

#133 DECEMBER 8, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## INSTRUCTIONS

1. Mince the shallots. Mince the garlic. Peel and dice the potatoes.
2. In large pot or Dutch oven, heat the butter over medium heat. Add the shallots and garlic and cook for 2 minutes. Shake the flour over the vegetables and stir to coat. Cook for 2 to 3 minutes until just starting to brown.
3. Slowly stir in the vegetable broth, adding it bit by bit and then stirring. Once incorporated add the milk, potatoes, kosher salt, and Old Bay.
4. Bring to a simmer and cook on low heat for 25 minutes (make sure the heat is just at a simmer and does not boil). Stir often and scrape the bottom to make sure nothing sticks. The soup will get extremely creamy (make sure to keep stirring or a skin will form on the top). It's done when the potatoes fall apart when you mash one against the side of the pot with your spoon.
5. Remove from the heat. Use potato masher to break up the potatoes so that a creamy but chunky texture forms. Stir to incorporate the mashed potatoes. Then serve topped with toppings of your choice! Leftovers store refrigerated for up to 5 days: reheat on the stovetop and add a splash of milk if necessary.
6. Serve with toppings.

<https://www.lastingredient.com/kale-fingerling-potato-salad/>

## Easy Loaded Potato Soup

### INGREDIENTS

- 2 large shallots
- 4 garlic cloves
- 4 medium russet potatoes
- 4 tablespoons salted butter
- 6 tablespoons all purpose flour (or 1-for-1 gluten free flour)
- 2 cups vegetable broth
- 4 cups 2% milk
- 1 ¼ teaspoons kosher salt
- 2 teaspoons Old Bay seasoning
- Fresh ground black pepper
- Topping ideas: Greek yogurt, shredded cheese, thinly sliced chives or green onions, bacon, shiitake bacon or coconut bacon, hot sauce

In your  
Box This  
Week!

Microgreens\*  
Red Mustard\*  
Lettuce Mix\*  
Yellow Onions\*  
1/2 bunch Parsley\*  
Yukon Gold Potatoes\*  
Cucumber

Extra-Small

Microgreens\*  
Red Mustard\*  
Lettuce Mix\*  
Yellow Onions\*  
Parsley\*  
Yukon Gold Potatoes\*  
BMA Rice\*  
Cucumber

Small

Microgreens\*  
Carrots\*  
Red Mustard\*  
Bunched Arugula\*  
Yellow Onions\*  
Parsley\*  
Yukon Gold Potatoes\*  
BMA Rice\*  
Cucumbers  
Parsnips  
Cremini Mushrooms

Large







## INSTRUCTIONS

1. Preheat oven to 425°F. Place 4 mini cast-iron skillets (about 6 inches in diameter and 1 1/4 inches deep) on a rimmed baking sheet, and set aside.
2. Melt butter in a 10-inch cast-iron skillet over medium-high. Add shallots, and cook, stirring constantly, until transparent, about 2 minutes. Add mushrooms, salt, and pepper; cook, stirring often, until all liquid evaporates and mushrooms are beginning to brown, about 5 minutes. Add parsnips; cook, stirring often, until parsnips are beginning to brown and mushrooms are deeply browned, about 6 minutes. Sprinkle flour evenly over vegetables, stirring to coat; cook, stirring constantly, 1 minute. Add broth, onions, and Worcestershire sauce, stirring to release any browned bits from bottom of skillet. Bring to a boil over medium-high. Boil, stirring constantly, until liquid thickens, about 5 minutes. Remove from heat; add kale and 1 teaspoon of the thyme or rosemary, stirring until kale wilts.
3. Divide vegetable mixture among 4 prepared skillets. Cut puff pastry evenly into 4 squares on a lightly floured work surface; place 1 pastry square on top of filling in each skillet. Brush pastry lightly with beaten egg; sprinkle evenly with remaining 1 teaspoon thyme or rosemary, and sprinkle with additional pepper.
4. Bake in preheated oven until pastry is golden brown and filling is bubbly around edges, about 20 minutes. Let stand 5 minutes; serve.

<https://www.southernliving.com/recipes/mini-mushroom-and-parsnip-pot-pies>

## MINI MUSHROOM AND PARSNIP POT PIE

### INGREDIENTS

- ¾ cup unsalted butter
- 2 shallots, chopped (1/2 cup)
- 2 (8-oz.) pkg. fresh cremini mushrooms, halved (or quartered, if large)
- 1 teaspoon kosher salt
- ½ teaspoon black pepper, plus more for sprinkling
- 2 medium parsnips, peeled and cut into 3/4-inch pieces (2 cups)
- ⅓ cup all-purpose flour, plus more for work surface
- 3 cups vegetable broth
- 1 cup frozen pearl onions (from 1 [14.4-oz.] pkg.), thawed and patted dry
- 2 tablespoons Worcestershire sauce
- 5 oz. baby kale, coarsely chopped (5 cups packed)
- 2 teaspoons chopped fresh thyme or rosemary, divided
- 1 frozen puff pastry sheet (from 1 [17.3-oz.] pkg.), thawed
- 1 large egg, lightly beaten



## Holiday Shoppe Highlight



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PRODUCE, MICROGREENS, AND RICE!**

