

DATE: APRIL 13, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

We are enjoying the telltale signs of spring. Budding trees, daffodils, April rain and snow flurries(?!) are wonderful reminders that the seasons continue like clockwork; bringing fresh greens, herbs and 2020 harvest planning with our local farmers. Peas and potatoes went into the ground this week. As for this week's goodness, we can't wait to dig in and enjoy. Cheers!

vegetable feijoada

(Brazilian vegetable and black bean stew over rice)

French onion soup

with green salad

tvf pastitsio

(Greek baked pasta dish)

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Arndt Farms

Pinn-Oak Ridge Farm

Marr's Valley View Farm

Elderberry Hill Farms

Garden To Be

Sartori Cheese

Sassy Cow Creamery

EXTRA GOODNESS

frosted butter cookies

Ingredients: Butter, sugar, eggs, ap flour, cream, milk, light corn syrup, beet powder, vanilla extract, turmeric

Contains: Milk, egg, wheat.

① THE COOK KIT

vegetable feijoada

(Brazilian vegetable and black bean stew over rice)

PREP &
COOK TIME

25

MINUTES

IN YOUR BAG

Vegetable
Feijoada

Brown Rice

Farofa

Kale

PAIR WITH

Folk Machine
Pinot Noir

or

Toppling Goliath
Psuedo Sue
Pale Ale

- 1 Reheat Feijoada in sauce pan over medium heat until heated through, stirring to prevent burning, 8-10 minutes.
- 2 Take kale off the stem and slice into strips.
- 3 Reheat rice with a tablespoon or two of water in a sauce pan over medium heat, stirring to prevent burning, 4-5 minutes.
- 4 Heat a medium saute pan with two tablespoons of olive oil. Cook and stir kale with a dash of salt until cooked and tender, about 5 minutes.
- 5 Divide rice equally onto plates, top with Feijoada and kale, sprinkle farofa on top.

Feijoada: Black beans, sweet potato, onion, garlic, green bell pepper, chicken stock, tomato, cilantro, scallion, mexican oregano, spices, salt, pepper **Farofa:** Manioc flour, butter, herbs, salt. **Brown Rice. Kale.**

Contains: Milk.

② READY-TO-EAT

French onion soup with green salad

Preheat your oven's broiler.

Heat soup in a saucepan over medium high heat, stirring occasionally until heated through, about 6 minutes.

Place ovenproof bowls on a baking sheet; divide soup into bowls. Float rustic croutons on top of soup and sprinkle with cheese.

Broil under the preheated broiler until cheese is melted and bubbly, about 2 minutes.

Onion soup: Yellow onion, red onion, vegetable stock, red wine, garlic, thyme, bay leaf, garlic, cider vinegar, butter, salt, pepper

Whole grain mustard vinaigrette: Canola oil, whole grain mustard, dijon mustard, sherry vinegar, red wine vinegar, honey, salt, pepper

Rustic croutons: Madison Sourdough bread,

③ FARM-TO-FREEZER

tpv pastitsio

See label for reheating instructions.

TVP pastitsio: Eggs, pasta (semolina, durum wheat flour, niacin, thiamine mononitrate, riboflavin), TVP, milk, sarvecchio, onion, butter, flour, tomatoes, cinnamon, nutmeg, salt, pepper

Contains: Wheat, egg, milk.