

good food

FREE - TAKE ONE • MARCH 2025



**YOU'RE GOING TO LOVE
OWNING A GROCERY STORE**



**OUTPOST CO-OP
GROCERY STORE**

3 GREAT REASONS TO BECOME AN OWNER



outpost.coop/join

1.

**YOU OWN IT!
EVERY OWNERSHIP
PAYMENT YOU MAKE
QUICKLY ADDS UP TO
A FULL FAIR SHARE**



2.

**SWEET FINANCIAL REWARDS!
FROM LOYALTY
REWARDS TO
OWNER-ONLY SALES,
YOU'LL WATCH THE
SAVINGS QUICKLY ADD UP**



3.

**WE'RE LOCAL &
COMMUNITY-OWNED,
WHICH MEANS WE'RE
INVESTED IN MAKING
OUR COMMUNITY THE
BEST IT CAN BE**



OUTPOST'S OWN EGG-LESS EGG SALAD

MAKES 3½ CUPS

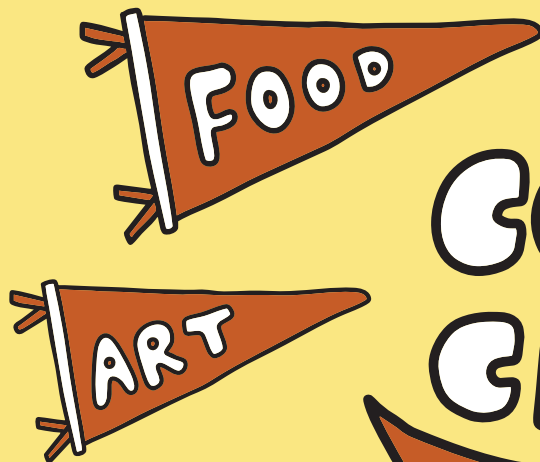
Our recipe for egg-less egg salad is requested again and again for good reason! Made with tofu, it closely resembles the classic egg salad in texture and flavor. You'll love how quick & easy it is to make with the extra benefit of being heart healthy. We love this on sourdough with sprouts - it's also a shopper favorite paired with crackers for the perfect snack.

- 1 pound firm tofu
- ½ cup red onion, finely diced
- 2 stalks celery (about ½ – ¾ cup), finely diced
- ½ cup Nuyonnaise or your favorite mayonnaise
- 4 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1¾ teaspoons turmeric



1. Crumble tofu into a bowl. Add onion and celery and mix thoroughly.
2. In a separate bowl, whisk together Nuyonnaise, mustard, turmeric, salt and pepper. Add dressing to tofu and mix well to combine. Season with additional salt and pepper to taste.

Get
our 8
egg
alternatives



COMMUNITY CREATIVES

Local makers & creators
IN THE AISLES!



Saturday • March 22
11AM - 2PM

All Outpost Store Locations

CHICKEN SOUP GOES ON VACATION

These three recipes offer warm feelings, elevated with Mediterranean, French and West African flavors. With just a few additions to your old standby, your next batch of chicken soup won't just pick you up and dust you off, it will transport you across the globe.

What is it about chicken soup? For centuries it's been a folk remedy for an array of ailments. In a study at the University of Nebraska, Dr. Rennard discovered that chicken soup inhibited the movement of neutrophils, the most common type of white blood cell that defends against infection. The study theorizes that by inhibiting the migration of these infection-fighting cells in the body, chicken soup essentially helps reduce upper respiratory cold symptoms. Concluding, eat chicken soup, feel better.

Whether you're grabbing your spoon for comfort from cold symptoms or simply because it tastes like home, the addition of unexpected ingredients will keep you coming back to the stock pot.



MEDITERRANEAN ARTICHOKE SOUP

SERVES 6

Chicken, artichokes and lemon – a bowl of this light but hearty, nourishing chicken soup, is all you need when those gray skies roll in. Bright lemon and fresh herbs are what our soup bowls have been missing!

2 tablespoons olive oil
2 carrots, diced
1 can artichoke hearts, drained and chopped
1 onion, diced
6 cups chicken stock
¼ cup medium grain rice
½ red bell pepper, diced
6 garlic cloves, sliced thinly
2 cups cooked chicken meat, cut into cubes
(about one whole chicken)
½ cup fresh parsley, chopped
¼ cup fresh basil, chopped
2 egg yolks
1 lemon, juiced (more if you like a very tangy soup)
1-2 teaspoon black pepper
Salt to taste

1. In a stock pot, sauté carrots in the olive oil for 5 minutes.
2. Drain and chop the artichokes, add to stock pot with onion and garlic. Sauté for 5 more minutes.
3. Add the chicken stock and rice. Season with salt and black pepper and bring to a simmer. Cover and cook for 20 minutes.
4. Add the chicken, stir in red pepper. Taste the chicken and veggies, and if done, remove from the heat. Let the soup cool down slightly before proceeding to the next step.
5. In a bowl, mix the egg yolks and lemon juice. Add a little of the warm soup to temper the eggs and whisk quickly, then pour the egg yolk and lemon mixture

back to the soup pot. Slowly warm up, but do not let it boil. Add the fresh chopped basil and parsley. Add more lemon juice to taste. Taste for salt and pepper, and serve with a good crusty bread.

FRENCH LENTIL CHICKEN SOUP

SERVES 6

This soup is deep and delicious with layers of flavors that pair beautifully with a glass of red wine and crusty bread. When the temperature dips, ladle this into your bowl to travel to the French countryside.

4 ounces bacon, diced
1 medium yellow onion, chopped
2 cloves garlic, minced
½ medium celeriac, (celery root), diced
1 large leek, chopped, rinsed and drained
2 medium carrots, diced
1 cup French green lentils, rinsed and drained
6 cups chicken broth
½ cup cooked chicken, shredded
1 tablespoon red wine vinegar
2 teaspoons fresh thyme, chopped
2 bay leaves
1 teaspoon salt
¼ teaspoon freshly ground black pepper
¼ cup fresh parsley, chopped

1. In a stock pot, cook the bacon over medium-high heat until crisp. Add the onions to the bacon and bacon fat and cook until soft and translucent, about 7-10 minutes.
2. Add the garlic to the onion bacon mixture and cook for another minute. Next add the celeriac, leek and carrots and sauté for another 5 minutes or until beginning to soften.
3. To the stock pot, add the lentils and cook for another minute or two. Add the broth, chicken and all remaining ingredients except for the parsley and bring to a boil. Reduce the heat to medium, cover and simmer for 30 minutes. Add salt and pepper to taste.
4. Ladle into bowls, top with parsley to serve.

WEST AFRICAN CHICKEN SOUP

SERVES 6

Ginger and curry warm up this chicken soup, with an unexpected addition of green banana that brings a silky texture and subtle tang. To peel the banana, chop off the ends and score the green skin to get your thumb between the peel and fruit. It's sticky raw but cooks down into a tender bite.

¼ cup olive oil
1 onion, thinly sliced
2 carrots, sliced ¼-inch thick
2 celery ribs, sliced ¼-inch thick
2 garlic cloves, minced
2 tablespoons ginger, minced
2 tomatoes, seeded and cut into ½-inch pieces
2 tablespoons Madras curry powder
1 tablespoon tomato paste
8 cups chicken stock
1 cup coconut milk
1 green banana, peeled and cut into ¾-inch pieces
½ cup cooked chicken, cubed
2 tablespoons cilantro, chopped
¼ cup peanuts, chopped (optional)

1. In a stock pot, add olive oil and sauté onion, carrots, celery, garlic and ginger over medium heat until softened. Add tomatoes, curry powder and tomato paste and cook over moderate heat, stirring for about 7 minutes.
2. Stir in the stock, coconut milk and banana and bring to a boil. Season with salt and cook over moderate heat until the banana is very tender, about 30 minutes.
3. Add the chopped chicken and simmer until just heated through. Ladle into bowls and serve topped with chopped cilantro and chopped peanuts if using.

HOMEMADE CHICKEN STOCK (FROM FREEZER SCRAPS)

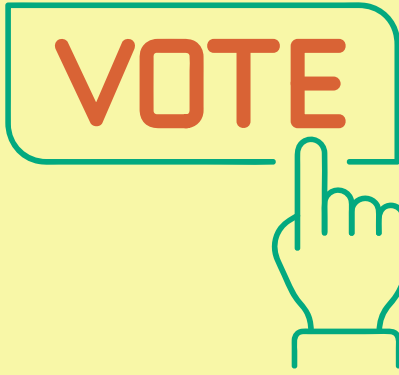
Stock and broth on the grocery shelf have come a long way over the last several years. We keep stock on hand in our pantry at all times – but nothing beats a homemade stock, fresh from your kettle.

It all starts with a gallon-sized zip-top bag. As you prep dinner thru the week, use your bag to collect garlic skins, tomato ends, onion bits, carrot trimmings, celery ends, ginger nubs or fresh herbs that just won't make it until the next recipe. It all gets stuffed into your gallon-sized zip-top bag, kept in the freezer. Swung by the co-op for your roasted chicken? Into the bag with the bones! Grilled up chicken legs? Into the bag with the bones! You see where this is headed. It all goes into your stock bag, ready for when you're ready to make stock. This simple life hack has made all the difference elevating the soups we make at home.

Some vegetable scraps overpower your stock. Brussels sprouts, cabbage, bell peppers, broccoli and cauliflower all pack a lot of flavor, competing with your soup recipe. By all means, experiment—cilantro and lemongrass love to get added to our stocks. And don't throw out that bag! After it's empty, back into the freezer it goes to start another stock collection. Make this part of your monthly routine, keeping containers of stock at the ready in your freezer.

MAKES AT LEAST 4 QUARTS

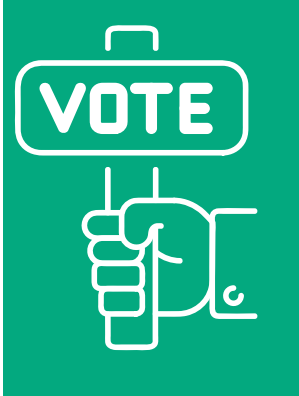
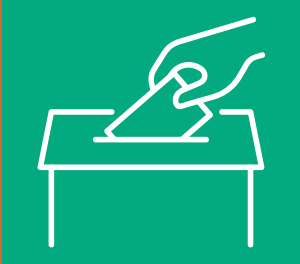
- 1 gallon bag of frozen stock scraps (including chicken bones)
1 bay leaf
1 teaspoon black peppercorns
1 tablespoon salt
1. Add contents of stock bag, bay leaf, peppercorns and salt into a large stock pot or crock pot (must be at least 6 quarts). Cover contents with water, leaving about 3 inches of room at the top of the pot.
 2. If cooking on the stove top, bring to a boil. Cover and turn down heat to low, simmering for 3-6 hours (the longer you simmer, the more collagen is released from the bones.) If cooking in a crock pot, cook on low overnight or on high for 4 hours.
 3. Turn off the heat and allow to cool. Use stock right away or freeze in containers.



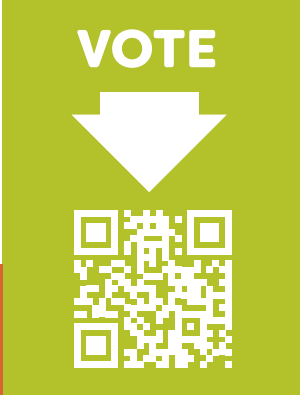
**democratic
member
control**



**good food
needs good
leadership**



**Outpost Owners:
Vote in the 2025
Outpost Board Election
March 20 – April 3**
*Meet Candidates! March 22 at our Bay View location
from 11am – 2pm OR learn more here:*
outpost.coop/vote



it's your co-op!

**Your vote helps to end
hunger in our community**

Outpost will donate \$1 per owner ballot submitted in this year's election to Kinship Community Food Center, a local non-profit that engages community members to end hunger, isolation and poverty through their innovative programs that include a fresh food market, an urban farm and collaborative meals.



kinship
COMMUNITY FOOD CENTER



To learn more,
visit www.kinshipmke.org

VOTE MAR. 20-APR. 3



2

Democratic member control

Co-op Principle 2: Democratic Member Control

Cooperatives are democratic organizations controlled by their owners, who actively participate in setting their policies and making decisions. The co-op owners serving as elected representatives are accountable to the ownership. In co-ops, owners have equal voting rights (one owner, one vote).

Don't leave Outpost's leadership to chance!

"The second cooperative principle of democratic member control means that our votes matter as much as where we spend our grocery dollars. Our votes determine who carries out the fiduciary and governance responsibilities of the Board of Directors. As one of the larger cooperatives in the country and with far reaching impact, Outpost's leadership should not be left to chance."

Ashley Fisher
Outpost Board of Directors President



Voting is your right & responsibility

"Voting for board directors in our co-op is not just a right, it's a responsibility. It's your chance to shape the direction of our community, ensure your voice is heard and uphold the principles of democracy upon which cooperatives are built."

Ray Simpkins
Outpost Chief Executive Officer



International Year of Cooperatives

2025 IS THE INTERNATIONAL YEAR OF COOPERATIVES

LET'S CELEBRATE!

Proclaimed by the United Nations, the International Year of Cooperatives aims to showcase the transformative power of cooperatives, to advocate for policies and legal frameworks that enable cooperative growth and to foster collaborations across sectors and regions to amplify the impact of cooperatives.

Learn more about this historic year at <https://2025.coop/>





Easter Entrees, Sides & Sweets

See our menu & order online:
outpost.coop/easter



Diversity is Strength

Support Inclusive Trade

Co-ops around the country are committed to fostering diverse and inclusive communities. Look for this mark to find brands owned by people who identify as women, BIPOC, disabled, LGBTQIA+ and veterans.



Look for great deals on Inclusive Trade brands and products in our Co+op Deals flyer and learn more at outpost.coop/shop/inclusive-trade



Locals Making History.