Poplar Creek Public Library District's

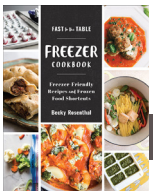
SPICE CLUB

ROSEMARY RECIPES

March 2026

After visiting the Tuscany region of Italy years ago, I have made several versions of this soup. This particular version is extra hearty with the Italian sausage. This soup, similarly to the Chicken and Sweet Potato Gnocchi Soup, can be made with whatever veggies you have on hand.

Excerpt and recipe from the following cookbook



FAST TO THE TABLE FREEZER COOKBOOK: FREEZER-FRIENDLY RECIPES AND FROZEN FOOD SHORTCUTS

by Becky Rosenthal

Call #: 641.6153 Ros

Available for checkout from the Poplar Creek Public Library District.

TUSCAN WHITE BEAN SOUP WITH SAUSAGE AND KALE

Makes 6 to 8 Servings

1 tablespoon olive oil

1 pound Italian sausage (I like the spicy kind but sweet sausage works well, too)

1 large onion, diced

2 large carrots, diced

2 celery stalks, diced

1 teaspoon salt

½ teaspoon dried thyme

¼ teaspoon dried rosemary

¼ teaspoon freshly ground black pepper

3 (15-ounce) cans cannellini beans (6 cups), drained and rinsed

1 (15-ounce) can diced tomatoes with their juices, or 2 medium-size tomatoes, diced

6 cups chicken stock

1 zucchini, diced (optional)

1 yellow squash, diced (optional)

2 cups kale, stemmed, leaves roughly chopped

1. In a large stockpot, heat the oil over medium-high heat. Remove the sausage from its casing and add to the pot. Brown, 3 to 4 minutes per side, not overstirring (so you can get some caramelization and browning on the meat). Add the onion and cook for another 2 minutes, stirring occasionally. Add the carrots, celery, and seasonings. Cook for 5 more minutes. Add the beans and tomatoes. Use a wooden spoon to scrape up any browned bits from the bottom of the pan. Add the chicken stock and simmer for 15 minutes. Add the zucchini and yellow squash, if using, and then stir in the kale. Cook the kale for just about 1 minute, or until slightly wilted, then remove the pot from the heat. Serve hot with crusty bread or let cool and freeze in proportions that are fitting for your family.

TO FREEZE

Cool the hot soup over an ice-water bath (fill one large bowl with ice water and place the soup in another bowl on top), then use the divide and portion method.

For best quality, this soup will last 4 to 6 months in the freezer.

Lamb meatloaf is one of our favorite recipes. It's flavorful, tangy and easy to cook in the slow cooker! There is no extra liquid in this recipe, which can seem crazy, but it works.

This recipe is unique to our family. With a freezer full of lamb, I had to get creative, and this is one of the amazing recipes I came up with for my family—it was a hit! We love this meatloaf with mashed potatoes.

Excerpt and recipe from the following cookbook

RUSTIC FARMHOUSE SLOW COOKER: 75 HANDS-OFF RECIPES FOR HEARTY, HOMESTYLE MEALS

by Alli Kelley

Call #: 641.5884 Kel

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TANGY LAMB MEATLOAF

Makes 6 Servings

FOR THE MEATLOAF
¼ cup (60 ml) milk

1 slice bread, torn into 1-inch (3-cm) pieces

1 lb (454 g) ground lamb

½ cup (80 g) minced yellow onion

2 cloves garlic, minced

2 tsp (1 g) dried rosemary

½ tsp dried thyme

1 tsp dried basil

½ tsp salt

1 egg

FOR THE SAUCE
¾ cup (180 ml) ketchup

1 tbsp (14 g) brown sugar

½ tsp onion powder

½ tsp garlic powder

¼ tsp dried mustard

2 tsp (10 ml) Worcestershire sauce

1. To make the meatloaf, pour the milk in a shallow dish or bowl. Add the torn bread and let it sit for a few minutes. In a large bowl, combine the milk-soaked bread with the lamb, onion, garlic, rosemary, thyme, basil, salt and egg and stir until the ingredients are thoroughly mixed.

2. Fold a piece of parchment paper so that it goes down one side of the slow cooker and up the other. This creates a sling that will make it easy to get the meatloaf out. Place the meatloaf mix into the slow cooker, on top of the parchment paper, then pat it into a loaf form.

3. Cook the meatloaf on high for 3 hours or low for 6 hours.

4. To make the sauce, combine the ketchup, brown sugar, onion powder, garlic powder, mustard and Worcestershire sauce. Pour the sauce over the top of the meatloaf and continue to cook on high for 30 minutes or low for 1 hour.

This is one of those rare sheet-pan dinners in which almost all the elements go on the pan together and cook for the same amount of time. That makes it perfect for when the day has sucked out every last bit of your brain juice and all you want to do is Sit. Down.

If you aren't up to dealing with a butternut squash, buy it already peeled and cut up; most grocery stores sell it in the produce section in ready-to-cook chunks. You will need about 3 cups for this recipe. (If the chunks are bigger than 1 inch, cut them in half so they cook through by the time the pork is ready.)

The pork may be seasoned with fresh or dried rosemary. If you use dried, be sure to get dried ground rosemary—the dried leaves are like sharp little twigs in your mouth.

We love the figs in this—for both the earthy sweetness and the crunch of the seeds, which adds textural contrast. The spinach, which wilts in the pan while the pork rests, adds a fresh, green note and more vegetables to help round out the meal.

Excerpt and recipe from the following cookbook

HERO DINNERS: COMPLETE ONE-PAN MEALS THAT SAVE THE DAY

by Marge Perry

Call #: 641.82 Per

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ROSEMARY ROAST PORK TENDERLOIN

Makes 4 Servings

1 (1½-pound) butternut squash, peeled and halved lengthwise

2 medium red onions, cut through the root end into 6 wedges each

6 dried Mission figs, halved

3 tablespoons olive oil, divided

3 tablespoons balsamic vinegar

1 tablespoon lightly packed light brown sugar

½ teaspoon salt

¼ teaspoon ground black pepper

ROSEMARY RUB
2 teaspoons finely chopped fresh rosemary or ½ teaspoon ground dried rosemary

1 teaspoon garlic powder

½ teaspoon ground coriander

½ teaspoon salt

¼ teaspoon ground black pepper

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1 (1½-pound) pork tenderloin, trimmed

1 (5-ounce) package baby spinach (about 6 cups)

1. Preheat the oven to 450°F. Coat a sheet pan with cooking spray.

2. Cut the squash across into ½-inch-thick slices. Combine them in a large bowl with the onion wedges, figs, and 2 tablespoons of the oil. Toss thoroughly; add the vinegar, brown sugar, salt, and pepper and toss again. Arrange in a single layer on the sheet pan.

3. Make the rub: Combine the rosemary, garlic powder, coriander, salt, and pepper in a small bowl.

4. Place the pork on a work surface and rub it with the remaining 1 tablespoon oil. Pat the rosemary mixture over the entire surface of the pork.

5. Place the pork in the center of the sheet pan and roast until the vegetables are very tender and an instant-read thermometer inserted into the thickest part of the pork registers 140°F, 25 to 27 minutes. Remove from the oven and transfer the pork to a cutting board. Tent loosely with foil and let rest 5 minutes.

6. Stir the spinach into the vegetables on the sheet pan and return to the oven. Roast the vegetables until the spinach starts to wilt, about 3 minutes.

7. Cut the pork across into slices and serve with the vegetables.

Did You Know?

- Rosemary is a perennial shrub that is native to the Mediterranean
- The ancient Latin name means “dew of the sea”
- Rosemary’s aromatic properties were believed to ward off disease and was often used to purify the air in sick chambers
- Rosemary is an erect, evergreen shrub with thin, needle-like, dark green leaves that are strongly aromatic and penetrating but pleasantly relaxing
- Rosemary has long been used in bridal bouquets and crowns because of its associations with constancy and remembrance

Sources:
The Beginner’s Guide to Edible Herbs 26 Herbs Everyone Should Grow & Enjoy, Charles W.G. Smith - 635.7 Smi

The Book of Herbs An Illustrated A-Z of the World’s Most Popular Culinary and Medicinal Plants, Barty Phillips - 635.7 Phi

Vegetables Herbs & Fruit an illustrated Encyclopedia, Matthew Biggs - 635 Big

The Encyclopedia of Spices & Herbs an essential guide to the flavors of the world, Padma Lakshmi

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