

Our Family Recipes



Koren Family Farm

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Koren Family Dip

- Serves approx. 10 -

Ingredients: 6 lbs beef, 1 bulb garlic, 4 small onions, 4 teaspoons cayenne pepper, 2 tablespoons salt, 2 tablespoons fennel, 8 tablespoons paprika, 4 cans of black beans, 1 can of corn, 4 cups white cheddar cheese.

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Directions: Brown the beef. Add the garlic (peeled and minced) and onions (peeled and chopped), cook until translucent. Add in the spices. Strain and rinse beans and corn. Stir into the pan. Cook until there's very little juice in the bottom of the pan. Sprinkle cheese on top. Serve once cheese is melted.



Koren Family Peepersoni

- Makes plenty for 4 large pizzas with leftovers -

Ingredients: 2 lbs
beef, 2 lbs pork, 3
tablespoons salt, 2
teaspoons cayenne
pepper, 2 tablespoons
paprika, 1 tablespoon
garlic powder, 1
tablespoon vinegar.

Directions: Mix
together all
ingredients. Place on
pizza in small pieces &
bake.

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Whole Wheat Tortillas

- Makes approx. 12 -

Ingredients: 2 $\frac{1}{2}$ cups
whole wheat flour, $\frac{1}{2}$
cup olive oil, 1
teaspoon salt, 1 cup
warm water.

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Directions: Combine dry
ingredients. Add oil
and mix until crumbly.
Add warm water & mix.
Let rest 15 minutes.
Roll out balls. To cook,
heat both sides in a hot
pan 30-45 seconds per
side.



Banana Walnut Muffins

- Makes 12 muffins -

Ingredients: 3 ripe bananas, $\frac{1}{2}$ cup melted butter, 2 eggs, $1\frac{1}{4}$ cups whole wheat flour, 1 tsp baking soda, 1 tsp vanilla, 1 cup walnuts, $\frac{1}{2}$ tsp salt.

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Directions: Combine butter, eggs, and vanilla in a medium mixing bowl. In a separate bowl, mix the rest of the ingredients. Pour the dry into the wet, and stir well to combine. Bake in greased muffin tins at 375F for 25-30 minutes or until done.



Sourdough Chicken Sandwiches

- Make 2 large sandwiches -

Ingredients: 4 slices whole wheat sourdough bread, 1 tbsp butter, 1 avocado, lemon juice, 4 slices tomato, 1 cup shredded cooked chicken, salt & pepper to taste.

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Directions: Toast the bread in the butter. Mash the avocado, adding lemon juice and salt to taste. Season the chicken with lemon juice, salt, and pepper to taste. Assemble sandwich and serve warm.

