

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

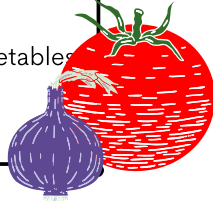
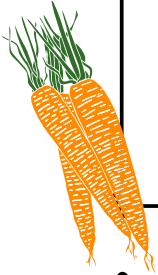
Potato & Mixed Greens Hash

Ingredient List

- 1 Tbsp. butter, coconut oil, or olive oil
- 3 cloves of garlic
- 1 bunch of mixed greens, chopped
- 2 cloves of garlic, minced
- 1 red onion, chopped
- 1/2 green bell pepper, cut into 1/4 inch
- 1 lb. potatoes russets, cubed
- 2 Tbsp. apple cider vinegar
- 2 tsp. Hash Spice Blend
 - Smoked Paprika
 - Ground Cayenne Pepper
- Salt and Pepper, to taste

Cooking Instructions

1. Preheat oven to 450° then place cubed potatoes on a sheet pan drizzle with oil and season with salt and pepper, to taste. Bake for 20 minutes or until golden brown.
2. Melt butter or heat oil in a large saute pan over medium high heat. Add garlic, onions, bell peppers along with the spice blend, and saute for 6-8 minutes.
3. Next, add the mixed greens, vinegar, and 1/2 cup of water. Cook, stirring occasionally, 7 to 9 minutes, or until the water has evaporated; season with salt and pepper to taste.
4. Remove from the heat, and serve mixed green and vegetables hot over potatoes.



Potato, Carrot and Bell Pepper Stir-Fry

Ingredient List

- 2 Tbsp. butter, coconut oil, or olive oil
- 2 cloves of garlic, minced
- 1/2 inch ginger
- 2 scallions, spring or green onion sliced
- 1 large russet potato, cut into 1/4 inch
- 1 carrot, cut into 1/4 inch
- 1/2 green bell pepper, cut into 1/4 inch
- 1/2 red bell pepper, cut into 1/4 inch

Sauce (Optional or to Taste)

- 2 Tbsp. soy sauce or tamarind
- 1 Tbsp. rice vinegar
- 1 tsp. sugar
- 1/2 tsp. sesame oil
- Pinch red pepper flakes

Cooking Instructions

1. Heat a pan over medium high heat with about 1/4 inch of oil.
2. Add the garlic, ginger and scallions, stirring frequently, and cook for about 1 minute, until very fragrant.
3. Cut potato, carrot, and bell peppers lengthwise into strips about 1/4 inch thick.
4. Stir in potato and carrot, and cook for about 8 minutes until soft but still a bit crispy.
5. Add the bell peppers, stirring often, and cook for another 3 to 4 minutes, until the bell peppers become tender-crispy.
6. In a separate bowl, whisk together all the sauce ingredients until well blended.
7. Pour the sauce over the veggies, and stir well. Cook for another 1 to 2 minutes until hot. Remove from the heat, and serve hot by itself or over your favorite grain.

Public Health Notice: There is a national onion recall which is tied to salmonella outbreaks in 34 states. The potatoes in your Shares bag **are not** from the distributors who issued the recall, and are safe to eat. Please call 307.223.4399 if you have any further questions.

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

Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/sharerecipeproject