



# SIMPLE, FRESH FARM BOX MEALS

OCT 2, 2023

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

## Spiced Kale & Potato Stew

### YOU'LL NEED

- 1 lb Sausage or Kielbasa or your choice (optional)
  - 2 medium yellow onion - fine dice
  - 2 to 4 jalapeno peppers - fine dice
  - 2 red or yellow bell pepper - fine dice
  - 4 tbs garlic - fine mince
  - 2 (29 oz) can fire roasted petite diced tomatoes
  - 2 cup water - OR broth
  - 4 cup vegetable broth
  - 5-7 Yukon Gold Potatoes (depending on size) - quartered
  - 2 (31 oz) can chickpeas - drain & rinse
  - 2 tbs miso
  - 6-8 cups Kale - chopped
  - Cilantro - chopped (optional)
- Seasonings**
- 2 tsp onion powder
  - 2 tsp garlic powder
  - 4 tbs dried minced onion flakes
  - 2 tsp smoked paprika
  - 1 ½ tsp coriander
  - 1 tsp cumin
  - 1/4 tsp cinnamon (optional)
  - Salt & pepper to taste

### ALL YOU HAVE TO DO

- In a small bowl, add all the Seasonings/Spices, mix well. Set aside, then slice your sausage to your preferred size & thickness.
- In a large ceramic/enamel-lined Dutch oven or similar stock pot, cook the sausage over medium-low heat until it begins to render its fat, about 2 minutes (if choosing to add), then add the diced onions, jalapeño peppers, & bell peppers; sauté over medium heat until they begin to soften, approximately 5 to 7 minutes. Add a tablespoon or so of water/broth if they start to stick &/or to prevent burning.
- Add the minced garlic & sauté for 30 seconds, then add the dry Seasonings/Spices mix, sauté to release their fragrance, about 30 seconds to one minute.
- Then add the fire roasted petite diced tomatoes, veggie broth, miso, & water, stir well, bring to boil, then immediately lower to a simmer.
- Add the quartered baby potatoes, & chickpeas. Stir to incorporate all the ingredients, then cover w/a tight-fitting lid & simmer for 25 to 30 minutes.
- After 25 minutes, check the tenderness of the potatoes. Once the potatoes are tender, then add the chopped kale, put the lid back on & cook until the kale reaches the desired tenderness. Taste tests the flavors, add more spices, if necessary, to achieve the level of flavor you desire.
- Serve immediately w/freshly chopped cilantro, if desired.

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## Air Fried/Baked Bartlett Pears

### YOU'LL NEED

- 4 Bartlett pears ripe - halved or quartered
- 3 tbs maple syrup
- 2 tsp cinnamon
- ¼ tsp nutmeg
- granola
- coconut flakes
- chopped pecans or walnuts

### ALL YOU HAVE TO DO

- Wash & peel your pears. (Or you may leave the skins on if preferred.) Then cut them into quarters, scrape seeds & remove the core. Place in a small mixing bowl.
- Add the maple syrup, cinnamon, & nutmeg on top & mix gently, until evenly coated.
- Spoon the coated pears in a single layer in your basket & air fry at 380°F for 8-12 minutes until golden & caramelized. Do not dump!
- Carefully remove the pears from your basket & serve topped w/granola, coconut flakes, & chopped pecans or walnuts. Enjoy.
- Baking Directions: Preheat oven to 350°F & set out a 9x13-inch baking dish. Flip pears cut-side down & bake 20-30 min (uncovered) until tender. Then carefully remove from, flip cut-side up, & bake an additional 5 min to slightly caramelized the tops.

*Thank you for supporting local!*