|   | **To Your Table Fall 2014****Meal Instructions week 8** |
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| Subscriber Cooking Tips\* Our heating instructions are intended for Family size.\* Individuals can cut the cook time by roughly half.\* YES, you can thaw your meals ahead of time to cut down on cook times.\* Baking times may vary from oven to oven. \* If you are NOT using two sides per entrée, you can stretch your weekly food by using sides throughout the week with other main dishes.\* Any densely packaged or thick-cut sides (ie. Au Gratin Potatoes) may cook better by thawing first and spreading out on a baking sheet.IMG_58227310486783.jpeg\* If your soups are stacking up in the freezer, try them as a “sauce” over a protein or over rice & veggies! Soups are usually thick & concentrated and can be watered down with ½ cup of water |
|  | **COOKING INSTRUCTIONS (Cooking times may vary)** |
|  |  | Pollo Boracho (Drunken Amish Chicken) Keep Frozen. Preheat oven to 350 degrees. Remove the lid. Cover with foil (optional). Place on sheet tray and bake for 35-40 minutes. |
|  | Cuban Beef Picadillo Thaw beef picadillo. Heat 1TBSP oil in a sauté pan over medium heat. Cook beef for 7-10 minutes, stirring occasionally. |
|  | Traditional Pot Roast Keep frozen. Preheat oven to 375 ˚. Place roast on sheet tray and bake for 35 mins. Bake an additional 10 mins if needed. Middle should be hot.  |
|  | Lemon Shrimp Scampi & Linguini Keep frozen. Bring 6 c. water to a boil w/ 1 tsp salt. Add pasta and cook for 5-7 min & drain. Sauté with a little olive oil. Heat shrimp in a sauté pan with a tsp of olive oil for 3-5 mins. Mix with Pasta or Top pasta with Shrimp. |
|  | Pumpkin Ravioli & Broccoli Rabe with Brown Butter Sauce Bring 4 cups water & I tsp salt to a boil; add pasta & cook for 1 min. Drain. In sauté pan, heat sauce over medium heat. Add Broccoli Rabe. Toss drained pasta with heated sauce.  |
|  | Veggie Chili with Cornbread Crust Keep frozen. Preheat oven to 350°. Remove lid, place on sheet tray & bake for 30 minutes. |
|  | **SIDESVILLE** |
|  |  Roasted Tomato Soup Thaw. Heat soup in a pot. Add ½ cup of water. Simmer for 5 Min. Or open lid slightly and microwave for 8 mins. Stir and heat further if necessary. |
|  | Fresh Fruit Mick Klug Apples |
|  | Santa Fe Salad with Santa Fe Vinaigrette |
|  | Curried Butternut Squash & Garbanzos Keep frozen. Preheat oven to 350 degrees, remove lid and place on a sheet tray. Bake for 30 minutes. |
|  | Spanish Rice Keep frozen. Preheat oven to 350 degrees, remove lid and place rice on a sheet tray. Bake for 30-35 minutes.  |
|  | Double Baked Yukon Potatoes Keep Frozen. Preheat oven to 375°; remove lid and place on a sheet tray. Bake for 20 minutes. |
|  |  | Pumpkin PieKeep Frozen. Sharing is caring. Thaw for approx. 15 mins before consuming.  |