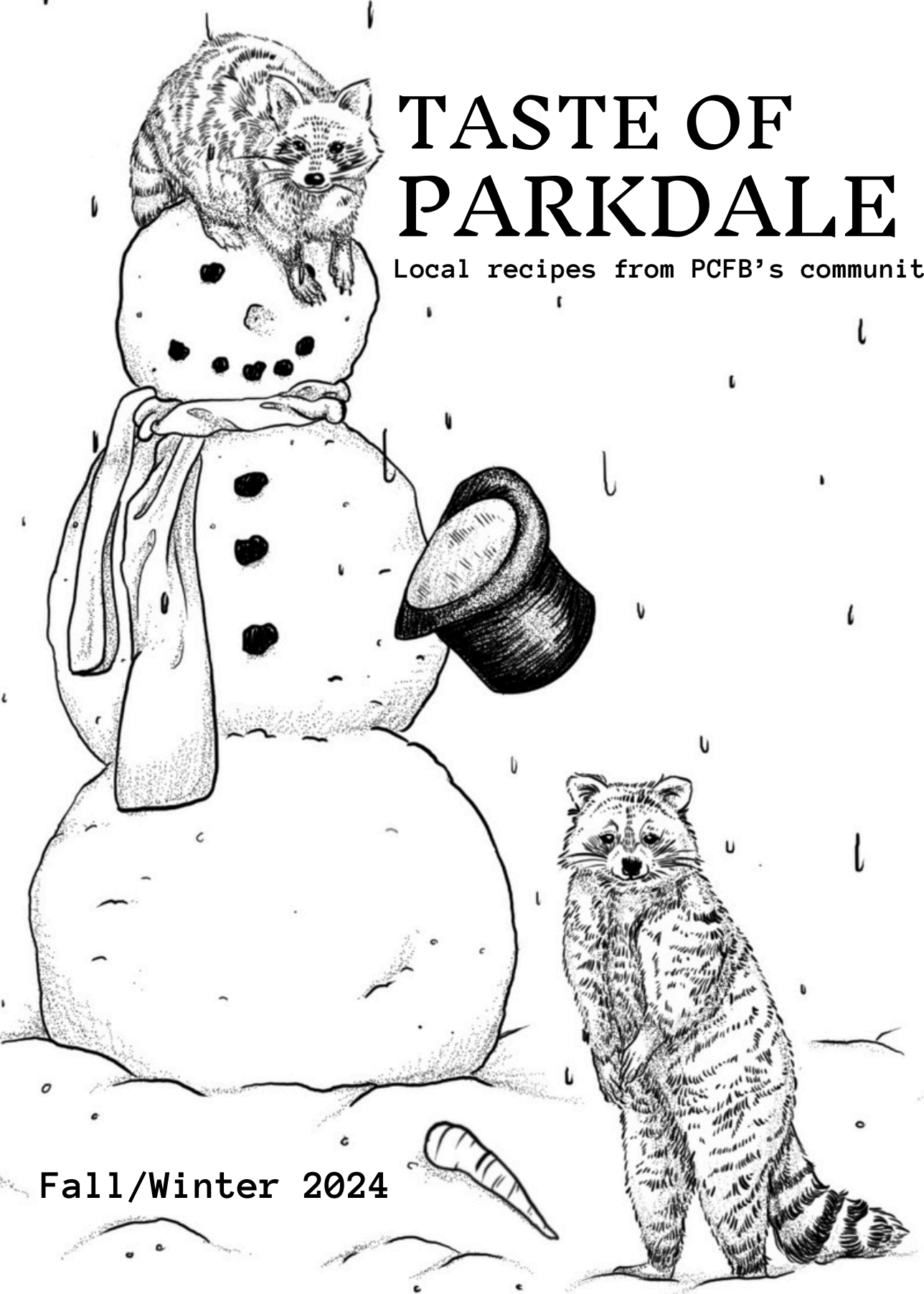


# TASTE OF PARKDALE

Local recipes from PCFB's community



Fall/Winter 2024

## Broccoli Soup By Alicia G

Serves 4-5 people as dinner

### Ingredients

- 3 tablespoons olive oil, neutral oil, or garlic oil (if using regular oil, add as much garlic as you like)
- 2 heads broccoli, chopped with stems removed
- 4-5 cups vegetable broth
- ½ cup uncooked rice

### Instructions

1. Heat oil in a large pot on medium.
2. If not using garlic oil, add garlic and cook briefly before adding broccoli florets
3. Sauté for 5-7 mins
4. Pour in broth and rice
5. Bring to a boil and reduce heat
6. Simmer, covered, for 25 mins
6. Mash until desired consistency, or blend using a hand held or counter top blender.

Note: If using a counter top blender let the soup cool completely before blending, then reheat

Best served with bread or crackers

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## White Bean, Garlic, & Sage Soup by Jesar G

About this recipe: Easy, creamy, & warming

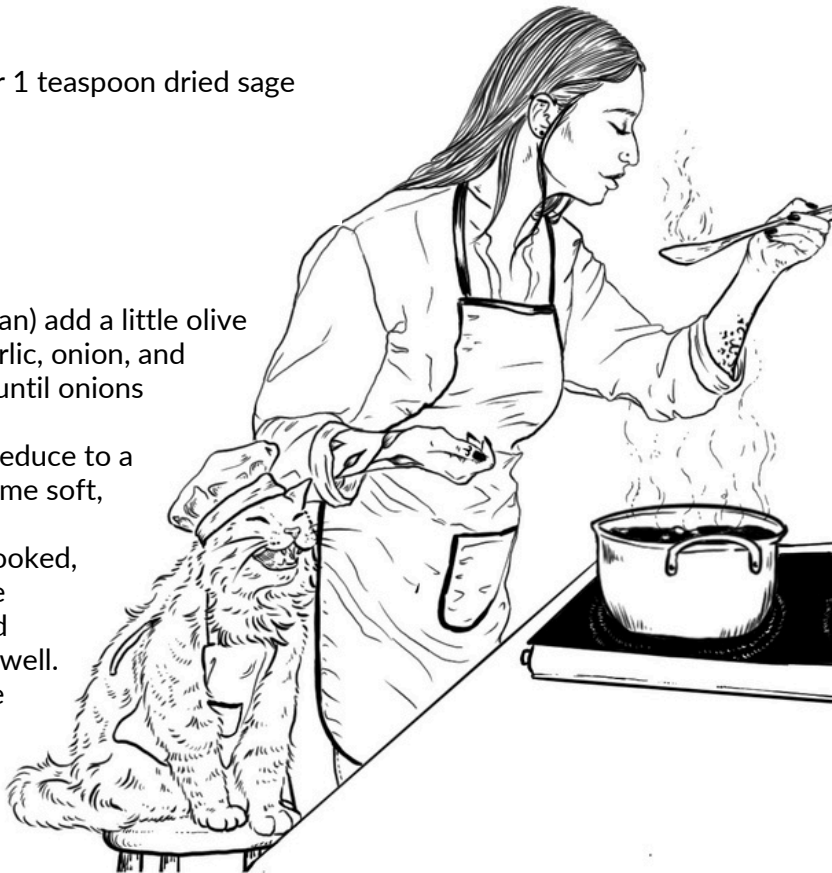
### Ingredients

- 2 teaspoons fresh sage, chopped or 1 teaspoon dried sage
- 4 garlic cloves
- olive oil, to taste
- 1 can white beans, drained
- 2 cups vegetable or chicken stock

### Instructions

1. In a medium sized pot (or sauce pan) add a little olive oil and heat to medium/low. Add garlic, onion, and sage (if using fresh sage). Stir often until onions become translucent.
2. Pour in the beans and stock and reduce to a low heat. Cook until the beans become soft, usually about 20-30 minutes.
3. Once the beans are completely cooked, remove the pot from heat. Mash the mixture to your desired texture. Add dried sage, salt, and pepper and stir well.
5. Pour into bowls and drizzle a little olive oil over it

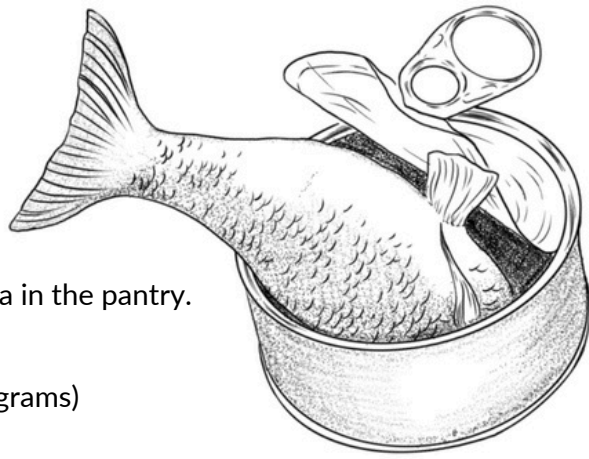
Serve with toast



## Tuna Fish Patties by Rana K

Makes about 6 patties

**About this recipe:** This is a quick and easy recipe, perfect as a side for holiday feasts or for tea time or dinners - handy to make when there is a can of tuna in the pantry.



### Ingredients:

- 1 can of solid light tuna in sunflower oil (170 or 225 grams)
- 1 medium potato, boiled and mashed
- Half a medium white/red onion, finely diced
- Red chilli flakes, according to taste
- ½ teaspoon cumin powder or curry powder
- 1-2 teaspoon lemon juice
- Salt and pepper to taste
- Oil for frying, reserved from the can itself

### Optional Ingredients:

- 1 egg white, beaten
- Your choice of a few cilantro, mint, or parsley leaves, chopped

### Instructions:

1. Mix the tuna flakes well with the mashed potato, and add the onion, spices, lemon juice, seasoning, the egg white( if using), and the chopped herbs.
2. Grease the palms of your hand and shape the mixture into round or oval patties.
3. Heat the oil in a frying pan, then place the patties gently and fry (first on high and then on medium-to-low heat) on both sides until golden brown.

Drain on absorbent paper and serve hot with ketchup or tamarind chutney.

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## Zucchini, Carrot, and Chickpea Cutlets by Shimona P

### Ingredients:

- 1 can of chickpeas, drained and mashed
- 1 big carrot
- ½ zucchini
- 1 ½ teaspoons garlic powder
- 2 eggs
- 2 teaspoons cornstarch
- salt, pepper, and oil to taste

### Instructions:

1. Finely chop or grate the carrot and zucchini. Squeeze out as much water as possible
2. Mix chickpeas, vegetables, eggs, cornstarch, garlic powder, salt, and pepper until thoroughly combined
3. Shape the mixture into little cutlets
4. Heat oil in a frying pan and fry cutlets until golden brown

Serve with sauce or dip of your choice. Suggested dips: sour cream or ketchup



## Chinese New Year Rice Rolls by Cindy C

About this recipe: These are delicious, fast, and easy to make rolls. You can make them to celebrate Chinese New Year or if you're in the mood for something Asian to have for lunch or dinner. You can make the filling a day ahead of time and make the rolls as you need them by keeping the filling mixture in the fridge and then making a few at a time. For a single person this can last a few days. You don't need to make them all at once. Let's celebrate with these rice rolls!

### Ingredients:

- Approximately 16 sheets of rice paper rolls
- 1 package extra firm tofu, chopped or cubed into small pieces. Don't use soft tofu because it will disintegrate into the mixture and make it watery.
- 2 cups shredded cabbage. I like to use napa cabbage.
- 1 small onion chopped
- 1 grated carrot
- 1 crushed garlic clove
- 2 teaspoons of soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons cooking oil
- Salt and pepper to taste.



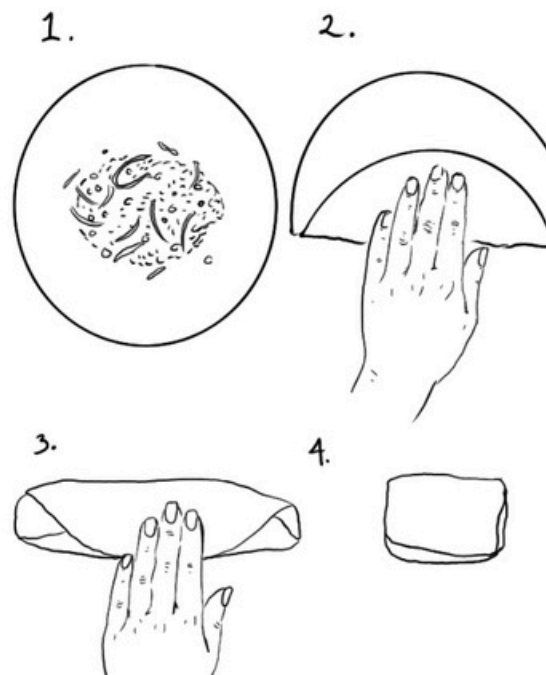


### Instructions:

1. In a frying pan, heat the cooking oil over a medium-low heat. After the oil is heated add the chopped onion and crushed garlic and sauté until the onions are translucent. Add the chopped cabbage and grated carrot and continue to sauté until the cabbage has softened.
2. Add the chopped or cubed extra firm tofu pieces to the mixture as well as the soy sauce, sesame oil, salt and pepper. Stir in the frying pan for 2-5 minutes.
3. Turn off the heat and put the mixture into a bowl. Let it cool for about 20 minutes. You can also make this ahead of time the day before and keep the mixture in the fridge and make the rice rolls as you need them.
4. Take one sheet of the rice paper and quickly rinse it under the tap using cold water. This will start softening the rice paper sheet immediately. I like to start working with it while it's still a little bit stiff but not too soft because it can tear easily. The rice paper sheet will continue to soften while it is wet.
5. Place the sheet on a plate and scoop about 4-5 tablespoons of the tofu vegetable mixture into the centre of the rice paper sheet into a rectangle.
6. After you place the filling into the rice sheet, fold the two sides over and then the top and bottom flap.
7. Take another rice sheet, quickly rinse it under cold water, and then place the folded sheet down in the centre of the sheet and fold the two sides and bottom flap over. I like double rolling the rolls with rice paper sheets in order to have a thicker rice roll.
8. Heat a frying pan over medium high heat and put two tablespoons of cooking oil in it. Place the rice rolls in the hot oil and fry until the bottom layer is a golden brown/crisp. This usually takes 1-2 minutes. Then flip the roll and fry the other side. You can fry at least 2 rolls at a time depending on the size of the frying pan you are using.

Place the fried rice rolls onto a plate and serve with your favourite dipping sauce such as chilli oil or plum sauce or you can sprinkle more soy sauce and hot sauce on them.

Enjoy something Asian!



## Palestinian Mujadara

### Ingredients:

- 1 cup brown basmati rice, or rice of your choosing
- 1 cup dried black lentils
- 2 white onions
- 1 vegetable bouillon cube
- olive oil or neutral oil, to taste
- cumin, salt, & pepper, to taste

### Instructions:

1. Soak rice in lukewarm water
2. Boil a pot of water. Add the black lentils and parboil for 10 minutes
3. Dice one of the onions. Saute in a pan with oil until dark.
4. Add 5 cups of water, the bouillon cube, cumin, salt, and pepper and bring the mixture to a boil
5. Add rice, reduce heat to medium, and cook covered for 10 minutes
6. Add the parboiled lentils, and bring the mixture to a simmer
7. Reduce to medium-low heat and cook covered for 20 minutes
8. Thinly slice the remaining onion.
9. In a different pan, fry the thinly sliced onion until crispy
10. Serve the lentils and rice topped with the crispy onions

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## Sweet & Savoury Sweet Potatoes by Ammen M

**About this recipe:** This recipe was passed down from my husband's granny once when I went over for Christmas and it was just so perfect with the turkey dinner. Loved everything about it: the texture and sweetness and the dried cranberries add a hint of chewy and tartness to the taste. Yummy!

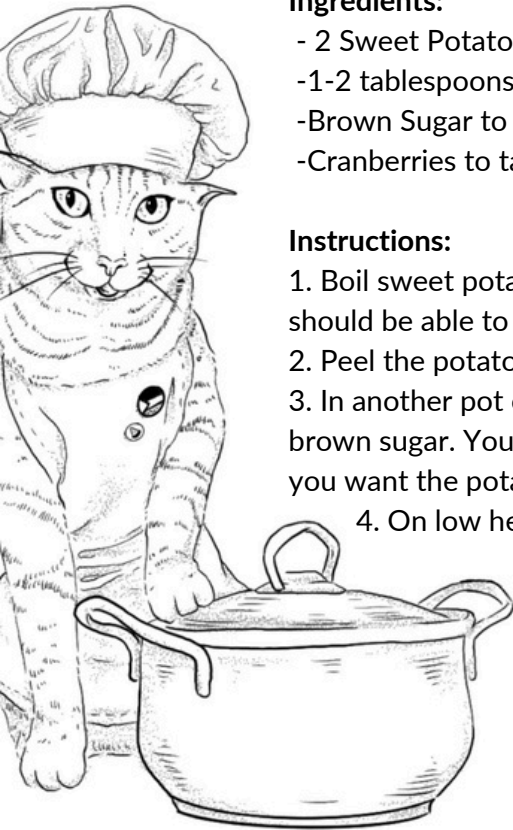
### Ingredients:

- 2 Sweet Potatoes
- 1-2 tablespoons Butter
- Brown Sugar to taste
- Cranberries to taste

### Instructions:

1. Boil sweet potatoes in a pot full of water. Cover until they are soft (you should be able to put a fork or knife through it)
2. Peel the potatoes and set them aside
3. In another pot or pan, add 1-2 tablespoons of butter. Once melted, add brown sugar. You can add these ingredients based on how buttery or sweet you want the potatoes to be
4. On low heat let the potatoes soak in the butter and sugar mixture. You can mash the potatoes if you'd like.
5. Sprinkle a few dried cranberries on top and allow everything to mix together.

Serve with a meal as a side dish



## Grandma Wanda's Rutabaga Casserole by Monica R

**About this recipe:** This recipe is from my now deceased mother in law, she grew up in Mimico during the depression. I believe it is a variation on a family recipe that was brought from Scotland when her father immigrated in 1911. It's tasty, easy to make, can be made in a casserole dish or divided into smaller oven proof dishes such as cereal bowls. It is a family favourite and a great use of rutabagas. I think applesauce or other items could be substituted for the eggs, but it would mean a reduction in the amount of valuable protein in the recipe. I have also made this recipe with sweet potatoes.

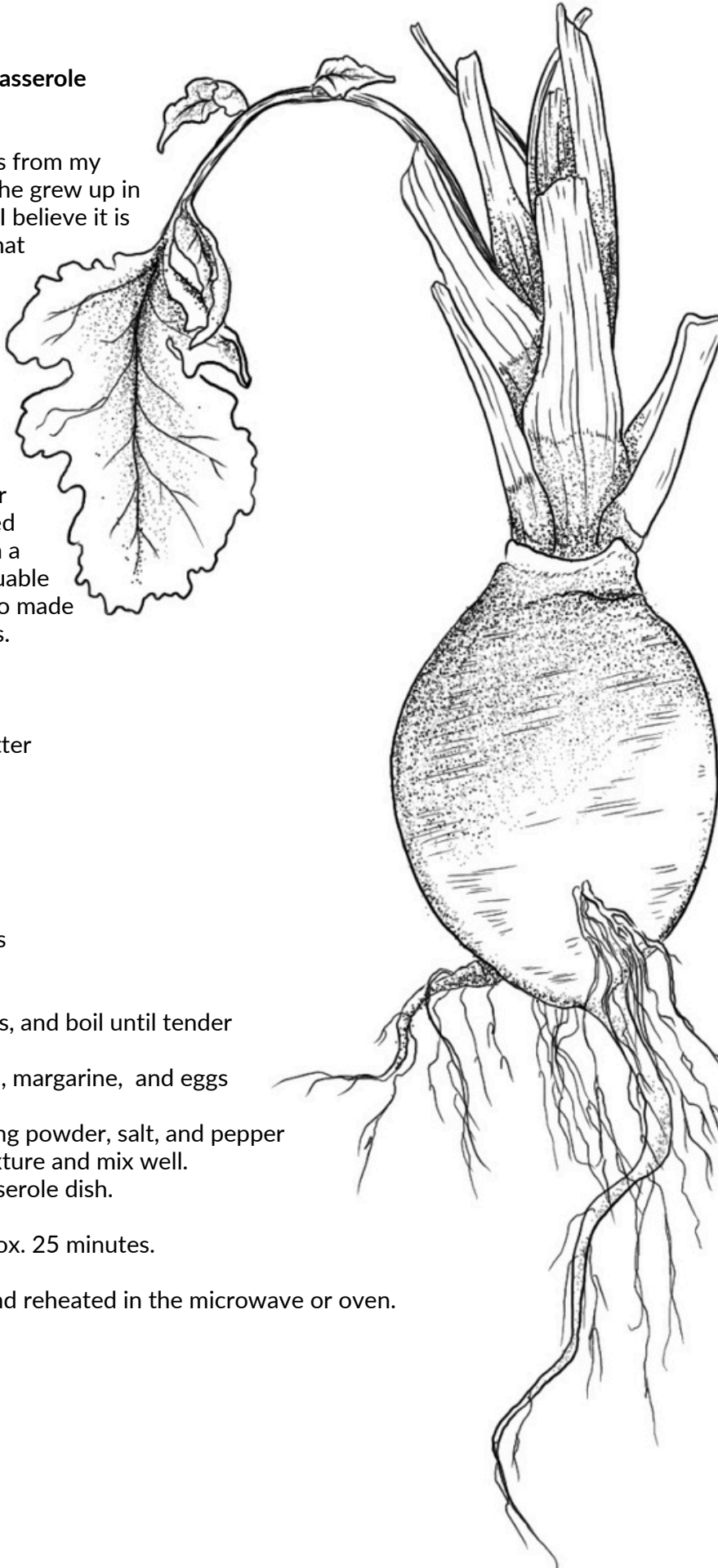
### Ingredients:

- 1 rutabaga
- 2 tablespoon margarine or butter
- 2 eggs, beaten
- 3 tablespoons flour
- 1 tablespoon brown sugar
- 1 teaspoon baking powder
- % teaspoon salt
- % teaspoon pepper
- % cup cracker or bread crumbs

### Instructions:

1. Peel rutabaga, cut into pieces, and boil until tender
2. Mash rutabaga
3. Mix 3 cups mashed rutabaga, margarine, and eggs together and beat well
4. Mix flour, brown sugar, baking powder, salt, and pepper together. Add to the turnip mixture and mix well.
5. Put mixture in a greased casserole dish.
6. Sprinkle crumbs over top.
7. Bake at 375 deg (F) for approx. 25 minutes.

Can be made the day before and reheated in the microwave or oven.



Thank you for picking up the third edition of PCFB's Community Cookbook! Created by our community, for our community, this cookbook contains delicious recipes featuring ingredients commonly found at the food bank. Whether you're a seasoned cook or just starting out, these recipes are designed to be easy and affordable, helping you to make the most of what's in your pantry. We hope these recipes inspire you to explore new flavours, connect with your neighbours, and celebrate the diversity and creativity of our community. Happy cooking!

Parkdale Community Food Bank, 2024

Access our services in person at 263 Dunn Avenue

Access our services in 2025 at 5 Brock Avenue

[www.pcfb.ca](http://www.pcfb.ca)

[info@pcfb.ca](mailto:info@pcfb.ca)

416-532-2375

Instagram: @parkdalefoodbank

Artwork by: Claire Bavis, @waxberrytattoo

