



MEAL PLAN 15.46 Recipe Compilation

November 18, 2015

Southwest Slow Cooker Chicken

Yields: 21P, 15.5C, 0F

Ingredient List:

- **1 whole chicken**
- **4 slices bacon**
- **5 cloves fresh garlic, minced**
- **3 cups onions, large dice**
- **3 cups poblano peppers, large dice**
- **3 cups sweet potatoes, large dice**
- **2 cups green chiles**
- **2 cups crushed tomatoes**
- **2 tablespoons Kosher salt**
- **2 teaspoons freshly ground black pepper**
- **2 tablespoons chili powder**
- **2 teaspoons ground cumin**
- **3 bay leaves**
- **Fresh tomato, avocado and cilantro to garnish, as desired**

Preparation Instructions:

1. Place bacon and garlic in the bottom of your slow cooker.
2. Combine onion, peppers, sweet potatoes, green chiles, and tomatoes in a large mixing bowl.
3. Season chicken inside and out with Kosher salt, pepper, chili powder and cumin.
4. Place two cups of veggie mix in slow cooker with bacon and garlic and top with bay leaves.

5. Scoop two cups of veggie mix into the carcass of the chicken and place chicken in slow cooker.
6. Pour remaining veggies over the top and around the sides of the chicken.
7. Cover and cook on the low setting for 10 hours. The meat will be fall off the bone tender at this point.
8. Scoop chicken, veggies and broth into bowls, garnish with fresh tomato, avocado and fresh cilantro.

Pulled Pork and Coconut Frittata

Yields: 42P, 20C, 133F

Ingredient List:

- **2 pounds pre-cooked Pork Butt, roasted and shredded**
- **10 eggs**
- **2 yellow onion, julienned**
- **2 poblano peppers, diced**
- **2 pounds asparagus, blanched and shocked, ends removed and cut into 4's**
- **2 yams or sweet potatoes, roasted, peeled and diced**
- **3 cup of broccoli, ABC**
- **4 cups mushrooms, sliced**
- **1 can lite coconut milk**
- **2 teaspoons dried thyme**
- **Kosher salt, to taste**
- **Black pepper, to taste**
- **Olive oil**

Preparation Instructions:

1. Saute all veggies in a large pan, with olive oil, over medium-high heat until they are approximately 80% cooked.
2. In a large hotel pan, add one layer of veggies and top with pulled pork. Add a second layer of veggies.
3. Blend coconut milk, eggs and dried thyme in a blender and pour over the ingredients in the hotel pan.
4. Bake at 325F for 30 minutes and then broil for 3 additional minutes to crisp up.
5. and enjoy!

Chipotle Braised Short Ribs with Sweet Potatoes

Yields: 34P, 25C, +/-F

Ingredient List:

- 4 pounds short ribs
- Olive oil, as needed
- Kosher salt, to taste
- 1 large onion, julienned
- 1 28oz can tomato sauce
- 6 cups chicken or beef stock
- 1 cup salsa chipotle (see recipe below)
- 4 sweet potatoes, 1 ½" dice
- Massie Mayo, as garnish
- Cilantro leaves, as garnish

Preparation Instructions:

1. Heat olive oil in a thick bottomed soup pot over high heat. Season ribs with Kosher salt and when oil begins to shimmer, place ribs in pot seasoned side down.
2. Season top side of ribs with Kosher Salt.
3. Sear for 2-3 minutes on all sides, then remove from pan and allow to rest while you sear the remaining ribs.
4. While ribs are searing, prepare the julienned onions and when removing the final ribs are removed from pan, add the onions immediately to deglaze and absorb the “fond” created from searing.
5. When onions have cooked for one minute, layer ribs back into pot, cover with 3 cups of stock and the tomato sauce.
6. Bring to a simmer, reduce heat to low and cover with a lid.
7. Cook for 90 minutes, and then add sweet potatoes, remaining stock and salsa chipotle.
8. Cook for an additional 45-60 minutes until beef and sweet potatoes are fork tender.
9. Plate up beef and sweet potatoes, drape with braising liquid, and garnish with mayonnaise and cilantro.

Salsa Chipotle

Yields: 5C

Ingredient List:

- **7oz. Can of Chipotle in Adobo**
- **14oz. Crushed Tomatoes**
- **1 Medium Onion, large dice**
- **Juice of 2 Limes**
- **1 Handful Fresh Cilantro, rinsed (approximately half of one large bunch)**
- **10oz. Water**
- **1.5 Teaspoons Kosher Salt (to taste)**

Preparation Instructions:

1. Combine all ingredients in a blender and blend on high until smooth.
2. Tone down heat by adding more lime juice or tomato product.
3. Season with Kosher salt to your liking.
4. Refrigerate for up to two weeks, or freeze for up to six months.

Tom Yum Goong - Thai Shrimp Soup

Yield: 8P, 4C, 0F

Ingredient List:

- **2 cups wild shrimp, peeled and deveined (size 21-25) (approximately 1 pound)**
- **1 quart chicken stock**
- **Shells of peeled shrimp**
- **8 cloves garlic, smashed in a mortar and pestle**
- **2 Roma tomatoes, cut into 8 slices each**
- **4 Kaffir lime leaves, stemmed and torn into pieces**
- **10 slices fresh ginger**
- **10 slices lemongrass, from the bottom 1/3 of the stalk**
- **2 Thai chiles, split lengthwise (de-seeded if you don't want it spicy)**
- **1 shallot, peeled and sliced thin**
- **2 cups Shiitake mushrooms, stemmed and quartered**
- **Juice of 1 lime**
- **4 squirts of fish sauce**

Preparation Instructions: (Soup)

1. Combine chicken stock and shrimp shells in a wok or stock pot and simmer for 5 minutes. Strain off and discard shrimp shells.
2. Add garlic, ginger and lemongrass to the stock and continue to simmer for 2 minutes, then add tomatoes, mushrooms, shallots and lime leaves.
3. Simmer until mushrooms are 85% cooked, then add the shrimp, lime juice, Thai chile and fish sauce and cook for one minute longer.
4. Cut the heat, dish it up and enjoy with your friends and family!

Chorizo Mushroom Hash with Eggs

Yield: 8P, 5C, 8F

Ingredient List:

- **6oz Chorizo**
- **½ yellow onion, diced**
- **Olive oil, as needed**
- **1 pound mushrooms, sliced**
- **1 Roma tomato, diced**
- **1 avocado, pitted and diced**
- **¼ onion, minced**
- **1 garlic clove, pasted**
- **¼ jalapeno, minced**
- **1 lime, juiced**
- **Kosher salt, to taste**
- **3-4 sprigs of cilantro, chiffonade**
- **2 eggs**

Preparation Instructions:

1. Heat a sauté pan over medium-high heat. Add olive oil, chorizo and onion. Allow to cook until fat from the chorizo renders, stirring occasionally.
2. Add mushrooms to the pan and toss.
3. While the mushrooms are cooking, go ahead and mix up the avocado, ¼ onion, garlic, jalapeno, lime and kosher salt for your guacamole.
4. Once your mushrooms have a nice caramelization to them, move them to the side of your pan, add a little fresh olive oil and crack your 2 eggs into the open space. Season with Kosher salt and pepper and cook to your liking.
5. Make a bed of hash on your plate, top with eggs, tomatoes, guac and cilantro. Enjoy!

Paleo Crab Artichoke Dip with Veggie Chips

Yield: 10P, 17.5C, 172F

Ingredient List:

Dip

- **2 Red Bell Peppers, roasted, skinned, and julienned**
- **2 Poblano Peppers, roasted, skinned, and julienned**
- **1 Cup Spinach, sautéed, shocked and wrung out**
- **1 Bulb Garlic, minced**
- **4 Cups Artichoke Hearts, quartered**
- **1 Yellow Onion, diced**
- **4 Cups Oyster Mushrooms, rough chopped**
- **1 Pound Lump Crab Meat, drained and shells picked**
- **2 - 14.5oz. Cans Coconut Milk**
- **1 Cup Paleo Mayo**
- **Olive Oil**
- **Kosher Salt and Black Pepper, to taste**
- **Crushed Red Chili, to taste**

Veggie Chips

- **3 Bell Peppers, cut into "chips"**
- **1 Cup Broccoli, cut into "chips"**
- **5 Carrots, ABC (Asian Bias Cut)**
- **1 Head Celery, cut into "chips"**

Preparation Instructions:

1. Heat a cast iron skillet over medium-high heat until approximately 350°F.
2. Add olive oil and garlic and stir constantly until garlic begins to toast.
3. Add the diced onions, season with salt and pepper and stir well. Cook for 2 minutes.
4. Add mushrooms, stir well and cover pan with a lid to trap moisture. Cook for 3 minutes, remove lid and stir again.
5. Add roasted peppers, spinach, artichoke hearts, crab meat, and coconut milk and heat until a light simmer is reached. Turn off heat.
6. Add Paleo mayo and fold in gently. Season with salt, pepper and chili and Voila!
7. Serve with Veggie chips and be sure to share with your friends.
8. You can make this ahead of time and reheat it gently at the time of service. You can also freeze this for up to 6 months, but the highest quality will be achieved by preparing and serving this while fresh.

Massie Mayo **(if needed)*
****if not needed change 1 to 0 on grocery list***

Yields: 2P, 288F - makes about 2 cups

Ingredient List:

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

Preparation Instructions:

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Stores in the fridge for 2-3 weeks, but I doubt it will last that long...