

A Killer Veggie Chili: **April 2019**

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Shopping List

Please buy organic when and if you can.

4 pieces of cod, 4-6 oz each

4 pieces of prosciutto

6-8 oz Italian sausage, loose or removed from casing

3 lbs London Broil – 1 or 2 steaks

Bakery

8 corn or flour tortillas

Dairy

Unsalted butter, 3 tablespoons

1 cup Oaxaca or Monterey Jack, shredded

Produce

Spaghetti squash, 1 large or 2 smaller

1 onion

1 cups kale, torn from 1 bunch

1 red onion

1 head garlic, for 8 cloves

1 lb asparagus

1 lb carrots

1 lb parrots

1 red bell pepper

1 medium sized sweet potato, approx. 8 oz

2 avocados

1 lime

1 cup lettuce, shredded

½ pint grape or cherry tomatoes

1 tub fresh salsa

Dry

1 small can chipotles in adobo

28 oz tomatoes, diced

15.5 black beans

15.5 kidney beans

Spices

Dried Italian herbs, 1 teaspoon

Garlic powder, ½ teaspoon

Chili powder, 1 tablespoon

Ground cumin, 1 tablespoon

Cacao or cocoa, unsweetened, 2 teaspoons

Cinnamon, ½ teaspoon

Frozen

1 box of brown rice

For Chili

Sour cream

Yogurt

Scallions

chips

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 cup

Vegetable oil, 2 teaspoons

Kosher Salt

Pepper

Prosciutto Wrapped Cod with Spaghetti Squash: **April 2019**

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Monday:

Prosciutto Wrapped Cod with Spaghetti Squash

Don't freak out at the length of these instructions – there's just a lot of good info! We are just baking the raw squash, browning sausage and pan/oven roasting the fish. Very straightforward stuff that SO worth it.. I chose to use frozen cod as the fresh didn't look so hot. It was still moist and flavorful – and less expensive – score one for me!

Serves: 4 Prep: 10 Cooking: 1 hour 30 minutes – mostly inactive

Ingredients

For the Cod

4 (4-6 oz) pieces of cod

4 pieces of prosciutto

2 teaspoons olive oil

For the Squash

1 large or 2 smaller spaghetti squash

1 onion, diced

4 cloves of garlic

8 oz. loose Italian sausage (uncooked, removed from casing)

2 cups kale, torn

3 tablespoons extra virgin olive oil

Salt
Pepper

Cooking Instructions

Prep Opportunity

The squash dish can be prepared and reheated up to a day ahead. Then, it's just a quick reheat, 10 minutes for the fish and you are done. In fact, this dish was created from squash leftovers – cool!

- 1
Preheat the oven to 400°.
- 2
Place the whole squash in the microwave for 3-4 minutes to soften. This makes it much easier to cut.
- 3
Using a sharp knife cut the squash in half lengthwise. Remove the seeds. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
- 4
Roast in the oven for 45-60 minutes, until you can poke the squash easily with a fork. Let cool until you can handle it safely.
- 5
Meanwhile, heat the olive oil in a large skillet over medium heat.
- 6
Add the onion and garlic and sauté for 4-5 minutes.
- 7
Add the sausage and break it up. Cook for 10-12 minutes, stirring regularly, until the sausage cooked through.
- 8
While the sausage cooks, lay out 4 pieces of prosciutto.
- 9
Place one filet on top of each and wrap them up.
- 10
Heat 1 tablespoon olive oil over medium heat in an ovenproof skillet.
- 11
Place each wrapped filet, seam-side down, in the skillet and cook for 2 minutes on each side.
- 12
Pop the skillet in the hot oven for 5 minutes.
- 13
Add the kale to the sausage and stir, cooking, for 2 minutes wilt the kale. Remove from heat and set aside.
- 14
Once cooled, scrape the insides of the spaghetti squash with a fork to shred the into strands.
- 15
Transfer the strands into the skillet with the sausage and toss to combine. Season to taste with salt and pepper.
- 16
Divide the mixture among four plates and top with a piece of fish.

Tuesday:

London Broil, Carrot-Parsnip Mash & Asparagus

I like to go with 2 separate pieces of London Broil if I can. NOTE: We are cooking extra beef for use later in the week. I like to cook it a bit under, bring to room temp, wrap and store in the fridge.

Serves: 4 Prep: 15 Cooking: 1 hour and 15 minutes

Ingredients

For the Steak

3 lbs London broil
3 tablespoons olive oil
1 tablespoon kosher salt
2 teaspoons black pepper

For the Mash

1 lb carrots, 1" pieces
1 lb parsnips, 1" pieces
1 tablespoon olive oil
1 teaspoon kosher salt
¼ teaspoon pepper
2 tablespoons butter
1 teaspoon dried Italian herb seasoning
½ teaspoon garlic powder (optional)

For the Asparagus

1 lb asparagus, trimmed
1 teaspoon kosher or sea salt
2 teaspoons olive oil

Cooking Instructions

Prep Opportunity

Peel the carrots and parsnips. When chopping the parsnips, remove the white core - its super stringy. Toss with olive oil. Keep in the fridge until you are ready to roast.

1

Preheat oven to 400°.

2

Place the parsnip only in a baking dish, in one layer, and toss with olive oil (if you didn't do this earlier), salt and pepper.

3

Roast the parsnips in oven for 20 minutes.

4

Add the carrots, toss with the parsnips and return to the oven for 15 minutes more.

5

Remove from oven and cover with the baking dish with foil.

6

Preheat your broiler.

7

Place the steak(s) on a broil pan or rimmed baking sheet lined with foil.

8

Broil to the desired doneness, about 5-6 minutes per side for medium-rare.

9

When you turn the steak, bring ½ cup water, 1 teaspoon salt and asparagus to a high simmer in a covered pan. Simmer for 5 minutes. Drain and toss with olive oil.

10

Transfer steak to a cutting board and let rest for 10 minutes.

11

Mash parsnips and carrots with butter, herbs and garlic powder. If too thick add 1 few tablespoons of milk or almond milk. Taste for seasoning.

12

Holding knife at a 45° angle, thinly slice the meat across the grain and serve with asparagus and mash.

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Wednesday:

A Killer Veggie Chili

Bust out the slowcooker! I served this chili to a bunch of hungry baseball fans and it was a hit! It is hearty and healthy and most important, delicious.

Serves: 4 Prep: 20 Cooking: 4-5 hours

Ingredients

1 medium red onion, chopped

1 red bell pepper, chopped

4 garlic cloves, chopped

1 tablespoon chili powder

2 teaspoons chipotle in adobo

1 tablespoon ground cumin
2 teaspoons cacao or unsweetened cocoa powder
¼ teaspoon ground cinnamon
Kosher salt
Black pepper
28 oz. diced tomatoes
15.5 oz black beans, rinsed
15.5 oz kidney beans, rinsed
1 medium sized sweet potato (about 8 ounces), peeled and cut into 1/2-inch pieces
Toppings: sour cream, yogurt, sliced scallions, or tortilla chips, for serving

Cooking Instructions

1
Combine the onion, bell pepper, garlic, chili powder, chipotle in adobo, cumin, cacao or cocoa, cinnamon, 1 teaspoon salt, and ½ teaspoon black pepper.

2
Add the tomatoes, beans, sweet potato, and 1 cup water.

3
Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4- 4 ½ hours. (I did HIGH)

4
Serve the chili with the sour cream, yogurt, scallions, or tortilla chips.

Steak Tacos and Salsa Red Rice: **April 2019**

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Thursday:

Steak Tacos and Salsa Red Rice

This is dinner on the run – and probably got the most accolades from my crew! Yes, I am using frozen brown rice again. Make it anyway you'd like – I'm just super tight on time.

Serves: 4 Prep: 15 Cooking: 10

Ingredients

For the Tacos

2 avocados
1 lime
1 cup Oaxaca or Monterey Jack cheese, shredded
2 teaspoons vegetable oil
2 teaspoons adobo, from the can of chipotles in adobo
1 lb grilled or pan seared steak – I used leftover London Broil

8 corn or flour tortillas
1 cup shredded lettuce
1 dozen grape tomatoes, chopped

For the Salsa Rice

2 bags frozen brown rice
 $\frac{3}{4}$ cup fresh quality salsa
1 tablespoon butter, optional

Cooking Instructions

- 1
Mash avocados with juice of 1 lime and a big pinch of salt. Place the pit in the bowl and set aside.
- 2
Shred the cheese.
- 3
Chop the tomatoes.
- 4
Slice the steak as thinly as possible.
- 5
Heat vegetable oil and adobo in a skillet over medium high heat.
- 6
Add steak and toss for 2 minutes until warmed through – be careful not to over cook – it'll be too chewy.
- 7
Cook the rice and toss with salsa and butter if using.
- 8
Wipe out the skillet with paper towel.
- 9
Heat the tortillas in the skillet and allow everyone to assemble their tacos as they'd like.
- 10
Boom. Done.