

Week of 01/11/2021



Meal Kit Recipes

Avocado & Beet Sunflower Citrus Bowl

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 35 minutes

Farmhouse Kitchen Citrus-Tamari Dressing, stirred well before use
Gulf Pacific Brown Rice
Joe's Organics Sunflower Sprouts, washed and dried well
Gundermann Acres Kale, large woody stems removed, leaves washed
Triple J Farms Oranges, washed
G & S Groves Avocado
Gundermann Acres Beets, leaves removed, trimmed and peeled
Oil of choice
Salt and pepper

NOTE: The cooking instructions suggested below for brown rice uses a boil and drain method, similar to cooking pasta. Brown rice can be cooked on the stove top or in a rice cooker to your preference.

STEP 1 Preheat oven to 425° F degrees and arrange oven rack to middle position. Bring 3 quarts of water to a boil in a large saucepan. When the water reaches a boil, add 2 tsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 30 minutes. Drain the rice into a strainer over the sink and then return it to the pot off the heat. Cover and set aside to allow the rice to steam for 10 minutes. Uncover, fluff with a fork, and season with salt to taste. Keep covered until ready to serve.

STEP 2 While the rice cooks, chop the peeled beets into approximately 1/2-inch cubes and add to a foil-lined baking sheet. Toss with oil, salt, and pepper. Roast for 20-25 minutes or until the beets are tender and easily pierced with a knife. As the beets roast, roughly chop the kale leaves and toss with oil, salt and pepper. Toward the end of roasting, add the kale to the baking sheet with beets and roast until wilted and lightly crispy around the edges, about 5 minutes. Toss the beets and kale with half of the citrus-tamari dressing and season with salt and pepper to taste.

STEP 3 To prepare the oranges, trim the ends, cutting just deep enough to expose the flesh. Set the orange on either of the cut ends to stabilize and then use a sharp knife to cut downward, following the shape of the orange to remove the rind and white pith. Turn the orange on its side and slice into approximate 1/2-inch thick rounds or depending on your comfort level, slice between the membrane for supremes. Remove any seeds and set aside. Remove the pit and peel from the avocado, then chop into cubes or slices. Lightly salt the avocado.

STEP 4 To serve, top brown rice with roasted beets, kale, oranges, avocado, and sunflower sprouts. Drizzle with remaining citrus-tamari dressing. Enjoy!



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Avocado & Beet Sunflower Citrus Bowl

4 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 35 minutes

Farmhouse Kitchen Citrus-Tamari Dressing, stirred well before use

Gulf Pacific Brown Rice

Joe's Organics Sunflower Sprouts, washed and dried well

Gundermann Acres Kale, large woody stems removed, leaves washed

Triple J Farms Oranges, washed

G & S Groves Avocado

Gundermann Acres Beets, leaves removed, trimmed and peeled

Oil of choice

Salt and pepper

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STEP 4 To serve, top brown rice with roasted beets, kale, oranges, avocado, and sunflower sprouts. Drizzle with remaining citrus-tamari dressing. Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Citrus-Tamari Dressing - Store in the refrigerator. Use within 5 days.

(Ingredients: orange juice, lemon juice, ginger, sesame seeds, brown sugar, tamari, sesame oil, sunflower oil, salt, pepper)

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

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

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

Oranges - If using within 1-2 days, store in a cool, dry place in the kitchen. Otherwise, store in the refrigerator until ready to use.

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.

Beets - Store in refrigerator loosely wrapped in a plastic bag. Use within 5 days.

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



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Instant Pot Citrus Mojo Wild Boar Stew

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 50 minutes

Texas Natural Meats Wild Boar Stew Meat, thawed
Farmhouse Kitchen Citrus Mojo Sauce, thawed
Farmhouse Kitchen Black Beans, thawed
Gundermann Acres White Sweet Potato, washed and scrubbed, peeled (optional)
Villa Klehr Farms Watermelon Radish, washed and peeled (optional)
Gundermann Acres Cilantro, washed and rinsed well, dried
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 boar 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 boar in oil until browned on all sides, then add the citrus mojo 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.

STEP 3 Add the black beans to the pot and stir to combine. Adjust the setting to Saute and simmer for 2-3 minutes to heat the beans through. Season with salt and pepper to taste.

STEP 4 While the stew cooks, slice the sweet potatoes into thin rounds. Fry the sweet potatoes in oil until tender on the inside and crispy, brown on the outside. Alternatively, bake the rounds on a well oiled sheet pan in a 425°F degree oven for 20 minutes, flipping midway. Season with salt.

STEP 5 Thinly slice the watermelon radishes into matchsticks or triangles and roughly chop the cilantro.

STEP 6 Top the citrus mojo wild boar and black bean stew with a garnish of radish and cilantro. Serve with sweet potato tostones.

Enjoy!



Love Local, Eat Texas
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Instant Pot Citrus Mojo Wild Boar Stew

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 50 minutes

Texas Natural Meats Wild Boar Stew Meat, thawed
Farmhouse Kitchen Citrus Mojo Sauce, thawed
Farmhouse Kitchen Black Beans, thawed
Gundermann Acres White Sweet Potato, washed and scrubbed, peeled (optional)
Villa Klehr Farms Watermelon Radish, washed and peeled (optional)
Gundermann Acres Cilantro, washed and rinsed well, dried
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.

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STEP 3 Add the black beans to the pot and stir to combine. Adjust the setting to Saute and simmer for 2-3 minutes to heat the beans through. Season with salt and pepper to taste.

STEP 4 While the stew cooks, slice the sweet potatoes into thin rounds. Fry the sweet potatoes in oil until tender on the inside and crispy, brown on the outside. Alternatively, bake the rounds on a well oiled sheet pan in a 425°F degree oven for 20 minutes, flipping midway. Season with salt.

STEP 5 Thinly slice the watermelon radishes into matchsticks or triangles and roughly chop the cilantro.

STEP 6 Top the citrus mojo wild boar and black bean stew with a garnish of radish and cilantro. Serve with sweet potato tostones.

Enjoy!



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

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

Citrus Mojo Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: garlic, chili flake, parsley, cilantro, lime juice, orange juice, lemon juice, salt, safflower oil)

Black Beans - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month.

(Ingredients: black beans, water, salt)

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

Radishes - Remove/use any tops and trim the root end and store in a jar of water in the refrigerator. Use within 5 days.

Cilantro - 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.

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ALTERNATIVE SLOW COOKER INSTRUCTIONS

Place a large skillet over medium-heat. While the pan is heating, pat the boar 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 boar in oil until browned on all sides, then remove pan from heat. (You may need to sear the boar in batches depending on the size of your pan.) Add the slow cooker sauce and stir with a wooden spoon to scrape and loosen the flavorful brown crust that has developed. Add the boar and sauce to the slow cooker insert. Cook for 4-5 hours on high or 6-7 hours on low. During the last 20 minutes of cooking, add the black beans and stir to combine. Prepare the radish, cilantro and sweet potatoes as instructed in Steps 4-6.



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Orange Chicken & Broccoli with Sesame Quinoa

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Cooks Venture Boneless Chicken Breasts, thawed
Farmhouse Kitchen Orange Sauce, thawed
Certified Organic Quinoa
Farmhouse Kitchen Sesame Seasoning
Gundermann Acres Daikon Radish, washed, peeled (optional)
Gundermann Acres Broccoli, washed, ends trimmed
Oil of choice
Salt and pepper

STEP 1 Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with $\frac{3}{4}$ cups of water and $\frac{1}{2}$ tsp. salt. Place pot over medium-high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork and combine with sesame seasoning. Cover and set aside until ready to serve.

STEP 2 While the quinoa is cooking, prepare the vegetables and chicken. Chop broccoli into small florets, about 1-inch pieces, and set aside. Thinly shave the daikon radish and set aside in the refrigerator to keep crisp. Slice the chicken into small cubes, about $\frac{1}{2}$ -inch pieces, and add to a small bowl. Combine with salt and pepper and set aside.

STEP 3 Place a wok or large saute pan over medium-high heat. Add oil and when it shimmers, add chicken in a single layer. Allow the chicken to brown on the first side before stirring. Cook for 5 minutes or until the internal temperature of the chicken measures 165°F . Transfer the chicken to a clean bowl and return the pan over medium-high heat.

STEP 4 Add more oil to the pan, followed by the broccoli. Season with salt and pepper, and saute until the broccoli is crisp tender, about 5 minutes. Reduce the heat to medium-low and add the chicken and any collected juices to the pan, followed by the orange sauce. Stir to coat and combine. Season with salt and pepper to taste.

STEP 5 Serve the orange chicken and broccoli over the sesame quinoa and top with shaved daikon radish.

Enjoy!



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Orange Chicken & Broccoli with Sesame Quinoa

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Cooks Venture Boneless Chicken Breasts, thawed
Farmhouse Kitchen Orange Sauce, thawed
Certified Organic Quinoa
Farmhouse Kitchen Sesame Seasoning
Gundermann Acres Daikon Radish, washed, peeled (optional)
Gundermann Acres Broccoli, washed, ends trimmed
Oil of choice
Salt and pepper

STEP 1 Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with 1.5 cups cups of water and 1/2 tsp. salt. Place pot over medium-high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork and combine with sesame seasoning. Cover and set aside until ready to serve.

STEP 2 While the quinoa is cooking, prepare the vegetables and chicken. Chop broccoli into small florets, about 1-inch pieces, and set aside. Thinly shave the daikon radish and set aside in the refrigerator to keep crisp. Slice the chicken into small cubes, about 1/2-inch pieces, and add to a small bowl. Combine with salt and pepper and set aside.

STEP 3 Place a wok or large saute pan over medium-high heat. Add oil. Working in batches, add chicken in a single layer. Allow the chicken to brown on the first side before stirring. Cook for 5 minutes or until the internal temperature of the chicken measures 165°F. Transfer the chicken to a clean bowl and return the pan over medium-high heat.

STEP 4 Add more oil to the pan, followed by the broccoli. Season with salt and pepper, and saute until the broccoli is crisp tender, about 5 minutes. Reduce the heat to medium-low and add the chicken and any collected juices to the pan, followed by the orange sauce. Stir to coat and combine. Season with salt and pepper to taste.

STEP 5 Serve the orange chicken and broccoli over the sesame quinoa and top with shaved daikon radish.

Enjoy!



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

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

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

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

Sesame Seasoning - Store in the refrigerator. Use within 5 days.
(Ingredients: sesame seeds, garlic, coriander seed, star anise, sesame oil, salt)

Orange Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month
(Ingredients: orange juice, chicken stock, water, garlic, ginger, scallions, rice wine vinegar, coconut aminos, sesame seeds)

Daikon Radish - Remove/use any tops and trim the root end and store in a jar of water in the refrigerator. Use within 5 days.

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Salsa Rojo Veggie & Beef Skillet

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

K & C Cattle Co. Ground Beef, thawed
Farmhouse Kitchen-prepared Cauliflower Rice
J & B Farms Cabbage, outer leave and core removed
Certified Organic Green Beans, washed, ends trimmed
Farmhouse Kitchen Roja Sauce
Farmhouse Kitchen-prepared Cheddar Cheese
Oil of choice
Salt and pepper

Cooking Notes: Depending on the size of your skillet, you may need to transfer cooked ingredients into a baking dish before baking.

STEP 1 Preheat oven to 375° F degrees and arrange oven rack to middle position. Prepare the vegetables. Chop the cabbage into thin slivers and slice the green beans into approximately 2-inch pieces. Set aside.

STEP 2 Heat a large oven-safe skillet or high-sided saute pan over medium-high. Add oil and when it shimmers, add the ground beef. Break up the beef into small crumbles and season with salt and pepper. Cook for 8-10 minutes or until cooked through and lightly browned.

STEP 3 Add the cabbage and green beans to the skillet with browned beef. Saute for 5 minutes or until crisp tender.

STEP 4 Next, add the cauliflower rice and roja sauce. Stir well to combine and bring to a simmer. Sprinkle the shredded cheddar cheese over top, then carefully transfer the skillet to the oven. Bake for 10 minutes or until cheese is melted and the sauce is bubbling around the edges.

STEP 5 Remove the skillet from the oven and let cool for at least 5 minutes before serving. Garnish with fresh herbs and lime wedges, if desired.

Enjoy!



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

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

Cauliflower Rice - Store in the refrigerator. Use within 5 days.

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

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

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

(Ingredients: onions, garlic, tomatoes, apple cider vinegar, New Mexican chile powder, cumin, Mexican oregano, cayenne pepper, smoked paprika, salt)

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

***Contains dairy inclusive ingredients.**

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