



Mushroom and Barley Risotto

Prep Time: 15 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

350 Calories

14 g fat

685 mg sodium



INGREDIENTS: **** Items not included in kit**

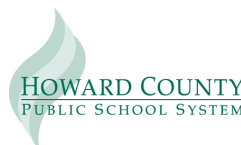
- 4 cups (32 oz.) low sodium vegetable broth
- 3 TB unsalted butter**
- 1 cup onion, diced
- 1/4 tsp salt & 1/4 tsp black pepper**
- 16 oz. sliced mushrooms
- 3 garlic cloves, minced
- 1 TB thyme leaves, pull leaves from stem & discard stem
- 1 cup pearl barley
- 1 lemon, juiced
- 1 cup Parmesan cheese
- 3/4 cup peas
- 1/4 cup flat leaf parsley, chopped

DIRECTIONS:

1. Wipe mushrooms clean with a damp paper towel and discard the mushroom stems. Slice the **mushrooms**, set aside. Peel and mince **3 garlic cloves**, set aside. Wash and dry **parsley**, chop leaves, set aside.
2. In a large sauce pan, over medium heat add **3 TB butter**, once melted, add the **diced onion**, **1/4 tsp salt** and **1/4 tsp black pepper** and sauté for 5-7 minutes, stirring often until onions are translucent. Increase the heat to medium high and add the **sliced mushrooms**, stirring to combine and continue cooking 4 minutes. Add the **minced garlic** and **fresh thyme leaves** and cook for 1 minute longer. Add the **pearl barley** and stir to combine for 2 minutes to toast the barley. Add **1 cup water** and cook for 3 minutes stirring often. Add the **32 oz box (4 cups) vegetable broth**; stir to combine and bring mixture to boil. Cover, reduce heat and simmer, for 45-50 minutes or until tender. Remove pan from heat, take lid off, and let stand for 5 minutes.
3. Remove lid and add the **1 cup parmesan cheese**, **juice of 1 lemon** and the **peas**. Toss to combine then top with the **chopped parsley** as a garnish.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Roasted Broccoli Red Pepper Grilled Cheese & Tomato Soup

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

924 Calories

32 g fat

1020 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. broccoli florets
- 2 red bell peppers, thinly sliced
- 1 yellow onion, thinly sliced
- 2 TB olive oil**
- 1 TB balsamic vinegar
- 1/4 tsp salt & 1/4 tsp black pepper**
- Pinch of red pepper flakes
- 8 slices of sourdough bread
- 2 cups shredded cheddar cheese
- 2 TB mustard
- 2 TB Butter**

Tomato Soup:

- 4 TB unsalted butter**
- 2 cloves garlic, minced
- 1/2 cup diced onion
- 28 oz. can crushed tomatoes
- 1.5 cups vegetable broth
- 1/2 tsp sugar**
- Salt & pepper, to taste**
- 1 oz. (2 TB) sour cream

1. **Tomato Soup:** In a large saucepan melt **4TB butter** over medium heat. Add **2 cloves minced garlic, 1/2 cup diced onion, crushed tomatoes, 1.5 cups vegetable broth, 1/2 tsp sugar**, bring to a simmer, cook uncovered for 30 minutes, stirring occasionally. Stir in **2 TB sour cream** then blend with an immersion blender or use a blender. If using a blender, work in batches and remove the center insert of the lid and cover with a towel instead to let steam escape while blending. Season to taste with **salt & pepper** and add remaining broth to reach desired consistency.
2. Preheat oven to 425 degrees. Thinly slice **bell peppers & onion**. Place the **broccoli, sliced bell peppers & onions** on a large rimmed baking sheet. Drizzle with **2 TB olive oil, 1 TB balsamic vinegar, 1/4 tsp salt & 1/4 tsp black pepper**, toss until evenly coated. Arrange in a single layer then sprinkle lightly with **red pepper flakes**. Bake until the veggies are tender and caramelized, about 20 minutes.
3. To assemble the sandwiches, spread a very thin layer of **mustard** on one **slice of bread**, top with **shredded cheddar cheese**, then some of the **roasted vegetables**, and top with more **cheese**; then place another **slice of bread** on top.
4. Heat a large non stick skillet over medium heat. Add **1/2 TB butter**, let it melt and swirl around the pan. Place one sandwich in the pan. Cover the pan with a lid or foil to encourage the cheese to melt. Let the sandwich cook until the bottom side is golden. Use a spatula to lift the sandwich out of the pan and add a little more butter if needed, then flip the sandwiches over and place back in the pan to cook the other side. Once both sides are golden and the cheese has melted, transfer to a plate and repeat with the remaining sandwiches.

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