



*Jacksonville
Heights PS*

COMMUNITY COOKBOOK



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A COMMUNITY LIKE NO OTHER

At Jacksonville Heights PS, we take community very seriously. It's with a sense of community that we approach each day, teaching our kids the importance of caring, sharing and helping. With empathy and confidence being taught equally, we believe we are helping shape their young minds to openness and hope. We believe these are the values that will make great citizens, ready to tackle the challenges of today's world.

We know that when our kids leave Jacksonville, they leave with the tools they need to live their best life, but also help their neighbor live their own best life. After all, the world is not so big. We all learned how tightly linked we are in the events of the past year. Now more than ever, it's time to look out for your fellow person.

With this cookbook, we asked for our community to come together as a whole and share the recipes they love best, the ones that have been handed down from generation to generation, or newly adopted, but bring joy and warmth with every bite. We share these recipes with thanks to all, and hope you will open your hearts and your table to those around you.



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Kindergarten

FIELD TRIP TO THE WOODS



QUICK AND EASY TOMATO SOUP

MAX ONLY LIKES TOMATOES WHEN THEY ARE SOUP, OR KETCHUP



6 or 7 medium tomatoes
2 tbsp good quality olive oil
1 medium carrot

1 onion
1 clove garlic
5-6 cups chicken broth

Put a small pot of water to boil.
Peel and cut the onion and carrot.
Score the tomatoes on top with an x. While you are waiting for the water to boil, set your Instant Pot (or saucepan) to sauté and heat up the oil.
Add the onion and carrot, and sauté about 6 minutes, until translucent.
While they cook, drop the tomatoes into the water, two or three at a time, and leave in the water about 10 seconds. Scoop them out and repeat with the remaining tomatoes. When cool (almost instantly), peel the tomatoes.
Cut them in half, and use your fingers to scoop out the seeds.
When the onion is cooked, add the tomatoes, and squeeze one clove of garlic over top. Saute 3-4 minutes.
Add the broth, close your Instant Pot and pressure cook on high for 10 minutes.
If making this in a saucepan, you may need to cook it for 45 minutes to obtain the same richness of taste.



BREAKFAST CASSEROLE

OLIVIA'S FAMILY ALWAYS MAKES THIS FOR LUNCH ON THE WEEKEND

4 slices bread, torn up
12-16 oz. of bacon or
sausage, cooked and
drained
2 c. shredded cheddar
cheese
6 eggs, beaten
2 c. milk
1 tsp. dry mustard

Grease the bottom of a 9x13 pan. Tear up 4 slices of bread and place in the bottom of the pan. Sprinkle cooked, crumbled bacon or sausage over bread pieces. Sprinkle cheddar cheese over the bacon or sausage. Mix eggs, milk and mustard together; pour over casserole. Bake at 350 degrees for 35 to 40 min. Serves 4-6

IRISH SODA BREAD

CLAIRE'S LOVES TO GET HER HANDS IN THE STICKY DOUGH

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2 cups whole wheat flour
1 cup all-purpose flour
2 tsp baking soda
1 tsp salt
1 tbsp molasses
2 cups buttermilk
3 tbsp unsalted butter, melted

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. In a large bowl combine whole wheat flour, all-purpose flour, baking soda and salt.
3. In a separate bowl combine molasses, buttermilk and melted butter. Pour liquid ingredients into flour mixture. Stir with a wooden spoon until dough comes together. Tip mixture onto a lightly floured work surface. Shape into a round loaf shape and place onto prepared baking sheet. Using a sharp knife slice a large X in the top of the loaf.
4. Bake in the oven for 35-40 mins., until the dough is golden brown on top and sounds hollow when tapped on the bottom. Remove loaf to a wire rack. Let cool 1 hour., before slicing.



CLASSIC PUMPKIN PIE

MIA THINKS THIS PIE TASTES LIKE FAMILY

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Pie Dough:
1 ¼ cups flour
¼ tsp salt
1 tbsp sugar
1 cup cold, unsalted butter, cut into small cubes
2-3 tbsp ice water
Filling:
2 cups pumpkin puree (either from a can or homemade)
2 eggs
½ cup brown sugar
1 cup 35% cream
1 tbsp pumpkin pie spice
¼ tsp salt

1. In the bowl of a food processor pulse to combine flour, salt and sugar. Add cubed butter and pulse until mixture resembles coarse meal. Add 1 tbsp ice water at a time, pulsing to combine. Mixture should hold together when pressed together but will still look a bit crumbly. Transfer crumbly dough to a lightly floured countertop. Knead a few times to press into a disc and wrap in plastic wrap. Refrigerate for at least 1 hour.
2. While the dough is chilling, make the pie filling. Whisk together pumpkin puree, eggs, brown sugar, cream, pumpkin pie spice and salt.
3. Preheat oven to 425F. Roll out dough into an 11-inch circle. Place in a 9" pie dish. Trim edges so that there is only ½-inch overhang. Fold edges underneath and crimp. Pour filling into pie shell. Bake for 15 mins., then reduce temperature to 350F. Bake for an additional 45 min., until filling is set and pie crust is golden brown. Let cool completely before slicing.
4. Serve with whipped cream and a sprinkle of cinnamon.

POTATO SALAD

DEVON'S FAMILY BRINGS THIS TO POT LUCKS AT THE CHURCH



- 2 lb new potatoes
- 1 cup mayonnaise
- 1 tbsp Dijon mustard
- 4 slices bacon, cooked until crispy and crumbled
- 2 green onions, finely sliced
- ½ cup finely diced red onion
- 3 celery stalks, finely diced
- ¼ cup finely chopped dill
- ½ tsp salt
- ¼ tsp pepper

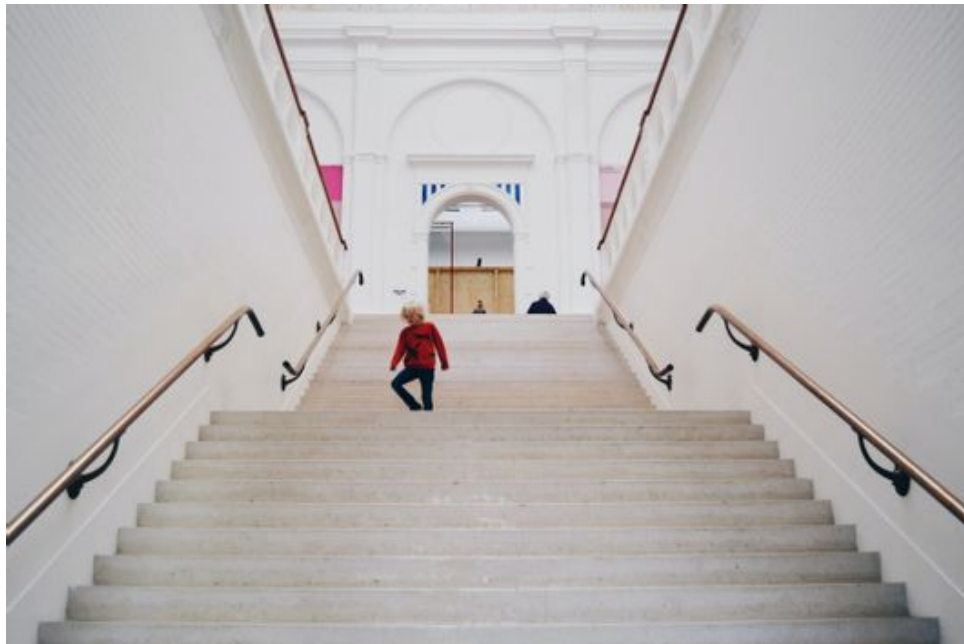
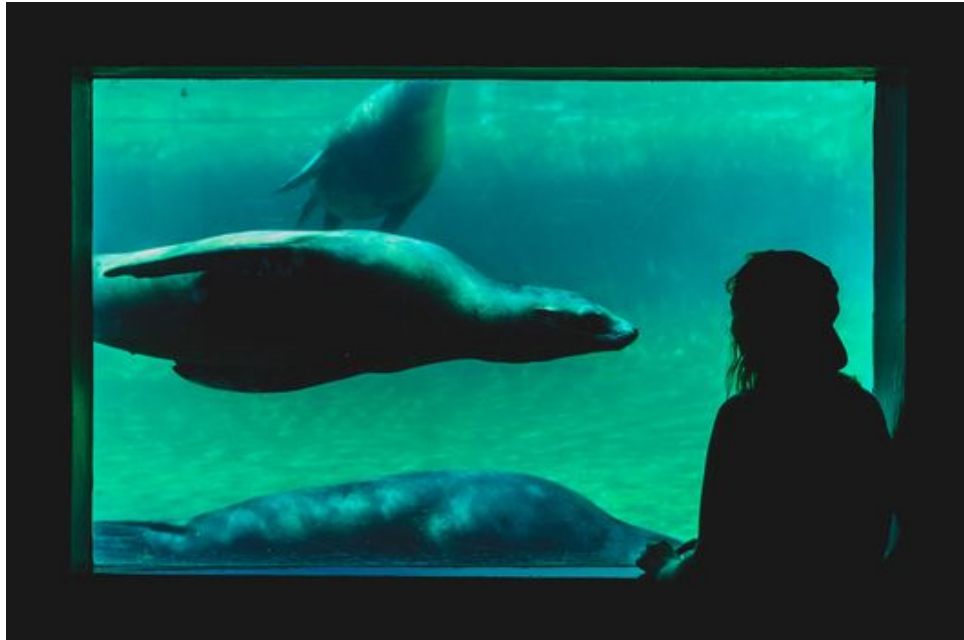
1. Place potatoes in a large pot of salted, cold water. Bring to a boil. Reduce heat to low and simmer, until tender, about 10 min. Drain and rinse with cold water to cool. Cut each potato into quarters. Place in a large bowl.
2. To potatoes add mayonnaise, Dijon, crumbled bacon pieces, green onions, red onion, celery, dill, salt and pepper. Mix well. Cover with plastic wrap and refrigerate until ready to serve.





Grade 1

ANNUAL GRADE 1 FIELD TRIP



APPLE CINNAMON COFFEE CAKE

EMMIE MAKES THIS WITH GRAMMA

Streusel:

- 1 ½ cups flour
- ½ cup packed brown sugar
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup unsalted butter, melted

Cake batter:

- 3 apples, peeled, cored and cut into ¼-inch dice
- 1 cup unsalted butter, at room temperature

- 1 cup packed brown sugar
- 3 eggs
- 1 tsp vanilla
- 3 cups all-purpose flour, plus 2 tbsp
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 2 tsp cinnamon
- 1 cup 2% plain yogurt

1. Preheat oven to 350F. Grease a 9" tube pan or large bundt.
2. Toss together chopped apples with 2 tbsp flour. Set aside.
3. Make streusel. In a medium sized bowl combine flour, brown sugar, salt, cinnamon and melted butter. Mix together until mixture forms lumps and flour is fully combine with butter.
4. In the bowl of a stand mixer combine butter and sugar. Beat on medium speed until light and fluffy, about 1-2 min. Add in eggs, one at a time, mixing well after each addition. Add vanilla and mix to combine.
5. In a separate bowl combine 3 cups all-purpose flour, baking soda, baking powder, salt and cinnamon. On low speed add 1/3 of flour mixture, then add 1/3 of yogurt. Continue adding flour mixture and yogurt, alternating, until