

Recipes for January 31st CSA Box

Warm Savoy Cabbage Slaw

- [Extra-virgin olive oil](#)
- 6 slices thick cut bacon, cut into [lardons](#)
- 2 red onions, julienned
- Salt
- 3 carrots, peeled and grated
- 1 medium head [savoy cabbage](#), thick ribs removed and shredded
- 1 1/2 cups [apple cider vinegar](#)
- 3 tablespoons, mustard seeds
- 1 thyme bundle, tied with string
- 4 bay leaves
- 1/4 cup to 1/2 cup apple cider
- 1 small bunch chives, cut into 2-inch pieces

Coat a large wide pot with olive oil and add the bacon. Render the bacon over medium heat. Add the red onions, season with salt, and sweat for 4 to 5 minutes. Add the carrots and stir to combine. Add the cabbage, cider vinegar, [mustard seeds](#), thyme and [bay leaves](#). Season with salt and taste. This will taste very vinegary but the salt will help offset the sharpness of the vinegar.

Reduce to a simmer, cover and cook for 15 to 20 minutes or until the cabbage is very soft. Remove the lid, add the apple cider and simmer for an additional 10 minutes or until most of the vinegar has absorbed but the cabbage is still moist but not soupy. Serve right away or let it hang out in the refrigerator. It will probably be better in a couple of days. [Garnish](#) with chives.

Chicken Tortilla Soup with Black Beans

1 onion, finely chopped
olive oil
4 cloves garlic, minced
6 cups chicken broth
1 - 14.5 oz. can diced tomatoes
1 - 14.5 oz. can corn, drained and rinsed
2 large chicken breasts
1 can black beans, drained and rinsed
1 lime (one extra for garnish)
1 handful cilantro, chopped
4-5 corn tortillas, cut into strips
1 avocado, diced
dash cayenne pepper

1-2 tsp chili powder
1-2 tsp cumin
1 tsp coriander
3/4 tsp salt
1/4 tsp black pepper
cheddar or jack cheese, shredded
sour cream

Saute onion in olive oil until soft, then add garlic, cayenne, chili powder, and cumin. Saute until fragrant (a minute or two). Add chicken broth. Bring to a boil, then lower heat to a simmer. Add tomatoes, corn, black beans.

Grill or pan fry chicken spiced with cayenne, chili powder, garlic powder, salt, and pepper. Cut up or shred chicken and add it to the soup. Try the soup and add more seasonings according to taste, if needed. Add lime juice and cilantro.

Add a tablespoon of olive oil to a large fry pan over medium-high heat, crisp up tortilla strips. Add salt.

Serve soup garnished with your choice of cheese, sour cream, tortilla strips, fresh cilantro, avocado, and a lime wedge.

Note: If spicy isn't your thing, start with the smaller amounts of seasonings listed and adjust according to taste as needed. You can also substitute tortilla chips if you don't have corn tortillas on hand.

Black Bean & Sweet Potato Chili

1 1/2 onions, chopped
3 cloves garlic, minced
1 poblano pepper, diced (deseed if you like)
1 tablespoon olive oil
1 1/4 teaspoons cumin
1 tablespoons chili powder
15 ounces crushed tomatoes
8 ounces vegetable broth
1 teaspoon Morton Season All Seasoned Salt
1/2 teaspoon black pepper
1/2 teaspoon dried oregano
1 large carrot, peeled and diced
2/3 cup diced sweet potato
1 cup frozen corn
37.5 ounces canned black beans, drained but not rinsed
1/2 cup fire roasted salsa
2 bay leaves
14 ounce can petite diced tomatoes
1 1/4 teaspoon cornstarch
toppings for serving: Monterrey jack cheese or feta and cilantro

Heat the olive oil in a large pot over medium high heat. Add the diced onion and saute for 5 minutes, until tender and golden. Add the garlic and poblano pepper and saute another minute, until fragrant. Add the cumin and chili powder and saute another 2 minutes.

Lower heat to medium-low and stir in the crushed tomatoes and broth (reserve 1/4 cup of broth), scraping to remove any browned bits in the pan. Add the remaining ingredients except the cornstarch and toppings.

In a small bowl whisk together the reserved 1/4 cup of broth and the cornstarch until smooth. Pour the cornstarch slurry into the chili pot. Stir until well mixed. Bring chili to a boil for 2 minutes and then lower heat to low. Simmer over low heat uncovered for one hour. Then, simmer covered with a lid for 30 minutes.

Serve topped with your choice of toppings.

Sweet Dumpling Squash

Preheat oven to 350°F. Cut the squash in half, and remove the seeds and extra bits with a spoon. Turn upside down, and poke some holes in the skin with a fork. Turn it back over, and place each half into a baking dish filled with an inch or so of water.

In each squash half, put the following ingredients, sprinkling spices on the top edge, too:

1 tablespoon pure maple syrup
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1/2 tablespoon butter
1 teaspoon brown sugar

Bake uncovered on the middle oven rack for 40-45 minutes, or until tender. Each half enthusiastically serves 1!

Risotto-Stuffed Sweet Dumpling Squash

4 Sweet Dumpling squashes (you could substitute other kinds of small squash if Sweet Dumpling is unavailable)

3 tablespoons olive oil, divided

2 tablespoons unsalted butter, divided

1/4 cup chopped pancetta

1/2 yellow onion, chopped

1 clove garlic, finely chopped

1/2 Portobello mushroom, chopped (about 1 cup)

1/2 bunch asparagus, woody stems removed and cut into 1-inch pieces

1 1/2 cups prepared basic risotto

1/4 teaspoon brown sugar

1 1/2 teaspoons salt, divided

1/4 teaspoon freshly ground black pepper

pinch cayenne pepper

1 tablespoon heavy cream

1/2 cup shredded Parmesan cheese, divided

1/4 cup panko breadcrumbs

Preheat the oven to 375 degrees. Line a baking dish with aluminum foil and coat with nonstick spray.

Cut the tops off the squashes and, using a spoon, scoop out all of the seeds (you may need to remove a bit of the flesh at the top to reach them all). Place the squash, bottoms and tops, in the baking dish and brush with 2 tablespoons olive oil, inside and out, sprinkling with 1 teaspoon salt. Place the squashes in the oven and bake for 35 minutes, until fork tender, but not mushy. Set aside.

In a shallow, heavy-bottomed pot, heat 1 tablespoon olive oil and 1 tablespoon butter over medium heat. Add the pancetta, garlic, and onion, sautéing until softened and fragrant. Add the mushroom and asparagus, cooking until tender. Finally, add the prepared risotto, brown sugar, 1/2 teaspoon salt, black pepper, cayenne pepper, heavy cream, and 1/4 cup Parmesan cheese, stirring to combine. Taste and adjust the seasonings to taste.

Divide the risotto mixture evenly between the four squashes, packing it inside the hollowed-out centers. In a small bowl, combine the remaining 1/4 cup Parmesan cheese with the panko breadcrumbs. Top each squash with the breadcrumb mixture and dot with pieces of the remaining tablespoon of butter.

Place the filled squashes in the oven again and bake for 10-12 minutes, until the everything is warmed up and the topping is golden brown. Serve warm and enjoy!