



JANUARY

Monthly Moments

REMEMBER • CREATE • PRESERVE • SHARE

FEED THE BIRDS

One of the best parts of the neighborhood are all of the birds there are to enjoy. Did you know they actually do not need to eat bread? Here are some other things to feed the birds:

- Birdseed
- Duck Feed Pellets
- Corn
- Oats
- Rice
- Fruit
- Peas
- Vegetable Scraps
- Worms

For more information, visit
<https://everydaywanderer.com/10-things-feed-ducks>

FEED THE FAMILY

January is the perfect time for a hot bowl of soup. Put some soup on to cook and enjoy our neighborhood birds while it cooks. Watch them with a pair of binoculars and feed them a winter snack. How many different birds can be found?

FEED THE FUTURE

January is also a great time to make family goals. Feed the future and make at least one family goal for the year. Make a plan together for how it will be accomplished.

Cheesy Sausage Potato Soup

from bakingmischief.com

Ingredients

- 1 tablespoon olive oil
- 1 14-ounce smoked sausage chopped into ½-inch pieces
- ½ cup finely diced onion
- 3 garlic cloves minced or pressed
- 4 cups (2 15oz cans) chicken broth
- 3½ cups (about 2 large) russet potatoes peeled and diced
- 2 celery ribs diced small
- 5 tablespoons (71g) butter salted or unsalted is fine
- ¼ cup and 1 tablespoon (44g) all-purpose flour
- 2 cups milk any percentage
- 6 ounces (about 1½ cups) shredded cheddar cheese plus more as desired for topping
- ¼ teaspoon black pepper
- Salt
- Sour cream optional for topping

Instructions

- In a large pot, heat olive oil over medium heat. Add diced sausage, and cook until lightly browned. Use a slotted spoon to transfer the sausage to a bowl and set aside.
- Add onions to the pot and cook over medium heat, stirring often for about 5 minutes, until the onions have just begun to turn translucent around the edges.
- Add garlic and cook until lightly golden, about 1 minute.
- Add chicken broth, potatoes, and celery to the pot. Bring to a simmer and then cook for 10 to 15 minutes, until potatoes can be easily smashed against the side of the pot with a fork.
- Smash about half of the potatoes in the pot with a potato masher or spatula.
- In a medium pot, over medium heat, melt butter and then add flour. Cook, whisking continuously, until flour begins to turn lightly golden, about 1 minute.
- Slowly drizzle in milk, whisking constantly as you go to whisk out any lumps. Cook, whisking continuously, until mixture is thickened and bubbly around the edges, about 5 minutes.
- Remove pot from heat and slowly whisk in cheese, a handful at a time. Once all your cheese is melted, stir the cheese sauce into the soup. Add pepper. Taste the soup and add salt if needed.
- Add the sausage back to the pot and stir everything together.
- Serve, top with sour cream and more cheese if desired, and enjoy!

“There is nothing like a dream to create the future” – Victor Hugo