



# SIMPLE, FRESH FARM BOX MEALS

NOV 8, 2021

*Simple recipes so we can eat well & support local agriculture*

## Roasted Tomato & Carrot Soup

### YOU'LL NEED

- 4 stalks celery, chopped
- 1 lb tomatoes, quartered
- 2 beets (optional)
- 6 cloves garlic
- 4 carrots, chopped
- 1 onion, chopped
- 2 C broth
- 1 t salt & pepper, each
- ½ C chopped herbs - (parsley, basil, cilantro, or celery leaves)
- ¼ C olive oil
- 1 dollop crème fraiche or sour cream

### ALL YOU HAVE TO DO

- Line a baking sheet with foil. Preheat oven to 400°F
- Wash & prep vegetables.
- Place the tomatoes cut side up on the sheet, and the rest of the vegetables. Add more tomatoes if there is room.
- Pour olive oil over all, sprinkle with salt & pepper.
- Roast vegetables for 30 minutes or until starting to caramelize on the edges. Remove pan. If adding beets, peel before blending.
- Dump everything into a big pot. Add broth, simmer for 30 minutes and then toss in the herbs.
- Blend with an immersion blender or in a blender.
- Pour into bowls and top with creme.
- Serve with a grilled cheese sandwich or small salad for an amazing hearty meal.

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## Fall Kale, Apple & Pom Salad

### YOU'LL NEED

- Massage Oil
- 4 T olive oil
- 1 T apple cider vinegar
- 1 garlic clove, minced
- 1 t fresh thyme leaves
- salt & pepper
- Salad
- 1 C Farro (or quinoa)
- ½ C slivered almonds
- 1 bu black kale
- ¼ C red onion, chopped
- 1 apple, thinly sliced
- ½ C feta cheese
- 1 C pomegranate seeds
- 1 avocado, sliced
- ½ t cinnamon
- ½ t allspice
- 1 pinch red pepper
- 1 T maple syrup (or optional plum fig jam)

### ALL YOU HAVE TO DO

- Start farro (or quinoa) to cook on the stove (1/2 cup dry). Cook according to package directions.
- Meanwhile, chop kale finely and place in a large bowl. Add oil, salt, garlic, thyme and apple cider vinegar. Massage the kale with clean hands until kale becomes tenderized, 4-5 minutes.
- Add apples, onion, pomegranate, almonds and farro. Toss to combine and add fig jam or syrup, pepper flakes, allspice and cinnamon. Add salt and pepper to taste.
- Mix and taste, adding more salt, allspice and vinegar to your taste.
- Serve with sliced avocado on top.

We are excited to introduce  
living Red Salanova from  
Sundial Farm!