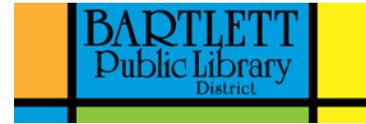


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Contact: Roslyn Summerville
Bartlett Public Library District
800 S. Bartlett Rd.
Bartlett, IL 60103
630.213.5041
RSummerville@bartlettlibrary.org
*Ingredients and instructions provided
by Rose Deneen

Learning easy to make meals at the Bartlett Library



It's completely understandable that people don't want to have to cook intensive meals every day. Chef Rose Deneen stopped by the Bartlett Library on Thursday, Jan. 11 to show how to prepare simple meals that take little to no effort or time at all at the Library's "Easy One-Pot Meals" program.

A total of 30 patrons attended, and they learned three recipes: White Chicken Chili, Vegetable Risotto and Pasta Frittata.

Deneen opened the program by first explaining how to make the White Chicken Chili. She explained that this recipe is found on the back of BUSH's white chili beans cans. This dish filled the room with a welcoming aroma, and was served for patrons nice and hot, warming them up during the blistery, cold night. There was a kick to the chili that opened up the dish's flavors, making it extra savory.

Equipment needed:

- 6 or 8 quart saucepan

Ingredients needed:

- 2 cans (15.5 oz. each) BUSH's white chili beans, undrained
- 1 can (10 oz.) Rotel's diced tomatoes and green chilies, undrained
- 1 can (14 oz.) Chicken broth
- 1 can (10.5 oz.) Condensed cream of chicken soup
- 2 cups Chopped cooked chicken pieces
- Salt and pepper
- Toppings:
 - Shredded Monterey Jack cheese
 - Chopped jalapenos
 - Sour cream
 - Tortilla chips

Cooking instructions:

- In a large saucepan, combine all ingredients except the chicken. Bring mixture to a boil, then lower heat to simmer for ten minutes. If desired, use an immersion blender to briefly blend all ingredients. Add cooked chicken and simmer another five minutes. Season with salt and pepper as desired. Serve with toppings if desired.

Following the chili, patrons learned how to make a Vegetable Risotto. Every bite of this dish was full of creamy and comforting flavors. Patrons couldn't get enough of this one.

Equipment needed:

- Electric Pressure Cooker

Ingredients needed:

- 1 Tbsp. Olive oil
- 1 Tbsp. Butter
- ½ cup Finely chopped shallots
- ½ cup Finely chopped carrots
- 2 cups Arborio rice
- 5 ½ cups Vegetable broth/stock, divided
- 1 tsp. Kosher or sea salt
- 1 cup Peas (fresh or frozen)
- ½ cup Grated Parmesan or Asiago cheese

Cooking instructions:

- Place oil and butter into pressure cooker. Select "Sauté" and heat for 2-3 minutes. Add shallots and carrots. Cook and stir for 2-3 minutes or until shallots are translucent. Stir in rice and cook, stirring frequently until rice become opaque, about 3-4 minutes. Add ½ cup of broth and salt; stir and cook for 2-3 minutes until the rice has absorbed the broth.

Add 4 ½ cups of broth and stir. Cover with lid and lock. Select “High” pressure and set timer for six minutes. When finished, choose “Quick Release” to release pressure. Turn off. Once float valve drops, remove lid carefully. Select “Simmer.” Add remaining ½ cup of broth and stir. Cook, uncovered stirring occasionally for 1-2 minutes. Stir in peas; cook for about 1 minute. Add cheese and heat through.

To close out the program, Deneen taught patrons how to cook a Pasta Frittata. During this meal instruction, Deneen brought up a patron to help flip over the large saucepan when the time was right. He was successful, which earned him a round of applause from the other patrons.

Ingredients needed:

- 3 cups Cooked spaghetti; sauced or plain
- 3 Tbsp. Vegetable or olive oil
- 8 Large eggs
- 1 oz. Grated Parmesan cheese
- 1 cup Chopped cooked meat, i.e. meatballs or Italian sausage, slightly heated
- Salt and pepper

Cooking instructions:

- Roughly cut pasta in half and stir well. Heat oil in large saucepan over medium heat until hot. Add pasta and spread evenly; cook without stirring for 3-4 minutes until pasta browns.
- Meanwhile, whisk together eggs, salt, pepper and cheese. Once pasta is browned on bottom, pour egg mixture over pasta. Slightly loosen pasta with tongs to make sure egg mixture moves easily throughout. Top with meat and cover pan and cook 4-5 minutes or until eggs start to set around sides. Remove lid and carefully slide frittata onto large plate with browned side down. Put saucepan back onto heat and invert frittata back into hot pan. Cover and cook for another 2-3 minutes.
- Serve immediately with additional pasta sauce if desired.

Deneen made the patrons laugh throughout the whole presentation, creating a fun and relaxed atmosphere.

If you missed this program, an upcoming adult program at the Bartlett Library is “Embrace the New Year with Meditation” on Wednesday, Jan. 17 at 7 p.m. Join Renate Lanotte, MS LCSW, psychotherapist and meditation instructor, as she discusses how meditation can evoke a deeper state of relaxation and more peace within. She will also present a powerful meditation technique that can enrich one's life on all levels. The audience will have a chance to practice this simple meditation that can help you in all aspects of your life.

For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartlettlibrary.org.

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The Bartlett Public Library District, located at 800 S. Bartlett Rd., provides programs and services to meet the needs of the community. For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartlettlibrary.org.