

Happy Saint Patrick's Day

from

Garden to Doorstep Organics

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Fried Cabbage

*2 Tbsp. butter *1 (15 oz.) Vegetable broth *1 head cabbage, cored & coarsely chopped *pinch of salt & pepper
Bring the butter and chicken broth to a boil in a large skillet. Reduce heat to low and add the cabbage. Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet. Season with salt and pepper and serve.

Vegetarian Shepherd's Pie

*1 cup cooked lentils (optional) *2 cloves garlic *1 sweet onion
*1 Tbsp. olive oil *3 carrots *2 stalks celery *6-8 oz. mushrooms
*3/4 tsp. salt *3 tsp. fresh thyme (or 1 tsp. dried) *1/2 tsp. smoked paprika *pepper *1 Tbsp. tomato paste *1 Tbsp. flour *1 cup vegetable broth *1 cup frozen peas *4 cups mashed red potatoes

Mince the garlic & dice the onion. Sauté the onion & garlic with olive oil in a large skillet over medium heat until the onions are soft & transparent (3-5 minutes). While the onions & garlic are cooking, peel & dice the carrots, dice the celery & slice the mushrooms. Once the onions are soft, add the carrots & celery to the skillet & continue to sauté until the celery begins to soften slightly (5 minutes). Finally, add the mushrooms, salt, thyme, smoked paprika & pepper to the skillet. Continue to sauté until the mushrooms have fully softened (3-5 minutes). Add the tomato paste & flour to the skillet. Stir & cook the vegetables with the flour & tomato paste until the vegetables are coated & the pasty mixture begins to coat the bottom of the skillet (about 2 minutes). Add the vegetable broth to the skillet, stirring to dissolve the flour & tomato paste from the bottom of the skillet. Allow the broth to come up to a simmer, at which point it will become slightly thicker. Stir in the cooked lentils & frozen peas & allow to mixture to heat through. Preheat the oven to 400°F. Pour the vegetable mixture into a casserole dish, or use your skillet if it is oven safe. Spread the mashed potatoes out over the surface of the vegetables & gravy. Use your spoon to make a decorative pattern in the mashed potatoes, if desired.

Bake the shepherd's pie for 15 minutes, or until everything is heated through. To achieve a browned surface on the mashed potatoes (optional), turn on the oven's broiler (and place the pie under it, if not already) & watch closely until the top has browned to your liking.

Colcannon (a traditional Irish dish of mashed potatoes & cabbage)

*2 pounds potatoes, peeled & cubed *1/2 head cabbage, chopped *1 large onion, chopped *1/2 cup milk *salt & pepper *1/4 cup butter, melted

Place potatoes in a saucepan with enough water to cover. Bring to a boil & cook for 15 to 20 minutes, until tender. Sauté the cabbage & onion until soft & translucent. Putting a lid on the pan helps the vegetables cook faster. Drain the cooked potatoes, mash with milk & season with salt & pepper. Fold in the cabbage & onions, then transfer the mixture to a large serving bowl. Make a well in the center & pour in the melted butter. Serve immediately.

Roasted Carrots with thyme & parsley

*2 pounds carrots, peeled & quartered, then cut into 2 inch lengths
*3 Tbsp. olive oil *salt & pepper *1 tsp. fresh thyme (or 1/3 tsp. dried) *1/2 tsp. dried oregano *3 Tbsp. finely chopped parsley (or 1 Tbsp. dried)

Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl & toss with the olive oil, salt, pepper, thyme & oregano. Spread in an even layer in the prepared pan or baking dish. Cover with foil & place in the oven for 30 minutes. Uncover. If the carrots are not yet tender, turn the heat down to 375 degrees & return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently, taste & adjust salt & pepper. Serve hot, warm or at room temperature.

"May your troubles be less & your blessings be more, & nothing but happiness come through your door".

An Irish Blessing

Cabbage, Carrot & Potato Soup

*4 large carrots, thinly sliced *2 large potatoes, thinly sliced
*1 large onion, thinly sliced *1/4 head cabbage, thinly sliced
*2 cloves garlic, smashed *6 cups vegetable stock *1 Tbsp. olive oil *1 tsp. fresh thyme (or 1/4 tsp. dried) *1 tsp. fresh rosemary (or 1/4 tsp. dried) *1 tsp. fresh parsley (or 1/2 tsp. dried) *1 tsp. salt *pepper to taste

Combine the carrots, potatoes, onion, cabbage, garlic, vegetable stock, olive oil, thyme, rosemary, parsley, salt, & pepper in a stock pot over medium-high heat; bring to a simmer & cook until the carrots are tender, about 20 minutes. Transfer to a blender in small batches & blend until smooth.

Cabbage Supper Dish

*1 pkg. Morning Star veggie sausage links, halved & cut into 3/4 inch pieces *1 large onion, cut into eights *1 medium head cabbage, chopped *1/2 cup water *1 pound carrots, cut into 1/2 inch slices *5 medium potatoes, cut into 3/4 inch cubes
Prepare veggie sausage according to box instructions. In a Dutch oven or soup kettle, cook veggie sausage & onion over medium heat until veggie sausage is lightly browned & onion is tender; drain. Add the cabbage & water. Cover & cook on low for 10 minutes. Stir in the carrots & potatoes. Cover & cook for 25-30 minutes or until the vegetables are tender.



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