

JC Watson

PACKING COMPANY



www.soobrand.com T: 208.722.5161 F: 208.722.6646

COMPANY PHILOSOPHY



Established in 1912, JC Watson Company is one of the oldest family owned and operated companies in the produce industry. JC Watson Company has gained trust and respect for generations by delivering superior products and customer service. While our roots run deep in the produce industry, it is our new product innovations, solid partner relationships, and company morale that continue to make us a global leader in growing, packing, and shipping fresh onions year-round.

**From seed to table, we are your partner
in delivering only the best!**

Through a stable base of quality growers, JC Watson Company will grow, pack, and sell a safe, sound superior onion for value-conscious, respected customers. With an emphasis on matching specific needs of our customers with specific product, we strive to be on the leading edge in producing, packing, shipping, and marketing of onions to meet our customers' needs 365 days a year.

With nearly 100 years experience in produce, we will always choose to maximize opportunities for our growers and customers with products and services exceeding standards of all competitors. We believe that excelling in customer service is standard operating procedure, while earning customer satisfaction is our higher and ultimate goal. In all relationships, with growers, with customers, with transportation carriers, and with employees, we will treat others as we would wish to be treated.



JC WATSON COMPANY HISTORY

JC Watson Company is a fourth generation produce company established in southwestern Idaho in 1912. The Produce Reporter Co., listing for this company denotes TRADING MEMBER status since 1929, which makes JC Watson Company one of the longest-established TRADING MEMBERS in the produce industry, and the only onion shipper in the 75-year plus category. Major production, packing, and marketing of sweet Spanish onions have been the Company's main endeavors for over ninety years.

As of 2005, JC Watson Company began focusing its efforts solely on the production, packing, and marketing of premium onions. The company packs for several private labels, in addition to their own Watson Brand, Soo Brand, SooRing, Jim's Best, Trail Blazer and Treasure Valley labels.

In January 2010 the Watson family announced the creation of two additional companies, JC Watson Packing Company and Watson Agriculture Inc. JC Watson Packing Company will focus on the packing, selling, and shipping of onions while Watson Agriculture Inc. will focus on growing and producing a sound, superior onion for our customers. We believe that this change will allow for growth in both areas, and give us the ability to better serve our customers.

JC Watson Company offers state of the art equipment in all facets of growing, storage and packing, including photo-assisted computer sizing. Our greatest strengths are our outstanding reputation for quality and integrity, and our willingness to constantly meet the needs of a diversified customer base.



OUR GROWERS & FOOD SAFETY INFORMATION

OUR GROWERS

From the Western Idaho and Eastern Oregon region, JC Watson Company ships dry storage onions, from the months of August through April. JC Watson Company growers include the Watson family's own farming operation along with solidly established 4th and 5th generation growing partners who have been working with the Watson family since the 1930's. JC Watson Company is involved either as a growing partner or a managing consultant on all aspects of crop production, including seed selection, integrated pest management, comprehensive food safety program, harvest and storage.

FOOD SAFETY INFORMATION

As a leader in Food Safety and Food Security programs in the onion industry, JC Watson Company maintains a comprehensive G&P and GAP program from the time the seed is put into the ground until the onion is shipped. Additionally, JC Watson Company growers and packing facility are Primus certified in all growing regions as well as chemical MRL tested in the Treasure Valley. From seed to table, a total quality assurance program reinforces the buyers' confidence in JC Watson Company onions.

For additional food safety information please call 208-722-5161 or email info@soobrand.com.

SHIPPING 365 DAYS A YEAR



TRANSPORTATION SERVICES

JC Watson Company offers full service transportation services including:

- Containers
- Intermodal
- Railcars
- Trucks

Whether it's arranging your transportation needs or working with your current provider, JC Watson Company is here to help.

For more information regarding transportation please call 208-722-5161 or email info@soobrand.com.

CONTACT INFORMATION

Sales Office: 201 MAIN STREET, PARMA, IDAHO 83660 | Office: 208.722.5161 | Email: sales@soobrand.com
JC WATSON COMPANY Mailing Address: P.O. BOX 300, PARMA, IDAHO 83660

President

Jon C. Watson

Office: 208.722.5141

Cell: 208.412.9600

Email: jonw@soobrand.com

VP Operations

Brad Watson

Office: 208.722.6139

Cell: 208.412.9601

Email: brad@soobrand.com

VP Grower Relations

Marc Asumendi

Office: 208.722.5142

Cell: 208.412.9700

Email: marca@soobrand.com

Sales Manager

Kent Sutherland

Office: 208.722.5161

Cell: 208.412.6990

Email: kents@soobrand.com

Sales Office Manager

Jamie Anderson

Office: 208.722.6655

Email: jamiea@soobrand.com

Sales Coordinator

Chelsea Peden

Office: 208.722.6655

Email: chelseap@soobrand.com

Sales Assistant

Sharon Miyakawa

Office: 208.722.6867

Email: sharonm@soobrand.com

Production Manager

Duane Chamberlain

Office: 208.722.5791

Cell: 208.412.9611

Email: duanec@soobrand.com

Food Safety Manager

Terry Willis

Office: 208.722.5791

Cell: 208.412.9276

Email: terryw@soobrand.com

JC WATSON COMPANY CONTACTS



Top Row - Left to Right: Kent Sutherland, Terry Willis, Lupe Rivas, Marc Asumendi, Brad Watson, Jon Watson, Dan Cutler, Phil Schilling, Shawn Holt, Duane Chamberlain, Chris Fraizer

Bottom Row - Left to Right: Claudia Castellanos, Jamie Anderson, Chelsea Peden, Margie Watson, Peggy Davison, Teresa Trew, Sara Laurance

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www.soobrand.com



JC Watson Packing Company
P.O. Box 300
Parma, Idaho 83660

GROWER ~ PACKER ~ SHIPPER

SIZE & COUNT COMPARISON

		Size Range	Count per Bag
Yellow	Super 50 lb.	4-1/4" and larger	30 - 36
	Colossal 50 lb.	4" to 4-1/4"	40 - 44
	Jumbo 50 lb.	3" to 4"	55 - 65
	Mini Jumbo 50 lb.	3" to 3-1/2"	80 - 90
	Large Medium 50 lb.	2-3/4" to 3-1/4"	95 - 110
	Medium 50 lb.	2-1/4" to 3-1/4"	120 - 140
Red	Colossal 25 lb.	3-3/4" and larger	22 - 27
	Jumbo 25 lb.	3" to 3-3/4"	30 - 38
	Large 25 lb.	2-3/4" to 3-1/4"	50 - 56
	Medium 25 lb.	2-1/4" to 3-1/4"	62 - 75
White	Colossal 50 lb.	3-3/4" and larger	45 - 55
	Jumbo 50 lb.	3" to 3-3/4"	60 - 70
	Medium 50 lb.	2-1/4" to 3-1/4"	120 - 135



PRODUCT

From the Western Idaho and Eastern Oregon region, JC Watson Company ships dry storage onions, from the months of August through April. The company is 100% involved in the growing of all the onions it sells. Our onions have been grown for generations on our family owned farms or with long standing grower partners. These grower partners are solidly established, 4th or 5th generation farmers who have been working with JC Watson Company since the 1930's. The JC Watson Company is involved either as a growing partner or a managing consultant on all aspects of crop production, including seed selection, integrated pest management, food safety program, harvest and storage. This enables our company to offer premium quality onions.

Product innovation is a strong asset of the JC Watson Company packing facility in Parma, Idaho. Since 2000, the company has offered computerized sizing and color sorting of onions. Meeting specific size requirements for customers on an individualized basis is a service offered. Yellow onions, red onions, and white onions can be packed in 50 lb. or 25 lb. mesh sacks, 50 lb., 25 lb., 10 lb., and 5 lb. cartons and 3 lb., 5 lb., and 10 lb. mesh or vexar consumer bags. All packaging can be marked with appropriate PLU numbering. Since 1997, well ahead of the industry at large, JC Watson Company has had the capability of stickering onions.

PRODUCT AVAILABILITY CALENDAR

Growing District	Idaho / Oregon	Texas	Southern California	New Mexico	Central California
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
November					
December					



STORAGE

- Store onions in a cool, dry, well ventilated area. Use high volume fans to keep onions dry.
- Store onions at 34°F to 45°F with 65% to 70% humidity.
- Place onions one foot away from walls and other pallets for better air movement.
- Extreme temperature changes can shorten shelf life. Temperature adjustment should be made slowly. Keep onions out of direct sunlight.
- DO NOT store whole onions in plastic bags or use plastic pallet wrap as lack of air circulation reduces storage life.
- DO NOT store onions with potatoes or other produce that give off moisture.
- Onion odors can be absorbed by apples, celery and pears. Onions can absorb odors produced by apples and pears.



HANDLING

- Eliminate waste by storing cut onions in sealable plastic bags and refrigerating.
- Use a stainless steel knife (not iron) when cutting onions.
- Reduce daily prep time for onions that will be cooked by freezing chopped or diced onions.
- Why do onions make you cry? Onions contain sulfuric compounds that, when cut, go into the air and dissolve in the small amount of water in your eyes causing your tear ducts to react.
- To help prevent tearing, refrigerate an onion 30 minutes to 1 hour before cutting. Peel the onion under cold running water. Always cut an onion from the neck end first, the sulfur compounds are stronger near the root.
- To help mellow a strong onion, cut the onion into rings or dice and let soak in lemon juice and water (one part lemon juice to three parts water) for 10 to 15 minutes or longer.

SUPER

Count per 50 lb. = 30 - 36
Size = 4-1/4" and larger

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

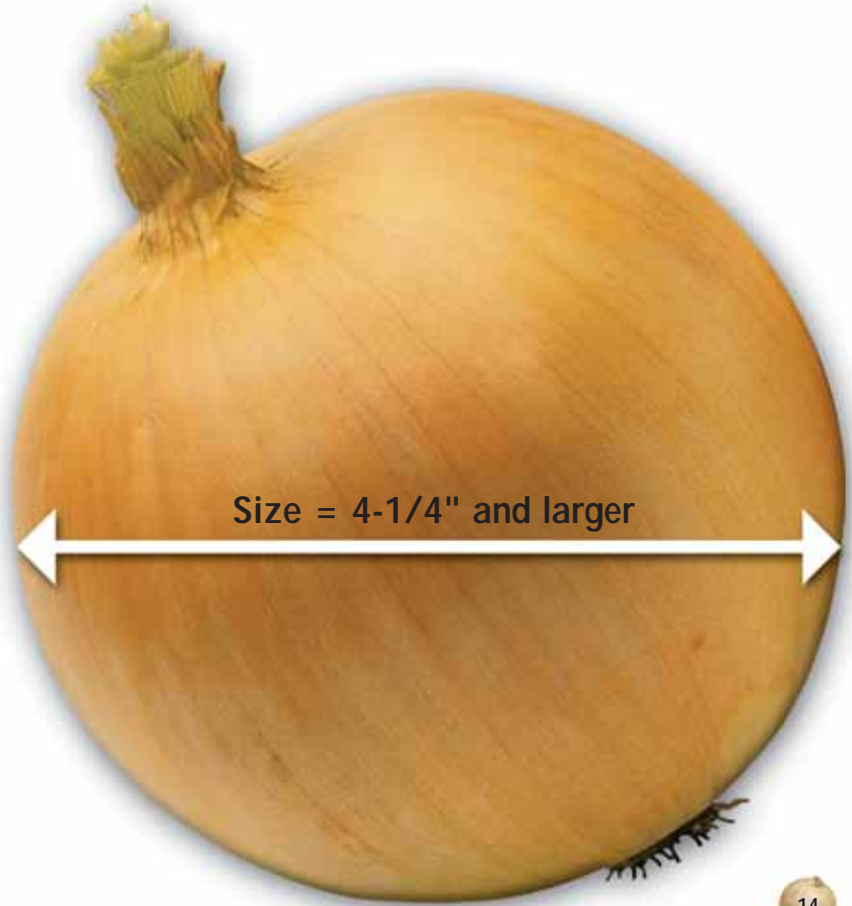
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



COLOSSAL

Count per 50 lb. = 40 - 44

Size = 4" to 4-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

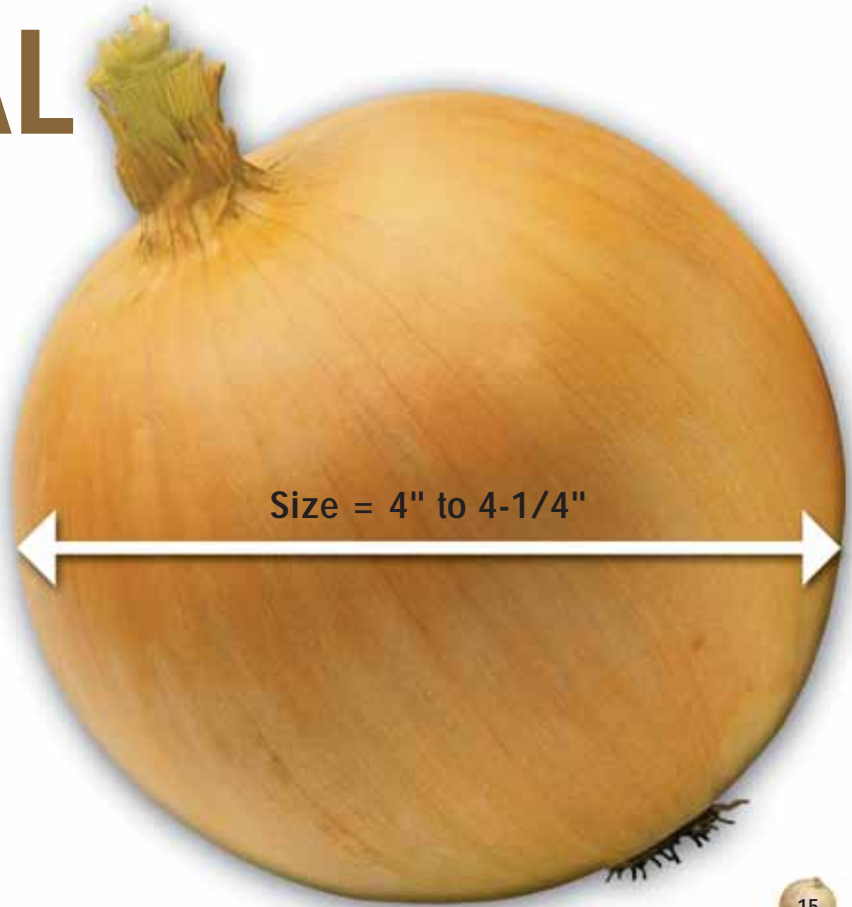
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



JUMBO

Count per 50 lb. = 55 - 65

Size = 3" to 4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

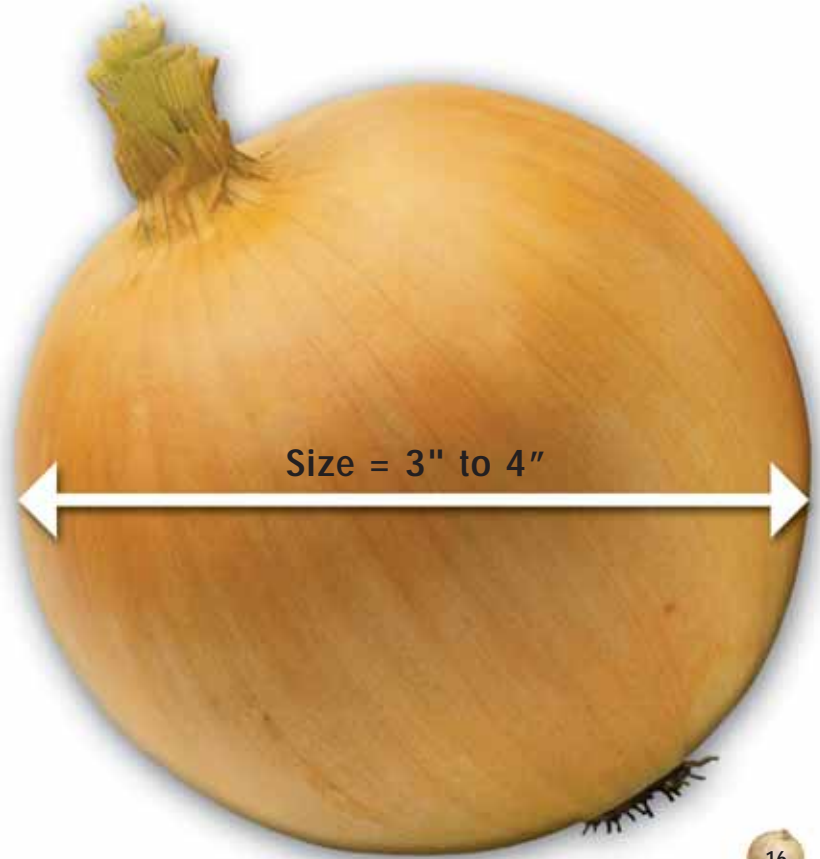
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



MINI JUMBO

Count per 50 lb. = 80 - 90

Size = 3" to 3-1/2"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

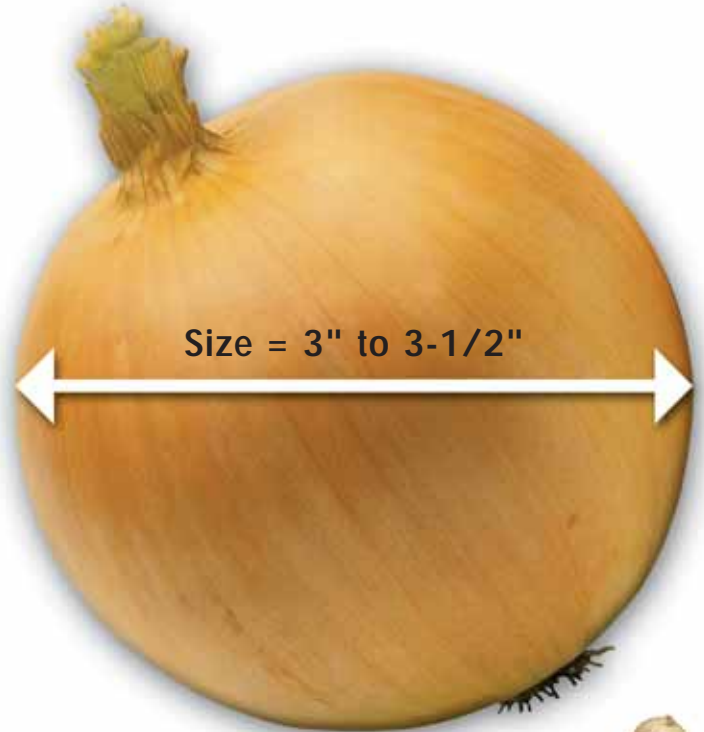
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



LARGE MEDIUM

Count per 50 lb. = 95 - 110

Size = 2-3/4" to 3-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

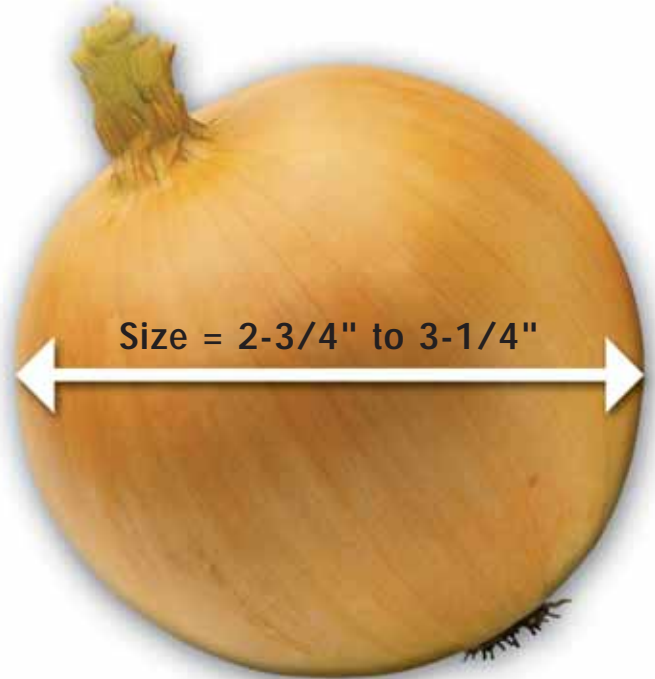
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



MEDIUM

Count per 50 lb. = 120 - 140

Size = 2-1/4" to 3-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

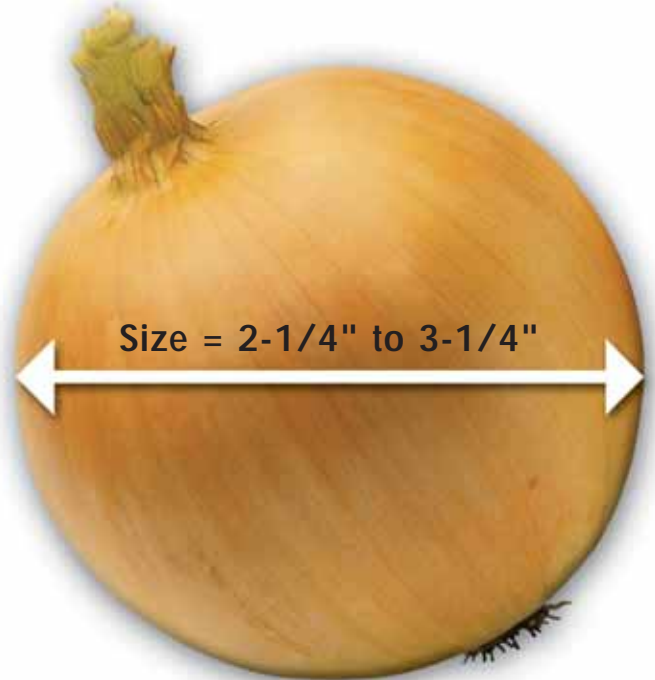
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



COLOSSAL

Count per 25 lb. = 22 - 27
Size = 3-3/4" and larger

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

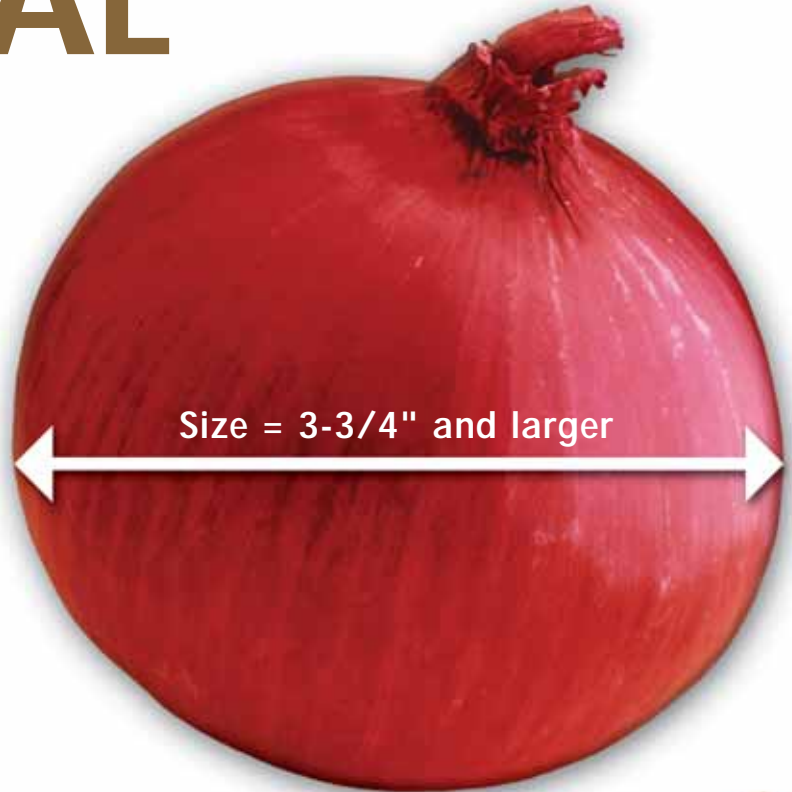
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



JUMBO

Count per 25 lb. = 30 - 38

Size = 3" to 3-3/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

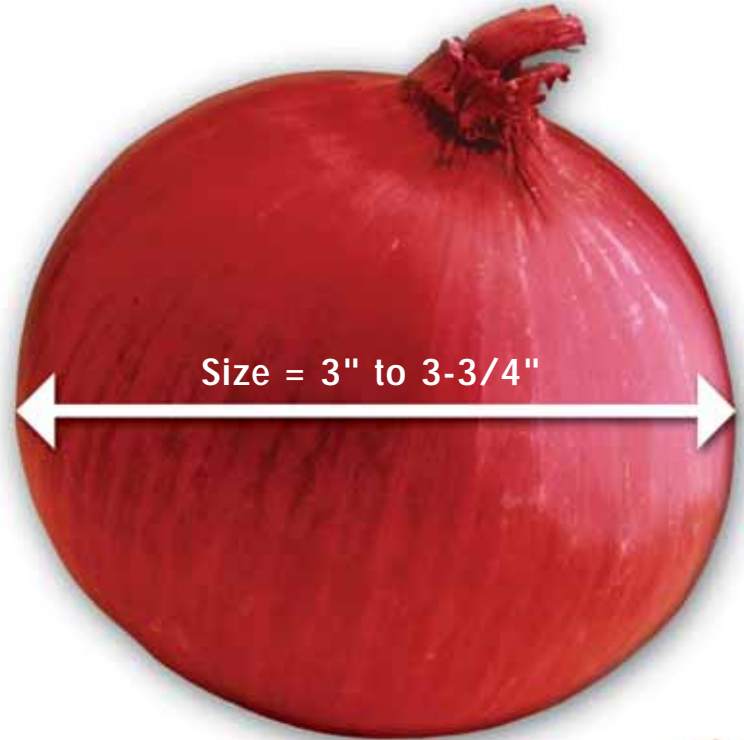
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



LARGE

Count per 25 lb. = 50 - 56

Size = 2-3/4" to 3-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

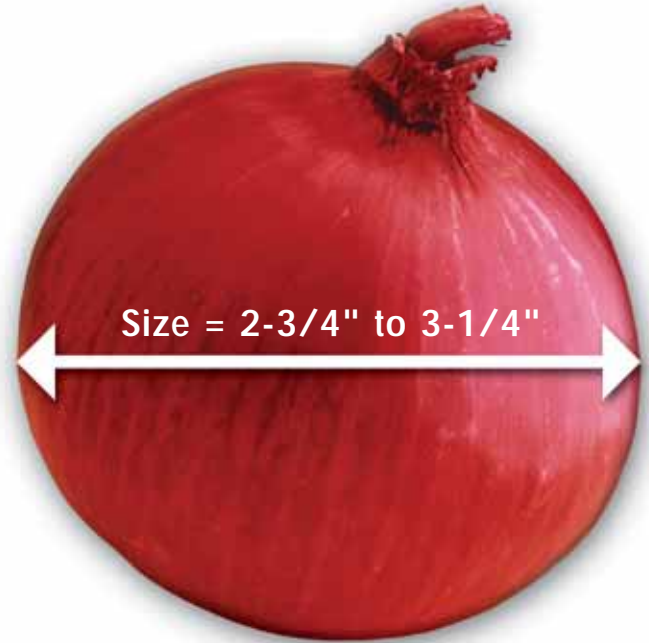
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



MEDIUM

Count per 25 lb. = 62 - 75

Size = 2-1/4" to 3-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

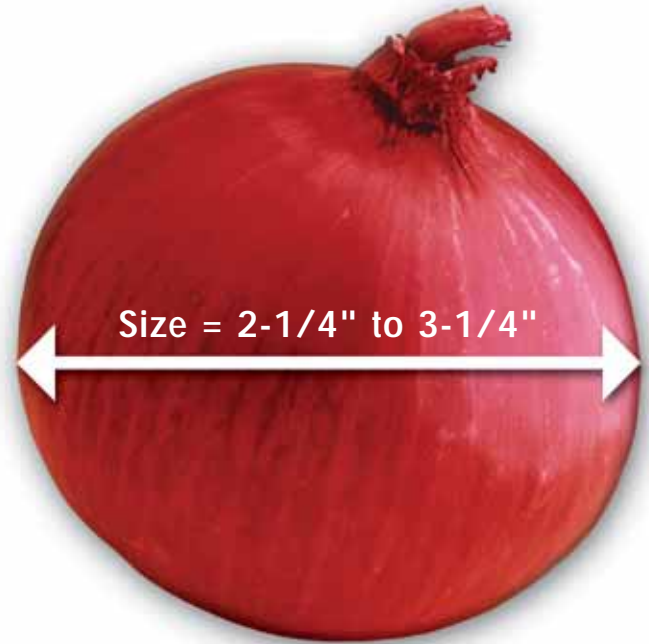
25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



COLOSSAL

Count per 50 lb. = 45 - 55
Size = 3-3/4" and larger

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



JUMBO

Count per 50 lb. = 60 - 70

Size = 3" to 3-3/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



MEDIUM

Count per 50 lb. = 120 - 135

Size = 2-1/4" to 3-1/4"

PACKAGE TYPE:

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Stickers Available



PRODUCT LABELS





PACKAGE TYPES

50 lb. Carton

40 lb. Carton

25 lb. Carton

50 lb. Bag

25 lb. Bag

10 lb. Bag

5 lb. Bag

3 lb. Bag

Bulk Totes



Stickers
Available

Nutrition Facts

Serving Size 1 Medium Onion
(148g/5.3oz.)

Amount per Serving

Calories 45 Calories from Fat 0

	%Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 5mg	0%
Potassium 190mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	

Vitamin A 0% Vitamin C 20%
Calcium 4% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your Daily needs.

Source: USDA
Federal Register August 17, 2006

NUTRITION LABEL



ONION BLOOM APPETIZER

Preparation

Select a Super Colossal onion. Cut 1/2 inch off the neck and peel off outer layers of papery skin. Place peeled onion in bloom cutter, root side down and cut.

Battering and Breading

Prepare onion bloom deep fried batter per package instructions. Batter should have the consistency of milk or light cream. Dip the onion in the mixed batter, make sure the batter gets between all the petals. Remove and turn upside down to drain excess batter. Using the dry batter mixture, coat battered onion. Separate petals making sure all surfaces are coated. Remove and turn upside down, gently tapping to remove all excess dry batter. Turn onion right side up and allow coated onion to set for 5 minutes before frying, to allow the onion and batter to merge.

Cooking

Heat deep fryer to 375°. Fill with enough vegetable oil to cover onion bloom. Place bloom in right side up with large slotted spoon. Cook for 4 to 5 minutes or until golden brown. Remove and allow to drain several minutes.

Photo Courtesy of the National Onion Association.





SHERRY SPIKED CARAMELIZED ONIONS

Ingredients

- 20 Onions
- Salt & pepper
- 1/2 C. Olive oil
- 1 C. Sugar
- 1 C. Cooking sherry
- 1 oz. Fresh thyme sprigs



Method

Heat oil in rondeau. Add onions and seasoning and cook over medium-low heat 10 minutes stirring occasionally. Increase heat to medium-high and cook 10 minutes stirring only at 2 minute intervals. Onions should be fairly caramelized. Add remaining ingredients and cook until most liquid has evaporated. Discard thyme from onions. Cool and portion for later use.

Photo Courtesy of the Idaho-E. Oregon Onion Committee.

ONION CHIP NACHOS

Ingredients

4 C. Cornmeal

1 C. 160° Water

6 Eggs

1 C. Flour

1/2 C. Cornstarch

Extra flour as needed

Your favorite nacho toppings

Method

Whisk hot water into cornmeal. Whisk in eggs, flour and cornstarch for batter. At service cut 1/2 Colossal onion into triangles. Toss onion section in flour and coat with batter. Fry at 375° for about 3 minutes. Drain oil and transfer chips to heatproof platter. Top with cheese and various nacho toppings.



CLASSIC ONION SOUP

Ingredients

- 4 Jumbo yellow onions, sliced
- 6 Tbsp. Butter or margarine
- 1 Tbsp. Sugar
- 2 Quarts Reduced sodium chicken broth
- 1/2 C. Brandy (optional)
- Salt and Pepper to taste
- 1/2 Baguette french bread, sliced, toasted

Method

Melt butter in large saucepan that holds at least 4 quarts. Add onions; cook over medium heat 12 minutes, or until tender and golden. Stir often.

Add sugar and cook. Stirring for 1 minute. Add broth; cover and bring to a boil. Reduce heat; simmer 12 minutes. If desired, add brandy; cook 2 minutes longer. Season with salt and pepper.

To serve, ladle soup into bowl; float toast on soup. Sprinkle with cheese.



ONION AND CUCUMBER SALAD

Ingredients

1 Jumbo onion

3/4 C. Boiling water

2 Cucumbers, peeled

1/4 C. Low-fat sour cream

1/2 C. Plain yogurt

1/2 tsp. Salt

1/8 tsp. Pepper

1/2 tsp. Worcestershire sauce

1 tsp. Vinegar

1 tsp. Dill weed

1 Tbsp. Parsley



Method

Slice onions into thin rings and then in half. Place separated half rings in bowl: pour boiling water over them. Let sit 3 to 5 minutes, then drain. Cut cucumbers (with ruffle cutter if possible) into thin slices and add to onions. In a separate bowl, combine remaining ingredients, except parsley, mixing well. Pour dressing over onions and cucumbers then toss. Top with parsley, chill several hours or overnight.

BAKED ONIONS WITH CRUMB TOPPING

Ingredients

- 1/3 C. Dry bread crumbs
- 1 tsp. Dry thyme, crushed
- 1/4 tsp. Salt
- 1/8 tsp. Black pepper
- 2 Tbsp. Butter, melted
- 2 Large onions, peeled and sliced 1/2-inch thick

Method

Combine crumbs and seasonings; toss with melted butter. Spoon onto onions. Arrange slices in large buttered baking dish.

Bake in a 375° oven for 30 minutes or until tender.



BUTTERNUT SQUASH WITH CARAMELIZED ONION LASAGNA

Ingredients

2 lbs. Butternut squash
2 Cloves garlic, minced
1-1/2 C. Romano cheese, grated
1/4 C. Dry bread crumbs
1/4 tsp. Ground nutmeg, salt and pepper, to taste
7 C. Sliced onions
2 Tbsp. Vegetable or olive oil

Method

Halve and seed squash and place cut-side down in baking dish. Add 1/4 inch water to dish, cover and bake in a 400° oven for 35 minutes or until tender. Scoop out squash and mash with garlic, 1/4 C. Romano cheese, bread crumbs and nutmeg. Salt and pepper to taste. Turn onions into large skillet and sauté for 15 minutes in oil until tender and golden. Boil noodles as package directs, drain and rinse. To assemble, place half the noodles in oiled 13x9-inch baking pan. Layer all squash mixture evenly over noodles. Top with all onions. Dab ricotta cheese over onions then add mozzarella and 1 C. Romano

8 oz. Lasagna noodles
1 C. Low-fat ricotta cheese
8 oz. Mozzarella cheese, sliced

Red Pepper Sauce

2 Red bell peppers
1/3 C. Olive oil
1 Clove garlic

cheese. Layer last half noodles on top and sprinkle with final 1/4 C. Romano cheese. Cover and bake in a 400° oven for 40 minutes. Uncover and bake 10 to 15 minutes longer or until hot throughout.

For Red Pepper Sauce: Broil peppers on pan, turning often, until blistered and blackened on each side. Place in plastic bag and steam 10 minutes. Peel, seed and dice to get about 1 C. Combine peppers with olive oil and garlic in electric blender and puree.





ROASTED ONION BOWLS

Ingredients

Onions as needed
Olive oil as needed



Method

Slice the top off each onion and 1/4" down. Carefully slice the onion bottom just enough that it stands up. Using a butter curler begin to hollow out onion in small circular motions. Be sure to leave 2-3 layers of onion around outside and stop 3/4" from the bottom. Rub each onion with olive oil and bake for 15 minutes at 325°. Cool until service.

Photo Courtesy of the Idaho-E. Oregon Onion Committee.

SMOKED SALMON SANDWICH WITH LEMONY MAYONNAISE

Ingredients

- 1/2 C. Mayonnaise
- 1 tsp. Lemon peel
- 2 tsp. Lemon juice
- 1 Tbsp. Fresh dill, chopped or dill weed (dry 1 tsp.)
- 8 Slices dark rye bread, buttered
- Lettuce as needed
- 8 Slices Gold or red tomatoes, thinly sliced
- 8 oz. Smoked salmon, sliced
- 1 C. Sliced red onions

Method

Mix mayonnaise with lemon peel, juice and dill. Assemble rye sandwiches with lettuce, tomato, salmon and onions stacked inside. Dollop with mayonnaise. Garnish with fresh dill springs, if desired.



HERBED VEGETABLE KEBABS

Ingredients

3/4 C. Olive oil

1/4 C. Balsamic vinegar

1 Tbsp. Fresh basil leaves, chopped

1 Tbsp. Fresh rosemary, chopped

1 Tbsp. Fresh thyme, chopped

1/4 tsp. Salt

1/4 tsp. Black pepper

1 Medium red onion, cut into 8 wedges

1 Medium red bell pepper, cut into 8 chunks

1 Medium zucchini, cut into 1-inch slices

8 Large fresh mushrooms



Method

Combine olive oil, vinegar, basil, rosemary, thyme, salt & pepper.

Place onion, red pepper, zucchini, corn & mushrooms in plastic bag with zippered closing; add olive oil mixture to bag. Seal; shake or turn bag to coat. Marinate in refrigerator 2-4 hours.

Remove vegetables from marinade; reserve marinade. Thread vegetables onto 8, 10-inch skewers. Grill or broil 4-5 inches from heat, turning, and basting with reserved marinade, 10 to 15 minutes, or until vegetables are tender.

THREE ONION POT PIE

Ingredients

1/4 C. Salted butter/margarine	1 C. Diced white onion	1 C. Diced red onion
1 C. Diced yellow onion	1 C. Sliced carrots	1-1/2 C. Mushrooms, quartered
1 C. Sliced celery	3/4 C. Diced red bell pepper	2 C. Diced chicken
1/2 C. Flour		

Sauce

1/4 C. Microbrew wheat beer	3/4 C. Cream	1 C. Chicken broth
1-1/2 tsp. Chicken base	1 Tbsp. Fresh minced thyme	1/8 C. Minced parsley
1/2 C. Basil, chopped	1/4 tsp. Black pepper	3/4 tsp. Salt
1 tsp. Minced garlic	1/2 C. Thinly sliced green onions	1 (36 oz.) Pie crust dough, prepared

Method

Combine first set of ingredients, except for flour, in a large heavy saucepan. Place over medium-high heat & cook for 10 minutes, stirring often. Add flour and stir well to combine with vegetables. Add "sauce" ingredients and stir well. Bring to simmer, while stirring frequently. Let cook for 10 minutes after coming to a simmer.

Place 10 ounces of filling in each of 12 individual baking dishes. Set aside and cool slightly. Divide dough into 12 pieces weighing 3 ounces each. Roll dough 1/8" thick to fit baking dishes. Place rolled dough over cooled filling & crimp around edges to seal. Cut three small slits into the top. Bake at 375° for 45 minutes until crust is browned.



SIZZLING STEAK & ONION FAJITAS

Ingredients

1-3/4 lbs. Top sirloin steak, about 1-in thick

Marinade

- 1 C. Coarsely chopped white onion
- 10 Medium to large garlic cloves
- 5 Serrano peppers, stemmed & seeded
- 1/2 C. Lime juice
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. Brown sugar
- 4 tsp. Chile powder

Other Ingredients

- 2 Tbsp. Butter
- 2 Tbsp. Olive oil
- 3 White onions, cut into narrow wedges
- 3 Bell peppers, thinly sliced
- 12 Flour tortillas
- 2 Limes, wedged
- 1 lb. Jalapeno jack cheese, grated

Method

Marinade: Finely chop in a food processor onion, garlic & peppers. Add remaining marinade ingredients and process to blend. Reserve half of marinade and refrigerate. Spread remaining half of marinade on steak, coating all sides. Pierce steak w/fork for extra marinade penetration. Cover & marinate in refrigerator for 2-12 hours.

Remove steak & discard meat marinade. Start grilling steak at high heat for 8-10 minutes until tender. Add reserved marinade to onion mixture & heat through. Slice steak across grain into narrow strips. Toss steak strips w/onion mixture in skillet.

To Serve

Fill tortilla w/ beef-onion combo. Squirt w/lime juice top w/cheese, sour cream, & salsa.



RATATOUILLE-STUFFED ONIONS

Ingredients

- 4 Jumbo white onions, peeled and halved crosswise
- Water
- 1 C. Diced green pepper
- 1 C. Thinly sliced zucchini
- 1/2 C. Sliced mushrooms
- 1/4 C. Pine nuts
- 2 Tbsp. Olive oil
- 1/2 C. Tomato paste
- 1/2 C. Dry white wine
- 1 tsp. Dried thyme, crushed
- 1/2 tsp. Salt
- 1/2 tsp. Black pepper
- 1/2 tsp. Garlic powder
- 1/2 tsp. Dried rosemary, crushed
- 1 C. Chopped tomatoes
- 2 C. Shredded cheddar cheese

Method

Trim onion halves so they sit upright. Scoop out centers, leaving 1/2-inch shells. Chop onion from centers to equal 2 C. and reserve. Place onions, cut-side up, in baking pan; add water to half of the height of the onions. Cover and bake in a 400° oven for 40 minutes or until onions are fork tender. Drain well. Saute chopped onions, pepper, zucchini, mushrooms, and pine nuts in oil. Add tomato paste, wine seasonings and tomatoes. Simmer until blended and tender. Fill each onion half with about 1/4 C. shredded cheese; place 2 halves in each of 4 individual baking dishes or bake all in large dish. Bake, covered, in a 425° oven for 20 to 25 minutes or until thoroughly heated.



CHUNKY SOUTHWESTERN SOUP

Ingredients

1-1/2 C. Chopped white onion
2 Tbsp. Vegetable oil
2 Medium carrots, quartered crosswise,
then slivered
1 lb. Potatoes, sliced then slivered
1/4 lb. Mushrooms, sliced
1 Tbsp. Minced garlic (3 medium cloves)
1 C. Mild chile salsa
2 cans Chicken broth (14-1/2 ounces each)
1 can Tomato sauce (15 ounces)
2 tsp. Oregano
2 tsp. Ground cumin
2 tsp. Fresh chile peppers, minced or
1 tsp. bottled red chile flakes
Grated cheddar or jack cheese
Tortilla chips

Method

Gently sauté onion in oil in large saucepan until buttery. Add carrots, potatoes, mushrooms, garlic, salsa, chicken broth, tomato sauce, oregano, cumin and fresh chiles. Bring to boil then simmer covered 15 minutes until potatoes are tender. Serve in bowls topped with cheese and additional pepper if desired. Surround bowls with chips.





CARAMELIZED ONION-ROQUEFORT MASHED POTATOES

Ingredients

- 5 lbs. Mashed potatoes
- 1 lb. Caramelized onions
- 8 oz. Roquefort
- 14 Roasted onion bowls
- Breadcrumbs as needed

Method

Mix hot mashed potatoes with Roquefort and hot caramelized onions. Hold warm. At service heat onion bowls in 375° over for 2 minutes. Fill onions with potato mix and top with breadcrumbs. Return stuffed onion to 375° for 5 minutes. Serve hot.

Photo Courtesy of the Idaho-E. Oregon Onion Committee.





ONION MEDITERRANEAN VEGETARIAN SANDWICH

Yield: 24 Sandwiches

Ingredients

- 6 lbs. Jumbo yellow onions, peeled and cut in 1/4-inch slices
- 1/3 C. Minced fresh garlic
- 48 (2 oz.) Eggplant slices
- 1-1/2 C. Prepared pesto
- 48 (2 oz.) Roasted sweet red peppers, halved
- 48 (1 oz.) Slices of Provolone, Gorgonzola, Feta or Mozzarella cheese
- 24 (6 inch) Rolls - Chibata, Italian or French bread halved and lightly toasted

Method

Arrange onion and eggplant sliced in single layer on spray-coated baking sheets. Spread garlic over onion.

Bake at 400° until tender, about 20 minutes.

Photo Courtesy of the Idaho-E. Oregon Onion Committee.



GREEK SALAD WITH SPICED ONIONS

Spiced Onion Ingredients

- 2 Red onions
- 1 C. White vinegar
- 1 C. Sugar
- 1/2 C. Water
- 3 (3-inch) Cinnamon sticks, broke in half

Salad Ingredients

- 1 Head dark green lettuce
- 2 Medium tomatoes, sliced
- 1 Cucumber, sliced
- 1 Tbsp. Olive oil
- 2 Lemons, squeezed to get juice

Method

For Spiced Onions: Peel & trim onions. Halve lengthwise and place cut sides down. Thinly slice. Combine onion, vinegar, sugar, water & cinnamon in container. Close & refrigerate at least 24 hours. Makes 1 quart spiced onions.

For Salad: Line platter with lettuce. Spread tomato and cucumber slices over lettuce. Lift 2 cups Spiced Onions from marinade with slotted spoon and spoon over salad. Discard any cinnamon stick pieces. Sprinkle with mint & pepper.

Mix oil and lemon juice & drizzle over salad. (Remaining onion mix will keep for 1 week.)



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