



**Week 8 Winter Contents:**

Ground Beef-1lb  
Ground Lamb-1lb  
Frozen Tomatoes -2 quarts  
Yukon Gold Potatoes-3lb  
Green Beans-1 pint  
Corn-2 pints  
Eggs-1 doz  
Shallots  
Corn stock - 1 quart  
Carrots-1lb  
Frozen Blackberries-1 pint  
Frozen Strawberries-1 quart

**Chili**

*Need to warm up after all of this cold weather?! This is a great Chili recipe that will do just that! This recipe is from Grass Fed and Healthy.*

**Ingredients**

1 pound of Ground Beef  
1 Medium Onion  
2 Cloves garlic (or to taste)  
15 ounces Diced tomatoes with juice  
12 ounces Tomato sauce  
12 ounces of Black Beans  
12 ounces of Kidney Beans  
2 ounces of Pinto Beans  
2 Tbs. Red chile powder (medium hot)  
1 Tsp. Powdered Cumin  
1 Pinch Oregano  
3 Tbs. Olive Oil

**Instructions**

Sauté the onions and garlic in Olive Oil. Add the ground beef to the mixture. When the meat is browned, add spices, stir, cook and blend. Add the tomatoes, beans and enjoy!

**Meatloaf**

*This is a simple but great recipe for meatloaf.*

2 lbs. Grass-fed ground beef  
¾ c. Italian seasoned bread crumbs  
1 egg  
1 tsp. kosher salt  
½ tsp. black pepper  
½ tsp. ground cumin  
¾ c. salsa (your preference)

**Glaze (optional)**

½ c. catsup  
1 tsp. Worcestershire sauce  
½ tsp. Tabasco (or other hot sauce)

1 tsp. ground cumin  
1 ½ tbsp. Honey

**DIRECTIONS:**

Preheat oven to 325 degrees F. Combine all ingredients by hand, mixing very thoroughly. If mixture seems too dry or crumbly, add more salsa to increase moisture. Shape mixture into a loaf and place in glass baking pan. There should be no need for a loaf pan here, although you can use one if you're a strict traditionalist. Bake for approximately 90 minutes, until internal temperature reaches 160 degrees. Allow to rest for 20 minutes before carving. If you decide to do the glaze, mix all ingredients together and baste loaf every 15 minutes after the first 10 minutes of cooking. Serve with extra glaze on the side for dipping and drizzling.

**Hearty Minestrone Soup**

*This soup is packed with beans, vegetables and pasta. This is great for a quick meal to warm up after work!*

**Ingredients:**

2 tablespoons extra-virgin olive oil  
4 cloves garlic, finely chopped  
1 medium yellow onion, chopped  
6 cups low-sodium vegetable broth  
1 cup thinly sliced Savoy cabbage  
¼ cup tomato paste  
¼ cup chopped fresh parsley  
1 tablespoon chopped fresh basil  
2 large stalks of celery, sliced  
2 medium carrots, peeled and chopped  
1 dried bay leaf  
1 (28-ounce) can chopped tomatoes, with their liquid  
1 cup cooked chickpeas, drained  
1 cup dried fusilli pasta  
Salt and pepper, to taste  
¾ cup grated parmesan cheese

**Directions:**

In a large stockpot, heat oil over medium high heat. Add garlic and onion and cook until translucent. Add broth, cabbage, tomato paste, parsley, basil, celery, carrots, bay leaf, and tomatoes with their juice and cook for 30 to 40 minutes, until vegetables are tender. Add chickpeas, pasta and beans and simmer for another 20 minutes. Season with salt and pepper. Enjoy!

**Beef and Green Bean Stew**

*This recipe is a great way to use a lot of the items in this weeks bag! To add some extra flavor, use the corn stock in place of water.*

**Ingredients**

1 cup(s) Carrots Sliced  
1 pound(s) Stew beef, cut in pcs.  
1 teaspoon(s) Salt  
1-1/2 cup(s) Potatoes Chopped  
1 can(s) Green beans Drained  
1/2 cup(s) Frozen corn  
1/4 cup(s) Onion Minced  
1 envelope(s) Onion soup mix  
1-1/2 cup(s) Water

**Preparation**

Combine all ingredients in a slow cooker. Cook on high for 1 hour, then on low for 5 to 6 hours or until carrots and beef are tender.

**Parmesan Garlic Roasted Potatoes**

*This is a recipe found from Recipes&Me. This is a simple but delicious way to prepare your potatoes as a side dish.*

**Ingredients**

Potatoes cut into smaller size pieces  
A few tablespoons of olive oil  
2-3 cloves garlic, minced  
1-2 tablespoons fresh chopped parsley  
Fresh grated Parmesan cheese  
Salt and pepper, to taste

**Instructions**

Preheat oven to 450 °F. Cut potatoes into cubes or wedges. Bring a pot of water to a boil. Add the potatoes and cook for 3 to 6 minutes. While potatoes are cooking put oil in cast iron skillet or other heavy pan and heat in oven. Drain the potatoes and place them back in the pot. Put the pot back on the burner and shake to dry the potatoes and to rough up their surface. This is what gives roasted potatoes that perfect crust. Add the potatoes to the hot oil, toss to coat and roast turning once or twice. When potatoes are almost tender sprinkle with fresh garlic and Parmesan, salt and pepper and continue roasting until potatoes are tender. Just before serving, toss with fresh chopped parsley.