



FOODSHARE GREENVILLE

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FARMS

**DON'T FORGET
TO REORDER
YOUR NEXT
BOX!**

SEPTEMBER 20TH, 2023

Cleaning produce before eating is important!

Make sure to wash and refrigerate produce to get the best flavor & lifespan.

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

Ingredients from your box in each recipe are marked with *

SWEET POTATO CHILI WITH SQUASH AND PEPPERS

Serves: 4-6, Time: 1.5 hour from recipe to table

Recipe adapted from Sara DiGregorio at *New York Times Cooking*

Ingredients

- ¼ cup vegetable oil
- 1 cup onion*, finely chopped
- 4 garlic cloves, smashed and roughly chopped OR 2 teaspoons garlic powder
- 2 tablespoons light brown sugar
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 3 tablespoons adobo sauce or similar hot sauce
- 1 ½ pounds sweet potatoes* (4 to 5 small-medium or about 2 large), peeled, scrubbed, and cut into 1-inch pieces
- 1 bell pepper*, chopped into 1 inch pieces
- 1 medium yellow squash* or 2 small squash, sliced into 1/2" thick pieces
- 2 (15-ounce) cans black beans
- 1 (28-ounce) can crushed or diced tomatoes
- Kosher salt and black pepper
- Juice of 1 lime (about 1½ tablespoons)

Instructions

1. In a large pot, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the garlic and cook, stirring and adjusting the heat as needed to avoid burning, until fragrant, about 1 minute.
2. Add the brown sugar, cumin, garlic and onion powders, and stir to combine. Add the adobo sauce, sweet potatoes, squash, pepper, beans (no need to drain), tomatoes and lime juice. Season with black pepper and salt.
3. Once the chili comes to a boil, decrease the heat to low to maintain a simmer. Cover the pot and cook until the sweet potatoes are tender, 30 to 45 minutes. If the chili is too thick for your taste, add 1/2 cup water to thin. Taste and add seasoning according to preference.

Optional: This chili would taste great with cornbread, avocado, or a bit of plain greek yogurt.





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JAPANESE INSPIRED GINGER RAMEN

Serves: 4, Time: 40 minutes from recipe to table.

Recipe inspired by Yotam Ottolenghi

Ingredients

For the Broth:

- 3 1/2 cups chicken stock or vegetable stock
- 1 (4-inch) piece fresh ginger, peeled and roughly chopped (about 1/3 cup)
- 1/3 cup onion*, peeled and roughly chopped
- 6 cloves garlic, peeled and roughly chopped

For the filling:

- 12 oz ramen noodles
- 1 tablespoons sesame oil
- 1 head bok choy*
- 1/2 package mushrooms
- 1/3 cup soy sauce
- 2 tablespoons sesame seeds
- Squeeze of lime juice
- Optional: 1/2 block tofu, chopped into small blocks

Instructions

1. In a large pot, add the stock, ginger, onion, and garlic. Simmer over medium heat for 25 minutes.
2. While the broth is simmering, also cook the noodles according to package directions.
3. Once the broth and noodles are cooking, follow the instructions below to cut your bok choy. Slice mushrooms.
4. In a frying pan, heat the sesame oil over medium-high heat and add the mushrooms. Cook until the mushrooms begin to release their liquid, about 5 minutes. Reduce heat to medium and add the bok choy, half of the soy sauce, half of the sesame seeds, and about half a cup of the broth. Cook for about 4 minutes, until bok choy begins to get soft and brightens in color. Remove from heat.
5. Strain the broth to remove the solids.
6. Serve by placing the noodles in a bowl, followed by the bok choy and mushroom mixture, and then pouring to cover with broth. Finish with additional soy sauce and a squeeze of lime juice.

Optional: When cooking the mushrooms, add the tofu for extra protein! Additionally, if you have miso, mirin, or rice vinegar, any of those ingredients will add depth of flavor to this dish!

BOK CHOY 101



Stack a few leaves
Cut crosswise

Dice the stalks
to small bits

Slice the leaves
to thin shreds

Bok Choy is a type of Chinese Cabbage that has smooth, flat leaves on the end and a firmer stalk that connects the plant to the ground at the other end. It is great in stir fry, soups, or chopped finely into salads. It has a mild flavor and is used heavily in Asian cuisines, but can also be used in place of regular cabbage for most recipes!