

Recipes for The Farm at Miller's Crossing, Week 21 – 2010

Carol Hargis, The Market Fresh Chef 🌱

Vegetarian Crockpot Chili Serves 8

3 cups dry KIDNEY BEANS, or canned
2-3 ONIONS, chopped
4 CLOVES GARLIC, minced
1/2 cup uncooked BROWN RICE
5 cups water or veggie BROTH

Soak beans overnight in cold water to cover. Drain. Put in cooker. (Or put canned beans in cooker, start the same day

at next step.) In skillet on med-hi, sauté onion, garlic in splash oil soft 3-5min. Add pepper, cabbage, potato, tomato, chili, cumin. Sauté 3; transfer to cooker. Add rice, broth, cover, cook on low 6-8hrs.

2 BELL PEPPERS, chopped
1-2 small HOT PEPPERS, chopped
1-2 cups coarsely chopped GREEN CABBAGE
1/2 cup diced unpeeled red POTATO
2 cups chopped TOMATO
1-2 Tbsp. CHILI POWDER
1 tsp. CUMIN

EZ Portobello Leek Rollups Serves 4-6

Set oven to 350. Heat 5 Tbsp. OLIVE OIL in skillet. Add 6-8 cleaned & chopped LEEKS, 6 oz. chopped PORTOBELLO mushrooms, 1 lb. finely chopped BOK CHOY (or other cooking green) & sauté tender. Stir in 4 Tbsp. bottled or homemade Italian dressing. Remove from heat. Divide & fill large tortillas w/ the veggies & 2-3 cups shredded MOZZARELLA cheese (or other favorite melting gooey cheese). Roll up, lay on cookie sheet. Bake 10min. til cheese has melted.

Beef & Wild Rice Stuffed Peppers Serves 4-5

1&1/2 lbs. GROUND BEEF
1 med. ONION, diced
1 tsp. GARLIC, minced
1 cup Diced TOMATO
2 cups TOMATO SAUCE
1 Tbsp. CUMIN
1 cup EACH: cooked Wild & White RICE
1&1/2 cups shredded Monterey Jack CHEESE

4-5 big GREEN PEPPERS, or use 2 or 3 small green peppers per adult serving. Kids will like the smaller stuffed baby peppers on their plate!



Oven 350. Brown beef in skillet, drain. Add onion, garlic & cook soft. Add tomato, sauce, cumin. Bring boil, simmer slightly thick 15-20min. Cut tops off peppers. Remove seeds. Blanch in large pot boiling water 3min. Drain upside-down. Stir rice into beef & fill peppers. Put in cass. Bake 45min. Top w/ cheese, bake 15min.

Silky Leek & Celery Root Soup Shots 24 2oz. portions

3 Tbsp. BUTTER
2 med LEEKS (white, light green), halve longway, slice in thin 1/2-moons
1 med yellow ONION, thin slice
1 tsp. Kosher SALT
2 CELERIAC, peel, quarter, 1/4 slice = 5c
3/4 cup CREME FRAICHE
1/4 cup HEAVY CREAM
1/4 cup minced CHIVES



Start this recipe one day ahead. In stockpot, melt butter on med-lo. Add leek, onion, a pinch salt, & sauté til soft not brown 15-20min. Add celeriac, 1t salt, 1/2c water. Cover & cook 10-15min. (If water cooks off, &/or veggies start to brown, add 1/2c water.) Add 4&1/2c water, bring to simmer, cook 20min. Cool slightly & purée very smooth & creamy. Let cool, chill overnight. 1 hour before serving, put crème fraîche in small bowl, stir in enough heavy cream so it reaches consistency of yogurt. Leave at room temp til ready to serve. Reheat soup. If too thick, gradually thin w/ as much as 1c water.) Taste for salt. Ladle hot soup in espresso cups or shot glasses. Top w/ spoonful of crème fraîche to float, a pinch black pepper, & a tiny sprinkle of chive. This is a fun, modern appetizer for a cocktail party, tapas-style event, or sit-down dinner.