

RECIPES BY BLACK OWNED, BOSTON BASED BUSINESS



**FRESH
FOOD
GENERATION**



RED BEANS, SQUASH AND COCONUT STEW

This is a favorite dish for Fresh Food Generation customers. Its great as a main protein dish or can be eaten as a side vegetable dish.

Ingredients:

- 1 Yellow/White Onions, chopped
- 1 Bell Pepper, chopped
- 2 Cloves of Garlic, minced (chopped small)
- 1 Butternut Squash, chopped into cubes
- 1 Sweet Potato, chopped into cubes
- 2 Cups of Dried Kidney Beans. *Alternative: 3 Cans of Kidney Beans (6 - 8 Cups)*
- 1 Can of Coconut Milk (13.5 ounces)
- 1 Tablespoon of Olive Oil
- Seasoning: A pinch of Salt, Pepper, Allspice, Cumin



Cooking instructions

- 1) If using dried kidney beans, soak beans for 6 to 8 hours and then boil for one hour on low heat until beans are cooked. If you are using canned kidney beans, you can skip this step.
- 2) Place olive oil in a medium size pot and add the chopped bell pepper, garlic and white onions. Lightly cook for one to two minutes.
- 3) Add *cooked or canned* beans, chopped butternut squash, sweet potato and coconut milk to the pot.
- 4) Add Spices. We recommend a pinch of salt, pepper, allspice and cumin and fresh herbs. **Tip:** Have fun flavoring your food. This recipe will work well with your favorite spices or seasoning that you already have in your cabinet.
- 5) Cook on low for 30 minutes and stir regularly. **Tip:** You may need to add up to a cup of water. The goal is to make sure all the vegetables are fully cooked and don't burn. To make your bean stew taste like a soup add more water. If you plan to eat your stew with rice, or just want the stew to be thicker, you will want to add less water.



Fresh Food Generation's Mixed Kale Salad

This recipe was originally created by our chef, Siedric White, and is one of the number one selling items on our menu. It is available on our food truck, café, and catering menu and now in your home!

Ingredients:

Salad

1 red onion
1 bunch of curly kale
1/4 cup of red quinoa
1 small butternut squash
1 tablespoon of cinnamon
1/2 cup canola oil
A pinch of salt



Dressing

1/2 cup Dijon mustard
1/3 cup Honey
2 cups canola oil
1 teaspoon of garlic
1/4 cup of parsley
A splash of white vinegar

Cooking instructions

Salad

1. Turn oven on to 425. Peel, clean, and cube the butternut squash into bite-size pieces.
2. Toss the cubed butternut squash with oil, salt, and cinnamon and roast for 20 – 25 minutes, until soft.
3. In a saucepan, toast the quinoa on medium heat for 2 minutes with a bay leaf. Once darkened and fragrant, add water and let boil for 10 – 15 minutes.
4. Wash kale and remove the stems. Tear the leaves into bite-size pieces.
5. Slice red onion thinly and set aside.
6. Once quinoa and butternut squash are done cooking, remove from heat and let cool.

Dressing

7. In a food processor, add the mustard, honey, garlic, and parsley and vinegar.
8. While food processor is on, slowly add 2 cups of canola oil and to create a thick dressing.
9. Toss all the ingredients together and enjoy!