

I Heart My Squad: **March 2019**

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### Shopping List

*Please buy organic when and if you can.*

¾ lb medium shrimp, shelled and deveined

4 lbs beef chuck, cubed into 1 inch pieces

2 large eggs

### Dairy

3 cups Cheddar cheese, grated

1 ½ cups heavy cream

### Herbs: *Always check the fridge first*

1 bunch tarragon, for 3 tablespoons chopped

1 bunch thyme, for 1 tablespoon chopped

1 bunch basil, for ¼ cup finely chopped

1 bunch mint, for ¼ cup finely chopped

1 bunch cilantro, for ¼ cup finely chopped

1 bunch Italian flat-leafed parsley, for ¼ cup finely chopped

### Bakery

8 tortillas, hard or soft for the Guisada

8 thick slices country-style bread or challah

### Produce

2 scallions

1 lime

1 medium white onion

2 poblano peppers

3 jalapenos

1 head garlic, for 10 cloves

3 heirloom tomatoes

6-8 oz mixed greens

12 whole shallots

4 plum tomatoes

1 English cucumbers

Fruit Skewers – watermelon, cantaloupe, winter melon, pineapple, grapes

Prepared Pico de Gallo or 1 onion, cilantro, tomato, and another jalapeno

1 tub of your favorite salsa

### Dry

1 (14 oz) can unsweetened coconut milk

1 (8 oz) bottle clam juice

1 tablespoon Asian fish sauce

1 tablespoon green curry paste

1 cup jasmine or long grain rice

1 cup All purpose or almond flour  
3 cups low-sodium chicken broth  
14 ozs diced tomatoes  
1 (11 oz) can corn or ½ cup frozen  
1 small can chipotles in adobo, for 1-2 tablespoons  
1 box cornbread mix – I like Jiffy

### **Spices**

Cumin, 3 teaspoons  
Chili powder, 1 ½ teaspoons  
Dried oregano, 1 ½ teaspoons  
3 bay leaves

### **From Your Pantry**

\*\*\*ALWAYS CHECK THIS LIST – IT CHANGES\*\*\*

Canola or vegetable oil, 4 tablespoons  
Olive oil, ¼ cup  
White balsamic or Champagne vinegar, 4 tablespoons  
Dijon mustard, 1 tablespoon  
Salt, Kosher  
Pepper  
Thai Coconut Soup with Shrimp over Rice: **March 2019**

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**Monday:**

## **Thai Coconut Soup with Shrimp over Rice**

I have yet to find a person that doesn't love this simple soup. Don't worry about buying the unique ingredients, you will repeat this one and use them up! BONUS: I served this as a first course at a ladies luncheon and it met with raves. Boom.

Serves: 4    Prep: 10    Cooking: 30

## **Ingredients**

### **For the Soup**

1 14 oz can unsweetened coconut milk  
1 8 oz bottle clam juice  
1 jalapeno, seeded and thinly sliced  
1 tablespoon Asian fish sauce  
1 tablespoon green Thai curry paste  
Pinch of sugar  
¾ pound shelled and deveined medium shrimp  
2 scallions

¼ cup finely chopped mint  
¼ cup finely chopped basil  
¼ cup finely chopped cilantro  
1 lime

### **For the Rice**

1 cup jasmine or long grain white rice  
cooking spray or canola oil

## **Cooking Instructions**

- 1  
Bring 1 ½ cups water to a boil in a medium saucepan.
- 2  
Stir in rice and salt and return to a boil over medium-high heat.
- 3  
Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 15 minutes. To check for doneness, lift lid and if there are holes (like little craters), it's done.
- 4  
Remove from heat and let steam, covered, for 10 minutes.
- 5  
Meanwhile, once the rice is off heat, in a large pot, combine the coconut milk with the clam juice, sliced jalapeno, fish sauce, curry paste, sugar and ¼ cup of water; bring to boil.
- 6  
Reduce to medium low heat and simmer for 2 minutes.
- 7  
Add the shrimp and scallions and cook until the shrimp are just cooked through, about 2-3 minutes.
- 8  
Stir the mint, basil and cilantro into the soup.
- 9  
To serve, ladle soup over the rice and serve with lime wedges.
- 10  
Want to look a little fancy? Spray a ½ cup measuring cup with just a little cooking spray. Fill with a scoop of rice and invert it onto the middle of your soup bowl. Gently ladle soup over the top.

Slow Cooker Carne Guisada Tacos: **March 2019**

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**Tuesday:**

## **Slow Cooker Carne Guisada Tacos**

Thirty minutes in the morning or the night before pays off later. Dinner is ready in 10 minutes – especially if you, like me, bought pico de gallo, chopped stew beef and pre-cut fruit. NOTE: There will be extra for use later in the week.

Serves: 4    Prep: 10-30    Cooking: 6 hours on HIGH

# Ingredients

## For the Beef

4 lbs beef chuck, cut into 1" pieces  
2 teaspoons Kosher salt  
3 tablespoons vegetable oil  
1 medium white onion, diced medium  
2 poblano peppers, seeded and diced medium  
2 jalapenos, seeded and diced small  
10 garlic cloves, roughly chopped  
3 teaspoons ground cumin  
1 ½ teaspoons chili powder  
1 ½ teaspoons dried oregano  
1/3 cup almond flour  
3 cups low-sodium chicken broth  
14 ozs diced tomatoes  
3 bay leaves  
Tortillas, corn or flour, hard or soft, warmed  
½ cup grated cheddar or Monterey Jack  
Pico de gallo (white onion, tomato, jalapeno and cilantro)

## For the Fruit Skewers

Watermelon  
Cantaloupe  
Winter melon  
Pineapple  
Grapes

# Cooking Instructions

## Prep Opportunity

Chop the veggies for the slowcooker.  
Chop the beef if you bought a whole roast.  
Chop the fruit if you didn't buy pre-cut.  
Chop the vegetables for the pico de gallo.

1

In a large skillet, heat 2 teaspoons oil over high heat.

2

Sprinkle beef with salt and pepper.

3

Working in batches, brown the beef, 3-4 minutes per batch.

4

Transfer beef to the slow cooker.

5

In same skillet, cook the onion, bell pepper, jalapeno, and garlic over medium high heat, for 5 minutes.

6

Add cumin, chili powder, oregano, and flour and cook 1 minute more.

7

Add the broth and stir to combine.

8

Simmer for 2 minutes, transfer to slow cooker.

9

Add the tomatoes and bay leaves.

10

Cover and cook for 6 hours on HIGH.

11

Skewer the fruit or toss in a bowl.

12

Serve the beef in tortillas with cheese, pico de gallo and cilantro.

Cheddar French Toast : **March 2019**

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**Wednesday:**

## Cheddar French Toast

This dinner always feels very bistro-esque to me. Maybe it's the crisp viognier that I sip with it. My kids request this when I say that I don't feel like cooking - hmmm... ok?!? Pan-fried cheese - who could blame them?

Serves: 4   Prep: 10   Cooking: 35

## Ingredients

### For the French Toast

2 large eggs

1 ½ cups heavy cream or milk

¾ teaspoon kosher salt

1 ½ cups (6 ounces) grated sharp Cheddar

1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme(optional)

8 thick slices country-style bread or challah

4 tablespoons unsalted butter

3 tomatoes, thickly sliced – 1/2" (red, green or yellow)

½ teaspoon black pepper

1 tablespoon olive oil

1 tablespoon parsley, finely chopped

## For the Greens

6-8 oz mixed greens  
3 tablespoons very good olive oil  
1 tablespoon champagne vinegar  
1 teaspoon Dijon  
1 tablespoon minced shallot  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
¼ teaspoon sugar, optional

# Cooking Instructions

## Prep Opportunity

Make the dressing at any point during the day. Whisk together all ingredients, cover and store at room temp.

- 1  
With a fork, combine the eggs, cream or milk, and 1/2 teaspoon of the salt in a shallow dish.
  - 2  
Add the shredded cheddar and thyme.
  - 3  
Soak two slices in the mixture for 1 minute, turning them once.
  - 4  
Meanwhile, in a large nonstick skillet, melt 1 tablespoon butter over medium heat.
  - 5  
With a spatula, lift the bread from the bowl, allowing all of the excess batter to drip off, and place in the pan. Transfer some of the cheese from the egg mixture on to the top of the bread.
  - 6  
Cook the bread until golden, 3 to 4 minutes per side.
  - 7  
Transfer to a plate and cover to keep warm.
  - 8  
Repeat with the rest of the bread.
  - 9  
Sprinkle the tomatoes with salt and pepper.
  - 10  
Wipe out the skillet and return to medium heat. Heat the oil.
  - 11  
Add the tomatoes and cook for 2 minutes per side.
  - 12  
Toss the greens with the vinaigrette.
  - 13  
Serve the French toast, greens and tomatoes and a sprinkle of parsley.
- Mini Tamale Pies and Tomato, Shallot & Cucumber Salad: **March 2019**

**Thursday:**

# **Mini Tamale Pies and Tomato, Shallot & Cucumber Salad**

One night I prepared these little babies and just before I was supposed to pop them in the oven, life happened and I had to abort the mission. I covered them with plastic and off I went. The next night, I took them out of the fridge, heated the oven and threw them in – they were perfect! And now I can share yet another mistake.

Serves: 4-6   Prep: 20   Cooking: 20

## **Ingredients**

### **For the Pies**

2 -3 cups leftover Carne Guisado  
1 small can or ½ cup frozen corn  
1 cup salsa  
1-2 tablespoons chipotle in adobo, to taste  
¾ cup shredded cheddar or Monterey Jack  
1 box corn bread mix – your favorite

### **For the Salad**

12 shallots, peeled but left whole  
4 plum tomatoes, quartered  
2 English cucumbers, 1 inch slices  
1 tablespoon olive oil  
2 tablespoons white balsamic vinegar  
2-3 tablesspons tarragon, chopped  
A generous pinch of salt  
Pepper to taste

## **Cooking Instructions**

### **Prep Opportunity**

The tamale pies can be assembled a day ahead and stored in the fridge.

The salad can be made ahead and dressed at dinnertime.

1

Preheat the oven to 400°.

2

Peel the shallots and place them on a baking sheet. Toss with 2 teaspoons of olive oil, and a sprinkle of salt and pepper.

3

Roast for 12-15 minutes until soft but still hold their shape.

4

In a large bowl, combine the beef and its cooking liquid, corn, salsa, chipotle and ½ the cheese.

5

Divide this mixture between the 4-6 ramekins or an 8 x 8 baking dish.

6

In another bowl, mix the cornbread batter according to package instructions.

7

Add the remaining cheese to the batter and top each ramekin with ½ cup of batter.

8

Bake for 20-25 minutes.

9

Meanwhile, remove shallots from oven when ready and place in a large bowl with the tomatoes and cucumbers.

10

Add olive oil, vinegar, tarragon, salt and pepper.

11

The pies are done when the cornbread is set. Let pies rest for 5-10 minutes – they could be hot!

12

Serve with salad.