

WHAT'S FOR SUPPER?

Slow-Cooker Beef Vegetable Stew

MAKES 4+ SERVINGS
Preparation time: 15 mins

Instead of beef stew chunks, you could also use cubed bison round steak.

- 1 lb. beef stew chunks
- 2 T. whole wheat or brown rice flour
- 1 onion, diced
- 1 stalk celery, diced
- 2 carrots, sliced
- 1 medium zucchini, sliced
- 8 oz. mushrooms, sliced
- 1 28-oz. can diced tomatoes
- 2 c. water
- 1/3 c. cooking sherry
- 1/2 tsp. thyme
- 1 bay leaf
- 1/4 tsp. black pepper
- 1 1/2 tsp. salt
- OPTION: 1/2 c. Parmesan for garnish

1. Combine the beef and flour and place in a slow-cooker.
2. Add everything else and cook for 4 hours on high or 6 hours on low.
3. Garnish with Parmesan cheese, if using, before serving.

www.wedge.coop

MENU SUGGESTION: Serve with crusty whole-grain bread and butter.

NUTRITION TIP:

Beef is a great source of zinc, which plays a role in keeping our blood sugar balanced and preventing cravings for sweets.

GLUTEN-FREE OPTION/DAIRY-FREE

SHOPPING LIST

PRODUCE

- 1 onion
- 1 stalk celery
- 2 carrots
- 1 medium zucchini
- 8 oz. mushrooms

BULK/GROCERY

- whole wheat or brown rice flour
- 1 28-oz. can diced tomatoes
- cooking sherry

DAIRY

- OPTION: Parmesan cheese

MEAT/SEAFOOD

- 1 lb. beef stew chunks

HERBS/SPICES

- thyme
- black pepper
- 1 bay leaf

© 2012 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP



WHAT'S FOR SUPPER?

Chicken With Xec

MAKES 4 SERVINGS

Total Preparation time: 20 mins

Xec (pronounced "shek") is a Mayan tangy citrus salsa that tastes great on meats and seafood of all kinds. Use more jalapeño if you like things spicy.

2 T. olive or coconut oil
1-1 ½ lbs. boneless skinless chicken thighs
salt

Xec:

1 orange, peeled and chopped into ~½ inch pieces
½ grapefruit, peeled and chopped into ~½ inch pieces
½ lime, peeled and chopped into ~½ inch pieces
1 scallion, thinly sliced
2 T. cilantro, minced
1/8 tsp. salt
1 tsp. minced seeded jalapeño pepper

1. Warm the oil in a skillet. Add the chicken and sprinkle it with salt. Cook over medium-high heat for 4-5 minutes per side to brown.
2. While the chicken is cooking, make the xec: combine all ingredients in a medium mixing bowl and stir well.
3. Serve chicken with xec spooned on top.

www.wedge.coop

MENU SUGGESTION: Serve with baked sweet potatoes.

NUTRITION TIP:

Citrus fruits are an excellent source of vitamin C, which is associated with reduced risk of death from both heart disease and cancer.

DAIRY-FREE/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 1 orange
- 1 grapefruit
- 1 lime
- cilantro
- scallions
- 1 jalapeño pepper

MEAT/SEAFOOD

- 1-1 ½ lbs. boneless skinless chicken thigh

© 2012 Jennette Turner

2105 LYNDAL AVE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP



WHAT'S FOR SUPPER?

North African Black-eyed Pea Soup

MAKES 4 SERVINGS
Total Preparation time: 30 mins

Harissa is a spicy condiment used throughout North Africa. Use more if you like things on the hotter side.

- 1 T. olive oil
- 1 onion, diced
- 3 c. vegetable stock
- 1 sweet potato, peeled and cubed
- 1 14-oz. can diced tomatoes
- 1 14-oz. can black-eyed peas, rinsed and drained
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1½ tsp. salt
- 1 T. harissa
- 2 c. chard, finely chopped
- ½ c. cilantro, finely chopped

1. Warm the oil over medium heat in a soup pot. Add the onion and sauté for 5-6 minutes.
2. Add the vegetable stock, sweet potatoes, tomatoes, black-eyed peas, coriander, cumin, salt and harissa (make sure the harissa dissolves). Bring to a boil and then simmer for 15 minutes.
3. Add the chard and cilantro and continue simmering for another 10 minutes.

www.wedge.coop

MENU SUGGESTION:

Serve with corn bread.

NUTRITION TIP:

Cilantro leaves and coriander seeds come from the same plant, which is currently being studied for its anti-diabetes effects.

GLUTEN-FREE/DAIRY-FREE/VEGAN

SHOPPING LIST

PRODUCE

- 1 onion
- 1 sweet potato
- chard
- cilantro

GROCERY/BULK

- vegetable stock (any kind)
- 1 14-oz. can diced tomatoes
- 1 14-oz. can black-eyed peas
- harissa

HERBS/SPICES

- ground coriander
- ground cumin

© 2012 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP

