



Week 6 Winter Contents:

1 lb chorizo or ground beef
1 bag corn chips
1 bag dried beans (select from Adzuki, pinto, or black)
1 pint frozen sweet corn
1 quart frozen chopped tomatoes
1 dozen spinach, garlic scape, and ricotta stuffed raviolis
1 candy onion
1 quarter peck jonathon apples
1 red cabbage
1 pint fresh salsa (mild to mild-medium heat)
1 quart grape cider
1 dozen eggs

Bean Burgers

Want to make some veggie patties? Try this recipe. It should work well with Adzuki, black or even pinto beans.

Ingredients

1 Sweet Potato boiled, peeled, mashed. about 1 cup mashed
1 cup beans (cooked and drained)
1/2 teaspoon salt
1/2 teaspoon garam masala
1/2 teaspoon chili flakes or to taste
1 Tablespoon onion flakes
1 Tablespoon nutritional yeast
2-4 Tablespoons flour
2 Tablespoons bread crumbs
1 Tbsp Extra virgin olive oil
1/4 cup bread crumbs to coat

Instructions

Mix all of the ingredients except 1/4 cup bread crumbs. Make patties and coat in bread crumbs. The mixture will be sticky. Use flour or oil on hands to work. Bake for 25-30 minutes at 375 degrees F, until golden and dry on the outside.

Kale and Adzuki Beans

This comes from All Recipes.com. It makes a great main dish served over prepared wheat berries.

1 cup uncooked adzuki beans
1 tablespoon olive oil
2 cloves garlic, peeled and crushed
6 cups roughly chopped kale
2 tablespoons water
1/4 cup tamari
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste

DIRECTIONS:

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender.

Heat olive oil in a medium skillet over medium heat, and saute garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.

Tomato Sauce

Ingredients:

1 gallon frozen tomatoes (or 4 large cans crushed tomatoes)
3 minced garlic cloves
1/2 cup minced onion
1/4 cup olive oil
1/3 cup sugar
2 tsp. salt (more or less to taste)
1 tsp. black pepper
1 Tbsp. basil
1 Tbsp. oregano
Seasonings can be adjusted to suit taste

Directions:

Thaw tomatoes, puree in blender. Saute onion and garlic in olive oil until crisp tender. Using a large dutch oven saucepot, add tomatoes, seasonings and sauteed garlic and onions. Heat on medium to boiling, reduce heat to low, cover and simmer for at least 2-3 hours, stirring every 15-20 minutes. At this point, if thicker consistency is desired, remove lid and up heat to medium, stirring until more liquid is absorbed. The longer this simmers the better it is.

Indian Style Red Cabbage

4 Cups shredded red cabbage*
2 Tbsp olive oil
2 Tbsp mustard seeds
Curry leaves from 1 stalk (about 6-10)
1" piece ginger, peeled and minced
4-6 whole dried red chillies
salt to taste
1 Tbsp turmeric
Juice of 1 lemon

Great optional stir-ins: 1/4 Cup toasted shredded coconut, 1/4 Cup roasted Spanish peanuts

Heat oil in wok on medium-high heat until it swirls around the wok very thinly and easily (should take less than 45 seconds). Add mustard seeds; they will pop, so if you have a mesh lid/grate, cover the wok with that, or partially cover it with a lid. Add the curry leaves, ginger, and dried red chillies when the popping subsides. Stir fry until ginger is fragrant and curry leaves are coated with oil, but don't allow the ginger to brown.

Add the cabbage and turmeric in batches, stir-frying and adding appropriate amounts of salt with each batch, until all the cabbage is added and all of the ingredients are thoroughly mixed. Assuming the cabbage is exuding a lot of its own water, turn down the heat to medium-low and cover, letting the cabbage steam-cook, uncovering every few minutes to stir. (If the cabbage is dry, you might need to add a little water before covering for the cabbage to steam.) Cook, stirring occasionally, until the cabbage is al dente or soft, as you prefer (about 10 minutes).

Turn off the heat and stir in the lemon juice (optional: also stir in toasted coconut and/or peanuts).

Red Cabbage, Radish and Carrots In A Honey Dressing

Ingredients

1/2 cup shredded red cabbage
1/2 cup shredded cabbage
1/2 cup carrot, thinly sliced
1/2 cup white radish (mooli), thinly sliced
1/4 cup capsicum, thinly sliced

To Be Mixed Into A Dressing

1 tbsp honey
2 tbsp orange juice
1/8 tsp prepared mustard
1 tsp lemon juice
salt and to taste

Method

Combine all the ingredients in a salad bowl and refrigerate. Add the dressing to the salad just before serving and toss well.