



Chicken & Bacon Salad



Ground Beef
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Meat Sauce



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Ham & Cheese Croques



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Mini Lunch Meatballs

August 2023 CSA Share Unboxing Recipes



Chicken and Bacon Salad

from recipetineats.com

 4 servings

Ingredients

3 cups roast chicken

12 cups romaine lettuce or other leafy greens

1 cup cooked corn

1/2 red onion, finely sliced)

10oz cherry or grape tomatoes, sliced in half

2 cucumbers, halved lengthwise then sliced thinly

2 avocados, cut into bite size chunks

4 bacon strips, cooked until crisp then chopped

2 1/2 tablespoons cider vinegar

6 tablespoons extra virgin olive oil

1 garlic clove, minced

1 teaspoon dijon mustard

2 teaspoon dried mixed herbs such as italian or greek mix

1 teaspoon sugar

3/4 teaspoon salt

1/2 teaspoon black pepper

Directions

- 1** Place olive oil, apple cider vinegar, minced garlic clove, dijon mustard, herb seasoning, sugar, salt and pepper in a jar, shake, set aside for at least 10 minutes to let flavors meld.
- 2** Place all ingredients except bacon in a big bowl. Drizzle over most of the Dressing, then toss well.
- 3** Transfer to serving bowl, drizzle with remaining Dressing. Sprinkle with bacon. Serve immediately!



Bibimbap Bowl

from budgetbytes.com

🕒 35 minutes 🍽️ 4 servings

Ingredients

cooked jasmine rice

1/2 tablespoon cooking oil

6 cups fresh spinach, loosely packed

1 teaspoon toasted sesame oil

pinch of salt

1 lb ground beef

3 tablespoon chili garlic sauce

2 tablespoon soy sauce

2 tablespoon brown sugar

1 carrot

1 cucumber

4 large eggs

green onions

kimchi

sesame seeds

Directions

- 1** If your rice is not already cooked, begin that first and prepare the rest of the bowl ingredients as the rice cooks.
- 2** Prepare the fresh vegetables. Peel and grate the carrot using a large holed cheese grater. Thinly slice the cucumber, and slice the green onions.
- 3** Prepare the sautéed spinach next. Heat a large skillet over medium heat and add the cooking oil. Swirl to coat the skillet, then add the fresh spinach. Sauté the spinach for a few minutes, or just until it is wilted. Drizzle the sesame oil over top and season lightly with a pinch of salt. Remove the spinach from the skillet to a clean bowl.
- 4** Add the ground beef to the skillet used to cook the spinach. Cook the beef until fully browned, then add the chili garlic sauce, soy sauce, and brown sugar. Stir and cook for about one minute, or until everything is evenly mixed and the beef is coated in sauce. Turn the heat off.
- 5** Fry or soft boil 4 large eggs. (If using soft boiled eggs, cook before you begin making the meal).
- 6** Build the bowls. Add meat and vegetables. Top with sliced green onions, kimchi, and sesame seeds.



Ratatouille

from thedomesticman.com

🕒 1 hour 🍽️ 4 servings

Ingredients

1 pound ground beef or italian sausage

1 small jar (16oz) pasta sauce or 2 cups superior spaghetti sauce

1 tbsp olive oil

1/2 tbsp butter (ghee okay)

4 oz white mushrooms, sliced

1 tsp balsamic vinegar

salt and pepper to taste

1 zucchini, thinly sliced

1 yellow squash, thinly sliced

1 eggplant, thinly sliced

1 red bell pepper, thinly sliced

Directions

- 1** Cook ground beef or Italian sausage. Drain off fat. Mix the sauce and the meat together in a bowl.
- 2** In a deep baking pan, pour in half of the sauce and spread evenly.
- 3** Layer the vegetables in alternating patterns until the baking pan is filled. Spoon the remaining sauce over the vegetables, filling in any open nooks and crannies.
- 4** Place in the center of the oven and bake until the vegetables are tender, about 35 minutes.
- 5** Let rest for 5 minutes before serving.
- 6** ** If you have any leftover vegetables, you can make a quick stir-fry by tossing them with olive oil and/or butter over medium heat until softened, seasoning with salt and pepper to taste, for a quick snack as the Ratatouille bakes.



Moroccan Nachos

from cooking.nytimes.com

🕒 40 minutes 🍴 1 serving

Ingredients

- 1 (14-ounce) can crushed tomatoes

- 4 medium tomatoes, cored and quartered

- 1 small yellow onion, peeled and quartered

- 1/2 packed cup fresh cilantro

- 3 tablespoons lemon juice

- 2 to 4 teaspoons harissa, according to taste

- 2 garlic cloves, chopped

- 1 tablespoon honey

- 2 teaspoons ground cumin

- sea salt

- 2 ripe avocados

- 1 tablespoon chopped fresh cilantro

- 1 teaspoon lemon zest

- 1 tablespoon lemon juice

- 1 pound ground beef

- 1 small yellow onion, grated or finely chopped with its juices reserved (about 1 1/4 cups)

- 1/2 packed cup flat-leaf parsley, finely chopped

- 1/2 packed cup cilantro, finely chopped

- 1/2 packed cup mint leaves, finely chopped

- 2 heaped teaspoons sweet paprika

- 1 teaspoon ground cumin

- 1/2 teaspoon black pepper

Directions

- 1** In a food processor or blender, combine the crushed tomatoes, fresh tomatoes, onion, cilantro, lemon juice, harissa, garlic, honey, cumin and 1 teaspoon salt and pulse a few times until the ingredients are evenly blended. Cover and set aside until ready to serve or keep in the fridge for up to four days.

- 2** Mash the avocado flesh with a fork, then add the cilantro, lemon zest, lemon juice and 1/2 teaspoon salt and stir together until well combined. Taste and adjust the seasoning, adding more salt and lemon juice if necessary. Cover and keep in the fridge for up to 6 hours before using.

- 3** Heat the olive oil in a large frying pan over a medium-high. Add the beef, onion and the juices, parsley, cilantro, mint, sweet paprika, cumin, 1/2 teaspoon salt, black pepper and cayenne and cook, breaking up the meat with a wooden spoon until it is no longer pink, about 7 minutes. Cover and set aside until ready to serve or keep in an airtight container in the fridge for up to two days.

- 4** Heat the oven to 400 degrees. Spread the tortillas on a sheet pan in a single layer. Top the tortillas with the kefta and a layer of Cheddar. Bake until the cheese has melted, about 10 minutes.

- 5** Remove the nachos from the oven and top with the guacamole, sour cream, about half of the salsa, cilantro leaves and a drizzle of olive oil. Serve immediately with the remaining salsa on the side.

pinch of cayenne

2 tablespoons olive oil

1 (8-ounce) bag corn tortilla
chips

2 cups grated cheddar

sour cream and cilantro
leaves to top



Beef Curry Rice Burger Bowls

from jaroflemons.com

🕒 55 minutes 🍽️ 6 servings

Ingredients

1 lb ground beef
2 teaspoon chili powder
1 teaspoon paprika
salt and pepper to taste
1 tablespoon coconut oil
2 garlic cloves, minced
2 small red peppers, sliced
1 cup jasmine rice
2 cups vegetable broth
1 cup lite coconut milk
1 tablespoon brown sugar
2 teaspoon curry powder
1 cup chickpeas, canned
2 cups kale leaves

Directions

- 1 Mix the ground beef, chili powder, paprika, and salt and pepper together.
- 2 Form about 12 small hamburger patties and set aside.
- 3 In a large saucepan, heat up the coconut oil.
- 4 Add in the minced garlic and sliced red peppers, cooking until the peppers are soft (about 10 minutes).
- 5 Set the peppers aside.
- 6 Cook the burger patties in the pan until fully cooked (about 15 minutes).
- 7 Set the burger patties aside.
- 8 Drain the fat from the pan and add in the rice.
- 9 Add in the vegetable broth and bring to a boil.
- 10 Once boiling, stir the rice and add in half of the curry powder.
- 11 Reduce heat, cover, and let simmer for about 12-15 minutes.
- 12 Add in the coconut milk, brown sugar, remaining curry powder, and chickpeas.
- 13 Stir and cook for another 5-10 minutes.
- 14 Add the peppers back into the curry.
- 15 Serve the curry with the burger patties and fresh kale in each bowl.



Savory Ham & Cheese Scones

from sallysbakingaddiction.com

🕒 1 hour 🍴 8 servings

Ingredients

2 cups (250g) all-purpose flour (spooned & leveled), plus more for hands and work surface

1 tablespoon (12g) granulated sugar

2 and 1/2 teaspoons baking powder

3/4 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

3 tablespoons chopped fresh chives

1 cup (about 100g or 3.5 oz) shredded cheddar cheese

1/2 cup (1 stick; 115g) unsalted butter, frozen (see note)

2/3 cup (160ml) cold buttermilk, plus 1 tablespoon for brushing

1 large egg, separated

3/4 cup (about 110g or 3 oz) finely chopped ham

optional for topping: flaky sea salt

Directions

- 1 Whisk flour, sugar, baking powder, garlic powder, salt, and pepper together in a large bowl. Stir in the chives and shredded cheese.
- 2 Grate the frozen butter using a box grater. Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs. Place in the refrigerator or freezer as you mix the wet ingredients together.
- 3 Whisk 2/3 cup buttermilk and the egg yolk together. (Save egg white for step 5.) Pour over the flour/cheese mixture, add the ham, and then mix until the dough clumps together.
- 4 Pour dough onto a lightly floured work surface and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1–2 more Tablespoons cold buttermilk. Press into an 8-inch disc and, with a sharp knife or bench scraper, cut into 8 wedges.
- 5 To make 10–12 drop scones: Keep mixing dough in the bowl until it comes together. Drop dough, about 1/4 cup of dough per scone, 3 inches apart on a lined baking sheet.
- 6 Whisk 1 Tablespoon buttermilk with reserved egg white. Brush lightly onto scones and, if desired, sprinkle with flaky sea salt.
- 7 Place scones on a lined baking sheet and refrigerate for at least 15 minutes.
- 8 Meanwhile, preheat oven to 400°F (204°C).
- 9 After refrigerating, arrange scones 2–3 inches apart on the prepared baking sheet(s).
- 10 Bake for 22–25 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes on the baking sheets before serving.
- 11 Leftover scones keep well at room temperature for 2 days or in the refrigerator for up to 5 days. Scones become softer by day 2.



Cheesy Ham Croques

from seriouseats.com

🕒 30 minutes 🍴 4 servings

Ingredients

5 1/2 tablespoons unsalted butter, plus more if necessary, divided

1 1/2 tablespoons all-purpose flour

1 cup milk

6 ounces grated gruyère, comté, or swiss cheese, plus more if desired, divided

kosher salt and freshly ground black pepper

8 (1/4 inch thick) slices soft bread, such as brioche or good-quality sandwich bread

8 ounces slices shredded ham or thinly sliced ham

4 teaspoons dijon mustard

4 eggs (optional)

Directions

- 1** Preheat oven to 350°F (180°C). In a small saucepan, heat 1 1/2 tablespoons butter with flour over medium-high heat, until butter has melted and formed a paste with flour. Continue to cook, stirring, until raw flour scent is gone, about 1 minute.
- 2** Whisk in milk until smooth and cook, whisking, until sauce comes to a simmer and begins to thicken slightly. Lower heat to low and cook, stirring, until sauce is thick enough to coat the back of a wooden spoon, about 3 minutes. Whisk in 4 ounces cheese (reserving the rest for inside the sandwiches) until smooth, moving saucepan on and off heat to keep it hot enough to melt cheese but not so hot that it bubbles rapidly. Season Mornay sauce with salt and pepper and keep warm.
- 3** In a large cast iron skillet, working in batches, toast both sides of each slice of bread in remaining butter over medium heat until golden, about 2 minutes per side; swirl pan and rotate bread for even browning, and add more butter as necessary if pan dries out.
- 4** Transfer bread to a work surface. Arrange ham on top of half the bread slices, then spread a generous layer of Mornay sauce on top of ham. Sprinkle with remaining grated cheese.
- 5** Spread Dijon mustard on each of the remaining bread slices and close sandwiches. Spread additional Mornay sauce on top of each sandwich from edge to edge; sprinkle additional grated cheese on top, if desired.
- 6** Transfer sandwiches to a baking sheet and heat in oven until sandwiches are warmed throughout and cheese is melted. Turn on broiler, then broil sandwiches on top rack until lightly browned on top, about 2 minutes. (Keep an eye on them, as some broilers are very powerful.) Serve right away.
- 7** Optional: fry and egg and put on top of the finished sandwich as it comes out of the oven.



Lamb Ragu

from insidetherustickitchen.com

🕒 3 hours 30 minutes 👤 4 servings

Ingredients

1 carrot, finely chopped

1 celery stalk, finely chopped

1 onion, finely chopped

2 cloves garlic, minced

1 lb ground lamb

1 cup red wine

28 oz canned whole plum tomatoes

2 cups chicken stock

2-3 rosemary sprigs

1 bay leaf

3-4 tablespoons olive oil

salt and pepper

1.1 lbs pappardelle pasta or pasta of choice (500g)

pecorino cheese

Directions

- 1 Add 1-2 tablespoons of olive oil to a Dutch oven or large pan and brown the lamb. Drain away the excess fat and transfer the lamb to a bowl.
- 2 Add another 1-2 tablespoons of olive oil to the same pan you browned the lamb in and saute the finely chopped carrot, celery and onion slowly until soft but not browned (about 10 minutes).
- 3 Once soft, add the finely chopped garlic and saute until fragrant. Add the lamb back to the pan and mix to combine. Add the red wine and reduce by half.
- 4 Once reduced, add the stock and canned tomatoes. Break up the tomatoes with your spoon and stir to combine. Add the rosemary and bay leaf and a good pinch of salt and pepper.
- 5 Let the ragu simmer slowly on a medium-low heat, uncovered for 3 hours. If it starts to dry out too much add a little more water or stock.
- 6 Once ready, taste and add more salt as needed. Remove the rosemary sprigs and bay leaves.
- 7 Bring a large pot of salted water to a boil and cook your pasta of choice until al dente while keeping the ragu warm.
- 8 Once the pasta is cooked transfer it to the ragu and toss until completely combined in the sauce. Serve in bowls topped with pecorino cheese.



Baked Mini Meatballs

from momtomomnutrition.com

🕒 45 minutes 🍴 1 serving

Ingredients

1 pound ground beef

1 cup of fresh spinach,
chopped

¼ cup panko breadcrumbs

1 egg

3 cloves of garlic, minced

¼ cup of parmesan cheese,
grated

2 tablespoons of italian
seasoning

Directions

- 1** Heat your oven to 375. Combine all of the ingredients in a large mixing bowl.
- 2** Using a small cookie scoop shape the meat into 1-inch meatballs. Place on a broiler pan or baking sheet.
- 3** Bake for 15 minutes. Eat immediately or store in your refrigerator for up to one week or freezer for up to 3 months.