

2015



it's more than just a box of food.

A close-up photograph of a white bowl filled with a fresh salad. The salad consists of halved cherry tomatoes, sliced cucumbers, and crumbled white feta cheese. The ingredients are mixed together, and the bowl is set against a dark background. A silver slotted spoon is visible on the right side of the frame.

APRIL 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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"Kitchen Sink" Vegetable Soup



Choose Your Base

*What do you have on hand? Chicken, beef, or fish stock? Tomato purée? Choose one (or two). Left over veggies from your last food box? Chop them up and make **Kitchen Sink Soup**!*

Instructions

- Chop your vegetables. You can use whatever combination of vegetables you have on hand: green beans, cauliflower, onions, carrots, squash, asparagus, zucchini, or bell peppers. There are no hard and fast rules. Have fun!
- Heat 2 tablespoons olive oil with garlic and onions in a pot. Add spices: basil, oregano, pepper, and Mrs. Dash Italian seasonings.
- Sauté vegetables until tender.
- Once veggies are tender, add 28 ounces of water, 14 ounces no-salt added diced tomatoes, and 1 box of no-salt broth. Let simmer for 30 minutes.



Adapted from thesubtlestatement.com

Ground Turkey Sweet Potato Skillet

This gluten-free and low-fat meal will be ready to eat in less than 30 minutes and you will be amazed by how flavorful it is. It's a perfect ONE-PAN meal for your family to enjoy!

Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 pound extra-lean ground turkey
- 2-3 garlic cloves, minced
- 1/2 cup onions, diced
- 1/2 cup bell pepper, diced
- 1 1/2 sweet potato, diced
- Kosher salt and freshly ground black pepper
- A pinch of red chili flakes
- 1/2 cup shredded mozzarella cheese
- Fresh parsley for garnishing (optional)



Instructions

- In an **oven-proof** skillet, heat olive oil over medium-high heat (we think a cast-iron skillet works best).
- Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.
- Add onions and peppers and cook until onions are soft.
- Add the sweet potato, chili pepper, salt, and pepper.
- Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.
- While the sweet potato is cooking, preheat the oven to 400 degrees.
- When the sweet potato is tender, add shredded mozzarella cheese and return the skillet to the oven to melt the cheese.
- When the cheese melts, remove from the oven, and garnish with parsley.
- Serves 4.

Adapted from primaverakitchen.com