







# Roasted Veggie FAJITA BOWLS

These are quick, easy, and endlessly customizable. Swap out your favorite veggies, add a spoonful of leftover chili, or stir in your favorite salsa. We kept it simple (it only LOOKS like a lot of ingredients!), but you can dress these up as much as you like.

## INGREDIENTS:

- 1 red bell pepper, sliced
  - 1/2 red onion, sliced
- 1 medium sweet potato, cubed
  - 1 tbsp vegetable oil
- 1/2 tsp kosher salt, plus as needed
  - 1/2 tsp chili powder
  - 1/4 tsp ground cumin
  - 1/4 tsp garlic granules
- Ground black pepper, to taste
  - 3 tbsp lime juice
  - 1 tsp honey
- 2 tbsp minced cilantro, plus more for garnish
- 1 (15 oz) can black beans, rinsed and drained
- 4 cups cooked brown rice (from 2 cups dry)
  - 1/2 cup corn kernels
  - 1 avocado, diced
- 4 lime wedges, for serving

1. Preheat the oven to 425°F.

2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, chili powder, cumin, garlic, and black pepper. Toss to coat. Roast until the veggies are browned and the potatoes are cooked through, about 25 minutes.

3. In a medium bowl, stir together the lime juice, honey, and cilantro. Add the black beans and toss to coat. Season with salt and set aside.

4. To assemble, place 1 cup of rice in the bottom of each bowl. Top with a quarter of the roasted vegetable mixture, a quarter of the black beans (and any accumulated dressing), 2 tablespoons of corn, and a quarter of the avocado. Serve with a lime wedge.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## TURKEY CHILI

This is our favorite beef chili recipe, but with ground turkey to make it quicker, easier, and a little lighter. You can add black or pinto beans, roasted corn, or even roasted butternut squash to give it some extra personality, if you like.

### INGREDIENTS:

- One 14.5-oz can whole plum tomatoes
- 2 cups chopped onion
- 8 garlic cloves, roughly chopped
  - 3 chipotles in adobo sauce, chopped
- 1 jalapeño, seeded and chopped
  - 2 tbsp tomato paste
    - 1 tsp sugar
  - 2 tbsp canola oil
  - 3 lb ground turkey
  - 2 tsp ground cumin
  - 2 tsp ground coriander
  - 2 tbsp chili powder
- 1 tbsp smoked Spanish paprika
  - 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
  - 12 oz beer
- 1 1/2 tsp kosher salt
- 1 tbsp fresh lime juice

1. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
2. Heat the oil in a large heavy-bottomed pot. Add the turkey and cook, breaking it apart with the back of a spoon, until browned, about 6 minutes.
3. Add the cumin, coriander, chili powder, paprika, oregano, cinnamon, and cayenne to the pot to quickly toast in the remaining fat with the meat.
4. Deglaze the pan with the beer. Stir to pick up any caramelized bits on the bottom of the pan, add the puréed tomato mixture to the pot, and bring to a boil over high heat. Reduce the heat to establish a gentle simmer, then add the salt.
6. Continue simmering until the chili is thickened slightly and flavorful, about 30 minutes.
7. Stir in the lime juice just before serving.

SERVES 6



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## GNOCCHI IN A QUICK FONDUE

If you're cooking for someone you love (especially if that someone is YOU!), cheese is always a good choice. The gorgonzola ends up being mild among the other ingredients, but if it's really not your thing, replace it with an equal amount of any good melting cheese.

### INGREDIENTS:

- 1 1/2 lb Idaho or other starchy potatoes
- Kosher salt, as needed
- 1 cup all-purpose flour, or as needed
- 1 large egg
- 1 egg yolk
- 1/2 cup grated Parmigiano-Reggiano (2 oz), plus more for serving
  - Pinch of grated nutmeg
  - 1 cup heavy cream
  - 1 ounce Fontina cheese, roughly chopped or grated
  - 1 ounce Gruyère cheese, roughly chopped or grated
- 1 ounce Gorgonzola dolce cheese (not too strong), crumbled

SERVES 4

1. Put the potatoes in a pot and add enough cold water to cover them by about 2 inches. Add enough salt to make the water taste salty, and bring it to a gentle boil. Cook until the potatoes are easy to pierce with a knife. Drain the potatoes and dry them in the pot over low heat, about 3 minutes. Remove the skin and purée through a food mill or potato ricer onto a lightly floured work surface.
2. Gather the potatoes into a mound and make a well in the center. Surround with half of the flour. Add the egg, egg yolk, Parmigiano-Reggiano, 1/2 teaspoon salt, and nutmeg to the well. Mix the ingredients by hand to form a soft dough. If necessary, add more of the flour, a little at a time, until the dough has the correct consistency. Make a few test gnocchi and adjust the dough if necessary with additional flour or seasoning.
3. Roll the dough into 1-inch-thick ropes, and cut them into 1-inch-long pieces.
4. Heat the cream in a small saucepot over very low heat. When it reaches a bare simmer, add the cheeses. Stir until the cheeses are melted, about 3 minutes; keep warm while cooking the gnocchi.
5. Bring a pot of salted water to a boil. Add the gnocchi and cook uncovered at a gentle boil until they rise to the surface and are cooked through, 2 to 4 minutes depending on their size. Use a slotted spoon to lift the cooked gnocchi out of the water.
6. Serve the gnocchi topped with the sauce, with additional Parmigiano-Reggiano on the side.

# DINNER SHOPPING LIST

## DAIRY

- 4 eggs
- 1 cup heavy cream
- 3/4 cup grated Parmigiano-Reggiano
- 1 oz Fontina
- 1 oz Gruyère
- 1 oz Gorgonzola dolce

## SPICES

- 1 bay leaf
- 2 1/2 tbsp chili powder
- 1 tbsp smoked paprika
- 2 1/4 tsp cumin
- 2 tsp ground coriander
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1/2 tsp ground cinnamon
- 1/4 tsp garlic granules
- 1/4 tsp cayenne
- Pinch nutmeg
- Kosher salt
- Black pepper

## PANTRY

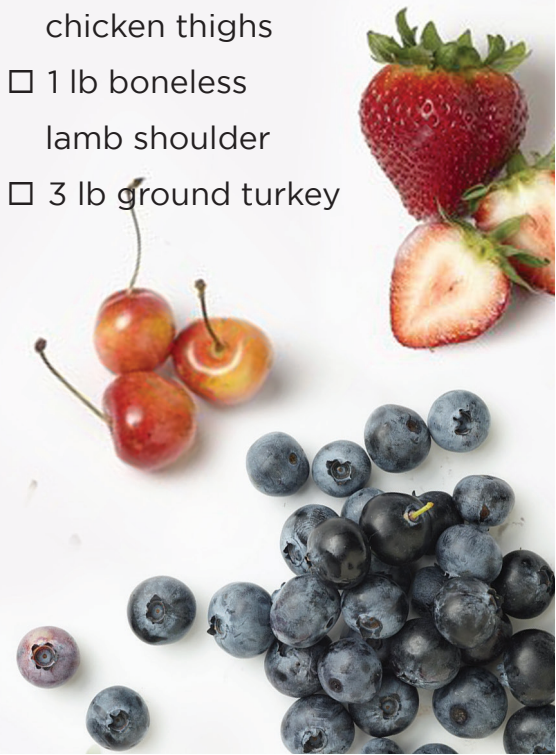
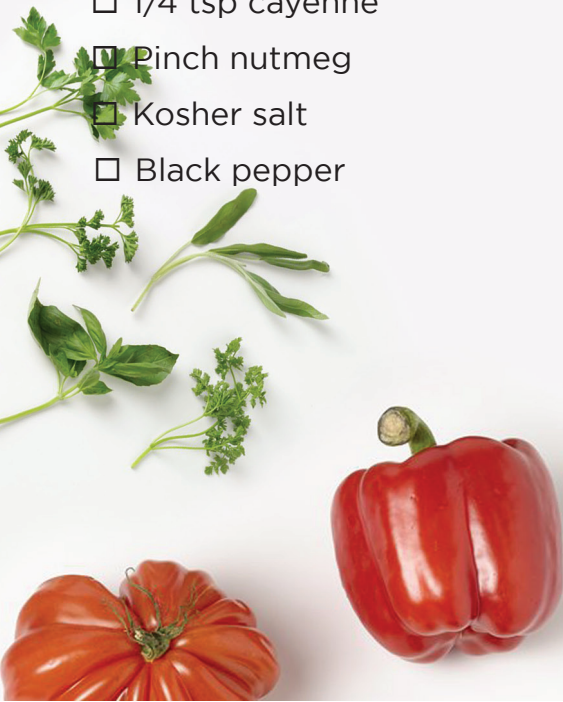
- 1/4 cup olive oil
- 1/4 cup canola oil
- 1 tbsp sesame oil
- 1/4 cup dry red wine
- 12 oz beer
- 1 (15 oz) can black beans
- 1 (14.5 oz) can whole plum tomatoes
- 2 (28 oz) cans whole plum tomatoes
- 2 tbsp tomato paste
- 1 can chipotles in adobo
- 1 lb spaghetti
- 2 cups beef broth
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 cup all-purpose flour
- 1 1/2 tsp sugar
- 1 tsp honey
- 7 cups cooked brown rice (from 3 1/2 cups dry)

## PRODUCE

- 3 yellow onions
- 1 red onion
- 1 head garlic
- One (1-inch) piece ginger
- 1 large carrot
- 1 1/2 lb Idaho potatoes
- 1 medium sweet potato
- 2 red bell peppers
- 1 jalapeño
- 1/2 cup shelled edamame
- 1/2 cup corn kernels
- 1 avocado
- 1 bunch scallions
- 5 limes
- 1 bunch cilantro

## PROTEIN

- 2 boneless, skinless chicken thighs
- 1 lb boneless lamb shoulder
- 3 lb ground turkey



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