

VEGGIE CHILI RECIPE

2-cups -Diced yellow and white turnips (csa box) one cup of each
1-cup-Diced carrots (csa box)
2-chopped green onion (csa box) plus ½ sweet onion
2- cloves of chopped garlic
½-teaspoon Kosher salt
½ teaspoon black pepper
½ crushed red pepper
2-1.25oz. packs of chili seasoning mix
1-1.25oz. pack of taco seasoning mix
1-8oz .can tomato sauce
1-6oz. can diced tomato and green chiles
1-6oz. Can tomato paste
2- cups water
½ teaspoon of sugar
1/4 teaspoon of ground nutmeg

1. In a medium side pot, saute' Turnips, carrots, until tender, add the next 5 ingredients
Saute for another 3mins. (low heat)
2. Stir in seasoning mix, until combined with other ingredients
3. Add next 6 ingredients
4. Turn heat down, and simmer

*****GROUND BEEF , GROUND TURKEY OPTIONAL*****

You can also use any other root veggie you may have on hand. This recipe is meant to be used in ways to fit your family needs. PLEASE ENJOY

Wendy this is a recipe my family enjoys, especially with the fresh farm veggie.

Ms. Godfrey