

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 15 minutes or less

Moderate - 30 minutes or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Cayenne Pepper Hot Sauce

Ingredients

- 1/4 pound fresh cayenne peppers, stems removed
- 2-3 jalapenos, stems removed
- 2-3 whole medium-sized tomatoes
- 3 large cloves garlic, peeled and hard tips cut off
- 1 teaspoon salt
- 2 cups white vinegar (or just enough to cover the peppers)

Directions

- 1) Place the peppers, tomatoes, garlic, and salt in a medium pot with a lid. Add the vinegar and bring to a boil. Reduce heat, cover and simmer for 20 minutes.
- 2) Carefully pour the contents into a blender, place the pot on the side, and puree until smooth (about 2 minutes). Strain through a fine mesh strainer to remove the seeds. Pour back into the pot and bring to a boil over high heat. Once boiling, turn the heat off and allow to cool before pouring into containers to refrigerate.

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Easy Minestrone with Romano Beans

Ingredients

- 2 teaspoons olive oil
- 1 onion, diced
- 1 carrot, peeled, diced
- 1 celery stalk, diced
- 1 garlic clove, minced
- 1/4 tsp chile flakes, or diced fresh cayenne
- 1 can diced tomatoes
- 1 cup diced romano beans
- 2 cups vegetable broth
- 3/4 cup tubetti pasta
- 2 cups packed spinach
- 2 tablespoons grated parmesan
- 1/4 cup chopped fresh basil

Directions

- 1) Heat a large saucepan over medium. Add oil, then onion, carrot, celery, garlic, romano beans, and chile flakes. Cook until veggies are slightly tender, about 3 minutes.
- 2) Add tomatoes, beans, broth, pasta, and 3/4 cup of water. Bring to a boil. Reduce heat and simmer, covered, until pasta is tender, 10 to 11 min.
- 3) Stir in spinach. Garnish with grated parm and basil.