

VOLUNTEERS WANTED!

Purple Apron Meal Kits

**You can make life a little easier for local families in need.
Provide and package all the ingredients needed to
prepare a healthy, delicious homecooked dinner!**

*Your kindness and generosity will help families gather
around the table for a meal at home. Using one of our
special nourish.NJ recipes, shop and package all ingredients
needed for a simple yet nutritious and tasty dinner. Don't
forget to add a dash of love along with a copy of our recipe.
You can even top off the meal kit with a personalized note!*

This is a great project to do with your family or friends!

Ready to get started? Click [here](#) for details or
Contact Volunteer Coordinator Julie Hess at julie@nourishnj.org

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SHOPPING LIST!

Purple Apron Meal Kits

Step 1 Choose from our two delicious options.

Step 2 Shop for the ingredients listed below for each meal kit.

Note: Some quantities are just a bit larger than needed for the recipe to help to "build" our guests' pantries.

Sealed items only please!

One-Pot Coconut Lentil Soup

- 1 large carrot
 - 2 stalks celery
 - 1 medium yellow onion
 - 3 cloves garlic
 - 1 quart vegetable broth
 - 2 (15 oz.) cans green lentils
 - 1 (15 oz) can reduced fat (light) coconut milk
 - 1 (1.25 oz) package of reduced sodium Chili seasoning
 - 1 lemon
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Southwest Potato Pepper Skillet

- 2 large russet potatoes
- 1 bell pepper
- 1 small yellow onion
- 2 cloves garlic
- 1 (15 oz) can red kidney beans
- 1 small jar ground cumin (or enough for 1 Tablespoon)
- 1 (15 oz.) can fire-roasted tomatoes
- 1 medium zucchini
- 1 lime
- 1 ripe avocado

Step 3 Package ingredients for each kit in a separate shopping bag or box.

Step 4 Staple a copy of our recipe in Spanish and English on the outside of the bag.

Step 5 Add a dash of love! Write a personal note for the family.

Questions? Contact Julie Hess,

Volunteer Coordinator at julie@nourishnj.org



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Delantal Morado Receta

Sopa de Lentejas y Coco en Una Olla

Cantidad: 4 Porciones

- Tiempo de preparación: 10 minutos / Tiempo total: 30 minutos
- Equipo: cuchillo, tabla de cortar, abrelatas, olla sopera, cuchara de madera

Ingredientes

- 1 cucharada de aceite de oliva
- 1 zanahoria grande, dados pequeños
- 2 tallos de apio, dados pequeños
- 1 cebolla amarilla mediana, dados pequeños
- ½ cucharadita de sal
- 3 dientes de ajo, picados
- 1 cuarto de caldo de verduras
- 2 latas (15 oz) de lentejas verdes, escurridas y enjuagadas
- 1 lata (15 oz) de leche de coco reducida en grasa (ligera)
- 1 paquete (1.25 oz) de condimento de chile con bajo contenido de sodio
- 1 limón, exprimido

**¡Mira a nuestra pasante
dietética Kimmee
prepara este sabroso plato!
Para ver el video de 2 minutos,
use este enlace:
<https://vimeo.com/556618155>**

Procedimiento

1. Cortar en dados la zanahoria, el apio y la cebolla. Picar el ajo y el jugo de limón.
2. Precaliente una olla grande para sopa a fuego medio. Agregue aceite de oliva, zanahoria, apio, cebolla y sal. Cocine de 5 a 10 minutos o hasta que se ablande; no apresure este paso, desarrolla el sabor de la sopa. Agregue el ajo picado, cocine por un minuto.
3. Agregue el caldo de verduras, las lentejas, la leche de coco y el condimento de chile a la olla. Cocine a fuego lento durante 15-20 minutos para permitir que se desarrollen los sabores.
4. Antes de servir, agregue jugo de limón.



Purple Apron Recipe

One-pot Coconut Lentil Soup

Servings: 4

- Prep Time: 10 mins / Total time: 30 mins
- Equipment: knife, cutting board, can opener, soup pot, wooden spoon

Watch our Dietetic Intern Kimmee make this tasty dish!

To see the 2 minute video, use this link:

<https://vimeo.com/556618155>

Ingredients

- 1 Tbsp. olive oil
- 1 large carrot, small dice
- 2 stalks celery, small dice
- 1 medium yellow onion, small dice
- ½ teaspoon salt
- 3 cloves garlic, minced
- 1 quart vegetable broth
- 2 (15 oz.) cans green lentils, drained and rinsed
- 1 (15 oz.) can reduced fat (light) coconut milk
- 1 (1.25 oz.) package of reduced sodium chili seasoning
- 1 lemon, juiced

Coconut Lentil Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	347.4 kcal	17 %
Total Fat	10.2 g	16 %
Saturated Fat	4.8 g	24 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	812.4 mg	34 %
Total Carbohydrate	52 g	17 %
Dietary Fiber	11.6 g	46 %
Sugars	9.6 g	
Protein	15.1 g	30 %
Vitamin A	142 %	Vitamin C 21 %
Calcium	7 %	Iron 30 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		

Procedure

1. Dice carrot, celery and onion. Mince garlic and juice lemon.
2. Preheat large soup pot over medium heat. Add olive oil, carrot, celery, onion and salt. Cook 5-10 minutes or until softened - do not rush this step, it develops the flavor of the soup. Add minced garlic, cook for one minute.
3. Add vegetable stock, lentils, coconut milk and chili seasoning to the pot. Simmer on low 15-20 minutes to allow flavors to develop.
4. Before serving, add lemon juice.



Delantal Morado Receta

Sartén de Papas y Pimientos del Suroeste

Cantidad: 4 Porciones

- Tiempo de preparación: 10 minutos / Tiempo total: 30 minutos
- Equipo: cuchillo, tabla de cortar, abrelatas, utensilios de medición, sartén, cuchara de madera

Ingredientes:

- 1 cucharada de aceite de oliva
- 2 papas rojas grandes, picadas medianas
- 1 pimiento morrón, cortado en cubitos medianos
- 1 calabacín mediano, cortado en cubitos medianos
- 1 cebolla amarilla pequeña, cortada por la mitad, en rodajas finas
- 2 dientes de ajo picados
- 1 cucharada de comino molido
- ½ cucharadita de sal
- 1 (15 oz) lata de tomates asados al fuego, cortados en cubitos
- 1 (15 oz) lata de frijoles rojos, escurridos y enjuagados
- 1 lima, exprimida
- 1 aguacate maduro, en rodajas

¡Mira a nuestra pasante dietética Kimmee prepara este sabroso plato!

Para ver el video de 2 minutos, use este enlace:

<https://vimeo.com/556618332>

Procedimiento:

1. Empiece por preparar las verduras. Dados la papa, el pimiento y el calabacín. Corta la cebolla en rodajas. Pica el ajo.
2. Precaliente la sartén a fuego medio-alto. Agrega aceite de oliva.
3. Agregue las papas en cubitos y saltee hasta que estén ligeramente doradas y blandas. Agregue el pimiento morrón cortado en cubitos y la cebolla y cocine hasta que se ablanden. Agregue el ajo picado y cocine por un minuto.
4. Agregue el comino y la sal.
5. Agregue los tomates enlatados asados al fuego, los frijoles escurridos y enjuagados y el calabacín. Cocine a fuego lento durante 5 minutos para desarrollar los sabores. Incorpora el jugo de limón.
6. Sirva y cubra con rodajas de aguacate.



Purple Apron Recipe

Southwest Potato Pepper Skillet

Servings: 4

- Prep Time: 10 mins / Total time: 30 mins
- Equipment: knife, cutting board, can opener, measuring utensils, sauté pan, wooden spoon

Ingredients:

- 1 Tbsp. olive oil
- 2 large russet potatoes, medium dice
- 1 bell pepper, medium dice
- 1 medium zucchini, medium dice
- 1 small yellow onion, halved, thinly sliced
- 2 cloves garlic, minced
- 1 Tbsp. ground cumin
- ½ teaspoon salt
- 1 (15 oz.) can fire roasted diced tomatoes
- 1 (15 oz.) can red kidney beans, drained and rinsed
- 1 lime, juiced
- 1 ripe avocado, sliced

**Watch our Dietetic Intern Kimmee
make this tasty dish!**

**To see the 2 minute video,
use this link:**

<https://vimeo.com/556618332>

Procedure:

1. Start by preparing the vegetables. Dice the potato, bell pepper, and zucchini. Slice the onion. Mince the garlic.
2. Preheat sauté pan on medium-high heat. Add olive oil.
3. Add diced potatoes and sauté until lightly browned and softened. Add the diced bell pepper and onion and cook until softened. Stir in minced garlic, cook for one minute.
4. Add the cumin and salt.
5. Add canned fire-roasted tomatoes, drained and rinsed beans, and zucchini. Simmer for 5 minutes to develop flavors. Stir in lime juice.
6. Serve and top with sliced avocado.

