



## What's in the Box

Onions  
Cucumbers  
Sweet Corn  
Banana Peppers  
Bell Peppers  
Tomatoes  
Zucchini ???  
Eggplant  
Melons  
Green Beans  
Cabbage ??  
Cherry Tomatoes

The recipes I listed were all from AllRecipes.com. Some people served the sausage recipe with pasta and some put on bread. I just thought it looked like a great way to use our yummy onions and peppers.

The second recipe this week looked like a great way to get the stuffed pepper taste without heating up the oven!!

Now I just need to try these sometime. Tonight we had Papa Murphys with our chopped tomatoes sprinkled on top and cucumbers as a side dish and melons for dessert. ☺

If you are new to our CSA this year please check out last year's recipes on the website. They are great but I don't want to repeat all of them.

## Sausage, Peppers, and Onions by Ragu

### INGREDIENTS

1 pound sweet and/or hot Italian sausage links, diagonally sliced

- 1 tablespoon olive oil
- 2 large green and/or red bell peppers, sliced
- 1 large onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 (26 ounce) jar Ragu® Old World Style® Sweet Tomato Basil Smooth Pasta Sauce

### DIRECTIONS

Brown sausage in 12-inch nonstick skillet over medium-high heat, about 5 minutes. Remove sausage from skillet and set aside.

Heat olive oil in same skillet over medium-high heat and cook green peppers, onion and garlic, stirring occasionally, 5 minutes or until vegetables are tender.

Stir in Pasta Sauce and bring to a boil. Return sausage to skillet.

Reduce heat to low and simmer covered, stirring occasionally, 10 minutes or until sausage is done and vegetables are tender. Serve, if desired, with crusty Italian bread.

## Recipes

### One-Pot Stuffed Pepper Dinner by Charlotte Smith

- 1 pound lean ground beef
- 3 garlic cloves, minced
- 3 cups chopped green pepper
- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 2 cups water
- 1 (6 ounce) can tomato paste
- 8 tablespoons shredded Parmesan cheese, divided
- 1 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 cup uncooked instant rice

In a large nonstick saucepan coated with nonstick cooking spray, cook beef over medium heat until no longer pink; drain. Add garlic; cook and stir for 1 minute. Add green pepper; cook and stir 3 minutes longer. Stir in the diced tomatoes, water, tomato paste, 2 tablespoons Parmesan cheese, garlic salt and pepper. Bring to a boil. Stir in rice. Remove from the heat. Cover and let stand for 5 minutes. Sprinkle with remaining Parmesan cheese.