



SIMPLE, FRESH FARM BOX MEALS

APR 29, 2024

Simple recipes so we can eat well & support local agriculture

Creamy White Bean & Kale Soup

YOU'LL NEED

- 1 tbs olive oil
- 1 yellow onion - small dice
- 1-2 carrots - small dice
- 1-2 celery sticks - small dice
- 2-4 cloves garlic - minced
- chili flakes or Aleppo pepper to taste
- 1 sprig fresh rosemary - minced
- 4 C cooked navy beans - drained & rinsed
- 4 C extra flavorful veggie stock
- 2 tbs fresh lemon juice
- sea salt & ground black pepper to taste
- 2-3 C packed chopped kale lacinato kale
- ¼ C Italian Parsley - chopped

ALL YOU HAVE TO DO

- Heat oil in a med/large soup pot over med/heat. Add the onions, carrots, & celery to the pot & stir. Sauté the vegetables until lightly softened & translucent.
- To the pot, add garlic, chili flakes, & rosemary. Stir & cook until garlic is fragrant. Add the navy beans to the pot & stir. Add the vegetable stock to the pot & stir once more. Bring the soup to a boil.
- Once boiling, ladle half of the soup into an upright blender. Add the lemon juice to the blender as well. Carefully bring the speed of the blender up to high & blend until this portion of the soup is totally liquified. Pour this liquified portion back into the pot. Season the soup with salt & pepper. You can add additional seasoning at this point if you would like.
- Add kale to the pot & bring to a boil. Once the kale is slightly wilted & bright green, season the soup once more with salt & pepper, on if it needs it, then stir in the chopped parsley. Serve & enjoy while hot.

Sweet Chili & Ginger Ground Beef with Brussels Sprouts

YOU'LL NEED

- 1 lb Ground Beef/sirloin
- 12oz Brussels Sprouts - halved
- 1 tbs Chili Oil
- 1 tsp Ground Ginger
- 1 tsp garlic powder - fresh ginger is optional
- ½ tsp onion powder
- 1 tsp Chili Powder
- 1/2 tsp Black Pepper
- ½ C Sweet Chili Sauce - brand of your choice or homemade

ALL YOU HAVE TO DO

- Steam or boil brussels sprouts until tender before transferring to a cutting board. Cut them in half once they've cooled.
- Mix the dry spices together & sprinkle half over the top of the ground beef.
- Heat a large skillet over med/high heat with the chili oil. Once the oil is hot, place the ground beef in the skillet seasoned side down. Sprinkle the remaining half of the spices on top of the beef.
- Cook for 2-3 minutes or until the bottom of the beef has developed a nice crust before flipping. Cook for another 2-3 minutes before breaking the beef down into crumbles. Cook until no pink remains.
- Push the cooked beef to the side of the pan & add the brussels sprouts to the skillet, cut side down. Cook for 6-8 minutes, stirring occasionally, until they've developed a slight char.
- Remove from the heat & mix the brussels sprouts & ground beef together. Drizzle the sweet chili sauce over the top & stir until evenly coated. Serve with rice or cauliflower rice, chopped scallions, toasted sesame seeds, or your choice of toppings

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