



SIMPLE, FRESH FARM BOX MEALS

APR 15, 2024

Simple recipes so we can eat well & support local agriculture

Red Bell Pepper & Chicken Sauté

YOU'LL NEED

- 2¼ cups chopped red bell pepper
- 1 cup chopped purple onion
- 2 tbsp. oil
- 1 ½ lb. chicken breasts - bite-sized pieces
- 2 tsp. garlic powder (or 6 cloves, minced)
- ½ cup fresh, chopped flat leaf parsley
- 1 cup chopped fresh basil
- 1 cup fresh, chopped tomatoes
- ½ tsp. ground black pepper
- ½ tsp. salt (or more as needed)

ALL YOU HAVE TO DO

- Heat the oil in a large skillet.
- Sauté the bell peppers and onions until soft.
- Add the chicken and remaining garlic powder, and cook completely. (Approximately 15 minutes, depending on the size of your chicken chunks).
- Turn off the heat, stir in the tomatoes and fresh herbs.
- Season with salt and pepper to taste, and serve.

Cabbage Soup

YOU'LL NEED

- 2 tbs olive oil
- 1 onion - diced
- 1 Shallot - diced
- 1-2 carrots - diced
- 1 zucchini/squash - diced (optional)
- 2 celery stalks - diced
- 2-4 garlic cloves - minced
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp salt
- ½ - 1 cabbage (depending on size) - chopped
- 1 (14oz) can roasted diced tomatoes
- 4 - 6 C vegetable broth - adjust depending on how much broth you would like
- 1 - 2 tbs lemon juice
- ¼ C fresh parsley - rough chop
- Additional bouillon for salt & flavor - optional
- cracked black pepper to taste

ALL YOU HAVE TO DO

- Heat the oil in a large pot over medium-high heat, and add the diced onions, carrot, and celery. Cook for 4-5 minutes
- Add the minced garlic, shallot, and spices and stir for another 2 minutes.
- Add the cabbage and let it sweat for 5 minutes, stirring frequently.
- Pour in the vegetable broth, diced tomatoes, zucchini (if adding) and let it simmer uncovered for 10 minutes, or until the vegetables are softened to your liking.
- Remove the cabbage soup from the heat and add the lemon juice, parsley, and cracked black pepper. Give it another stir, then serve.

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