

OCTOBER 18, 2021 | VEGETARIAN

# HOORAY, IT'S MONDAY!

When we sit down to menu plan, we think about how we want people to feel when they eat our food. We want our food to be comforting, cozy and like we're all cooking together: sharing food, laughs, and good times. So, when you tuck into those decadent baked potatoes, that hearty tomato chowder, or the buttery galettes, think of us! And know we're smiling with you.

**loaded baked potato  
with BBQ white beans and honey  
caramelized carrots**

**tomato chowder  
with lemon dill crème fraîche and MSCo  
dinner rolls**

**roasted brussels sprouts  
and parmesan galette  
from Tart Baked Goods  
with greens and apple mustard  
vinaigrette**

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

Happy Valley Farm

Winterfell Acres

Raleigh's Hillside Farm

Vitruvian Farms

Driftless Organics

Sitka Salmon

Garden to Be

EXTRA GOODNESS

**rye molasses  
cookie dough**

Instructions: Thaw cookie dough to room temperature. Bake at 350°F for 10 to 14 minutes.

Ingredients: Rye flour, ap flour, sugar, butter, eggs, molasses, baking soda, ginger, cinnamon, cloves, salt.

Contains: Egg, dairy, wheat, cinnamon

① THE COOK KIT

# loaded baked potato

with BBQ white beans and honey caramelized carrots

PREP &  
COOK TIME

75

MINUTES

IN YOUR BAG

Potatoes

BBQ White Beans

Grilled Scallion  
Sour Cream

Three Cheese  
Blend

Pickled Red  
Onions

Honey  
Caramelized  
Carrots

PAIR WITH  
the lush Ver  
Sacrum "Gloria"  
Garnacha  
or  
the full-bodied  
Warped Speed  
Scotch Ale from  
Lake Louie  
Brewing

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork.
- 3 Place the potatoes on a baking sheet in the oven, and roast for 45 minutes to an hour, depending on the size of the potatoes, until they offer no resistance when a knife is inserted in their centers. If you are still feeling unsure, use an instant-read thermometer: their internal temperature should be between 208°F and 211°F.
- 4 When the potatoes are done, remove them from the oven, slice them open down the middle and use a spoon to scrape out their flesh into a bowl. Add grilled scallion sour cream, salt and pepper and mash to combine. Spoon the mixture back into the empty jackets, place on a baking sheet, top with the BBQ white beans and shower with the three cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden.
- 5 When potatoes go back in the oven, place the carrots on the same baking sheet to reheat.
- 6 Plate potatoes and top with pickled red onions. Place honey caramelized carrots alongside. Dig in!

**BBQ Beans:** White bean, apple, orange, brown sugar, tomato, apple cider vinegar, soy sauce, molasses, salt, pepper, paprika, cumin, celery salt, garlic, onion, thyme **Sour Cream:** Cultured milk, cream, scallion, salt, lemon, pepper **Cheese Blend:** Cheddar (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme), mozzarella (milk, culture, salt, enzyme) **Red Onions:** Red onion, white vinegar, sugar, salt, pepper, chili de arbol, bay leaf, juniper berry **Carrots:** Carrot, olive oil, honey, pepitas, red wine vinegar, parsley, salt

*Contains: Dairy, soy*

② READY-TO-EAT

# tomato chowder with lemon dill crème fraîche & MSCo dinner rolls

Warm chowder over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.

Meanwhile, heat rolls briefly in the toaster oven or microwave.

Portion hot soup into bowls, top with crème fraîche. Serve rolls alongside. Enjoy!

**Chowder:** Vegetable stock, tomato, heavy cream, onion, celery, leek, carrot, fennel, potato, scallion, herbs, spices **Lemon Dill Crème Fraîche:** Cream, buttermilk, dill, lemon, salt **MSCo Dinner Rolls:** Flour, water, salt, yeast

*Contains: Dairy, wheat*

③ FARM-TO-FREEZER

# roasted brussels sprouts & parmesan galette from Tart Baked Goods with greens and apple mustard vinaigrette

Toss greens with desired amount of vinaigrette. See galette label for ingredients and reheating instructions.