

Autumn Harvest Salad & Farro Minestrone Soup

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Gundermann Acres Beets, greens removed, washed, peeled
Farmhouse Kitchen Apple Cider Vinaigrette, stirred well before use
Farmhouse Kitchen Spiced Pecans
Farmhouse Kitchen Farro-Minestrone Soup
Crawford Orchard's Apples, washed
Gundermann Acres Radish, greens removed, ends trimmed, washed
Aqua Dulce Bibb Or Oak Leaf Lettuce, root ball removed, washed and, dried well
Mozzarella Company Deep Ellum Blue Cheese
Olive or Canola Oil
Salt and Pepper

Prepare ahead (Optional): Roast and dress beets per Step 1. Cool completely before storing in an airtight container in the refrigerator. Use within 5 days.

Preheat oven to 400°F.

Step 1 Peel the beets with a vegetable peeler and then cut them into 1.5" pieces. Place the cut beets on a foil lined baking sheet and toss with 1 tbsp. oil and 1/2 tsp salt and pepper. Roast the beets for 35-40 minutes or until tender, turning once or twice with a spatula. To check the beets for doneness, insert a paring knife into the center of the beet. If the knife slides in easily without resistance, the beet is cooked through and tender. Remove the beets from the oven and transfer to a small bowl. Immediately drizzle with 1/3 of the apple cider vinaigrette. Toss to coat and set aside to cool.

Step 2 Meanwhile, add the farro-minestrone soup to a medium saucepan and place over medium heat. Bring the soup up to a gentle simmer for approximately 10-15 minutes. Season with salt and pepper to taste, and keep covered over low heat until ready to serve.

Step 3 While the soup is simmering, tear or chop the washed lettuce into bite size pieces and slice the radishes into thin rounds. Set the lettuce and radishes aside. Just before serving, prepare apples. Peel (optional) and chop into 1/4" pieces discarding core and stem.

Step 4 In a large bowl, add the lettuce, radishes, apples apple cider vinaigrette vinaigrette, salt and, pepper to taste. Toss to coat evenly. Add the dressed salad to serving plates and top with roasted beets, crumbled blue cheese and, spiced pecans. Ladle farro-minestrone soup into serving bowls. Enjoy!

Autumn Harvest Salad & Farro Minestrone Soup

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Gundermann Acres Beets, greens removed, washed, peeled
Farmhouse Kitchen Apple Cider Vinaigrette, stirred well before use
Farmhouse Kitchen Spiced Pecans
Farmhouse Kitchen Farro-Minestrone Soup
Crawford Orchard's Apples, washed
Gundermann Acres Radish, greens removed, ends trimmed, washed
Aqua Dulce Bibb Or Oak Leaf Lettuce, root ball removed, washed and, dried well
Mozzarella Company Deep Ellum Blue Cheese
Olive or Canola Oil
Salt and Pepper

Prepare ahead (Optional): Roast and dress beets per Step 1. Cool completely before storing in an airtight container in the refrigerator. Use within 5 days.

Preheat oven to 400°F.

Step 1 Peel the beets with a vegetable peeler and then cut them into 1.5" pieces. Place the cut beets on a foil lined baking sheet and toss with 2 tbsp. oil and 1 tsp. salt and pepper. Roast the beets for 35-40 minutes or until tender, turning once or twice with a spatula. To check the beets for doneness, insert a paring knife into the center of the beet. If the knife slides in easily without resistance, the beet is cooked through and tender. Remove the beets from the oven and transfer to a small bowl. Immediately drizzle with ½ of the apple cider vinaigrette. Toss to coat and set aside to cool. (NOTE: You may need to roast the beets in multiple batches)

Step 2 Meanwhile, add the farro-minestrone soup to a large saucepan and place over medium heat. Bring the soup up to a gentle simmer for approximately 10-15 minutes. Season with salt and pepper to taste, and keep covered over low heat until ready to serve.

Step 3 While the soup is simmering, tear or chop the washed lettuce into bite size pieces and slice the radishes into thin rounds. Set the lettuce and radishes aside. Just before serving, prepare apples. Peel (optional) and chop into ¼" pieces discarding core and stem.

Step 4 In a large bowl, add the lettuce, radishes, apples apple cider vinaigrette vinaigrette, salt and, pepper to taste. Toss to coat evenly. Add the dressed salad to serving plates and top with roasted beets, crumbled blue cheese and, spiced pecans. Ladle farro-minestrone soup into serving bowls. Enjoy!

STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS*

Beets - Store in refrigerator, loosely wrapped in a plastic bag. Use within 5 days.

Apple Cider Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: onion, Crawford Orchard's apples, apple cider vinegar, Exley Farms honey, G & S Orchards lime juice, canola oil, extra virgin olive oil, salt, pepper)

Spiced Pecans - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: AustiNuts pecans, butter, smoked paprika, garlic powder, onion powder, brown sugar, salt)

Farro-Minestrone Soup - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: onion, carrot, celery, Texas Farm Patch summer squash, Gundermann Acres lima beans, Village Farms tomatoes, Homestead Gristmill farro, cheese rinds, vegetable stock)

Apples - Store in refrigerator crisper drawer. Use within 2 weeks.

Radish - Remove/use any tops and store in the crisper drawer of the refrigerator. Use within 5 days.

Bibb or Oak Leaf Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Blue Cheese - Store in the refrigerator. Use within 5 days.

***Contains gluten, dairy and, nut containing ingredients.**

****Not made with egg, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**