



SIMPLE, FRESH FARM BOX MEALS

MAY 2, 2022

Simple recipes so we can eat well & support local agriculture

Italian Style Summer Squash Stew

INGREDIENTS & INSTRUCTIONS

Ingredients

- 1 tbs olive oil
- ½ yellow onion
- 3 cloves garlic - minced
- 3 C chopped Zucchini - green or mixed
- 2 C marinara sauce or blended fresh tomato & herbs
- 1 can - 15oz navy beans
- 1 C kale - chopped
- ¼ C chopped fresh basil
- ½ tbs each garlic powder & onion powder
- Salt & Pepper

Method

Heat oil in large pot over medium heat. Add onion, garlic, and zucchini to the pan, sauté until onion and zucchini start to barely soften. About 5 minutes.

Stir in marinara sauce - or tomato and herb mixture and beans. Continue cooking covered for 5 minutes until marinara sauce is hot and gently simmering.

Stir in chopped kale and basil and cook until kale wilts, about 2 minutes.

Season with salt, pepper, garlic powder, onion powder, and more fresh herbs if you'd like.

Serve and enjoy!



*Thank you for
supporting local!*

Give \$20 Get \$20

If you love our food & service, please share us with your friends!

Check your account page for more info.