

Meal Kit Recipes: Week of 09/14/2020

Red Chili Pork & Veggie Tacos with Charro Beans

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

Villa Klehr Farms Ground Pork, thawed
Texas Farm Patch Squash, washed, ends trimmed
Certified Organic Carrots, washed, end trimmed, peeled (optional)
Farmhouse Kitchen Red Chili Sauce, thawed
El Milagro Flour Tortillas
Farmhouse Kitchen Charro Beans, thawed
Oil of choice
Salt and pepper

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

STEP 1 Prepare the vegetables. Chop the carrots and squash into half moon pieces, about ¼-thick. Add to a large sheet tray and toss with oil, salt and pepper. Roast the vegetables in the pre-heated oven for 10-15 minutes or until tender and lightly caramelized around the edges.

STEP 2 Meanwhile, place a large skillet over medium-high heat. Add oil and ground pork. Break the pork up into crumbles with a wooden spoon or spatula. Brown the pork for 5-7 minutes and then add the red chili sauce. Turn the heat to low and simmer for 5-7 minutes until the sauce slightly reduces. Season with salt and pepper to taste.

STEP 3 Add the charro beans to a pot and warm over medium heat, stirring occasionally. Season with salt and pepper to taste. Cover and keep warm until ready to serve.

STEP 4 Wrap the tortillas in foil and warm them in the oven. Alternatively, toast the tortillas in a dry skillet until pliable and lightly browned, about 15-20 seconds per side.

STEP 5 Add red chili pork and roasted vegetables to warm tortillas. Serve with a side of charro beans. Enjoy!



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.

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

(Ingredients: onions, garlic, tomatoes, guajillo chili, New Mexican chili, cumin, cinnamon, oregano, allspice, chicken stock, red wine vinegar, salt, pepper)

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

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

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

(Ingredients: pinto beans, onion, garlic, tomato, bacon, chicken stock, cilantro, cumin, New Mexican chili powder, salt, pepper)

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

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

Honey-Dijon Chicken with Garlic Sweet Potatoes

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

Cook's Venture Chicken Thighs & Drumsticks, thawed
Farmhouse Kitchen Herb & Honey-Dijon Sauce, thawed
Gundermann Acres Sweet Potatoes, washed and scrubbed, peeled (optional)
Certified Organic Lacinato Kale, large woody stems discarded, leaves washed and dried
Farmhouse Kitchen Compound Butter
Oil of choice
Salt and pepper

Set the compound butter on the kitchen counter to reach room temperature.

STEP 1 Place a large baking sheet in the oven and preheat to 500°F for at least 15 minutes. Meanwhile, prepare the chicken and sweet potatoes. Chop the sweet potatoes into large cubes, about 1 ½-inch pieces. Add to a large bowl. Pat the chicken pieces dry and add to the bowl. Coat the chicken and potatoes with oil, salt, and pepper; combine well.

STEP 2 Remove the hot baking sheet from the oven and place the chicken skin-side down. Scatter the potatoes around the chicken. Place the baking sheet in the oven and lower the heat to 425°F. Roast the chicken and potatoes for 20 minutes.

STEP 3 After 20 minutes, use tongs or a spatula turn the chicken and potatoes. Brush the herb & honey-dijon sauce over the chicken and continue roasting for an additional 10 minutes or until the chicken is cooked through and registers 165°F when measured at the thickest part.

STEP 4 As the chicken and potatoes are roasting. Wash and dry the kale leaves, then roughly chop or tear into bite sized pieces. Combine in a bowl with oil, salt and pepper. When the chicken and potatoes have finished cooking, remove from the oven and brush any remaining herb & honey-dijon sauce over the chicken. Scatter the kale around the baking sheet and roast for 5 minutes or until wilted with crisp edges.

STEP 5 Fold the hot roasted sweet potatoes and kale with the compound butter until coated. Season with salt and pepper to taste. Serve the honey-dijon glazed chicken with a side of garlic sweet potatoes and kale. Enjoy!

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

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

Herb & Honey-Dijon Sauce - Store in the refrigerator. Use within 5 days.
(Ingredients: dijon mustard, roasted garlic, honey, rosemary, chicken stock, salt, pepper)

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

Kale - Wrap in a damp paper towel. Store in the refrigerator. Use within 5 days.

Compound Butter- Store in the refrigerator. Use within 5 days.
(Ingredients: butter, roasted garlic, parsley)

***Contains dairy inclusive ingredients.**

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

Instant Pot Chermoula Beef & Veggie Farro Hash

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

K & C Cattle Co. Beef Stew Meat, thawed
Farmhouse Kitchen Instant Pot Sauce, thawed
Farmhouse Kitchen-prepared Farro
Certified Organic Sweet Peppers, washed, stem and seeds discarded
Gundermann Acres Sweet Potatoes, washed and scrubbed, peeled (optional)
Ringer Farms Pasture-raised Eggs
Farmhouse Kitchen Chermoula
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 in half so that all pieces are roughly the same size, about 1". 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 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, 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. Use a slotted spoon to remove the braised beef from the cooking liquid.

STEP 3 While the beef is cooking, prepare the vegetables. Chop the potatoes and peppers into bite sized pieces, about 1/2-inch. Place a large skillet over medium-high heat. Add 1 tbsp. oil and sweet potatoes; season with salt and pepper. Cook the potatoes for 5 minutes, stirring occasionally until browned and almost tender. Then, add the peppers and continue cooking for 5 minutes. Add the farro and braised beef; season with salt and pepper. Stir to combine and add 2-3 tsp. oil to the pan if it appears dry. Reduce heat to medium. Press down on the hash to brown and crisp, about 5 minutes, turn and brown second side.

STEP 4 As the hash is crisping, fry the eggs. Place a non-stick skillet over medium heat. Add 2 tsp. oil. Crack the eggs into the skillet and season with salt. As the eggs cook, the whites will begin to set. Covering the eggs with a lid will also help speed up the cooking process. Fry the eggs to your preference, flipping them over or breaking the yolk if you prefer the yolks to be less runny.

STEP 5 To serve, top the crispy beef and veggie farro hash with a fried egg and drizzle with chermoula sauce. Enjoy!



STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Beef Stew Meat - Keep frozen until 24-48 hrs before ready to 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: chicken stock, onions, garlic, thyme, salt, pepper)

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

(Ingredients: farro, water)

Sweet Peppers - Store in a paper bag inside refrigerator crisper drawer until ready to use.

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

Pasture-raised Egg - Store in a cool, dry place in the kitchen. Use within 5 days.

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

(Ingredients: parsley, cilantro, mint, garlic, coriander seed, cumin, chili flake, lemon juice, canola oil, salt, pepper)

***Contains gluten 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 the Instant Pot 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. Remove braised beef with a slotted spoon. Prepare the veggie farro hash and pasture raised eggs as instructed in Step 3-5.

Quinoa Protein Bowl with Golden Coconut Sauce

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

Gundermann Acres Sweet Potatoes, washed, scrubbed, peeled (optional)
Farmhouse Kitchen-prepared Black Beans, thawed
Farmhouse Kitchen Cilantro Lime Dressing, stirred well before use
AustiNuts Almonds, roughly chopped
Farmhouse Kitchen Coconut Turmeric Sauce, stirred well before use
Certified Organic Kale, large woody stems discarded, leaves washed and dried
Quinoa, rinsed well before use
Oil of choice
Salt and Pepper

Preheat the oven to 425°F and place rack in 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 $\frac{1}{4}$ 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 the cilantro lime dressing. Cover and set aside until ready to serve.

STEP 2 While the quinoa is cooking, chop the sweet potatoes into medium-sized pieces, about 1-inch cubes. Add to a foil or parchment lined baking sheet. Toss with oil, salt, and pepper. Roast the sweet potatoes for 20 minutes flipping once midway through.

STEP 3 Warm the black beans in a saucepan over medium-low heat until hot. Add water depending on desired consistency. Season with salt and pepper to taste. Cover to keep warm until ready to serve.

STEP 4 Slice the kale into ribbons. Saute in oil over medium-high heat for 3-5 minutes until tender and leaves are wilted, but remain bright green. Season with half of the coconut turmeric sauce, salt, and pepper. Remove from heat and cover until ready to serve.

STEP 5 To serve, top the cilantro lime quinoa with roasted sweet potatoes, kale and black beans. Garnish with chopped almonds and remaining coconut turmeric sauce. Enjoy!

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

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

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

Black Beans - Store 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.

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

Coconut Turmeric Sauce - Store in the refrigerator. Use within 5 days.
(Ingredients: coconut milk, ginger, lime juice, turmeric, sugar, salt, peanuts)

Cilantro Lime Dressing - Store in the refrigerator. Use within 5 days.
(Ingredients: lime juice, rice wine vinegar, garlic, chile flake, cilantro, canola oil, salt)

***Contains nut (almond and peanut) inclusive ingredients.**

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