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*If Veterans don't help Veterans, who will?*

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## ***Midsummer Swedish Strawberry Compote***

- 3 Cups fresh strawberries
- 2 Cups water
- 1/2 Cup sugar
- 2 1/2 Tbsp arrowroot or 2 1/2 tablespoons corn flour or 2 1/2 tablespoons cornstarch

- 1) Clean and hull strawberries. Cut large ones into bite-sized pieces or slice.
- 2) In a saucepan, combine strawberries and sugar. Mix a little of the water into the arrowroot (corn flour/starch) to create a thin paste. Add this mixture into saucepan. Add remaining water, and stir to combine. Bring to a gentle boil, stirring carefully & then take off the heat immediately.
- 3) Pour the strawberries into a serving bowl, sprinkle with a little more sugar, and let them stand.
- 4) Serve warm or cold with cream, milk or sour cream.

Makes 4 Servings

