

SLFarms Week 11 Recipes, 2020

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Karen Ayers Famous CSA Freezer Marina Sauce

Adapted from our CSA Facebook Group

Including this one again! Our lovely Karen posted this last summer and since so many of you have posted that you're LOVING it. What a great way to enjoy all these veggies in the winter months, and its pretty EASY!

Ingredients:

This is what Karen used, although she does mention you can "adapt" as needed. You could include squashes, more or less of things, etc.

~6# mixed tomatoes

4 onions

3 carrots

2 peppers

2 whole heads of garlic (roasted in foil)

Lots of basil (Karen used ~60 leaves)

Directions:

Heat oven to 400 degrees.

Roast all veggies with olive oil, salt and pepper at 400 for 60-70 minutes. If you're including summer squash you would want to add it towards the end.

Cool slightly and then puree in food processor in batches, adding lots of basil leaves and squeezing the roasted garlic into each batch.

Salt to taste. Karen mixed all the batches together and then salted, another great idea.

Freeze in sip locks or mason jars. If you don't have a lot you can use this as a booster to other sauces.

Crockpot Tomato Sauce

Adapted from Grow A Good Life (www.growagoodlife.com)

Prep time 15 minutes, Crockpot time 8 hours

Yields 8 cups

If you're overwhelmed with tomatoes and have a little time to prep, make this sauce and freeze it for the winter! It was a huge hit last year!

Ingredients:

5-6 pounds paste tomatoes

¼ cup red cooking wine optional

3 cloves garlic crushed

1 medium onion roughly chopped

1 medium carrot roughly chopped

2 T EVOO

1 dried bay leaf

1 tsp dried parsley or 3 T fresh, chopped

1 tsp dried basil or 1 T fresh, chopped

½ tsp dried oregano or 1 tsp fresh, chopped

¼ tsp dried thyme or 1 tsp fresh, chopped

¼ tsp dried rosemary or 1 tsp fresh, chopped

1 pinch red pepper flakes

½ tsp kosher salt

¼ tsp pepper

honey to sweeten if needed

Directions:

Prepare your tomatoes by washing in plain water. Cut them in half or quarters and add to the crockpot. Add the garlic, onion, carrot, and herbs. Drizzle the wine and olive oil. Cover and turn crockpot to low and cook for 2-4 hours stirring occasionally.

After the sauce has simmered for a while and tomatoes have released their juices and the vegetables are soft, turn off crockpot and allow the sauce to cool.

Run the cooled tomato sauce through a Food Strainer or Food Mill to remove skins, seeds, and to smooth out the sauce. If you are crunched for time, you can pop the cooled sauce into the refrigerator and begin again the following day.

Return the strained tomato sauce to the crockpot to cook down further to thicken the sauce. Turn the crockpot to low and vent the cover so excess moisture evaporates. Cook until your desired thickness, 4-6 hours or longer, stirring occasionally.

Once the tomato sauce is nice and thick, taste it. Add salt and pepper and stir to mix in. Taste again. Adjust seasoning if needed. If the flavor is sharp and acidic, add a little honey and taste again.

If you are including additional ingredients such as mushrooms, green peppers, sausage, or meatballs, precook these and add to the crockpot and cook on low for an additional 1-2 hours.

Oregano Marinated Tomato Salad

Adapted from Epicurious (www.epicurious.com)

Total time 45 minutes, active time 15 minutes

Serves 4-6

An easy and delicious way to use some of those beautiful tomatoes! Use a variety for some color!

Ingredients:

3 lb. mixed heirloom tomatoes (preferably various colors and sizes), cut into wedges or halved if small

2 T EVOO

2 T oregano leaves (from about 4 sprigs)

2 tsp kosher salt

1 tsp freshly ground black pepper

Directions:

Toss tomatoes, oil, oregano, salt, and pepper in a medium bowl.

Let sit, tossing occasionally, until juicy and deeply flavored, at least 30 minutes and up to 1 hour.

Slow Cooked Stuffed Pepper Stew

Adapted from Taste of Home (www.tasteofhome.com)

Serves 8

This is filled with flavor and can be frozen! Use those frying peppers or bells!

Ingredients:

1-1/2 pounds bulk Italian sausage
1 large onion, chopped
2 medium green peppers, chopped
2 to 4 Tbs brown sugar
2 tsp beef base
1/2 tsp salt
1/4 teaspoon pepper
2 cans (15 ounces each) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 cups tomato juice
3/4 cup uncooked instant rice

Directions:

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink, breaking up sausage into crumbles, 8-10 minutes; drain.

In a 6-qt. slow cooker, combine sausage mixture, green peppers, brown sugar, beef base, salt, pepper, tomato sauce, tomatoes and tomato juice. Cook, covered, on low until vegetables are tender, 4-5 hours.

Stir in rice. Cook, covered, until rice is tender, 15-20 minutes longer.

Southwest Stuffed Poblano Peppers

Adapted from Le Crème De La Crumb (www.lecremedelacrumb.com)

Serves 8

Try stuffing these for a more filling pepper!

Ingredients:

4 poblano peppers halved and seeds/membranes removed

1 pound lean ground beef or chorizo

1 tsp each ground cumin, chili powder, garlic powder

1 cup cooked long grain white rice see note 1

½ cup canned black beans, drained

½ cup frozen or canned corn (drained)

1 15-ounce can diced tomatoes, drained

1 4-ounce can diced green chiles

½ 1 cup grated mozzarella or Mexican-blend cheese

Directions:

Preheat oven to 350 degrees and lightly grease a large baking sheet. Arrange halved poblano peppers in a single layer on the baking sheet so that they aren't overlapping. Bake for 10-15 minutes while you move on to the next step.

Add ground beef (or preferred meat choice, see Note 2) and rice to a large skillet, and season with the cumin, chili powder, and garlic powder. Saute over medium heat for 5-8 minutes until meat is browned and cooked through.

Stir in the black beans, corn, diced tomatoes, and green chiles. Cook another 1-2 minutes. Spoon mixture into the peppers, sprinkle with cheese, and return to oven for another 10 minutes or so until peppers are tender and cheese is melted. Allow to cool slightly before serving.

Bell Pepper Salsa

Adapted from Simply Recipes (www.simplyrecipes.com)

Total time ~10 minutes

Doesn't get easier than this tomato free salsa. Serve with steak, carnitas or grilled chicken.

Ingredients:

1 large bell pepper, stem and seeds removed, finely chopped

6 green onions, thinly sliced

3 garlic cloves, minced

2 Tbs chopped arugula, basil, or parsley

¼ tsp red chile flakes

2 Tbs sherry vinegar or apple cider vinegar

2 Tbs EVOO

Salt and freshly ground black pepper to taste

Directions:

Combine all ingredients into a small bowl. Serve with protein or let marinate in fridge for 3 days for more flavor.

Pimento Cheese

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~ 10 minutes

Makes 2 cups

Usually this uses the jarred pimento peppers, but I'm going to give it a shot with the raw. You could even roast them a bit before adding them if you wanted to.

Ingredients:

2 cups freshly grated extra-sharp Cheddar cheese

8 ounces cream cheese, cut into 1" cubes and softened at room temperature*

4 ounces pimento peppers, diced finely

2 Tbs mayonnaise

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp ground cayenne pepper (decrease or omit if sensitive to spice)

½ medium jalapeño pepper, ribs and seeds removed, and minced (about 1 Tbs; omit if sensitive to spice)

Freshly ground black pepper, to taste

Salt, to taste

Directions:

In a large mixing bowl or the bowl of your stand mixer, combine the cheddar, cream cheese, pimento peppers, mayonnaise, garlic powder, onion powder, cayenne pepper and jalapeño (if using), and several twists of black pepper.

Beat the mixture together with a hand mixer, your stand mixer, or by hand with a sturdy wooden spoon or spatula. Beat until the mixture is thoroughly combined.

Taste, and add more black pepper if desired, and/or salt for more overall flavor (I usually add a pinch of two). If you'd like your pimento cheese to have more of a kick, add another pinch of cayenne. Blend again.

Transfer the mixture to a smaller serving bowl. Serve your pimento cheese immediately, or chill it in the refrigerator for up to 1 week. Pimento cheese hardens as it cools; let it rest for 30 minutes at room temperature to soften.

Quick Pickled Peppers (use bell or pimento)

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~15 minutes

Great way to preserve these gems for a few months in your fridge!!!

Ingredients:

½ pound jalapeños (choose larger jalapeños for less spicy pickles)
1 red bell pepper or pimento pepper
1 cup apple cider vinegar (or white wine vinegar or distilled white vinegar)
1 cup water
2 Tbs honey or sugar of choice
2 cloves garlic, peeled and smashed
1 tsp salt

Directions:

First, prepare your peppers: Wear gloves to prevent your fingers from feeling burned. For less spicy pickles, use a paring knife to remove the jalapeño membranes and seeds before slicing (this is a lot of work, so I just pulled out the larger membranes from my sliced pickles). Slice the pickles thin with a mandoline or chef's knife. If you're still concerned about the spice level of the pickles, run the sliced jalapeños under running water in a colander to try to knock off any remaining seeds. Slice off the top of the bell/pimento pepper and remove the seeds and membranes. Chop the bell or pimento pepper.

Combine the prepared peppers and smashed garlic in a 28-ounce (1.75 pints) or larger glass jar. In a small saucepan, combine the vinegar, water, honey and salt. Bring the mixture close to a boil on the stove, stirring occasionally to dissolve the sweetener into the liquid. Remove from heat and carefully pour the liquid over the peppers. Use a butter knife to pock down the peppers so they all fit and there aren't any hidden air pockets.

Let the pickles cool to room temperature in the jar, then screw on a lid and refrigerate the pickles. Depending on how thinly you sliced the peppers, they could be ready to eat immediately or might need a couple of days in the refrigerator before they taste fully pickled (just sample one every now and then to find out!). They are best when relatively fresh, but keep well for at least a month.

Classic Fresh Salsa (Pico de Gallo)

Adapted from our The Spruce Eats (www.thespruceeats.com)

Total time ~15 minutes

Makes 2 cups

Great way to use that salsa pack this week!

Ingredients:

3 Tbs onion, finely chopped

2 small garlic cloves, minced

3 large tomatoes, seeds removed and chopped

2 chile peppers (jalapeno or Serrano, chopped)

2-3 Tbs fresh cilantro, chopped

1 ½ Tbs lime juice, more to taste

Salt and pepper to taste

Directions:

Gather the ingredients. Put the chopped onion and garlic in a strainer. Pour 2 cups of boiling water over them, discarding the water. Allow the chopped onion and garlic to fully cool and drain.

Combine drained onions and garlic with chopped tomatoes, peppers, cilantro and lime juice. Add salt and pepper to taste.

Refrigerate for at least 2 hours to blend the flavors. Will keep up to 3 days in the fridge.

Breakfast Burritos

Makes 8 burritos

Store in the freezer for 3 months

Top with additional salsa or cheese for the healthiest breakfast burrito you'll find!

Ingredients:

1 pound sausage (if desired)
2 to 3 medium Yukon potatoes, diced (~3 cups, no need to peel)
1 bell pepper, diced
1 medium onion, diced
8 ounces mild or sharp cheddar cheese, grated
1 T butter
8 large eggs
salt and pepper
1 cup salsa of choice
8 large burrito size flour tortillas

Items to consider adding-

Finely chopped greens (spinach, chard, kale, tops of root veggies)

Green onions

Directions:

Cook the sausage: In a large skillet over medium heat, cook the pork sausage. Break it up as it cooks until it's browned evenly. Transfer the cooked pork to a bowl.

Cook the vegetables: Add the potatoes to the skillet used to cook the pork and cook until they are tender and browned in spots, 8 to 10 minutes, stirring regularly. Any fat left over from the pork should be enough to cook the potatoes in, but if the skillet is very dry, add a drizzle of olive oil.

Add the diced peppers and onions and continue to cook until the veggies soften, another few minutes. Season with salt and pepper. Remove the skillet from heat.

Scramble the eggs: In a separate nonstick skillet over low heat, add the butter. Whisk together the eggs in a medium bowl. Once the butter has melted, add eggs and cook until scrambled and set, but not completely dry. Remove from heat and set aside. (You can do this at the same time the vegetables are cooking if you want to multitask!)

Assemble the burritos: Once your fillings are cooled slightly (it's okay if they are still a bit warm, as long as they're not steaming), lay out a large flour tortilla on a clean surface.

Add about 1/8 of the pork sausage, 1/8 of the potato filling, 1/8 of the cheddar cheese, and 1/8 of the eggs. It's okay to eyeball the amounts, but you should have enough of each filling to make eight burritos. Top with about two tablespoons of salsa.

Roll the burritos: Fold the sides over the filling and then roll the tortilla into a tight burrito. Immediately roll the burrito in foil or parchment paper. Repeat with all burritos.

Freeze the burritos: Transfer the foil-wrapped burritos to a large, freezer-safe, resealable plastic bag and freeze. Burritos will store well in the freezer for up to three months.

To use frozen burritos: remove foil and waxed paper.

Oven:

Preheat oven to 375. Place on oven safe dish or baking sheet. Bake frozen for 20 minutes or until cooked through. Enjoy.

Microwave:

Place one burrito on a microwave-safe plate. Microwave on high for 2-1/2 to 2-3/4 minutes or until a thermometer reads 165°, turning burrito over once. Let stand for 20 seconds.

As a bonus step, place the reheated burrito in a small nonstick skillet over medium heat and let the tortilla crisp up for 2 to 3 minutes per side. If you loathe any hint of sogginess in your burritos, this will eliminate the problem!

Ratatouille

Makes 8 servings

Store in the freezer for 3 months

We learned about this freezer meal from one of our members last year! Game changer for many of us!

This vegetable dish can be eaten on its own, paired with fish, chicken, beef or on top of pasta!

Ingredients:

1/3 cup EVOO

2 medium onions, chopped

4 cloves garlic, minced

2 large eggplants, (2 pounds), peeled in strips and cut into 3/4-inch cubes

4 to 5 medium zucchini, (2 pounds), cut into 1-inch cubes

Coarse salt and ground pepper

3 yellow or red bell peppers, ribs and seeds removed, cut into 3/4-inch cubes

1 can (28 ounces) diced tomatoes

1 teaspoon dried thyme

½ cup chopped fresh basil –can leave out until serving

Directions:

In a Dutch oven (or other heavy 5-quart pot with a tight-fitting lid), heat oil over medium heat. Cook onions, stirring occasionally, until soft, about 5 minutes. Add garlic; cook until fragrant, about 1 minute. Stir in eggplant and zucchini; season generously with salt and pepper.

Add 3/4 cup water; cover, and simmer until vegetables are beginning to soften, stirring once, about 5 minutes.

Stir in bell peppers; simmer, covered, until softened, 5 minutes.

Stir in tomatoes and thyme; bring to a boil. Reduce heat to medium-low. Partially cover; simmer, stirring often, until vegetables are tender, 15 to 20 minutes.

Remove from heat. If serving immediately, stir in basil. If freezing, leave out basil.

To freeze, let cool to room temperature. Freeze in a freezer safe bag.

To prepare, let contents thaw in refrigerator and then heat in Dutch oven (or pan) slowly until hot. Serve on top of pasta, or protein of choice.

Stuffed Peppers

Serves 6

Store in the freezer for 6 months

Freeze these in individual portions for a great quick night dinner! Just warm in the oven instead of the crockpot.

Ingredients:

1 pound ground pork sausage, browned and drained (or ground beef, turkey, etc.)

1-1/2 cup cooked rice

1-1/2 cup salsa, divided

1-1/2 cup shredded Mexican-blend cheese, divided

½ teaspoon salt

6 red, yellow, and/or green bell peppers

Directions:

Mix sausage, rice, one cup of salsa, one cup of cheese, and salt in a large bowl. Set aside.

Remove tops and seeds from peppers and discard. Stuff peppers evenly with sausage mixture.

Spoon remaining salsa into a lightly greased 6-quart slow cooker. Stand peppers upright in slow cooker.

Cover and cook on low for 4-5 hours, until peppers are tender.

Sprinkle peppers with remaining cheese. cover and cook for 5-10 minutes more, until cheese is melted.

To freeze: Prepare sausage mixture and fill peppers as directed above. Wrap uncooked stuffed peppers individually in plastic wrap and place in a freezer-safe container.

Thaw overnight in the refrigerator, then cook the peppers in a slow cooker as directed above, or bake in the oven until warmed through.

Sausage Potato Hash

Adapted from Jo Cooks (www.jocooks.com)

Total time ~30 minutes

Serves 4

Love a good breakfast hash! Throw some eggs on top if you're in the mood!

Ingredients:

2 Tbs EVOO

3 large potatoes, peeled and cubed

½ tsp salt or pepper to taste

¼ tsp pepper or to taste

1 onion, chopped

¾ lb Italian sausage, mild, casings removed (~3 links)

½ red bell pepper, chopped

½ green bell pepper, chopped

3 cloves garlic, minced

¼ tsp red pepper flakes

Directions:

Add the olive oil to a large skillet and heat over medium heat. Add the cubed potatoes, season with salt and pepper and cook for 7 to 10 minutes, until they're about half way cooked through, stirring occasionally.

Add the onion and cook for another 3 minutes, stirring occasionally.

Add the sausage, bell peppers, garlic and red pepper flakes to the skillet and stir. Reduce the heat, and continue cooking until potatoes are cooked through, another 10 minutes. You can also cover the skillet, this will cook the potatoes a bit faster.

Taste for seasoning and adjust with salt and pepper if needed. Serve with fried eggs.

Corn and Potato Chowder

Adapted from Fashionable Foods (www.fashionablefoods.com)

Total time ~30 minutes

Serves 4-6

I know it's summer...but every year we have some members that still love a good soup! The sweet corn we get is SO delicious in a chowder!

Ingredients:

1 Tbs EVOO
1 onion, chopped
1 red bell pepper, chopped
Kosher salt and black pepper
3 cloves garlic, minced
4 small- medium potatoes, peeled and diced
2 Tbs gluten-free all-purpose flour, or regular if not gluten-free
4 cups chicken stock
3 carrots, shredded
3 cups corn, fresh or frozen
1 tsp fresh thyme
1/8 tsp cayenne pepper
1 cup half and half
chopped italian parsley, for garnish

Directions:

Heat the olive oil over medium-high heat; add in the onions and peppers, seasoning them with a pinch of salt and pepper. Cook until soft and then add in the garlic, cooking it all for 1 minute more.

Add in the potatoes, stir well and cook for 2-3 minutes. Sprinkle on the flour and mix into the veggies.

Pour in the chicken broth and bring to a boil; then lower the heat and simmer for 10 minutes, or until the potatoes are tender.

Add the shredded carrots and corn and simmer 4-5 minutes longer. Season the soup with the thyme, cayenne pepper, and more salt and pepper.

Stir in the half and half and mix well. Serve garnished with fresh parsley.

Quick Pickled Beets and Onions

Adapted from The Spruce Eats (www.thespruceeats.com)

Prep time ~10 minutes, Cook time ~30 minutes

Serves 4

This is a quick pickle recipe, no heat needed. It's a great way to make your veggies last a few weeks and enjoy them on sandwiches, on top of salads, tacos and other dishes.

Ingredients:

For the Beets:

16 baby beets (unpeeled, tops trimmed)

For the Marinade:

2 medium red onions (julienned)

2 Tbs sugar

1/3 cup white vinegar

2 tsp salt

2/3 cup water

Directions:

Prepare the Beets:

Bring a large pot of salted water to a rolling boil. Add beets, reduce heat, and simmer until tender, 12 to 15 minutes. Drain the well.

When cool enough to handle, slip off the skin. Place beets in a nonreactive bowl and set aside.

Make the Marinade:

In a small saucepan, combine onions, sugar, vinegar, salt, and 2/3 cup water. Bring this mixture to a boil over high heat.

Simmer 5 minutes and make sure that the sugar and salt are fully dissolved into the water.

Quick Pickle the Beets:

Pour the hot marinade over beets, and then allow the beets to cool to room temperature.

Cover the beets well and refrigerate for several hours or overnight before serving. If you prefer, divide the beet and onion mixture into individual jars for gifts.

Store refrigerated for up to two weeks.

Watermelon Caprese

Adapted from Delish (www.delish.com)

Total time ~15 minutes

Serves 4

Love this way to enjoy watermelon, plus it uses some of that wonderful basil I know is sitting on your counter!

Ingredients:

1 small watermelon, sliced

1 mozzarella ball, sliced

2 Tbs fresh basil, sliced

Flaky sea salt

Freshly ground black pepper

EVOO

Balsamic glaze

Directions:

Slice watermelon into 1/2" thick squares, about 3"-x- 3". Slice mozzarella into 1/2" slices.

On a serving dish, alternate slices of mozzarella and watermelon. Sprinkle with basil, flaky sea salt and pepper.

Drizzle with olive oil and balsamic glaze and serve.

Margarita Watermelon

Adapted from Delish (www.delish.com)

Total time ~ 1 hour 20 minutes (not all active time)

What a great idea! Different spin on this cocktail!

Ingredients:

1 watermelon, cut into triangles

1 cup tequila

1/3 cup triple sec

1/4 cup fresh squeezed lime juice

1/4 cup margarita salt, for garnish

Zest of 1 lime, for garnish

Directions:

Place watermelon in a large dish or baking sheet. Pour over tequila, triple sec, and lime juice. Let soak 1 hour.

On a small plate, mix together salt and lime zest.

Dip watermelon slices in salt mixture and serve.

Apple Pear Puff Pancake

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 30 minutes

Serves 6

You guys inspired me with these pancakes last year!

Ingredients:

Pancakes:

3 Tbs butter

4 large eggs

1 cup 2% milk

1 cup all-purpose flour

1 Tbs sugar

1/8 tsp ground nutmeg

Topping:

3 tablespoons butter

3 medium apples, sliced

3 medium pears, sliced

3 Tbs sugar

Maple syrup, optional

Directions:

Preheat oven to 425°. Place butter in a 10-in. ovenproof skillet; heat in oven until butter is melted, 2-3 minutes. Tilt pan to coat evenly with butter.

Place eggs, milk, flour, sugar and nutmeg in a blender; cover and process until smooth. Pour into hot skillet. Bake until puffed and browned. 17-20 minutes.

Meanwhile, for topping, heat butter in a large skillet over medium heat. Add apples, pears and sugar; cook until fruit is tender, stirring occasionally, 12-15 minutes.

Remove pancake from oven; fill with fruit mixture and serve immediately. If desired, serve with syrup.

Frozen Honeydew Daiquiris

Adapted from Salted Plains (www.saltedplains.com)

Total time ~15 minutes

Serves 2

Thanks to Danielle, our cocktail expert...here's a great one to use up that melon from last week!

Ingredients:

2 cups cubed honeydew melon

½ cup white rum

3 Tbs fresh lime juice, 1-2 limes

1 tsp agave syrup or honey

1 cup crushed ice

Directions:

Place all ingredients in a blender except crushed ice. Blend, starting at low speed and move up to high speed until honeydew is pureed. Add crushed ice and blend again until incorporated.

Pour in two classes, garnish with lime and straw if desired.