

CHICKEN & STEAK FAJITAS

INGREDIENTS

- 1 BAG FROZEN/ PRECOOKED CHICKEN FAJITA STRIPS
- 1 BAG FROZEN/ PRECOOKED STEAK FAJITA STRIPS
- FLOUR TORTILLAS
- 1 ONION
- 1 RED BELL PEPPER
- 1 GREEN BELL PEPPER
- 1 AVOCADO
- PACKAGE CHERRY OR GRAPE TOMATOES
- 1 CAN BLACK OLIVES
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 CAN BLACK BEANS

STEPS

- IN A LARGE PAN, ADD 1 TBSP OLIVE OIL
- ADD SLICED VEGGIES (ONION, PEPPERS AND TOMATOES) AND SAUTEE FOR 3-5 MINUTES
- ADD FROZEN CHICKEN & STEAK FAJITA STRIPS AND ALLOW ALL TO SIMMER FOR AN ADDITIONAL 5 MINUTES ON LOW/MEDIUM HEAT.
- CUT AVOCADO INTO SLICES AND OLIVES IN HALF (TO USE IF DESIRED)

SIDE ITEMS

- 1 CAN BLACK BEANS
- 1 LARGE PINEAPPLE
- SOUR CREAM
- SHREDDED CHEESE

SALSA

INGREDIENTS

- 1 CAN (14.5 OZ) WHOLE PEELED TOMATOES, DRAINED
- 1 CAN (14.5 OZ) DICED TOMATOES WITH GREEN CHILIES
- ¼ CUP ONIONS
- 1 TSP GARLIC SALT
- 1 TSP SUGAR
- ½ TSP GROUND CUMIN

STEPS

- MIX ALL TOGETHER IN A FOOD PROCESSOR

GUACAMOLE

INGREDIENTS

- 3 AVOCADOS
- 2 ROMA TOMATOES
- ¼ RED ONION
- 2 TBSP CILANTRO
- 1 TSP SALT
- 1 TSP MINCED GARLIC
- 1 LIME – JUICED

STEPS

- OPEN AND SCOOP AVOCADO FLESH INTO A BOWL. MASH ROUGHLY WITH A FORK. ADD ADDITIONAL INGREDIENTS AND BLEND WELL

PICO

INGREDIENTS

- 1 MEDIUM TOMATO – FINELY CHOPPED
- ¼ MEDIUM ONION – FINELY CHOPPED
- 2 TBSP SEEDLESS CUCUMBER
- 2 TBSP CILANTRO
- 1-2 GARLIC CLOVES
- SQUEEZE OF FRESH LIME OR LEMON

STEPS

- COMBINE EVERYTHING AND CHILL IN FRIDGE A FEW HOURS BEFORE EATING

GRAIN FREE ITALIAN MEATBALLS

INGREDIENTS

- 2 POUNDS GROUND BEEF
- 2 POUNDS GROUND PORK
- 1 CUP ONION - FINELY DICED
- 1 CUP MUSHROOMS – FINELY DICED
- 1 CUP CARROTS – FINELY DICED
- 4 TSP GARLIC POWDER
- 4 TSP ONION POWDER
- 4 TBSP BASIL
- 4 TBSP OREGANO
- ½ CUP PARMESEAN CHEESE (OPTIONAL)

STEPS

- PREHEAT OVEN TO 350
- USE A FOOD PROCESSOR TO DICE ONION, MUSHROOMS AND CARROTS (OR DICE FINELY BY HAND)
- MIX ALL INGREDIENTS TOGETHER, THEN ROLL INTO BALLS & PLACE ON RIMMED COOKIE SHEET
- COOK FOR 25 – 30 MINUTES

SIDES

- POTATOES (6-8) MASHED WITH A LITTLE COCONUT MILK
- ASPARAGUS
- SLICED BLOCK OF CHEESE

OVEN BAKED CHICKEN & CREAMY MUSHROOM SAUCE OVER NOODLES

INGREDIENTS

- 6-8 BONELESS SKINLESS CHICKEN BREASTS
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- ½ YELLOW ONION
- 1 CUP SLICED MUSHROOMS
- 1 CUP COCONUT MILK
- 2 TBSP ARROWROOT FLOUR
- 2 TBSP MINCED GARLIC
- SALT & PEPPER
- 16 OZ. WHOLE GRAIN LINGUINI PASTA

STEPS

- PREHEAT OVEN TO 400
- RUB CHICKEN BREASTS WITH OLIVE OIL AND SPRINKLE BOTH SIDES WITH A LITTLE SALT & PEPPER
- PLACE CHICKEN IN A BROILER PAN
- COVER PAN WITH ALUMINUM FOIL
- BAKE FOR 10 MINUTES, THEN FLIP CHICKEN AND COOK 15 MINUTES MORE
- SCRAPE BOTTOM OF PAN AND ADD TO A PAN ON MEDIUM/HIGH HEAT. ADD THE DICED ONIONS AND SIMMER FOR 5 MINUTES
- ADD IN MUSHROOMS AND MINCED GARLIC AND SIMMER FOR AN ADDITIONAL 5 MINUTES
- POUR IN COCONUT MILK AND STIR IN ARROWROOT FLOUR, ALLOWING THE MIXTURE TO THICKEN
- SERVE GRAVY AND CHICKEN OVER PREPARED PASTA

SIDE ITEMS

- 2 YELLOW SQUASH – SLICED AND SAUTE'ED IN PAN

ALMOND CRUSTED FISH FILLETS

INGREDIENTS

- 2 LBS PALM-SIZE FISH FILLETS
- 1 CUP COARSE GROUND ALMOND MEAL
- ¼ CUP COCONUT FLOUR
- ½ TSP GARLIC POWDER
- ½ TSP ONION POWDER
- 1 TSP SEA SALT
- 1 LARGE EGG
- ½ CUP COCONUT MILK

STEPS

- * IF FISH FILLETS ARE FROZEN – THAW BEFORE BEGINNING
- * IF YOU PREFER TO MAKE YOUR OWN ALMOND MEAL – SIMPLY USE A FOOD PROCESSOR OR HIGH POWERED BLENDER TO GRIND ALMONDS AND PULSING UNTIL THEY REACH A COARSE TEXTURE
- IN A GLASS PIE PLATE, MIX TOGETHER ALMOND MEAL, COCONUT FLOUR AND SPICES
- IN A SECOND PIE PLATE OR SHALLOW BOWL, SCRAMBLE TOGETHER EGG AND COCONUT MILK
- RINCE AND PAT DRY THE FISH FILLETS. DREDGE THROUGH EGG MIXTURE AND THEN THROUGH NUT MIXTURE, COMPLETELY COATING
- PAN FRY IN GHEE ON MEDIUM HEAT FOR ABOUT 3-4 MINUTES PER SIDE OR OVEN BAKE AT 400 DEGREES IN A GLASS DISH GREASED WITH GHEE FOR 20-25 MINUTES

SIDES

- WHOLE GRAIN NOODLES
- YELLOW SQUASH

OVEN BAKED HAM

INGREDIENTS

- 1 (9-10 POUND) BONE-IN FULLY COOKED SMOKED HAM (BUTT OR SHANK HALF)
- 1-2 CUPS WATER

STEPS

- PREHEAT OVEN TO 325
- PUT THE HAM, FLAT-SIDE DOWN, ON A RACK IN A ROASTING PAN
- POUR ¼ INCH WATER INTO THE BOTTOM OF THE PAN
- COVER WITH ALUMINUM FOIL IF DESIRED
- TRANSFER TO THE OVEN AND ROAST FOR 15 MINUTES PER POUND (ABOUT 2 ½ HOURS)

- ADDITIONAL STEP: RESERVE 5 CUPS (CUBED) HAM FOR RECIPES IN THE FOLLOWING WEEKS
 - NEED: 2 (QUART SIZED) FREEZER BAGS
 - BAG 1: 3 CUPS OF CUBED HAM – SCALLOPED POTATO RECIPE
 - BAG 2: 2 CUPS OF CUBED HAM – HASHBROWN BAKE RECIPE

SIDES

- ROASTED GARLIC GREEN BEANS (*SEE ADDITIONAL RECIPE*)
- 4 APPLES (CUT INTO SLICES)

ROASTED GARLIC HERB GREEN BEANS

INGREDIENTS

- 9 CUPS GREEN BEANS
- 2 TBSP OLIVE OIL
- 2 TSP MINCED GARLIC
- 1 TSP ITALIAN SEASONING

STEPS

- PREHEAT OVEN TO 425
- TOSS ALL INGREDIENTS TOGETHER IN A LARGE MIXING BOWL
- LAY BEANS IN A SINGLE LAYER ON A RIMMED BAKING SHEET.
- BAKE FOR ABOUT 5 MINUTES
- TURN BEANS WITH A SPATULA AND COOK FOR ANOTHER 3-5 MINUTES UNTIL BEANS ARE SIZZLING AND BEGIN TO BROWN
- * NOTE: IF YOU LIKE SOFTER BEANS, YOU CAN STEAM THEM FOR A BIT BEFORE STEP 1

GAS HOUSE EGGS

INGREDIENTS

- 12 SLICES BREAD
- 12 EGGS
- MARGARINE OR BUTTER

STEPS

- HEAT SKILLET TO 350 DEGREES
- BUTTER BREAD ON ONE SIDE
- PRESS A SMALL CUP OR PLASTIC CONTAINER INTO CENTER OF BREAD TO CREATE A HOLE IN THE CENTER OF EACH SLICE
- PLACE BREAD ON SKILLET AND IMMEDIATELY CRACK EGGS AND POUR INTO EACH CENTER/HOLE
- REPEAT STEPS FOR ALL 12 PIECES OF BREAD – COOK TO LIKING
- FRY THE CIRCLE BREAD PIECES UNTIL CRISPY

SIDES

- 1 PACKAGE BACON
- 1 PACKAGE BLUEBERRIES
- 3 LARGE BANANAS

BUFFALO RANCH STUFFED PEPPERS

INGREDIENTS

- 8 CHICKEN BREASTS
- 8 GREEN BELL PEPPERS
- 1 CUP HOT SAUCE
- ½ CUP GHEE
- 1 TSP. EACH OF (DRIED PARSLEY, DILL, CHIVES, GARLIC POWDER AND ONION POWDER)
- GUACAMOLE
- 2 AVOCADOS
- ¼ RED ONION
- ½ OF LIME, JUICED

STEPS

- PLACE CHICKEN BREASTS IN CROCK POT ON LOW FOR 6-8 HOURS (FROM FROZEN)
- 1/2 HOUR BEFORE MEAL TIME: PREHEAT OVEN TO 350 DEGREES. THEN CUT THE TOPS OFF OF GREEN PEPPERS AND CLEAN OUT SEEDS. SET THEM ON A COOKIE SHEET
- ADD ALL SPICES TO THE CHICKEN AND SHRED IN THE CROCKPOT
- MELT BUTTER AND GHEE TOGETHER ON STOVE, THEN POUR OVER CHICKEN MIXTURE
- BAKE FOR 25-30 MINUTES
- WHILE BAKING, MAKE THE GUACAMOLE SIDE BY MIXING UP THE AVACADOS, ONION AND LIME JUICE

SIDES

- 2 BAGS FROZEN CAULIFLOWER RICE
- 1 PACKAGE STRAWBERRIES