

Week of 11/21/21



Meal Kit Recipes

Spiced Carrot & Muhammara Quinoa Bowl with Pita Bread

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

Farmhouse Kitchen Muhammara, stirred well before serving
Cal-Organic Carrots, washed, ends trimmed, peeled (optional)
Farmhouse Kitchen Spicy Paste
Phoenicia Bakery & Deli Pita Bread
Lundberg Family Farm Quinoa
Farmhouse Kitchen-prepared Garbanzo Beans
Velez Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Mozzarella Company Feta Cheese
Farmhouse Kitchen Lemon & Oregano 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 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. Bring to a boil over medium-high heat, then reduce heat to medium. Cook for 10-15 minutes or until tender and liquid has absorbed. Fluff with a fork. Cover and set aside until ready to serve.

STEP 2 Meanwhile, prepare the vegetables. Chop cucumbers into small cubes or thin half moon; set aside. Slice the carrots lengthwise into batons, about 2-inches long and $\frac{1}{2}$ -inch thick. Add carrots to a mixing bowl and combine with spicy paste. Arrange carrots on an oiled baking sheet and roast for 8-10 minutes or until crisp-tender with lightly caramelized edges.

STEP 3 Warm the pita bread in the oven for 2-3 minutes just until soft and pliable. Cover with a clean cloth or foil to keep warm until ready to serve. If desired, bake the pita bread into crisps. Slice into triangles and coat liberally with oil and season to taste with salt. Bake for 10-15 minutes or until crisp and golden brown, turning midway.

STEP 4 Combine the quinoa with chopped cucumber and garbanzo beans. Spoon muhamma into a bowl or plate. Top with the quinoa mixture, followed by spicy roasted carrots and crumbles of feta cheese. Dress with lemon & oregano vinaigrette to taste and serve with warm pita bread or pita crisps. Enjoy!



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Spiced Carrot & Muhammara Quinoa Bowl with Pita Bread

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

Farmhouse Kitchen Muhammara, stirred well before serving
Cal-Organic Carrots, washed, ends trimmed, peeled (optional)
Farmhouse Kitchen Spicy Paste
Phoenicia Bakery & Deli Pita Bread
Lundberg Family Farm Quinoa
Farmhouse Kitchen-prepared Garbanzo Beans
Velez Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Mozzarella Company Feta Cheese
Farmhouse Kitchen Lemon & Oregano Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

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STEP 2 Meanwhile, prepare the vegetables. Chop cucumbers into small cubes or thin half moon; set aside. Slice the carrots lengthwise into batons, about 2-inches long and $\frac{1}{2}$ -inch thick. Add carrots to a mixing bowl and combine with spicy paste. Arrange carrots on an oiled baking sheet and roast for 8-10 minutes or until crisp-tender with lightly caramelized edges.

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STEP 4 Combine the quinoa with chopped cucumber and garbanzo beans. Spoon muhamma into a bowl or plate. Top with the quinoa mixture, followed by spicy roasted carrots and crumbles of feta cheese. Dress with lemon & oregano vinaigrette to taste and serve with warm pita bread or pita crisps.

Enjoy!



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

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

(Ingredients: roasted red peppers, roasted garlic, roasted walnuts, breadcrumbs, tahini, lemon juice, smoked paprika, pomegranate molasses, salt, pepper)

Spicy Paste - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted tomato, roasted ginger, roasted garlic, sambal, lemon juice, salt)

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

(Ingredients: red onion, white balsamic vinegar, lemon juice, dijon mustard, Mexican oregano, sunflower oil, salt, pepper)

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

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

Pita Bread - Store in the refrigerator. Use within 5 days.

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

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

Carrot - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

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

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



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Huli Huli Pineapple Jalapeno Chicken Wings

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

Greener Pastures Certified Organic Chicken Wings, thawed
Farmhouse Kitchen Huli Huli Sauce
Farmhouse Kitchen-prepared Fresh Sliced Organic Pineapple
Rico Farms Organic Jalapeno Pepper, washed, stem discarded, deseeded (optional)
Jayleaf Specialities Organic Spinach, washed, rinsed & dried well
Velez Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Hummingbird Organic Red Onion, ends trimmed, papery outer layers discarded
Farmhouse Kitchen Citrus 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 Pat the chicken wings dry with paper towels to remove as much moisture as possible, then add to a large baking sheet lined with parchment or foil. Drizzle the wings with oil and season all sides with salt and pepper. Arrange the wings with at least 1-inch in between pieces. Roast for 20-25 minutes or until chicken is golden brown and crisp, with an internal temperature of 165°F. Brush or toss the wings in the huli huli sauce to coat. Broil the glazed wings for 3-5 minutes to thicken, if desired. Watch carefully to prevent burning.

STEP 2 While the chicken is roasting, prepare the vegetables. Slice the jalapeno peppers into thin rings and set aside to toss with the glazed wings and pineapple just before serving. Alternatively, scatter the sliced jalapeno peppers and pineapple around the chicken wings during the last 5 minutes or so of roasting for a more caramelized texture and flavor.

STEP 3 Thinly slice the cucumber into rounds or half moons and shave the red onion as thinly as possible. Toss with the washed and dried spinach; set aside in the refrigerator to keep cool until ready to serve.

STEP 4 Serve the pineapple jalapeno huli huli chicken wings with a side of spinach salad dressed with citrus vinaigrette, salt and pepper to taste.

Enjoy!



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Huli Huli Pineapple Jalapeno Chicken Wings

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

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Farmhouse Kitchen Huli Huli Sauce
Farmhouse Kitchen-prepared Fresh Sliced Organic Pineapple
Rico Farms Organic Jalapeno Pepper, washed, stem discarded, deseeded (optional)
Jayleaf Specialities Organic Spinach, washed, rinsed & dried well
Velez Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Hummingbird Organic Red Onion, ends trimmed, papery outer layers discarded
Farmhouse Kitchen Citrus Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

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Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

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

(Ingredients: roasted pineapple, roasted ginger, roasted garlic, ketchup, tamari, lime juice, sambal, worcestershire sauce, salt, pepper)

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

Jalapeno Pepper - Store in a paper bag inside refrigerator crisper drawer until ready to use.

Spinach - Wrap in a paper towel and place in a plastic bag 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.

Red Onion - Store in a cool, dry, dark place in the kitchen. Use within 5 days.

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

(Ingredients: lemon juice, lime juice, orange juice, rice wine vinegar, sugar, salt, sunflower oil)

***Contains 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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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, thawed, peeled & deveined
AustiNuts Walnuts
Farmhouse Kitchen Hot Honey Sauce
Certified Organic Chopped Butternut Squash
J & B Farms Green Beans, washed, ends trimmed
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

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

STEP 1 Rinse the rice in a fine mesh strainer under cold water until the water runs clear. Bring 3/4 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 large sheet tray with chopped butternut squash. Drizzle with oil, and season with salt and pepper; toss to combine. Spread out in an even layer and roast for 12-15 minutes, turning midway. The squash should be easily pierced with a fork and the green beans should darken in color with a crisp-tender texture.

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, thawed, peeled & deveined
AustiNuts Walnuts
Farmhouse Kitchen Hot Honey Sauce
Certified Organic Chopped Butternut Squash
J & B Farms Green Beans, washed, ends trimmed
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

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

STEP 1 Rinse the rice in a fine mesh strainer under cold water until the water runs clear. Bring 1 ½ cup 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 large sheet tray with chopped butternut squash. Drizzle with oil, and season with salt and pepper; toss to combine. Spread out in an even layer and roast for 12-15 minutes, turning midway. The squash should be easily pierced with a fork and the green beans should darken in color with a crisp-tender texture.

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.**

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Chile Con Carne Beef Enchiladas

2 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 40 minutes

K & C Cattle Co. Ground Beef, thawed
Farmhouse Kitchen Chile Con Carne Sauce, thawed
Farmhouse Kitchen-prepared Sharp White Cheddar Cheese
El Milagro Tortilleria Corn Tortillas
Lundberg Family Farm White Rice
Farmhouse Kitchen Rice Spice
Veliz Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Village Farms Tomato, washed & cored
G & S Grove Organic Lime, washed
Oil of choice
Salt and pepper

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

STEP 1 Rinse the rice in a mesh strainer under cold water until the water runs clear, then shake out as much water as possible. Heat 2 tsp. oil in a saucepan over medium-high. Add the rice and saute for 3 minutes or until it becomes opaque. Next, add about $\frac{3}{4}$ of the rice spice (reserve $\frac{1}{4}$ for veggies) and stir to coat. Pour $\frac{3}{4}$ cup of water into the rice, stir once, and bring to a boil. Reduce heat to low, cover 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 season with salt and pepper to taste. Cover to keep warm until ready to serve.

STEP 2 Meanwhile, heat a large saute pan over medium-high. Lightly brush or spritz both sides of each tortilla with oil. Warm the tortillas for 10-15 seconds on each side or until they soften and become pliable. Transfer tortillas to a clean plate, covering with a clean towel or foil to keep warm.

STEP 3 In the same saute pan, add about 2 tsp. of oil. When the oil begins to shimmer, add the ground beef. Break the beef up into small crumbles and saute for 7-10 minutes or until cooked through. Drain off excess fat, if desired. Next, add the chile con carne sauce and stir to combine. Reduce heat to medium and simmer for about 5 minutes to allow the flavors to meld. Remove from heat and set aside.

STEP 4 To assemble enchiladas, add a thin layer of the chile con carne sauce on the bottom of an 8"x 8" baking dish. Set aside about $\frac{1}{3}$ of cheese for topping and divide the remaining $\frac{2}{3}$ cheese amongst the tortillas. Roll each tortilla up and away from you, then transfer to the baking dish, seam side down. Spoon the rolled cheese tortillas with the chile con carne sauce and sprinkle the top with reserved cheese. Cover the baking dish with foil or a lid and bake for 15-20 minute or until the sauce is bubbly. Let stand for 5 minutes before serving with spiced rice.

STEP 5 Chop the cucumbers and tomatoes into bite sized pieces. Toss with fresh squeeze lime juice, remaining spice blend, and salt and pepper to taste. Serve the chile con carne enchiladas with a side of rice and lime & chile spiked veggies. Enjoy!



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Chile Con Carne Beef Enchiladas

4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 40 minutes

K & C Cattle Co. Ground Beef, thawed
Farmhouse Kitchen Chile Con Carne Sauce, thawed
Farmhouse Kitchen-prepared Sharp White Cheddar Cheese
El Milagro Tortilleria Corn Tortillas
Lundberg Family Farm White Rice
Farmhouse Kitchen Rice Spice
Veliz Organic Farm Cucumber, washed, ends trimmed, peeled (optional)
Village Farms Tomato, washed & cored
G & S Grove Organic Lime, washed
Oil of choice
Salt and pepper

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

STEP 1 Rinse the rice in a mesh strainer under cold water until the water runs clear, then shake out as much water as possible. Heat 1 tbsp. oil in a saucepan over medium-high. Add the rice and saute for 3 minutes or until it becomes opaque. Next, add about $\frac{3}{4}$ of the rice spice (reserve $\frac{1}{4}$ for veggies) and stir to coat. Pour 1 $\frac{1}{2}$ cup of water into the rice, stir once, and bring to a boil. Reduce heat to low, cover 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 season with salt and pepper to taste. Cover to keep warm until ready to serve.

STEP 2 Meanwhile, heat a large saute pan over medium-high. Lightly brush or spritz both sides of each tortilla with oil. Warm the tortillas for 10-15 seconds on each side or until they soften and become pliable. Transfer tortillas to a clean plate, covering with a clean towel or foil to keep warm.

STEP 3 In the same saute pan, add about 1 tbsp. of oil. When the oil begins to shimmer, add the ground beef. Break the beef up into small crumbles and saute for 7-10 minutes or until cooked through. Drain off excess fat, if desired. Next, add the chile con carne sauce and stir to combine. Reduce heat to medium and simmer for about 5 minutes to allow the flavors to meld. Remove from heat and set aside.

STEP 4 To assemble enchiladas, add a thin layer of the chile con carne sauce on the bottom of a 9"x 13" baking dish. Set aside about $\frac{1}{3}$ of cheese for topping and divide the remaining $\frac{2}{3}$ cheese amongst the tortillas. Roll each tortilla up and away from you, then transfer to the baking dish, seam side down. Spoon the rolled cheese tortillas with the chile con carne sauce and sprinkle the top with reserved cheese. Cover the baking dish with foil or a lid and bake for 15-20 minute or until the sauce is bubbly. Let stand for 5 minutes before serving with spiced rice.

STEP 5 Chop the cucumbers and tomatoes into bite sized pieces. Toss with fresh squeeze lime juice, remaining spice blend, and salt and pepper to taste. Serve the chile con carne enchiladas with a side of rice and lime & chile spiked veggies. Enjoy!



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

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

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

(Ingredients: roasted onions, roasted garlic, roasted jalapeno pepper, dried whole New Mexican chile peppers, tomatoes, New Mexican chile powder, cumin, smoked paprika, garlic powder, onion powder, corn tortillas, chicken stock, salt, pepper)

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

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

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

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

(Ingredients: New Mexican chile powder, garlic powder, onion powder, salt, pepper)

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

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

Lime - If using within 5 days, store in a cool, dry place in the kitchen. Otherwise, store in the refrigerator until ready to use.

***Contains dairy inclusive ingredients.**

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