

# Week of 11/30/20



## Meal Kit Recipes

### Crispy Pork Tinga Tacos with Black Beans & Rice

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

Mockingbird Farm Ground Pork, thawed  
Farmhouse Kitchen Tinga Sauce  
Gulf Pacific Certified Organic White Rice  
Farmhouse Kitchen Rice Spice  
Texas Farm Patch Romaine Lettuce, outer leaves and core discarded, washed and dried  
Lipman Family Farm Tomatoes, washed and cored  
Farmhouse Kitchen-prepared Cheddar Cheese  
Farmhouse Kitchen-prepared Black Beans  
El Milagro Tortilleria Crispy Taco Shells  
Oil of choice  
Salt and pepper

**Optional:** For hot and crispy taco shells, preheat oven to 350° F degrees and arrange oven rack to middle position. Warm the taco shells for 5 minutes before building the tacos.

**STEP 1** Heat a saucepan over medium with 2 tsp. oil. Saute the rice in the oil for 3 minutes, stirring frequently, until opaque. Add rice spice and a pinch of salt, followed by 1 cup of water. Stir and bring to a boil, then reduce heat to low. Cover and cook for 20 minutes. Remove from heat after 20 minutes and keep covered for 10 more minutes. Fluff the rice with a fork and season with salt and pepper to taste before serving.

**STEP 2** While rice is cooking, heat a large saute pan over medium-high. Add oil to coat the pan, followed by ground pork. Break the meat up into small crumbles using a wooden spoon. Season with salt and pepper to taste, and cook for 10 minutes or until browned. Drain off excess fat, if desired, then add tinga sauce. Stir to combine and heat through. Season with salt and pepper to taste.

**STEP 3** Add the black beans to a small saucepan and bring to a simmer over medium-low heat; stir occasionally. Season with salt and pepper to taste.

**STEP 4** Prepare the vegetables. Thinly slice the lettuce and dice the tomatoes.

**STEP 5** Add pork tinga to taco shells and top with cheese, lettuce and tomato. Serve crispy pork tinga tacos with a side of black beans and rice.

Enjoy!



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# Crispy Pork Tinga Tacos with Black Beans & Rice

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

Mockingbird Farm Ground Pork, thawed  
Farmhouse Kitchen Tinga Sauce  
Gulf Pacific Certified Organic White Rice  
Farmhouse Kitchen Rice Spice  
Texas Farm Patch Romaine Lettuce, outer leaves and core discarded, washed and dried  
Lipman Family Farm Tomatoes, washed and cored  
Farmhouse Kitchen-prepared Cheddar Cheese  
Farmhouse Kitchen-prepared Black Beans  
El Milagro Tortilleria Crispy Taco Shells  
Oil of choice  
Salt and pepper

**Optional:** For hot and crispy taco shells, preheat oven to 350° F degrees and arrange oven rack to middle position. Warm the taco shells for 5 minutes before building the tacos.

**STEP 1** Heat a saucepan over medium with 1 tbsp. oil. Saute the rice in the oil for 3 minutes, stirring frequently, until opaque. Add rice spice and a pinch of salt, followed by 2 cups of water. Stir and bring to a boil, then reduce heat to low. Cover and cook for 20 minutes. Remove from heat after 20 minutes and keep covered for 10 more minutes. Fluff the rice with a fork and season with salt and pepper to taste before serving.

**STEP 2** While rice is cooking, heat a large saute pan over medium-high. Add oil to coat the pan, followed by ground pork. Break the meat up into small crumbles using a wooden spoon. Season with salt and pepper to taste, and cook for 10 minutes or until browned. Drain off excess fat, if desired, then add tinga sauce. Stir to combine and heat through. Season with salt and pepper to taste.

**STEP 3** Add the black beans to a small saucepan and bring to a simmer over medium-low heat; stir occasionally. Season with salt and pepper to taste.

**STEP 4** Prepare the vegetables. Thinly slice the lettuce and dice the tomatoes.

**STEP 5** Add pork tinga to taco shells and top with cheese, lettuce and tomato. Serve crispy pork tinga tacos with a side of black beans and rice.

Enjoy!



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

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

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

Tomato - Store in a cool, dry place.

Cheddar Cheese - Store in the refrigerator. Use within 5 days.

Rice Spice - Store in a cool, dry place.

(Ingredients: smoked paprika, onion powder, New Mexican chili powder, oregano, salt)

Tinga Sauce - Store in a cool, dry place.

(Ingredients: roasted tomatoes, roasted red bell peppers, roasted yellow onions, roasted garlic, chipotle peppers, Mexican oregano, cumin, New Mexican chili powder, fish sauce, apple cider vinegar, salt)

Black Beans - Store in the refrigerator. Use within 5 days.

(Ingredients: black beans, water, salt)

Crispy Taco Shells - Store in a cool, dry place. Use within 5 days.

White Rice - Store in a cool, dry place. Use within 30 days.

**\*Contains dairy and fish inclusive ingredients.**

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



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# Hot Honey Walnut Shrimp with Veggies & White Rice

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

K&S Seafood Co. Gulf Shrimp, peeled and deveined  
AustiNuts Walnuts  
Farmhouse Kitchen Hot Honey Sauce  
Farmhouse Kitchen-prepared Fresh Chopped Butternut Squash from Gundermann Acres  
J & B Farms Green Beans, washed, ends trimmed  
Gulf Pacific Certified Organic White Rice  
Oil of choice  
Salt and pepper

Preheat oven to 425° F degrees and arrange oven rack to middle position.

**STEP 1** 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** Meanwhile, prepare the vegetables. Chop the green beans in half and add to a mixing bowl. Combine with oil, salt, and pepper, and set aside. Add the chopped butternut squash to a large sheet tray. Toss with oil, salt, and pepper. Spread out in an even layer and roast for 10 minutes. Turn the squash and add chopped green beans. Continue roasting for 10-15 minutes or until squash is easily pierced with a fork and green beans are tender.

**STEP 3** As the vegetables are roasting, peel and devein the shrimp and set aside in a bowl. Heat a wok or large saute pan over medium-high heat. Add oil and saute the shrimp for 2-3 minutes. Reduce heat to medium-low and pour in the hot honey sauce. Stir to combine and coat the shrimp. Let the sauce reduce and thicken slightly, forming a glaze (about 2-3 minutes). Add the walnuts and stir to combine. Loosen with a few teaspoons to water, as needed. Season with salt and pepper to taste.

**STEP 4** Serve the hot honey walnut shrimp and roasted vegetables over white rice. Spoon the hot honey sauce over top.

Enjoy!



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# Hot Honey Walnut Shrimp with Veggies & White Rice

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

K&S Seafood Co. Gulf Shrimp, peeled and deveined  
AustiNuts Walnuts  
Farmhouse Kitchen Hot Honey Sauce  
Farmhouse Kitchen-prepared Fresh Chopped Butternut Squash from Gundermann Acres  
J & B Farms Green Beans, washed, ends trimmed  
Gulf Pacific Certified Organic White Rice  
Oil of choice  
Salt and pepper

Preheat oven to 425° F degrees and arrange oven rack to middle position.

**STEP 1** 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.

**STEP 2** Meanwhile, prepare the vegetables. Chop the green beans in half and add to a mixing bowl. Combine with oil, salt, and pepper, and set aside. Add the chopped butternut squash to a large sheet tray. Toss with oil, salt, and pepper. Spread out in an even layer and roast for 10 minutes. Turn the squash and add chopped green beans. Continue roasting for 10-15 minutes or until squash is easily pierced with a fork and green beans are tender.

**STEP 3** As the vegetables are roasting, peel and devein the shrimp and set aside in a bowl. Heat a wok or large saute pan over medium-high heat. Add oil and saute the shrimp for 2-3 minutes. Reduce heat to medium-low and pour in the hot honey sauce. Stir to combine and coat the shrimp. Let the sauce reduce and thicken slightly, forming a glaze (about 2-3 minutes). Add the walnuts and stir to combine. Loosen with a few teaspoons to water, as needed. Season with salt and pepper to taste.

**STEP 4** Serve the hot honey walnut shrimp and roasted vegetables over white rice. Spoon the hot honey sauce over top.

Enjoy!



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

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

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

Hot Honey Sauce - Store in the refrigerator. Use within 10 days.

(Ingredients: honey, dried chile flakes, tamari, hoisin sauce, lime juice, ginger, black pepper, water)

Butternut Squash - Store in a cool, dry place in your kitchen. Use within 10 days.

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

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

**\*Contains soy, fish or shellfish inclusive ingredients.**

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



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# Instant Pot Braised Beef Stroganoff & Fettuccine

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

K & C Cattle Co. Beef Stew Meat, thawed  
Farmhouse Kitchen Stroganoff Sauce, thawed  
Kitchen Pride Crimini Mushrooms, washed immediately before use  
Martinez Farms Spinach, washed and rinsed well, dried  
Johnson's Backyard Garden Green Onions, washed, root end trimmed  
Farmhouse Kitchen-prepared Sour Cream  
Della Casa Pasta Co. Fresh Fettuccine, kept frozen until immediately before use  
Oil of choice  
Salt and pepper

**Cooking Notes:** An electric pressure cooker (Instant Pot) is suggested for this recipe. Cooking times will vary depending on the appliance brand. See back for alternative slow cooker instructions.

**STEP 1** Adjust the Instant Pot to the Saute setting. While it heats, pat the beef 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 beef in oil until browned on all sides. While the beef browns, wash the mushrooms and chop them half. Add the mushrooms and stroganoff sauce to the beef. Stir to combine, scraping the bottom to release the caramelization that will have developed.

**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.

**STEP 3** Meanwhile, roughly chop the spinach and thinly slice the green onions. Set aside. Once the pressure cooker lid is safely removed and the stroganoff sauce is no longer bubbling, stir in the sour cream.

**STEP 4** Bring a large pot of water to a boil. When the water boils, add 2 tbsp. salt, followed by the frozen pasta. Gently stir and separate noodles with tongs. Cook pasta for 2-3 minutes until al dente - when the pasta is soft and cooked through, but retains a pleasant chew. If you prefer a softer texture, cook the pasta for an additional 1-2 minutes. Drain the pasta in a colander and add directly to the stroganoff sauce with the chopped spinach. Stir to combine, allowing the spinach to wilt from the residual heat and the pasta starch to thicken the sauce. Season with additional salt and pepper, as desired.

**STEP 5** Serve the braised beef stroganoff with a garnish of thinly sliced green onions.

Enjoy!



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# Instant Pot Braised Beef Stroganoff & Fettuccine

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

K & C Cattle Co. Beef Stew Meat, thawed  
Farmhouse Kitchen Stroganoff Sauce, thawed  
Kitchen Pride Crimini Mushrooms, washed immediately before use  
Martinez Farms Spinach, washed and rinsed well, dried  
Johnson's Backyard Garden Green Onions, washed, root end trimmed  
Farmhouse Kitchen-prepared Sour Cream  
Della Casa Pasta Co. Fresh Fettuccine, kept frozen until immediately before use  
Oil of choice  
Salt and pepper

**Cooking Notes:** An electric pressure cooker (Instant Pot) is suggested for this recipe. Cooking times will vary depending on the appliance brand. See back for alternative slow cooker instructions.

**STEP 1** Adjust the Instant Pot to the Saute setting. While it heats, pat the beef 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 beef in oil until browned on all sides. While the beef browns, wash the mushrooms and chop them half. Add the mushrooms and stroganoff sauce to the beef. Stir to combine, scraping the bottom to release the caramelization that will have developed.

**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.

**STEP 3** Meanwhile, roughly chop the spinach and thinly slice the green onions. Set aside. Once the pressure cooker lid is safely removed and the stroganoff sauce is no longer bubbling, stir in the sour cream.

**STEP 4** Bring a large pot of water to a boil. When the water boils, add 2 tbsp. salt, followed by the frozen pasta. Gently stir and separate noodles with tongs. Cook pasta for 2-3 minutes until al dente - when the pasta is soft and cooked through, but retains a pleasant chew. If you prefer a softer texture, cook the pasta for an additional 1-2 minutes. Drain the pasta in a colander and add directly to the stroganoff sauce with the chopped spinach. Stir to combine, allowing the spinach to wilt from the residual heat and the pasta starch to thicken the sauce. Season with additional salt and pepper, as desired.

**STEP 5** Serve the braised beef stroganoff with a garnish of thinly sliced green onions.

Enjoy!



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

Beef Stew Meat - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

Stroganoff Sauce - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: beef stock, onions, mushrooms, bacon, thyme, bay leaf, rosemary, tamari, black pepper, salt)

Mushrooms - Store in the refrigerator in the bag in which they came. Use within 5 days.

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

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

Sour Cream - Store in the refrigerator. Use within 5 days.

(Ingredients: cultured cream, skim milk)

Fettuccine - Keep frozen until immediately before cooking. Use within 1 month.

(Ingredients: durum semolina flour, eggs, salt)

**\*Contains gluten, dairy and egg 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". 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 stroganoff sauce and stir with a wooden spoon to scrape and loosen the flavorful brown crust that has developed. Half the mushrooms and add to the sauce. Cook for 4-5 hours on high or 6-7 hours on low. Just before serving, stir in the sour cream and add the roughly chopped washed spinach. Season with salt and pepper to taste. Prepare the pasta per Step 4 and serve with thinly sliced green onions.



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# Kale Reuben Sandwich with Sweet Potato Fries

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

Johnson's Backyard Garden Kale, washed, large woody stems discarded  
Slow Dough Bread Co. Pretzel Hoagie Roll  
Farmhouse Kitchen Sauerkraut  
Strykly Jersey Farm Cheddar Cheese  
Farmhouse Kitchen Russian Dressing, stirred well before use  
Farmhouse Kitchen Pickles  
Gundermann Acres Sweet Potatoes, washed and scrubbed, peeled (optional)  
Oil of choice  
Salt and pepper

Preheat oven to 425° F degrees and arrange oven rack to middle position.

**STEP 1** Prepare the vegetables. Roughly chop the kale and set aside. Chop the sweet potatoes into large wedges, about 1-inch wide. Add to a large baking sheet. Season liberally with oil, salt and pepper. Spread out in an even layer and roast for 20-25 minutes, turning mid-way.

**STEP 2** While the potatoes are roasting, place a saute pan over medium heat. Add oil or butter. Slice the pretzel buns in half and toast cut-side down until golden brown, about 2-3 minutes. Transfer rolls to a clean plate.

**STEP 3** Return the pan over medium heat. Add oil and kale, seasoning lightly with salt and pepper. Saute until kale is just wilted (about 2 minutes), then combine with half of the cheddar cheese. Divide the kale and cheddar mixture into two servings, about the size of the pretzel bun. Top each serving with sauerkraut and remaining cheese. Cover with a lid or foil to melt the cheese.

**STEP 4** Spread the Russian dressing on the toasted hoagie rolls and add the cheesy kale and kraut mixture. Serve the kale reuben sandwich with a side of sweet potato fries and pickles.

Enjoy!



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# Kale Reuben Sandwich with Sweet Potato Fries

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

Johnson's Backyard Garden Kale, washed, large woody stems discarded  
Slow Dough Bread Co. Pretzel Buns  
Farmhouse Kitchen Sauerkraut  
Farmhouse Kitchen-prepared Strykly Jersey Farm Cheddar Cheese  
Farmhouse Kitchen Russian Dressing, stirred well before use  
Farmhouse Kitchen Pickles  
Villa Klehr Farm Sweet Potatoes, washed and scrubbed, peeled (optional)  
Oil of choice  
Salt and pepper

Preheat oven to 425° F degrees and arrange oven rack to middle position.

**STEP 1** Prepare the vegetables. Roughly chop the kale and set aside. Chop the sweet potatoes into large wedges, about 1-inch wide. Add to a large baking sheet. Season liberally with oil, salt and pepper. Spread out in an even layer and roast for 20-25 minutes, turning mid-way.

**STEP 2** While the potatoes are roasting, place a saute pan over medium heat. Add oil or butter. Slice the pretzel buns in half and toast cut-side down until golden brown, about 2-3 minutes. Transfer buns to a clean plate.

**STEP 3** Return the pan over medium heat. Add oil and kale, seasoning lightly with salt and pepper. Saute until kale is just wilted (about 2 minutes), then combine with half of the cheddar cheese. Divide the kale and cheddar mixture into four servings, about the size of the pretzel bun. Top each serving with sauerkraut and remaining cheese. Cover with a lid or foil to melt the cheese.

**STEP 4** Spread the Russian dressing on the toasted pretzel buns and add the cheesy kale and kraut mixture. Serve the kale reuben sandwich with a side of sweet potato fries and pickles.

Enjoy!



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

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

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

Cheddar Cheese - Store in the refrigerator. Use within 5 days.

Sauerkraut - Store in the refrigerator. Use within 5 days.

(Ingredients: cabbage, salt)

Russian Dressing - Store in the refrigerator. Use within 5 days.

(Ingredients: mayonnaise, sour cream, pickles, lemon juice, ketchup, salt)

Pretzel Buns - Store in the freezer until ready to use. Thaw on the counter in 30-45 minutes.

(Ingredients: wheat flour, water, sugar, canola oil, salt, yeast, dough conditioner (wheat flour, malted barley flour, ascorbic acid, natural enzymes).

Pickles - Store in the refrigerator. Use within 5 days.

(Ingredients: green beans, red onions, dill, distilled vinegar, water, salt)

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