

Meal Plan is based around our medium produce bin weekly harvest and each meal makes 5 Entrees of 4 servings each. Be sure to review the pantry staples at the end of the recipes to ensure you have all ingredients. Enjoy!

WEEK OF: 12/13-12/19/2016

[Shopping List \(Click to visit your cart\)](#)

Medium Box- \$38

Garlic- \$2.99

Green Peppers \$3.99 ([or opt for large bin, which includes green peppers, pears, and more!](#))

Bacon- \$9.99

Kosmic Korma Curry Sauce- \$6.99

Jasmine Rice- \$6.99

Naked Pasta Linguini x 2- \$7.98

1 Lb Skirt Steak- \$9.99

Ciabatta Loaf- \$5.49

[Chicken Pot Pie \(Family Size\)- \\$17.99](#)

Ginger- \$2.99

Wildflower Honey- \$9.99

Total: \$123.38

(24.68 per 4-serving meal)

MEAL	INGREDIENTS	INSTRUCTIONS
<p>Green Kale and Yukon Gold soup <i>4-6 servings</i></p>	<ul style="list-style-type: none"> • 1 bunch Green Kale, washed and chopped (remove tough stems) • ¼ cup olive oil • 2 Red Onions, sliced thin • 1 Lb. Yukon Gold Potatoes (peeled and cubed) • 4 garlic cloves, chopped • Large pinch of salt • 6 cups chicken broth • **Reserve crumbled bacon as garnish – 4 slices 	<p>Remove tough stems from kale wash, and coarsely chop. In a heavy soup pot, heat ¼ cup olive oil, and add 2 onions, thinly sliced. Cook over medium heat, stirring occasionally, until soft, tender and slightly browned (approx. 12 minutes). While the onions are cooking, peel, cut in half, and cut into ¼ inch thick slices 1 pound Yukon Gold potatoes. When the onions are cooked, stir in 4 garlic cloves, chopped. Cook the garlic for a couple of minutes, then add the potatoes and chopped kale. Stir, then add a large pinch of salt. Cook for 5 minutes, stirring occasionally. Pour in 6 cups of chicken broth. Raise the heat, bring to a boil, then immediately reduce heat to a simmer and cook for 30 minutes, or until the kale and potatoes are tender. Taste the soup and add more salt if necessary. Serve and garnish with chopped bacon and Ciabatta bread.</p>

<p style="text-align: center;">Zucchini Ragout with Bacon and Tomato with Linguini <i>4 servings</i></p>	<ul style="list-style-type: none"> • 1 Lb Zucchini • Salt • 2 Tbsp Olive Oil • 2 slices bacon • 1 red onion • 1 Lb Slicer Tomatoes (peeled, seeded and diced) • Fresh ground pepper • 2 tsp chopped parsley • 2 tsp chopped basil • 2 packages Naked Pasta Linguini, prepare as directed on package 	<p>Clean and cut the ends from 1 pound zucchini. Cut into ¼ inch slices and toss with salt.</p> <p>Place in colander to drain (removes extra moisture). Heat in a heavy-bottomed pan 2 Tbsp olive oil. Add 2 slices of bacon, cut into small strips, and 1 red onion, peeled and diced. Cook for 10 minutes until tender, then add 1 pound slicer tomatoes, peeled, seeded and diced. Cook for 7 minutes or until the tomatoes begin to break down. Add the sliced zucchini and cook, stirring occasionally, until the zucchini is tender and the sauce is thick. Turn the heat down if the sauce is boiling rapidly or if it starts to stick. At the last few minutes, season with fresh ground pepper, 2 tsps chopped parsley, and 2 tsps chopped basil. Taste for salt, and add if needed. Toss into linguini and serve.</p>
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<p style="text-align: center;">Kosmic Korma Curry with Chicken, Yukon Golds and Green Beans <i>Serves 4</i></p>	<ul style="list-style-type: none"> • Kosmic Korma Curry Sauce • 1 Red Onion, thinly sliced • 2 Chicken Breast, cubed • 3 Yukon Golds, peeled and chopped • 1 Lb Green Beans, de-stemmed • 1 Tbsp coconut oil • *Serve with Jasmine Rice, prepare quantity to your liking 	<p>Heat heavy-bottom pan to medium heat. Add coconut oil and 1 red onion, thinly sliced.</p> <p>Add green beans and potatoes to pan. Saute until cooked through, about 8 minutes.</p> <p>Move vegetables to the side of the pan, and add cubed chicken. Brown for 1 minute before stirring all ingredients together. Add Kosmic Korma Curry Sauce, and bring to boil. Immediately reduce heat to simmer. Cover and cook for 15 minutes. or until chicken has cooked through and vegetables are soft. Serve with Jasmine Rice.</p>
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<p style="text-align: center;">Beef and Broccoli, and Bok Choy Stir Fry <i>Serves 4</i></p>	<ul style="list-style-type: none"> • 1 Lb broccoli crowns • 1 Lb skirt steak- sliced thin, against the grain • 1 Lb red baby bok choy, washed and chopped • ½ cup soy sauce • 1 tsp sesame oil • 1 Tbsp honey • 3 cloves garlic, peeled and minced • 1 teaspoon fresh ginger, finely chopped or grated • 1 teaspoon cornstarch • 1 teaspoon water • 3 tsp coconut or vegetable oil • *Finish with Fresh Navel Oranges 	<p>Whisk together the soy sauce, sesame oil, honey, garlic and ginger. Place the thinly sliced beef in a glass bowl, pouring in half of the sauce mixture to coat the beef. Marinate for either 20 minutes on the counter or covered overnight in the fridge. Whisk the cornstarch and water together and add to the remaining sauce mixture. Heat a wok or large sauté pan over high heat, add 2 teaspoons oil and add the beef. Cook for 4 minutes and remove beef to a clean bowl. Add the remaining 1 teaspoon of oil to the pan and cook the broccoli and baby bok choy for 2 minutes. Add the beef back into the pan. Make a well in the center and pour in the sauce. Cook until the sauce is thick and everything is heated through, about 2 minutes.</p>
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<p><u>Chicken Pot Pie</u> served with Green Salad <i>Serves 4</i></p>	<ul style="list-style-type: none">• Chicken Pot Pie (Family Size)• 8 oz. Hydro Lettuce, washed and torn• 1 Green Bell Pepper, diced	<p>Make it an easy family night and prepare the Chicken Pot Pie according to instructions. Toss lettuce and peppers with dressing of choice. Serve and enjoy!</p>
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Pantry Staples

Olive Oil

Salt

Pepper

Chicken Stock

Fresh ground pepper

Chopped parsley

Chopped basil

Corn Starch

Sesame Oil

Coconut or Vegetable Oil

Soy Sauce