



## Rhubarb-Strawberry Sauce Slow Cooker Recipe

### Makes 12-15 servings

6 cups chopped rhubarb  
1 cup sugar  
1 tsp. grated orange peel if desired  
1/2 tsp. ground ginger if desired  
2 cups strawberries, quartered  
1 cinnamon stick

### Directions:

1. Add ingredients to slow cooker and stir well.
2. Cook on low for 5 hours
3. Remove cinnamon stick
4. Serve with yoghurt, on toast, or enjoy it by itself!

### Nutrients Per Serving:

46 calories	0.5 grams fiber
0 grams protein	0 gram fat
11.5 grams carbohydrate	0 mg sodium

**Market Baskets Program:** Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family’s tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People’s Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events.

