

Week of 09/13/21



Meal Kit Recipes

Korean Beef Bulgogi with Cucumber-Pear Salad

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 35 minutes

Shirrtail Creek Farm 100% Grass Fed Ground Beef, thawed
Farmhouse Kitchen Stir Fry Sauce, stirred well before use
J & B Farm Green Beans, washed, ends trimmed
Cal-Organic Certified Organic Green Onions, washed, root end trimmed
Gundermann Acres Cucumber, washed, ends trimmed, peeled (optional)
Top of Texas Pears, washed, peeled (optional), and cored
Farmhouse Kitchen Sesame Lime Dressing, stirred well before use
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

STEP 1 Prepare the rice. Bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 2 While the rice cooks, prepare the vegetables. Thinly slice or cubes the pears and cucumbers into bite sized pieces. Add the pears and cucumbers to a mixing bowl and combine with the sesame lime dressing, salt and pepper to taste; set aside. Chop the green beans into 1-inch pieces. Slice white and light green sections of the green onions into 1-inch batons and thinly slice the green tops. Set aside.

STEP 3 Heat a large saute pan over medium-high with enough oil to coat the bottom of the pan. When the oil begins to shimmer, add the ground beef and break it up into small crumbles with a wooden spoon. Season with salt and pepper, and saute for 8-10 minutes or until cooked through and lightly browned. Add the green onion batons and green beans to the pan. Saute for 3 minutes. Reduce the heat to medium-low and add the stir fry sauce. Stir to combine and let simmer for 5 minutes or until the green beans are crisp tender. Season with salt and pepper to taste.

STEP 4 Serve the beef bulgogi stir fry over rice. Top with cucumber-pear salad and garnish with sliced scallion greens.

Enjoy!



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Korean Beef Bulgogi with Cucumber-Pear Salad

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 35 minutes

Shirrtail Creek Farm 100% Grass Fed Ground Beef, thawed
Farmhouse Kitchen Stir Fry Sauce, stirred well before use
J & B Farm Green Beans, washed, ends trimmed
Cal-Organic Certified Organic Green Onions, washed, root end trimmed
Gundermann Acres Cucumber, washed, ends trimmed, peeled (optional)
Top of Texas Pears, washed, peeled (optional), and cored
Farmhouse Kitchen Sesame Lime Dressing, stirred well before use
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

STEP 1 Prepare the rice. Bring 2 cups of water, a big pinch of salt, and 1 tbsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

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STORAGE & PROCEDURE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS*

Grass Fed Ground Beef - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

Stir Fry Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: green onion, garlic, ginger, pear, Korean chile flake, brown sugar, sesame seed, rice wine vinegar, sesame oil, sunflower oil, salt, pepper)

Green Beans - Store in the bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

Green Onions - Store upright in a glass of water, plastic bag covering the green stalks, in the fridge.

Cucumber - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Pears - Store on the counter until ripe and then transfer to refrigerator. Use within 5 days once ripe.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

Sesame Lime Dressing - Store in the refrigerator. Use within 5 days.

(Ingredients: rice wine vinegar, lime juice, sesame seed, Korean chile flake, Dijon mustard, sunflower oil, salt, pepper)

***Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, soy, fish and shellfish.**



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Veggie Miso Ramen with Soft Boiled Egg

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 25 minutes

Farmhouse Kitchen Miso Broth, thawed
Della Casa Pasta Co. Spaghetti, kept frozen until immediately before use
J & B Farm Corn, shucked and washed
Texas Farm Patch Summer Squash, washed, ends trimmed
J & B Farm Green Beans, washed, ends trimmed
Vital Farms Pasture-raised Eggs, rinsed
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables. Chop the green beans into 1-inch batons. Slice the squash into half moons, about 1/4-inch thick pieces. Shave the corn kernels from the cob using a sharp paring knife. Set vegetables aside.

STEP 2 Bring a large pot of water to a boil to first cook the eggs and then the noodles. Use a large spoon to carefully and gently lower the eggs one at a time into the boiling water. Cook for 7 minutes. Transfer the eggs out of the boiling water and into a bowl of ice water. Reserve the pot of boiling water on the stove over high heat. Chill the eggs until just slightly warm, about 2 minutes. Gently crack eggs all over and peel. Set aside until ready to serve. (**Note:** At 7 minutes, the egg whites will be tender and just cooked through, and the yolks will be thick, but slightly runny. If you prefer a firmer yolk, cook for 8-11 minutes total.)

STEP 3 Meanwhile, as the eggs are boiling, prepare the veggie miso broth. Place a large saucepan over medium heat. Add 1 tbsp. oil. When the oil shimmers, add the green beans and squash. Saute for 3 minutes until just starting to brown. Pour in the miso broth and add the shaved corn kernels. Bring the broth to a simmer and cook the vegetables until tender, about 5 minutes. Season with salt and pepper, and if desired, dilute the broth with 1/4 to 1/3 cup of water. Cover and reduce heat to low and keep warm until ready to serve.

STEP 4 Add 1-2 tbsp. of salt to the pot of boiling water, followed by the frozen spaghetti. Gently stir and separate noodles with tongs. Cook for 2-3 minutes until al dente - when the noodles are soft and cooked through, but retain a pleasant chew. If you prefer a softer texture, cook for an additional 1-2 minutes. Drain noodles in a colander.

STEP 5 Transfer the hot noodles to serving bowls. Ladle the simmering ramen broth and vegetables over the noodles. Slice the soft boiled eggs in half lengthwise and add to the broth cut-side up. Lightly season the eggs with salt and pepper to taste.

Enjoy!



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Veggie Miso Ramen with Soft Boiled Egg

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Texas Farm Patch Summer Squash, washed, ends trimmed
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Vital Farms Pasture-raised Eggs, rinsed
Oil of choice
Salt and pepper

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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Spaghetti - Keep frozen until immediately before cooking. Use within 1 month.
(Ingredients: durum semolina flour, eggs, salt)

Squash - Store in a plastic bag in the crisper drawer of the refrigerator. Use within 5 days.

Corn - Store in the crisper drawer of the refrigerator. Use within 5 days.

Green Beans - Store in the bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

Miso Broth - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month.
(Ingredients: onions, garlic, ginger, San Marzano tomatoes, roasted red peppers, sesame seeds, miso, gochugaru, dried mushrooms, kombu, tamari, water, salt)

Pasture-raised Eggs - Store in the refrigerator. Use within 5 days.

***Contains gluten, egg and soy inclusive ingredients.**

****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, soy, fish and shellfish.**



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Instant Pot Pork Tinga & Black Bean Taco Salad

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 45 minutes

K & C Cattle Co. Pork Stew Meat, thawed
Farmhouse Kitchen Tinga Sauce, thawed
Farmhouse Kitchen-prepared Black Beans, thawed
Village Farms Tomatoes, washed & cored
Waco Farms Lettuce, rootball removed, washed & dried
Farmhouse Kitchen Pickled Onions
Farmhouse Kitchen Cilantro-Lime Vinaigrette, stirred well before serving
G & S Groves Avocado, halved and pit removed
El Milagro Tortilleria Corn Totopo Chips
Oil of choice
Salt and pepper

Cooking Notes: An electric pressure cooker (Instant Pot) is suggested for this recipe. The amount of time needed to stew the meat until tender will vary depending on the appliance brand. If you prefer, you can skip the searing instructions in Step 1. See back for alternative slow cooker instructions.

STEP 1 Adjust the Instant Pot to the Saute setting. While it heats, pat the pork dry with paper towels. Cut any larger pieces in half so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear the pork in oil until browned on all sides, then add the tinga sauce.

STEP 2 Secure the lid and move the valve to the Sealing setting. Press the Pressure Cook button, then use the +/- button to adjust the time to 25 minutes. When the timer on the Instant Pot beeps, let sit for 10 minutes without disturbing to naturally release pressure. Then, manually release the pressure by opening the steam valve. Do not hold your hand or look directly over the valve. Use a spoon with a long handle to carefully move the valve to the Venting setting. Hot, vigorous steam will immediately release. You will know when the pressure is fully released and it's safe to remove the lid when the valve stops hissing and there is no more visible steam. Stir in the black beans and allow the residual heat to warm the beans through. Season with salt and pepper to taste.

STEP 3 While the pork tinga cooks, prepare the vegetables. Dice the tomatoes and chop or tear the lettuce into bite sized pieces. Scoop out the avocado with a large spoon and cut into slabs or cubes.

STEP 4 To assemble the taco salad, add the tortilla chips in a bowl, crushing them into smaller pieces, if desired. Top with pork tinga and black beans, followed by lettuce, tomatoes, pickled onions, and avocado. Dress with cilantro-lime vinaigrette, salt and pepper to taste.

Enjoy!



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STEP 4 To assemble the taco salad, add the tortilla chips in a bowl, crushing them into smaller pieces, if desired. Top with pork tinga and black beans, followed by lettuce, tomatoes, pickled onions, and avocado. Dress with cilantro-lime vinaigrette, salt and pepper to taste.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Pork Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Tinga Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month. (Ingredients: roasted tomato, roasted red peppers, roasted onion, roasted garlic, chipotle, Mexican oregano, cumin, New Mexican chili powder, fish sauce, apple cider vinegar, salt)

Black Beans - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month. (Ingredients: black beans, water, salt)

Pickled Onions - Store in the refrigerator. Use within 5 days. (Ingredients: red onion, red wine vinegar, sugar, salt)

Cilantro-Lime Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: lime juice, distilled white vinegar, sugar, garlic, dijon mustard, cilantro, sunflower oil, salt, pepper)

Lettuce - Store in crisper drawer of the refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Tomatoes - Store in a cool, dry place in the kitchen. Use within 5 days.

Avocado - If hard and unripe, store at room temperature for 1-3 days to ripen and soften. Otherwise, store ripe avocados in the refrigerator. Use within 5 days.

Tortilla Chips - Store in a cool dry place in the kitchen. Use within 5 days. (Ingredients: stone ground corn, corn oil, sea salt, calcium hydroxide)

***Contains fish or shellfish inclusive ingredients.**

****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, soy, fish and shellfish.**

ALTERNATIVE SLOW COOKER INSTRUCTIONS

Place a large skillet over medium-heat. While the pan is heating, pat the meat dry with paper towels. Cut any larger pieces in half so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear the meat in oil until browned on all sides, then remove pan from heat. (You may need to sear the meat in batches depending on the size of your pan.) Add the tinga sauce and stir with a wooden spoon to scrape and loosen the flavorful brown crust that has developed. Add the meat and sauce to the slow cooker insert. Cook for 4-5 hours on high or 6-7 hours on low. About 10 minutes before serving, add black beans to warm through. Prepare the vegetables as instructed in Step 3-4.



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Chicken Shawarma & Chickpea Rice Bowl

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 35 minutes

Cooks Venture Boneless Chicken Thighs, thawed
Farmhouse Kitchen Shawarma Marinade
Lundberg Family Farms White Rice
Farmhouse Kitchen Olive Salad
Gundermann Acres Cucumber, washed, ends trimmed, peeled (optional)
Patty's Herbs Mint, leaves picked and washed
Farmhouse Kitchen Tahini Sauce, stirred well before serving
Oil of choice
Salt and pepper

Note: If you have a little extra time in the morning or before dinner, marinate the chicken for deeper flavor. Combine the chicken and shawarma marinade in a mixing bowl, cover, and let marinate in the refrigerator for 30 minutes up to 8 hours.

STEP 1 Preheat the oven to 400°F and arrange oven rack to middle position. Pat chicken dry with paper towels to remove excess moisture. Depending on preference, peel away the skin if included. Combine chicken with shawarma marinade, turning to coat evenly. Cover and set aside to marinate for about 10 minutes. (See note for marinade options.)

STEP 2 Next, prepare the rice. Bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 3 While the rice is cooking, prepare the vegetables. Thinly slice the cucumbers and roughly chop or tear the mint leaves. Set aside.

STEP 4 Line a baking sheet with foil or parchment paper and drizzle with oil. Arrange marinated chicken (skin side up, if desired) on the baking sheet in an even layer with space in between. Roast in the preheated oven for 15-17 minutes or until the internal temperature reaches 165°F when measured at the thickest part. Broil for 2-3 minutes to crisp the skin, if desired.

STEP 5 Slice chicken shawarma into strips or bite sized pieces and serve over rice. Top with olive salad, sliced cucumber and chopped mint, then drizzle with tahini sauce.

Enjoy!



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Oil of choice
Salt and pepper

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STEP 2 Next, prepare the rice. Bring 2 cups of water, a big pinch of salt, and 1 tbsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Chicken Thighs - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

Shawarma Marinade - Store in the refrigerator. Use within 5 days.

(Ingredients: tahini, lemon juice, water, roasted garlic, Greek yogurt, sumac, cumin, Mexican oregano, sunflower oil, salt, pepper)

Olive Salad - Store in the refrigerator. Use within 5 days.

(Ingredients: kalamata olives, chickpeas, roasted red peppers, roasted garlic oil, lemon juice, salt, pepper)

Tahini Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: tahini, water, lemon juice, garlic, Greek yogurt, garam masala, cumin, coriander, salt, pepper)

Mint - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

Cucumber - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

***Contains dairy inclusive ingredients.**

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