

BALSAMIC POT ROAST

INGREDIENTS

- 2-3 POUND ROAST
- 1 ONION
- 6 CLOVES GARLIC –MINCED
- 1 CUP CHICKEN BROTH
- 1 TBSP BALSAMIC VINEGAR
- SEAT SALT & PEPPER

STEPS

- IN CROCK POT, PLACE ROAST FAT SIDE DOWN
- ADD REMAINING INGREDIENTS OVER TOP OF THE ROAST
- COVER AND COOK ON LOW FOR (8 HOURS)
- USE REMAINING LIQUIDS AS GRAVY IF DESIRED – BY BLENDING THEM

SIDES

- ROASTED BUTTERNUT SQUASH (SEE ADDITIONAL RECIPE)
- FRESH BREAD

BEEF & CABBAGE STIR FRY

INGREDIENTS

- 2 LB GROUND BEEF
- 1 HEAD OF GREEN CABBAGE - GRATED
- 4 CARROTS – GRATED (ABOUT 2 CUPS)
- 6 GREEN ONIONS
- 4 CLOVES GARLIC – MINCED
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 4 TBSP SOY SAUCE
- 2 TBSP TOASTED SESAME OIL
- 1 TBSP BROWN SUGAR

STEPS

- IN A SMALL BOWL MIX TOGETHER SOY SAUCE, SESAME OIL AND BROWN SUGAR. SET THE SAUCE ASIDE
- BROWN THE GROUND BEEF IN LARGE STOCK POT
- ADD OLIVE OIL TO POT, AND THEN GARLIC – SIMMER FOR 5 MINUTES
- REDUCE HEAT AND ADD SHREDDED CABBAGE & CARROTS – COOK UNTIL CABBAGE IS SLIGHTLY WILTED
- STIR IN THE SAUCE AND GREEN ONIONS
- SERVE OVER CAULIFLOWER RICE

SIDES

- 2 BAGS FROZEN CAULIFLOWER RICE (TO SERVE STIR FRY OVER)
- PEACHES

BEEF STEW

INGREDIENTS

- 3 LBS STEW MEAT
- 1 ONION
- 6 CARROTS
- 4 CELERY STICKS
- 6 SMALL POTATOES
- 2 LARGE TOMATOES – CUT AND CRUSHED
- 2 TSP OREGANO
- 1 TSP PARSLEY
- 4 CUPS CHICKEN BROTH

STEPS

- IN CROCK POT PLACE CHOPPED ONION, CELERY, CARROTS AND POTATOES
- ADD STEW MEAT AND COVER WITH SPICES, TOMATOES AND CHICKEN BROTH
- COOK ON HIGH FOR (4 HOURS) OR LOW FOR (8 HOURS)

SIDES:

- FRESH BREAD (OPTIONAL)

CHILI

INGREDIENTS

- 3 LBS GROUND BEEF
- 1 ONION (DICED)
- 3 TBSP CHILI POWDER
- 1 TBSP GARLIC POWDER
- 1 TBSP CUMIN
- 2 CUPS CHICKEN BROTH
- 28 OZ PEELED CRUSHED TOMATOES
- 14 OZ CAN PETITE DICED TOMATOES
- 1 CAN WHITE CHILI BEANS (OPTIONAL)
- 1 CAN RED CHILI BEANS (OPTIONAL)

STEPS

- IN LARGE STOCK POT COOK GROUND BEEF UNTIL BROWNEED, DRAIN GREASE
- ADD CHOPPED ONIONS AND COOK FOR 5 MINUTES
- REDUCE HEAT AND ADD SPICES, STIRRING WELL
- ADD TOMATOES + CHICKEN BROTH + BEANS IF DESIRED
- SIMMER FOR 45 MINUTES ON LOW HEAT – ADD SALT AND PEPPER TO TASTE

SIDES

- CRISS CROSS POTATOES (*SEE ADDITIONAL RECIPE*)
- CRACKERS
- CHEDDAR CHEESE
- SOUR CREAM

CREAMY AVOCADO PASTA WITH GARLIC SHRIMP

INGREDIENTS

- 16-24 OZ RAW SHRIMP (MEDIUM SIZE): IF FROZEN, THAW AND DE-TAIL
- 16 OZ WHOLE WHEAT PASTA
- 2 AVOCADOS
- 1 CUP SPINACH
- 6 GARLIC CLOVES
- 1 LEMON (JUICED)
- 2 CUPS CHERRY TOMATOES
- 1 RED PEPPER
- 1 TBSP GHEE
- 1 TBSP OLIVE OIL
- ¼ CUP OLIVE OIL EXTRA

STEPS

- PREPARE PASTA AND SET ASIDE
- MINCE 3 CLOVES OF GARLIC AND SAUTEE IN GHEE, STIRRING CONSTANTLY
- ADD 1 TBSP OLIVE OIL AND THAWED & DE-TAILED SHRIMP - COOK FOR 2-5 MINUTES
- ADD IN SLICED RED PEPPERS & TOMATOES AND ALLOW THEM TO COOK AND SOFTEN
- IN FOOD PROCESSOR ADD AVOCADOS, SPINACH, 3 GARLIC CLOVES AND PULSE UNTIL MIXED, ADDING IN SLOWLY THE ADDITIONAL ¼ CUP OLIVE OIL TO CREATE A CREAMY TEXTURE
- SQUEEZE IN FRESH LEMON JUICE AND BLEND
- TOP THE COOKED PASTA WITH AVOCADO SAUCE, THEN SHRIMP, TOMATOES & PEPPERS MIXTURE

SIDES

- WHOLE GRAIN PASTA
- STRAWBERRIES
- HARD BOILED EGGS

CRISS CROSS POTATOES

INGREDIENTS

- 6 RUSSET POTATOES
- 2 TBSP GHEE
- SEA SALT

STEPS

- PREHEAT OVEN TO 350
- SCRUB POTATOES AND SLICE IN HALF LENGTHWISE (LEAVE PEELS ON)
- PLACE POTATOES CUT SIDE UP ON BAKING SHEET
- MAKE CUTS DIAGONALLY ON EACH POTATO AND THEN DIAGONALLY THE OTHER DIRECTION SO THAT THEY FORM A CROSS PATTERN
- MELT GHEE AND SPREAD ON TOP OF THE POTATOES, ALLOWING TO SOAK INTO THE CUTS
- BAKE FOR 30-45 MINUTES UNTIL POTATOES ARE SOFT

HASHBROWN BAKE

INGREDIENTS

- 1 PKG FROZEN SHREDDED HASHBROWNS (16 OZ)
- 1 PKG SHREDDED CHEDDAR CHEESE
- 1 CAN CREAM OF POTATO SOUP
- 2 CUPS CUBED HAM

STEPS

- PREHEAT OVEN TO 425
- IN A 9X13 BAKING DISH, MIX ALL INGREDIENTS EXCEPT CHEESE
- SPRINKLE CHEESE ON TOP OF MIXTURE
- BAKE FOR 25 MINUTES

SIDES

- COTTAGE CHEESE
- CHERRIES

ROASTED BUTTERNUT SQUASH WITH BACON & APPLES

INGREDIENTS

- 3 CUPS BUTTERNUT SQUASH, CUBED
- ½ TBSP COCONUT OIL, MELTED
- SEA SALT
- 6 SLICES BACON – CUT INTO 1-2 INCH PIECES
- 1 LARGE APPLE – PEELED AND CHOPPED
- ½ YELLOW ONION – CHOPPED

STEPS

- PREHEAT OVEN TO 425
- LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER OR ALUMINUM FOIL
- IN A LARGE BOWL, TOSS SQUASH CUBES WITH MELTED COCONUT OIL AND SEA SALT TO COAT EVENLY – THEN SPREAD OUT IN A SINGLE LAYER ON THE BAKING SHEET
- ROAST IN THE PREHEATED OVEN FOR 30 MINUTES OR UNTIL GOLDEN BROWN AND SOFT
- WHILE SQUASH IS COOKING, HEAT A LARGE CAST IRON SKILLET OVER MEDIUM-HIGH HEAT AND ADD THE BACON, STIRRING EVENLY
- ONCE SOME OF THE BACON FAT HAS RELEASED AND BACON IS BEGINNING TO BROWN ADD IN THE ONION
- LOWER THE HEAT TO MEDIUM AND COOK FOR 5 MINUTES UNTIL BACON IS COOKED THROUGH
- DRAIN REMAINING FAT FROM THE PAN AND ADD APPLES
- COOK AND STIR THE APPLES UNTIL SOFT, FOR ABOUT 2-5 MINUTES ON LOW HEAT
- ONCE SQUASH IS FINISHED COOKING ,MIX ALL TOGETHER

SPAGHETTI SQUASH PIZZA PIE

INGREDIENTS

- 2 SPAGHETTI SQUASH
- 2 POUNDS ITALIAN SAUSAGE
- 1 YELLOW ONION – DICED
- 2 CUPS PIZZA SAUCE (NO SUGAR ADDED)
- 2 TSP DRIED BASIL
- 5 EGGS

STEPS

- PREHEAT OVEN TO 400 DEGREES
- CUT SQUASH IN HALF LENGTHWISE AND PLACE CUT SIDE DOWN ON BAKING SEET. BAKE FOR 20 MINUTES.
- WHILE SQUASH IS COOKING, BROWN THE ITALIAN SAUSAGE ON STOVE
- REDUCE OVEN HEAT TO 350 DEGREES AND GREASE A 9X13 BAKING DISH
- REMOVE SEEDS FROM SQUASH AND SET ASIDE. SCRAPE THREADS FROM THE SQUASH AND PLACE INTO BAKING DISH
- ADD BASIL AND PIZZA SAUCE TO SAUSAGE, MIX AND PLACE IN PAN WITH SQUASH THREADS
- WISK ALL EGGS AND POUR INTO BAKING DISH. MIX ALL INGREDIENTS THOROUGHLY
- BAKE FOR 1 HOUR

SIDES

- SIDE SALAD
- GRAPES
- CHEESE SLICES

STEAKHOUSE VEGGIES

INGREDIENTS

- 3 PORTERHOUSE STEAKS (1 POUND EACH) OTHER GOOD CUTS: RIBEYE, SIRLOIN, EYE ROUND
- 1 ONION – CUT IN HALF AND SLICED INTO STRIPS
- 6 OZ FRESH MUSHROOMS
- 2 LARGE CARROTS – SLICED
- 2 FRESH GARLIC BULBS (SKIN LEFT ON) CLOVES SEPARATED
- 2-4 TBSP GHEE
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- BALSAMIC VINEGAR (FOR DRIZZLING)

STEPS

- PREHEAT YOUR BROILER; WITH RACK 6 INCHES FROM THE HEAT
- ON A RIMMED BAKING PAN, TOSS THE ONION, MUSHROOMS, CARROT AND GARLIC CLOVES WITH OIL
- CUT STEAK INTO STRIPS AND LAYER ON TOP OF VEGGIES
- DRIZZLE BALSAMIC VINEGAR OVER VEGGIES & STEAK
- BROIL FOR 15 MINUTES
- TAKE PAN OUT OF THE OVEN AND IMMEDIATELY PLACE PATS OF GHEE ON TOP OF STEAK. COVER ENTIRE PAN WITH FOIL AND LET REST ON THE COUNTER FOR 10 MINUTES
- AFTER 10 MIN – REMOVE THE PULP FROM THE ROASTED GARLIC CLOVES AND SPREAD OVER STEAK & VEGGIES. MIX TOGETHER

SIDES

- COTTAGE CHEESE
- 6 PEACHES

TACOS

INGREDIENTS

- 2 LBS GROUND BEEF
- 1 TBSP CHILI POWDER
- 1 TSP CUMIN
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- ½ TSP DRIED OREGANO
- ½ TSP SEA SALT
- 1 CUP WATER
- FLOUR TORTILLAS
- CHERRY TOMATOES – DICED
- OLIVES – DICED
- LETTUCE – CHOPPED
- ½ YELLOW ONION - DICED

STEPS

- IN A LARGE PAN, BROWN THE GROUND BEEF
- ADD IN SPICES AND WATER AND SIMMER OVER MEDIUM LOW HEAT FOR 15 MINUTES
- WHILE MEAT IS SIMMERING, CHOP VEGETABLES AND PREPARE SIDE DISHES

SIDES

- WATERMELON
- AVOCADO SLICES
- SPANISH OR MEXICAN RICE
- SALSA & CHIPS (4TH WEEK ONLY)