

Welcome to Harbor Landing!

Holiday Hours:

Tuesday 12/11/18: 10-2pm
Tuesday 12/18/18 Appt. Only
CLOSED: 12/25/18 & 1/1/19.

Hygiene Items @ Harbor Landing

Hygiene items have landed! We have soap, shampoo, conditioner, and toothbrushes!

Happy Holidays from Harbor Landing! We look forward to starting a new year with new goals and fresh ideas to share!

A Warm Home Cooked Meal.

While the stereotype of college students sustaining themselves with cup noodles and ramen continues, the passing down of family recipes, tricks, and tips does not. From sautéing to simmering, mincing to chopping, cooking can seem daunting and unreasonable. Besides, who knows the difference between a roux and a béchamel anyway? It is easy to get frustrated and intimidated by recipes with lots of ingredients and long steps, but many recipes for things like soups all start in a similar fashion: sauté onion and garlic in oil, add celery and carrots, add broth, beans, or noodles. With knowledge of a few of those steps, a long daunting recipe, turns into an “oh, yeah, I know how to do that” moment.

The best thing about cooking at home? Often, it will cost less per serving than microwave meals and it will keep you full for longer. Cooking at home as a student is not always that easy though, especially if you don't have access to a full kitchen with all of the bells and whistles. While we enjoy some much needed rest during break, consider having a day where you and friends come together to cook a meal or two together, make it a regular thing or a one time event.

Chunky Lentil & Veggie Soup

Ingredients:

2 tbsp canola oil
2 cloves garlic
1 medium onion
3-4 carrots
3 celery stalks
1 can black beans
1 cup brown lentils
1 tsp cumin
1 tsp oregano
15 oz petite diced tomatoes
4 cups veggie broth
Salt & Pepper to taste

Heat large pot with oil. Mince garlic and dice onion and cook on medium heat in oil until soft, stirring occasionally. Slice celery, peel and slice the carrots.

Drain and rinse black beans and add to the pot with diced tomatoes (not drained), dry lentils, cumin, oregano, salt and pepper and vegetable broth.

Increase heat to medium high and allow pot to boil. Turn down to low, cover, and let simmer for 30 minutes. Test the lentils after 30 minutes have passed for softness, cook longer if needed.



a. source: budget bytes