

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

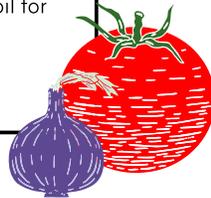
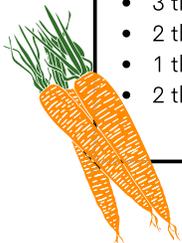
### Meat & Veggie Stir Fry

#### Ingredient List

- Protein of choice (1 ½ lb chicken breast cut into cubes, steak of choice, shrimp, etc)
- 2 tbsp oil, divided
- 1 bell pepper, cut into small strips
- 2 large carrots, cut lengthwise into small strips
- 5 cup bok choy leaves (chopped with stems removed)
- 1 tsp minced ginger (or 1 tsp ginger powder)
- 1 tbsp arrowroot flour (can also use corn starch)
- 2 tbsp cold water
- 3 tbsp soy sauce (low sodium if available)
- 2 tbsp honey
- 1 tbsp toasted sesame oil (can be omitted)
- 2 tbsp Sriracha (or preferred hot chili sauce)

#### Cooking Instructions

1. In a medium sized bowl, whisk arrowroot flour and water. Add soy sauce, honey, sesame oil and Sriracha. Whisk to combine.
2. Add diced protein to sauce and set aside while prepping veggies (if using shrimp, leave whole)
3. Cut and discard the stems of the bok choy and chop. Peel carrots and cut into matchsticks, do the same with the bell pepper.
4. Add one tbsp of oil to wok (or large skillet) and heat over medium heat.
5. Shake excess sauce from meat and sear (in batches, if necessary). Cook through and until browned. Remove from pan.
6. Reduce heat and add remaining oil to the pan.
7. Add pepper and carrots. Cook, stirring occasionally just until tender. Add ginger and garlic, cook for additional minute. Add bok choy and cook until wilted (about 3 minutes).
8. Add meat back to pan and stir to combine.
9. Pour sauce over meat and vegetables and stir to combine. Bring to boil for approximately 2 minutes.
10. Serve over rice or noodles.



### Red Pepper, Carrot, and Hummus Sandwich

#### Ingredient List

- 2 pieces of bread
- 1/2 teaspoon butter
- 1/2 a small avocado
- Salt & pepper
- Pinch red chili pepper flakes, (optional)
- Lemon wedge
- 1/4 cup hummus
- 1 teaspoon sriracha sauce
- 1 large carrot, peeled and chopped into matchsticks
- Handful of leafy greens
- 1/2 red pepper, thinly sliced
- 1/2 a small cucumber, thinly sliced

#### Cooking Instructions

1. Butter one side of each piece of bread.
2. Mash the avocado onto the unbuttered side of one of the pieces. Squeeze the lemon wedge over avocado and sprinkle with salt, pepper and red chili pepper flakes.
3. Spread hummus onto the unbuttered side half of the other piece. Squeeze sriracha sauce over hummus and layer with carrots, greens, red peppers and cucumbers. Put the pieces together and toast both sides in a pan on medium low until crispy.

What are some of your favorite ways to prepare the food in this week's bag?

Email Taylor at [taylor@feedinglaramievalley.org](mailto:taylor@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/shares-recipes](http://www.feedinglaramievalley.org/shares-recipes)