

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 (2ND WEEK ONLY)
- SALSA & CHIPS (4TH WEEK ONLY)

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

PORK CHOPS

INGREDIENTS

- 8 PORK CHOPS (BONE IN OR BONELESS IS FINE)
- 4 TBSP EXTRA VIRGIN OLIVE OIL
- 4 TBSP APPLE CIDER VINEGAR
- 4 TBSP SPICY BROWN MUSTARD OR DIJON
- 2 TBSP SOY SAUCE
- 1 TBSP HOT SAUCE
- 1 TBSP MINCED GARLIC

STEPS

- MIX ALL INGREDIENTS IN 1 GALLON ZIPLOC BAG
- ADD PORK CHOPS AND MIX UNTIL COATED (MAY NEED TO PUT THEM IN THE BAG A FEW AT A TIME)
- LET MARINADE IN THE FRIDGE FOR AT LEAST 1 HOUR – UP TO 24
- GRILL OR PAN FRY WITH A TBSP OF GHEE

SIDES

- SEASONED POTATO WEDGES (* SEE ADDITIONAL RECIPE *)
- APPLESAUCE
- SPECIAL CHEESE

GARLIC POTATO WEDGES

INGREDIENTS

- 6 LARGE UNPEELED RUSSET POTATOES
- 4 TBSP OLIVE OIL
- 4 CLOVES GARLIC – MINCED
- ½ CUP CHOPPED PARSLEY
- SALT & PEPPER

STEPS

- PREHEAT OVEN TO 425
- LINE BAKING SHEET WITH ALUMINUM FOIL
- IN LARGE BOWL MIX OLIVE OIL AND SPICES UNTIL BLENDED WELL
- CUT POTATOES INTO WEDGES AND TOSS IN BOWL UNTIL WELL COATED
- PLACE COATED POTATOES ON BAKING SHEET AND COOK FOR 25 MINUTES

CASHEW CHICKEN

INGREDIENTS

- 1 CUP NATURAL CASHEWS
- 1 BAG OF FROZEN PRE-COOKED DICED OVEN ROASTED CHICKEN BREAST (OR) 6-8 COOKED CHICKEN BREASTS CUT INTO 1" PIECES
- 1 RED BELL PEPPER
- 1 BUNCH SPRING/GREEN ONIONS
- ½ CUP GLUTEN FREE SOY SAUCE
- 4 TBSP APPLE CIDER VINEGAR
- 4 TBSP EXTRA VIRGIN OLIVE OIL
- 4 PITTED DATES – FINELY DICED

STEPS

- IN A LARGE SKILLET ADD CASHEWS AND TOAST FOR 5 MIN OVER MEDIUM HEAT, STIRRING
- ADD OLIVE OIL AND DICED VEGETABLES. SAUTEE FOR 5 ADDITIONAL MINUTES
- ADD PRECOOKED CHICKEN AND HEAT FOR 5 MINUTES (OR 10-15 MIN IF FROM FROZEN)
- ADD SOY SAUCE, VINEGAR AND DATES TO MIXTURE AND SIMMER TO ALLOW THICKENING
- SERVE OVER CAULIFLOWER RICE

SIDES

- 2 BAGS FROZEN CAULIFLOWER RICE (TO SERVE CHICKEN OVER)
- 1 PKG STRAWBERRIES

ZOODLE GREEK SALAD

INGREDIENTS

- 4 ZUCCHINI
- 1 ENGLISH CUCUMBER – CHOPPED
- 15 CHERRY TOMATOES – HALVED
- PITTED OLIVES – HALVED
- ¼ CUP THINLY SLICED RED ONION
- 2 OZ CRUMBLED FETA CHEESE
- ¼ CUP LIGHT ITALIAN DRESSING (SUCH AS NEWMAN'S OWN LIGHT ITALIAN)

STEPS

- USE A SPIRALIZING TOOL TO CUT ZUCCHINI INTO NOODLE-SHAPED STRANDS - * YOU MAY WANT TO CUT ZOODLES IN HALF TO MAKE THEM A BIT EASIER TO EAT
- PLACE ZOODLES IN A LARGE BOWL AND TOP WITH OTHER CUT VEGGIES
- MIX IN ITALIAN DRESSING UNTIL WELL COATED (ABOUT ¼ CUP)
- ADD CRUMBLED CHEESE ON TOP

TUNA SALAD

INGREDIENTS

- 3 CANS ALBACORE TUNA (IN WATER, NO SALT ADDED)
- 2 APPLES (PINK LADY OR FUJI PREFERRED)
- 2 KOSHER DILL PICKLES
- 2 ENGLISH CUCUMBERS
- 1 RED BELL PEPPER
- 1 YELLOW BELL PEPPER
- 6 PITTED DATES
- 2 AVOCADOS
- (DRESSING ING. BELOW)
- 4 TBSP SPICY BROWN MUSTARD
- 4 TBSP EXTRA VIRGIN OLIVE OIL
- 1 TSP DRIED DILL
- SALT & PEPPER TO TASTE

STEPS

- MIX ALL DRESSING INGREDIENTS TOGETHER IN A LARGE BOWL – WHISK THOROUGHLY
- CHOP ALL FRUITS & VEGGIES AND ADD TO BOWL. MIX WELL
- ADD TUNA AND MIX UNTIL EVERYTHING SEEMS WELL COATED

MONKEY SALAD

INGREDIENTS

- 4 BANANAS
- 1 CUP BLUEBERRIES
- 1 CUP RAW CASHEWS
- COCONUT FLAKES (OPTIONAL)
- CINNAMON (OPTIONAL)

STEPS

- SLICE THE BANANAS AND DISTRIBUTE EVENLY IN WIDE MOUTH MASON JARS OR SMALL BOWLS
- ADD BLUEBERRIES & CASHEWS EVENLY
- LIGHTLY TOSS
- CAN TOP WITH A BIT OF CINNAMON AND/OR COCONUT FLAKES IF DESIRED

CHICKEN WILD RICE SOUP

INGREDIENTS

- 1 BAG FROZEN COOKED OVEN ROASTED CHICKEN BREASTS (OR) 3 CUPS COOKED DICED CHICKEN
- 1 CUP WILD RICE
- 1 SMALL ONION - CHOPPED
- 2 CELERY STALKS - CHOPPED
- 4 SMALL CARROTS – CHOPPED
- 2 GARLIC CLOVES – MINCED
- ½ TSP DRIED THYME
- 2 TBSP GHEE
- 1 CUP MILK
- 8 CUPS CHICKEN BROTH
- ¼ CUP GLUTEN FREE OR ALL PURPOSE FLOUR

STEPS

- COOK WILD RICE IN SAUCE PAN UNTIL WATER BOILS OFF
- IN A LARGE STOCK POT, MELT BUTTER OVER MEDIUM HEAT. ADD ONION, CELERY AND CARROTS AND SEASON WITH SALT & PEPPER IF DESIRED. SAUTE FOR 10 MINUTES, THEN ADD GARLIC AND THYME AND SAUTE FOR 2 MORE MINUTES.
- ADD CHICKEN BROTH AND BRING TO A BOIL. ADD CHICKEN AND COOKED WILD RICE
- TURN HEAT TO MEDIUM-LOW AND SIMMER FOR 20-30 MINUTES
- WHISK TOGETHER MILK AND FLOUR UNTIL SMOOTH AND ADD TO SOUP MIXTURE

SIDES

- FRESH BREAD (OPTIONAL)

POTATO BACON SOUP

INGREDIENTS

- 1 PKG BACON
- 1 SWEET ONION – CHOPPED
- 5 LBS POTATOES (SCRUBBED, PEELED AND QUARTERED)
- 32 OZ CHICKEN BROTH
- 1 CAN COCONUT MILK
- 3 TBSP CHIVES
- SOUR CREAM (OPTIONAL)

STEPS

- COOK BACON AS DESIRED IN SAUCEPAN OR OVEN. USE PAPER TOWELS TO REMOVE GREASE
- IN A LARGE POT, SAUTEE THE ONIONS IN A BIT OF THE BACON GREASE FOR 5 MINUTES
- SLOWLY ADD IN THE CHICKEN BROTH
- ADD THE POTATOES AND BRING TO A BOIL, THEN SIMMER FOR 20-30 MINUTES UNTIL VERY TENDER
- USE A POTATO MASHER AND MASH UP THE POTATOES. USE AN IMMERSION BLENDER IF YOU DESIRE A CREAMIER TEXTURE
- ADD IN COCONUT MILK AND SALT & PEPPER TO TASTE – THEN SIMMER FOR 10 MINUTES
- SERVE WITH CHIVES & SOUR CREAM ON TOP (OPTIONAL)

SIDES

- FRESH BREAD (OPTIONAL)

GOLDEN CAULIFLOWER SOUP

INGREDIENTS

- 1 LARGE HEAD CAULIFLOWER (ABOUT 3 LBS)
- 1 MEDIUM ONION – DICED
- 2 LARGE CARROTS – DICED
- 2 CLOVES GARLIC – SMASHED
- 1 TBSP COCONUT OIL
- 2 CUPS BEEF BROTH
- 1 CAN COCONUT MILK
- 2 CUPS WATER
- SALT & PEPPER

STEPS

- WASH AND CORE THE CAULIFLOWER, THEN COARSLY CHOP. SET ASIDE
- HEAT A LARGE, DEEP POT OVER MEDIUM-HIGH HEAT, THEN ADD COCONUT OIL. ONCE OIL IS MLETED, ADD ONIONS, CARROTS AND GARLIC. STIR UNTIL ALL VEGGIES ARE SOFT AND GOLDEN (ABOUT 5 MINUTES)
- ADD THE CHOPPED CAULIFLOWER AND COOK UNTIL BEGINNING TO BROWN (ABOUT 5 MIN)
- ADD THE BROTH AND WATER, THEN BRING TO A BOIL.
- REDUCE HEAT TO SIMMER AND ALLOW TO COOK, COVERED, ABOUT 45 MINUTES
- WORKING IN BATCHES, CAREFULLY TRANSFER THE SOUP MIXTURE TO A BLENDER OR FOOD PROCESSOR AND PUR'EE UNTIL SMOOTH. ADD MORE BROTH IF NECESSARY
- RETURN PUREE BACK TO THE SOUP POT AND THEN ADD IN COCONUT MILK AND SALT & PEPPER TO TASTE

SIDES

- FRESH BREAD (OPTIONAL)