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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at Bins and Bins at 107 Shirreff Ave., North Bay, ON.

Tell them the NBPL sent you!
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Spice Club

FEBRUARY
2023:
PAPRIKA



THIS MONTH'S SPICE: PAPRIKA

ONE POT BLACK BEAN FAJITA PASTA

INGREDIENTS

To assemble ahead:

- 2 bell peppers (sliced)
- ¼ cup red onion (sliced)
- 15 oz can of diced tomatoes (or 19 oz; both work well)
- 15 oz can of black beans (drained and rinsed; or 19 oz)
- 7 oz can corn kernels (1 cup)
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt

Add Fresh When Cooking

- 1 cup stock
- 2 cups small pasta shapes

Just Before Serving

- ½ lime (juiced; 1 tablespoon)
- 1 cup mozzarella cheese (shredded)

INSTRUCTIONS

- In a medium pot, combine all ingredients including pasta and stock. Cover and bring to a boil, then reduce heat and simmer for 15 minutes, stirring every couple of minutes.
- Stir in the lime juice and mozzarella cheese, until evenly distributed and melted.
- (Optional) Serve with lime wedges and cilantro.
- Serves 4 – 6

This recipe came from Sweet Peas and Saffron (<https://sweetpeasandsaffron.com/>)

DID YOU KNOW?

Paprika is the common name given to a variety of ground dried sweet red peppers (*Capsicum annuum*), which vary in colour from bright red to brown and from sweet to hot or even bitter in flavour.

Paprika is related to cayenne pepper, chili and wolfberry.

It is most commonly produced in Hungary and Spain.

(from *The Spice Bible* by Jane Lawson and *The Spice and Herb Bible 3rd Ed.* by Ian Hemphill and *The Complete Book of Spices* by Jill Norman)