

Meal Kit Recipes: Week of 10/12/2020

Bison Migas Tacos with Salsa de Arbol

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

Thunderheart Ground Bison, thawed
Vital Farms Pasture-raised Eggs
Farmhouse Kitchen Salsa de Arbol
El Milagro Tortilla Chips
Certified Organic Cabbage, outer leaves and core discarded
Farmhouse Kitchen Slaw Dressing, stirred well before serving
Farmhouse Kitchen Refried Beans
El Milagro Corn Tortillas
Oil of choice
Salt and pepper

NOTE: This recipe uses half of the provided ground bison. Reserve the remaining half for a future meal or if you prefer, include the full amount in the recipe.

STEP 1 Prepare the slaw. Shave the cabbage as thinly as possible and add to a mixing bowl. Combine with salt, pepper and dressing to taste. Set aside.

STEP 2 Warm the refried beans in a small saucepan over medium-low heat, about 7 minutes. Stir occasionally to prevent scorching. Season with salt and pepper to taste. Remove from heat and cover to keep warm until ready to serve. Wrap the tortillas in foil and warm in the oven. Alternatively, toast the tortillas in a dry skillet until pliable and lightly browned.

STEP 3 Add 1 tbsp. oil to a large skillet over medium-high heat. Add half of the ground bison and use a wooden spoon to break up the meat into small pieces; season with salt and pepper. Cook, stirring occasionally, until browned, about 8 minutes. Add the tortilla chips to the pan with cooked bison and stir to combine. Reduce heat to medium.

STEP 4 Crack the eggs into a mixing bowl and whisk with a pinch of salt and pepper. Add oil to the skillet if it appears dry and then pour in the eggs over the bison and chips. Allow the eggs to cook for 5-10 seconds, then use a large spatula to fold and combine. Drizzle the salsa de arbol over the eggs and continue folding with the spatula every 5-10 seconds, until eggs are cooked through.

STEP 5 Spoon the bison migas into warm corn tortillas. Add the refried beans and slaw to the tacos or serve on the side. Enjoy!



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

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

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

Tortilla Chips - Store in a cool dry place in the kitchen. Use within 5 days.

Salsa de Arbol - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted tomato, roasted onion, roasted garlic, roasted jalapeno, dried fresno peppers, cilantro, salt)

Corn Tortillas - If not using immediately, store in the refrigerator. Use within 5 days.

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

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

(Ingredients: apple cider vinegar, shredded carrots, Mexican oregano, dijon mustard, chile flake, brown sugar, canola oil, salt, pepper)

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

(Ingredients: pinto beans, roasted garlic oil, salt)

***Contains egg inclusive ingredients.**

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

Lemon Pepper Chicken with Citrus-Caper Sauce

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

Cooks Venture Chicken Thighs and Drumsticks, thawed
Farmhouse Kitchen Lemon Pepper
Farmhouse Kitchen Pan Sauce
Farmhouse Kitchen Caper Butter
Gundermann Acres Potatoes, washed and scrubbed, peeled (optional)
Certified Organic Kale, washed and dried, large woody stems discarded
Oil of choice
Salt and pepper

Preheat oven to 375° F degrees and arrange oven racks to top and middle position.

STEP 1 Prepare the vegetables. Roughly chop or tear the kale leaves into bite sized pieces and add to a bowl. Lightly drizzle with oil and season with salt and pepper; combine and set aside. Chop the potatoes into large cubes, about 1-inch pieces. Add to a large baking sheet. Coat thoroughly with oil, and season with salt and pepper. Toss to combine and then roast in the pre-heated oven for 25-30 minutes until golden brown, turning midway.

STEP 2 Meanwhile, pat the chicken dry with paper towels. Season all sides with salt and lemon pepper. Set aside. Place a large oven-safe skillet over medium-high heat. Add 1 tbsp. oil. When the oil is hot, add the chicken skin-side down. Sear the chicken until skin is golden brown, about 3 minutes per side. Transfer the skillet with chicken to the oven and cook for 20-25 minutes or until the internal temperature reaches 165°F when measured at the thickest part.

STEP 3 Transfer the chicken to clean serving plates and loosely tent with foil to keep warm. Set the hot skillet over medium heat and add the pan sauce. Scrape the pan with a wooden spoon to release the caramelized chicken juices that will have developed at the bottom of the skillet. Simmer the sauce until reduced by a third, about 2 minutes. Add the caper butter to the pan and stir or swirl frequently to melt the butter, about 2 minutes. This will create a creamy, emulsified pan sauce. Season with salt and pepper to taste.

STEP 4 When the potatoes are done roasting, add the kale to the baking sheet with potatoes and roast for 5 minutes or until kale is wilted with crispy edges.

STEP 5 Spoon the citrus-caper pan sauce over the lemon pepper chicken, roasted potatoes and kale. Enjoy!

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

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

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

Lemon Pepper - Store in a cool, dry place in the kitchen. Use within 5 days.
(Ingredients: lemon pepper, coriander, onion powder, dried rosemary)

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

Pan Sauce - Store in the refrigerator. Use within 5 days.
(Ingredients: chicken stock, roasted garlic, thyme, lemon juice, salt)

Caper Butter - Store in the refrigerator. Use within 5 days.
(Ingredients: butter, capers, lemon zest, salt)

***Contains dairy inclusive ingredients.**

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

Instant Pot Orange Beef & Veggie Stir Fry

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

K & C Cattle Co. Beef Stew Meat, thawed
Farmhouse Kitchen Instant Pot Sauce, thawed
Kitchen Pride Mushrooms, washed immediately before use
Gundermann Acres Bok Choy, washed and dried
J & B Farm Green Beans, washed, ends trimmed
Gulf Pacific Organic Brown Rice
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 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tsp. salt and brown rice. Boil the rice, stirring occasionally, until just 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 and fluff with a fork. Keep warm until ready to serve.

STEP 2 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. Add the Instant Pot sauce and stir to combine.

STEP 3 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, the meat should be tender. Before opening the lid, first 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 4 While the beef is cooking, prepare the vegetables. Chop the bok choy stems and leaves into 1-inch pieces. Chop the green beans into 2-inch long batons. Quarter or halve the mushrooms depending on size.

STEP 5 Place a large skillet over high heat. Add 1 tbsp. oil. Cook the green beans, stirring frequently, for 2 minutes or until bright green. Add bok choy stems and mushrooms; cook for 2 minutes until lightly browned, then add bok choy greens. Add more oil if pan appears dry. Season with salt and stir fry until the greens are just wilted. Transfer stir fried vegetables to the Instant Pot insert with cooked beef. Gently fold to combine. Reduce the sauce using the Saute setting, if desired. Season with salt and pepper to taste.

STEP 6 Serve the orange beef and vegetables over brown rice. Enjoy!

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.

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

(Ingredients: orange juice, ginger, rice wine vinegar, brown sugar, chile flake, Szechuan peppercorn, black pepper, orange zest, tamari, chicken stock, salt)

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

Bok Choy - Wrap in a paper towel and place in a plastic bag in 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.

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

***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 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. Within 45 minutes of serving, cook the brown rice per Step 1 or using your preferred method, and prepare vegetables as instructed in Step 4-5.

Creamy Garlic Parmesan Orzo & Roasted Vegetables

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

Della Casa Pasta Co. Orzo
Farmhouse Kitchen Parmesan Butter
Farmhouse Kitchen-prepared Butternut Squash
Certified Organic Kale, washed, large woody stems discarded
Certified Organic Broccoli, washed, stem trimmed
Farmhouse Kitchen Spiced Pecans
Oil of choice
Salt and pepper
Milk or Cream (optional)

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

STEP 1 Prepare the vegetables. Slice the kale leaves into thin ribbons and set aside. Chop the broccoli crown and stems into approximately 1-inch pieces. Add broccoli to a large baking sheet with butternut squash. Drizzle with oil and season with salt and pepper. Combine to evenly coat, then spread out in an even layer. Roast in the pre-heated oven for 15-20 minutes, flipping halfway through. The butternut squash should be tender and easily pierced with a fork.

STEP 2 Meanwhile, place a saucepan over medium heat. Add 1 tbsp. oil and the orzo. Cook, stirring frequently, until lightly toasted, about 3 minutes. Add 1 cup of water and a pinch of salt; stir. Bring to a simmer, then cover and reduce heat to low. Cook, stirring occasionally, until the orzo is tender, about 15 minutes. If the saucepan appears dry before the orzo is cooked through, add an additional ¼ cup of water to continue cooking the orzo until al dente - when the pasta is cooked through, but retains a pleasant chew.

STEP 3 Add kale ribbons to the saucepan with orzo and stir gently to wilt. Remove the saucepan from the heat. Add the parmesan butter and fold gently to combine. As you stir, the butter will melt and form a creamy sauce. Season with salt and pepper to taste. Keep covered until ready to serve. Add a few tablespoons of water, milk or cream to loosen before serving if orzo appears dry or thick.

STEP 4 Ladle the garlic parmesan orzo into serving bowls and top with roasted vegetables. Roughly chop the spiced pecans and sprinkle over top. Enjoy!

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

Orzo - Store in the refrigerator and use within 5 days or store in the freezer and use within 30 days.

(Ingredients: durum semolina flour, egg, salt)

Parmesan Butter - Store in the refrigerator. Use within 5 days.

(Ingredients: butter, roasted garlic, parmesan, parsley, salt)

Butternut Squash - Store in the refrigerator. Use within 5 days.

Broccoli - Store in the crisper drawer of 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.

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

(Ingredients: pecans, egg whites, smoked paprika, garlic powder, thyme, brown sugar, salt)

***Contains gluten, dairy, nut (pecans) and egg inclusive ingredients.**

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