



Slow Food DENVER

- Week 1
Ramen** Make easy and approachable homemade Ramen bowls in the comfort of your own kitchen with minimal and simple ingredients. It's a totally slurp-worthy bowl!
- Week 2
Saag Tofu** Explore spices in this Indian creamed greens recipe to serve on top of basmati rice. Tofu, cooked chicken, or shrimp are all possible additions.
- Week 3
Buddha Bowls** Get creative and build your own Buddha Bowl. Lots of colorful veggies, rice, and a protein of your choice! Shake up an easy Buddha Bowl dressing in just a few minutes in a mason jar!
- Week 4
Chili + Nacho Dip
for the Super Bowl** Get ready for the Superbowl or curl up with a bowl of vegan chili and dip your chips into a bowl of creamy butternut squash nacho cheese goodness.
- Week 5
Crepes!
Mardi Gras** Celebrate Mardi Gras in style with these French-inspired crepes. Make sweet and savory crepes to share with your family and brainstorm future crepe toppings and combinations.
- Week 6
Dumplings** Happy Chinese New Year! Make a tasty and colorful filling and learn the art of folding dumplings to pan fry. Complete with a dipping sauce, this class will delight the senses and impress your family.
- Week 7
Tortilla Soup** This simple soup will warm you up with crispy tortilla strips and playful toppings of your own choosing.
- Week 8
Hummus, Vegan
Ranch, Flatbread** Make your own Mezze platter! Homemade creamy hummus with simple ingredients, an herbaceous vegan ranch, and warm flatbreads to enjoy together!
- Week 9
Arepas** Travel to South America with these savory cornmeal cakes. We will make arepas and top them with a bright and filling salsa.
- Irish Soda Bread
with Chia Jam, &
Homemade Butter** Let's celebrate St. Paddy's Day with a homemade Irish Tea Party including a simple homemade soda bread, hot jam, and butter. Tea is optional, but encouraged!