

Week of 10/21/21



Meal Kit Recipes

Italian Sausage Meatballs in Tomato-Basil Broth

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

K & C Cattle Co. Ground Pork, thawed
Farmhouse Kitchen Italian Spice Blend
Farmhouse Kitchen Tomato-Basil Broth, thawed
J & B Farm Green Beans, washed, ends trimmed
Tomatero Certified Organic Swiss Chard, washed and rinsed
Farmhouse Kitchen-prepared White Beans
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables and meatballs. Chop the green beans and chard stems into 1-inch pieces. Roughly chop the chard leaves; set aside. Add the ground pork and Italian seasoning to a mixing bowl. Fold and mix with your hands to thoroughly combine. Form 14-16 small meatballs and set aside.

STEP 2 Add oil to a large saucepan over medium heat. When the oil is hot, brown the meatballs in batches. Add each batch of meatballs in a single layer and let brown for about 3 minutes. Turn and brown the second side for about 3 minutes before removing to a clean bowl. Repeat with remaining meatballs. At this point, the meatballs will not be fully cooked.

STEP 3 The pan will have residual fat and caramelized brown bits at the bottom of the pan. Add more oil, if needed. Saute the green beans and chard stems for 3 minutes over medium heat. Then, add the tomato-basil broth. Fill the tomato-basil broth container about $\frac{1}{3}$ of the way (approximately 4 oz) and pour into the pan. Use a wooden spoon to scrape the bottom of the pan to release the caramelization that will have developed. Add the browned meatballs and collected juices.

STEP 4 Bring to a simmer, then add the white beans and chard leaves. Stir to combine and reduce heat to medium-low; cover with a lid. Gently simmer for 5 minutes or until chard leaves are wilted and meatballs are cooked through (165°F). Season with salt and pepper to taste.

STEP 5 Serve the Italian sausage meatballs and vegetables in tomato-basil broth with a drizzle of extra virgin olive oil and fresh cracked black pepper, if desired.

Enjoy!



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Italian Sausage Meatballs in Tomato-Basil Broth

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

K & C Cattle Co. Ground Pork, thawed
Farmhouse Kitchen Italian Spice Blend
Farmhouse Kitchen Tomato-Basil Broth, thawed
J & B Farm Green Beans, washed, ends trimmed
Tomatero Certified Organic Swiss Chard, washed and rinsed
Farmhouse Kitchen-prepared White Beans
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables and meatballs. Chop the green beans and chard stems into 1-inch pieces. Roughly chop the chard leaves; set aside. Add the ground pork and Italian seasoning to a mixing bowl. Fold and mix with your hands to thoroughly combine. Form 28-32 small meatballs and set aside.

STEP 2 Add oil to a large soup pot over medium heat. When the oil is hot, brown the meatballs in batches. Add each batch of meatballs in a single layer and let brown for about 3 minutes. Turn and brown the second side for about 3 minutes before removing to a clean bowl. Repeat with remaining meatballs. At this point, the meatballs will not be fully cooked.

STEP 3 The pan will have residual fat and caramelized brown bits at the bottom of the pan. Add more oil, if needed. Saute the green beans and chard stems for 3 minutes over medium heat. Then, add the tomato-basil broth. Fill the tomato-basil broth container about $\frac{2}{3}$ of the way (approximately 8 oz) and pour into the pan. Use a wooden spoon to scrape the bottom of the pan to release the caramelization that will have developed. Add the browned meatballs and collected juices.

STEP 4 Bring to a simmer, then add the white beans and chard leaves. Stir to combine and reduce heat to medium-low; cover with a lid. Gently simmer for 5 minutes or until chard leaves are wilted and meatballs are cooked through (165°F). Season with salt and pepper to taste.

STEP 5 Serve the Italian sausage meatballs and vegetables in tomato-basil broth with a drizzle of extra virgin olive oil and fresh cracked black pepper, if desired.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

Italian Spice Blend - Keep in a cool, dry place in the kitchen.

(Ingredients: salt, garlic powder, basil, oregano, rosemary, parsley, chili flake, fennel seed, black pepper)

Tomato-Basil Broth - If using within 2 days, store in the refrigerator. Otherwise, freeze up to 1 month.

(Ingredients: San Marzano tomatoes, red onion, garlic, basil, parsley, chicken stock, cream, salt, pepper)

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

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

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

(Ingredients: cannellini beans, water, salt)

***Contains dairy inclusive ingredients.**

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



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Instant Pot Orange Beef & Veggie Stir Fry

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

K & C Cattle Co. Pasture-raised Beef Stew Meat, thawed
Cal-Organic Green Onions, root end trimmed, washed
Josie's Certified Organic Broccoli, washed
Lakeside Organic Gardens Cilantro, tender leaves and stems picked, washed and dried
Farmhouse Kitchen Orange Sauce, stirred well before use
Lundberg Family Farms White Rice
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 beef dry with paper towels. Cut any larger pieces, so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear in oil until browned on all sides, then add the orange sauce and 1/2 cup of water. Stir to combine.

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 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. It's safe to remove the lid when the valve releases, stops hissing and there is no more visible steam. Season with salt and pepper to taste.

STEP 3 While the beef is cooking, prepare the rice. Bring 3/4 cup (6 fl. oz) 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 4 Next, prepare the stir fry. Roughly chop the cilantro; set aside. Chop the broccoli crown into small florets. Peel the stem and chop into 1/2-inch thick pieces. Slice the tender white and light green part of the green onion in half, then chop into small pieces. Thinly slice the dark green tops and reserve for garnish.

STEP 5 Heat a large saute pan or wok over medium-high heat. Add oil to coat the bottom of the pan. When the oil just begins to smoke, add the broccoli and saute for 3 minutes. Season with salt. Add the onions and saute for 3 minutes. Ladle about 1/4 cup of the finished orange sauce over the vegetables and season with salt and pepper to taste. Serve orange beef and veggie stir fry over rice. Garnish with green onions.

Enjoy!



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Instant Pot Orange Beef & Veggie Stir Fry

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

K & C Cattle Co. Pasture-raised Beef Stew Meat, thawed
Cal-Organic Green Onions, root end trimmed, washed
Josie's Certified Organic Broccoli, washed
Lakeside Organic Gardens Cilantro, tender leaves and stems picked, washed and dried
Farmhouse Kitchen Orange Sauce, stirred well before use
Lundberg Family Farms White Rice
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 beef dry with paper towels. Cut any larger pieces, so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear in oil until browned on all sides, then add the orange sauce and 1 cup of water. Stir to combine.

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 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. It's safe to remove the lid when the valve releases, stops hissing and there is no more visible steam. Season with salt and pepper to taste.

STEP 3 While the beef is cooking, prepare the rice. Bring 1 1/2 cup (12 fl. oz) 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 4 Next, prepare the stir fry. Roughly chop the cilantro; set aside. Chop the broccoli crown into small florets. Peel the stem and chop into 1/2-inch thick pieces. Slice the tender white and light green part of the green onion in half, then chop into small pieces. Thinly slice the dark green tops and reserve for garnish.

STEP 5 Heat a large saute pan or wok over medium-high heat. Add oil to coat the bottom of the pan. When the oil just begins to smoke, add the broccoli and saute for 3 minutes. Season with salt. Add the onions and saute for 3 minutes. Ladle about 1/4 cup of the finished orange sauce over the vegetables and season with salt and pepper to taste. Serve orange beef and veggie stir fry over rice. Garnish with 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.

Green Onions - Store in refrigerator, loosely wrapped in a plastic bag, do not wash until ready to use. Use within 5 days.

Broccoli - Store in the crisper drawer of 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.

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

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

(Ingredients: shallots, garlic, ginger, jalapeno, orange juice, sugar, tamari, salt)

***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 the pan from heat. (You may need to sear the meat in batches depending on the size of your pan.) Add the orange sauce plus 1 cup of water 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. Prepare the rice and vegetables as instructed in Steps 3-5.



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Crispy Cheddar Quinoa Burger with Jalapeno Mayo

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

Farmhouse Kitchen Quinoa Burger, thawed
Farmhouse Kitchen-prepared Cabot Sharp White Cheddar Cheese
Slow Dough Bread Co. Whole Wheat Buns
Waco Farms Butterhead Lettuce, rootball discarded
Village Farm Tomatoes, washed and cored
Farmhouse Kitchen Jalapeno-Lime Mayo, stirred well before serving
Jayleaf Specialties Certified Organic Spring Mix
Farmhouse Kitchen Lemon Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

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

STEP 1 Prepare the vegetables. Wash and dry whole butterhead lettuce leaves; set aside. Wash and dry spring mix; set aside in a mixing bowl. Slice tomatoes into rounds and lightly salt; set aside.

STEP 2 Add 2 tbsp. oil to a skillet over medium-high heat. As the oil heats, form two patties from the quinoa burger mixture, about 4 inches wide. Press lightly to shape and compact the patties. Add the burgers to the pan and cook for about 3 minutes per side or until golden brown. Lower the heat if the burgers are browning too quickly. If the skillet appears dry, add more oil as needed before flipping and cooking the second side.

STEP 3 Thoroughly top each quinoa burger patty with cheddar cheese, allowing cheese to drape off the edge. Reduce heat to medium to medium-low and cover with a lid. The cheese will crisp to a golden brown where it meets the pan.

STEP 4 Oil or butter buns, then toast in the oven or in a skillet over medium heat until golden brown, about 3-5 minutes. Combine the spring mix with lemon vinaigrette, salt and pepper to taste.

STEP 5 Dress the quinoa cheddar burger with butterhead lettuce, sliced tomatoes, and jalapeno-lime mayo. Serve with a side of dressed spring mix salad.

Enjoy!



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Crispy Cheddar Quinoa Burger with Jalapeno Mayo

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

Farmhouse Kitchen Quinoa Burger, thawed
Farmhouse Kitchen-prepared Cabot Sharp White Cheddar Cheese
Slow Dough Bread Co. Whole Wheat Buns
Waco Farms Butterhead Lettuce, rootball discarded
Village Farm Tomatoes, washed and cored
Farmhouse Kitchen Jalapeno-Lime Mayo, stirred well before serving
Jayleaf Specialties Certified Organic Spring Mix
Farmhouse Kitchen Lemon Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

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

STEP 1 Prepare the vegetables. Wash and dry whole butter lettuce leaves; set aside. Wash and dry spring lettuces; set aside in a mixing bowl. Slice tomatoes into rounds and lightly salt; set aside.

STEP 2 Add 2 tbsp. oil to a skillet over medium-high heat. As the oil heats, form four patties from the quinoa burger mixture, about 4 inches wide. Press lightly to shape and compact the patties. Working in batches, as needed, add the burgers to the pan and cook for about 3 minutes per side or until golden brown. Lower the heat if the burgers are browning too quickly. If the skillet appears dry, add more oil as needed before flipping and cooking the second side.

STEP 3 Thoroughly top each quinoa burger patty with cheddar cheese, allowing cheese to drape off the edge. Reduce heat to medium to medium-low and cover with a lid to melt. The cheese will crisp to a golden brown where it meets the pan.

STEP 4 Oil or butter buns, then toast in the oven or in a skillet over medium heat until golden brown, about 3-5 minutes. Combine the spring mix with lemon vinaigrette, salt and pepper to taste.

STEP 5 Dress the quinoa cheddar burger with butterhead lettuce, sliced tomatoes, and jalapeno-lime mayo. Serve with a side of dressed spring mix salad.

Enjoy



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

Quinoa Burger Mixture - Store in the refrigerator. Use within 5 days.

(Ingredients: quinoa, roasted onions, roasted mushrooms, roasted sweet potatoes, cilantro, dried chile flake, breadcrumbs, lemon juice, salt)

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

Whole Wheat Bun - Store in the refrigerator. Use within 5 days.

Lettuce - Store in the refrigerator, loosely wrapped in a plastic bag. Do not wash until ready to use. Use within 5 days.

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

Jalapeno-Lime Mayo - Store in the refrigerator. Use within 5 days.

(Ingredients: mayonnaise, lime juice, roasted jalapenos, garlic)

Spring Mix - Store in the refrigerator, loosely wrapped in a plastic bag. Do not wash until ready to use. Use within 5 days.

Lemon Vinaigrette - Store in the refrigerator. Use within 5 days.

(Ingredients: lemon juice, white balsamic vinegar, red onions, Dijon mustard, olive oil, salt, pepper)

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

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



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Chicken Sugo alla Puttanesca

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

Cooks Venture or Greener Pastures Chicken Thighs, thawed
Farmhouse Kitchen Puttanesca Sauce, thawed
J & B Farms Green Beans, washed, ends trimmed
Texas Farm Patch Squash, washed, ends trimmed
Gundermann Acres Potatoes, washed and scrubbed, peeled (optional)
Oil of choice
Salt and pepper

NOTE: If an oven-safe skillet or pan is not available, at Step 3 transfer the ingredients to a large oven-safe baking dish before baking.

STEP 1 Preheat oven to 400°F degrees and arrange oven racks to top and middle position. Prepare the vegetables. Chop the green beans into large batons, about 2-inch long pieces. Chop the squash into large half moons, about ½-thick pieces. Set green beans and squash aside. Chop the potatoes into large cubes, about 1-inch pieces. Add the potatoes to a baking sheet and drizzle with oil, salt and pepper. Combine to evenly coat, then roast in a preheated oven for 20-25 minutes, turning midway for evening browning.

STEP 2 Place a large oven-safe skillet or saute pan over medium-high heat. While the pan is heating, pat the chicken pieces dry with paper towels. Season all sides of the chicken with salt and pepper. When the pan just begins to smoke, add oil, followed by the chicken skin-side down. Cook, turning occasionally, until the skin is golden brown all over, about 8 minutes. Transfer the chicken to a clean plate.

STEP 3 Reduce heat to medium, then carefully pour in the puttanesca sauce. Use a wooden spoon to scrape the bottom of the pan to loosen the flavorful caramelization that will have developed. Add the squash, green beans, and browned chicken to the pan (alongside any collected chicken juices). Stir gently to coat and submerge. Transfer the pan to the oven and bake, uncovered, until the chicken is cooked through and the internal temperature reaches 165°F, about 18-20 minutes. Season with salt and pepper to taste before serving.

STEP 4 Serve the chicken puttanesca and vegetables with a side of roasted potatoes or stir the potatoes into the sauce.

Enjoy!



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Chicken Sugo alla Puttanesca

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

Cooks Venture or Greener Pastures Chicken Thighs, thawed
Farmhouse Kitchen Puttanesca Sauce, thawed
J & B Farms Green Beans, washed, ends trimmed
Texas Farm Patch Squash, washed, ends trimmed
Gundermann Acres Potatoes, washed and scrubbed, peeled (optional)
Oil of choice
Salt and pepper

NOTE: If an oven-safe skillet or pan is not available, at Step 3 transfer the ingredients to a large oven-safe baking dish before baking.

STEP 1 Preheat oven to 400°F degrees and arrange oven racks to top and middle position. Prepare the vegetables. Chop the green beans into large batons, about 2-inch long pieces. Chop the squash into large half moons, about ½-thick pieces. Set green beans and squash aside. Chop the potatoes into large cubes, about 1-inch pieces. Add the potatoes to a baking sheet and drizzle with oil, salt and pepper. Combine to evenly coat, then roast in a preheated oven for 20-25 minutes, turning midway for evening browning.

STEP 2 Place a large oven-safe skillet or Dutch oven over medium-high heat. While the pan is heating, pat the chicken pieces dry with paper towels. Season all sides of the chicken with salt and pepper. When the pan just begins to smoke, add oil, followed by the chicken skin-side down. Cook, turning occasionally, until the skin is golden brown all over, about 8 minutes. Transfer the chicken to a clean plate.

STEP 3 Reduce heat to medium, then carefully pour in the puttanesca sauce. Use a wooden spoon to scrape the bottom of the pan to loosen the flavorful caramelization that will have developed. Add the squash, green beans, and browned chicken to the pan (alongside any collected chicken juices). Stir gently to coat and submerge. Transfer the pan to the oven and bake, uncovered, until the chicken is cooked through and the internal temperature reaches 165°F, about 18-20 minutes. Season with salt and pepper to taste before serving.

STEP 4 Serve the chicken puttanesca and vegetables with a side of roasted potatoes or stir the potatoes into the sauce.

Enjoy!



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

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

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

(Ingredients: onions, garlic, capers, olives, red peppers, San Marzano tomatoes, chicken stock, parsley, thyme, red wine vinegar, salt, pepper)

Squash - 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 crisper drawer of the refrigerator. Use within 5 days.

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

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