

## BLACK BEAN, SWEET POTATO AND SWISS CHARD HASH

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3/4 pound black beans, soaked and cooked  
2 1/2 pounds yams, cubed  
1 pound Swiss chard  
1/2 small red onion, julienne  
Pinch of cumin

Pinch of sumac  
Lime wedges  
Olive oil  
Salt & Pepper

### *Instructions*

Place large sauté pan over medium high heat and drizzle with olive oil. Add onions, sweet potatoes, sumac and cumin to pan and cook for a minute until they begin to brown, stirring throughout to coat. Season with salt and pepper. Once browned, bring the heat down to medium and let cook for about 5-8 minutes, stirring once or twice, until they've softened.

Add black beans. Stir to mix. Add swiss chard, season with salt and pepper, mix and cover. Let cook for 2-3 minutes, uncover and stir. (If it's feeling a bit too dry at this point, drizzle a little more olive oil.) Cook for another minute or so until swiss chard is cooked to your liking.

Drizzle with lime juice and serve you favorite way: for breakfast with a poached egg, in a tortilla for lunch and dinner (with taco toppings), or as a side dish.

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## BOK CHOY SALAD WITH APPLES AND CORIANDER VINAIGRETTE

### *Salad*

6 cups finely chopped bok choy  
1 large apple, shredded  
1 large carrot, shredded  
1/4 cup green onions, sliced on the bias  
2 Tbsp toasted almonds, chopped  
Sliced radishes, optional

### *Coriander Vinaigrette*

1 tablespoon crushed coriander seeds  
6 tablespoons champagne vinegar  
1 shallot, finely chopped  
2 garlic cloves, minced  
1 tablespoon brown sugar  
1/4 cup chopped cilantro  
1/2 cup extra-virgin olive oil  
Kosher salt  
Pepper

*Make the Vinaigrette:* In a small skillet, toast the coriander seeds until very fragrant, about 2 minutes. Transfer the seeds to a medium bowl and add the vinegar, shallot, garlic, sugar and cilantro. While whisking constantly, slowly drizzle in the oil and whisk until emulsified. Season with salt and pepper.

*Make the salad:* Toss all salad ingredients with the coriander vinaigrette and enjoy

## RED WINE BRAISED BEEF

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2 pounds beef chuck roast, beef stew meat, or brisket  
1 cup yellow or white onion quartered  
1 cup carrot, rough chopped  
1 cup celery, rough chopped  
4 garlic gloves, minced  
Olive oil

1/4 cup tomato paste  
2 cups dry red wine  
4 cups low-sodium beef broth (Chef prefers all wine, no stock)  
2 bay leaves

### Instructions

Preheat the oven to 325°F. Season the meat with salt and pepper, and hard sear in a few tablespoons of oil on all sides in a large Dutch oven or wide-bottomed pot with a tight-fitting lid over medium-high heat. Cook the meat, in batches, if needed. Transfer pieces to a plate. Smother the pieces of meat in tomato paste.

Sautee onion, carrot, celery, garlic, and parsley in the fond (beef drippings) until the vegetables are caramelized on the outside. Season with salt and pepper. Deglaze the pot with red wine. Add back the tomato covered meat. Add the broth to bring up the level of liquid to cover the meat (or at least half way up the meat). Add bay leaves.

Braise in the oven, covered, for 2 hours. For best results, cook at 200 degrees for 4 hours or overnight. If your liquid does not cover the meat, you'll need to flip the meat halfway through cooking.

Finish by making the sauce: Remove the meat from the liquid. Remove bay leaves and discard. Blend all the vegetables, herbs and liquid together. You can do this with either an immersion blender or by transferring the liquid and vegetables to a regular blender. Return all ingredients to the pot (meat and sauce) and heat though on the stove top. Garnish with chopped parsley, if desired

## SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

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|---|---|
| <input type="checkbox"/> 2 pounds beef chuck roast or stew meat, Autonomy Farms | <input type="checkbox"/> Celery – Suncoast Farm         |
| <input type="checkbox"/> Yams or sweet potatoes – Vang Farm                     | <input type="checkbox"/> Black beans – Suncoast Farm    |
| <input type="checkbox"/> Garlic – Vang Farm                                     | <input type="checkbox"/> 2 bay leaves – Anna’s Farm     |
| <input type="checkbox"/> Bok choy – Vang Farm                                   | <input type="checkbox"/> Swiss chard – Anna’s Farm      |
| <input type="checkbox"/> Yellow onion – Vang Farm                               | <input type="checkbox"/> Cilantro – Anna’s Farm         |
| <input type="checkbox"/> Green onions – Vang Farm                               | <input type="checkbox"/> Limes – Valley Center Orchard  |
| <input type="checkbox"/> Red onion – Vang Farm                                  | <input type="checkbox"/> Almonds – Avila & Sons         |
| <input type="checkbox"/> 1 large carrot – Weiser Family Farms                   | <input type="checkbox"/> Olive oil – Buon Gusto         |
| <input type="checkbox"/> Radishes – Weiser Family Farms                         | <input type="checkbox"/> 1 large apple – Cuyama Orchard |
| <input type="checkbox"/> 1 shallot – Weiser Family Farms                        |   |



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