



MEAL PLAN 16.20 Recipe Compilation

May 18th, 2016

Beef and Butternut Braise

Yields: 18P, 18C, 0F

Ingredient List:

- **2 Pounds Grass Fed Beef Stew Meat**
- **4 Cups Butternut Squash, medium dice**
- **1 Large Onion, large dice**
- **3 Large Carrots, large dice**
- **4 Stalks Celery, large dice**
- **Kosher Salt, to taste**
- **Black Pepper, to taste**
- **1 28oz. Can Diced Tomatoes**
- **1 15oz. Can Crushed Tomatoes or Sauce**
- **2 Bay Leaves**

Preparation Instructions:

1. Place butternut squash in the bottom of a large mixing bowl.
2. Throw stew meat on top of squash and season with salt and pepper to taste.
3. Add carrots, celery and onion to the bowl and season again to taste.
4. Add diced tomatoes and crushed tomatoes and toss all ingredients until uniformly combined.
5. Pour mixture into a slow cooker or hotel pan and add bay leaves. Cook in the slow cooker on low for 8 hours, or in the hotel pan, covered with foil, at 290°F for 8 hours.
6. Eat at once or portion into containers and refrigerate for up to a week or freeze for up to 6 months.

Lime Seared Skirt Steak with Avocado Pico

Yields: 10P, 4C, 16F

Ingredient List:

- **12 oz. skirt steak**
- **Kosher salt, to taste**
- **Olive oil spray, as needed**
- **2 limes, rolled and halved**
- **2 large tomatoes, fleshed out and small diced**
- **¼ bunch fresh cilantro, chiffonade**
- **¼ red onion, small diced**
- **2 cloves garlic, smashed into a paste**
- **½ jalapeño, minced with seeds and membranes included for extra spice**
- **2 avocados, small diced**
- **Juice of 3 limes**
- **Kosher salt and freshly ground black pepper, to taste**

Preparation Instructions:

1. Heat a grill or grill pan over high heat.
2. Season one side of skirt steak with Kosher salt and spray with olive oil spray.
3. Place seasoned side down on the grill pan and cook for 1 minute, then squeeze one half of lime juice on upper side of steak and cook for one minute longer.
4. Rotate steak 90° to achieve a nice, diamond shaped grill mark. Squeeze another half of lime over top side, then season with salt and cook for 1 minute longer.
5. Turn steak and admire your awesome grill marks (as seen below). Repeat above process with remaining lime halves while rotating steak once more. Then, remove steak to from grill pan and allow to rest.
6. Prepare avocado pico by combining all remaining ingredients in a mixing bowl. Mix well and season with Kosher salt and pepper to your liking.
7. Once steak has rested for five minutes, slice across the grain on a bias as shown in the video.
8. Fan steak out on a serving plate and top with avocado pico.

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.

Fajita Pie

Yields: 33P, 30C, 30F

Ingredient List:

- **3.75 pounds ground turkey**
- **4 large sweet potatoes, peeled and cut into discs**
- **Juice of 3 limes**
- **3 avocados, peeled and pitted**
- **3 Roma tomatoes, diced**
- **1 jalapeno, chopped**
- **1 red bell pepper, chopped**
- **1 yellow bell pepper, chopped**
- **1 onion, chopped**
- **1 Poblano/Pasilla pepper, chopped**
- **1 bulb of garlic, minced**
- **1 bunch of cilantro (3/4 of the bunch chiffonade, 1/4 whole sprigs for garnish)**
- **1 bunch of scallions, thinly sliced**
- **1 28 oz. can tomato puree**
- **2 tablespoon ancho chili powder**
- **1/2 teaspoon chipotle powder**
- **1 tablespoons cumin**
- **1 tablespoon Kosher salt**
- **2 teaspoons fresh ground black pepper**
- **Olive oil, as needed**
- **2 tablespoons Tamari (optional)**

Preparation Instructions:

1. Place sweet potato into an 8 quart stock pot and fill with cold water to 2 inches above potatoes. Bring to a rolling boil, then reduce heat to a medium boil and cook until fork tender.
2. Place ground turkey on a sheet pan and season with ancho chili powder, cumin, chipotle powder, kosher salt and black pepper.
3. Place a skillet over medium-high heat, add olive oil and minced garlic. Toast garlic until lightly browned, then add ground turkey, seasoned side down. Season top side of ground turkey with the same seasonings listed in step 2. Fold meat and garlic together.
4. When the turkey is about half way cooked, fold in the peppers and onions. Cover the skillet with a lid and cook for 5 minutes.
5. Preheat oven to 375°F.
6. Once the turkey is cooked through, season to your liking with salt, pepper and Tamari. Then, add the tomato puree and fold into the turkey mixture. Remove from heat.
7. Divide meat mixture into baking dishes or 9" x 13" and use a spatula to level them out.
8. Strain sweet potatoes, mash them and spread them evenly over the meat mixtures in your baking dishes.
9. Place both dishes into a preheated oven for 20 minutes. Then, use the broiler to "gratinee" the tops of each pie. You want a light, golden-brown crust.
10. While they are baking, mix together the avocado, lime juice, scallions, cilantro and Kosher salt to make your guacamole.
11. Remove pies from oven and allow to rest for 5 minutes. Then, serve immediately by garnishing each piece with a dollop of guac, some diced tomatoes and a sprig of cilantro.

Shrimp Scampi with Spinach and Cherry Tomatoes

Yields: 5P, 3C, 18/9F

Ingredient List:

- 1 tablespoon olive oil
- 3 handfuls fresh spinach
- 7 each, U/15 wild shrimp, peeled and deveined (freeze the shells for stock)
- 1 teaspoon fresh garlic, minced
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 cup cherry tomatoes, halved through the stem attachment
- 1/4 cup white wine, I used Chardonnay
- Juice of 1/2 lemon, be careful to strain the seeds
- 1/4 cup fresh cilantro, chiffonade
- 1 tablespoon grass fed butter

Preparation instructions:

1. Wilt the spinach in a hot sauté pan by stirring regularly until bright green and "wet" looking. Transfer to a plate and return pan to the burner
2. Add olive oil to pan, season shrimp with kosher salt and pepper and place them, seasoned side down in the hot oil. Season the new top side with salt and pepper. After 20 seconds, add the garlic making sure that it finds its way into some olive oil.
3. After 1 minute, turn the shrimp and stir the garlic around. As soon as garlic begins to toast, add the white wine and swirl pan to release and fond (sticky bits of shrimp/garlic).
4. When wine has reduced by half, add the cilantro and the butter. Reduce heat and swirl pan constantly until butter is melted. You want a creamy looking sauce, not something that is broken and oily.
5. Once butter is melted, remove pan from heat, make a bed of spinach on a plate, top with shrimp, place cherry tomatoes around the edge and drizzle pan sauce over the shrimp.
6. Poila! You are a *Culinary Ninja*. Grab a fork and knife and eat completely without looking up. Remember, he who breathes the least wins and don't be afraid to lick your plate!

Sweet Chorizo Hash with Eggs and Guac

Yield: 1 – 5 block breakfast

Ingredient List:

- **1 5-inch sweet potato, peeled and small diced**
- **5 oz. chorizo**
- **2 cups onions, small diced**
- **2 eggs**
- **Kosher salt, to taste**
- **Freshly ground black pepper, to taste**
- **2 sprigs fresh cilantro, to garnish**
- **2 scallion, to garnish**
- **5 tablespoons 60 second guac (see recipe below)**

Preparation Instructions:

1. Add chorizo to a preheated cast iron skillet or sauté pan for 3 minutes (med-high heat).
2. Add sweet potatoes and onions and stir to thoroughly combine. Season with salt and pepper and add a lid to the pan. Cook for 2-3 minutes. The lid will trap moisture and steam the potatoes.
3. Remove the lid and stir mixture. Leave the lid off at this point in order to dry up excess moisture. Season with kosher salt and continue cooking until sweet potatoes have a crisp crust and are tender in the center. Reduce heat to keep warm while you cook your eggs.
4. In a separate pan, cook two eggs “under medium” as seen in the video. The goal is to achieve a crisp under crust with caramelization at the edges and yolk cooked half-way through from the underside.
5. When eggs are done, transfer hash to a plate, top with eggs, guac, scallion, cilantro and your favorite hot sauce (mine is Salsa Yucateco). Enjoy!
6. You can also make this meal ahead using scrambled eggs. It freezes and reheats well.

60 Second Guac

Ingredient List:

- **4 Medium-Sized Avocados, halved, skin and stem attachment removed**
- **½ Yellow Onion (approximately ¾ cup), small dice**
- **½ Bunch Cilantro, rough chopped/chiffonade**
- **1 Lime, juiced**
- **1 Garlic Clove, minced or smashed into a paste**
- **1 Jalapeno, small dice**
- **Kosher Salt, to taste**

Preparation Instructions: (Guac)

1. Combine all ingredients in a large bowl or mortar and pestle and smash them to oblivion.
2. Season with Kosher Salt to your liking.
3. Enjoy!

The goal with guacamole is to achieve a sour meets hot meets salty all carried by the amazing mouth feel of the sweet avocado.

This recipe is a very basic approach to guacamole. You can be as creative as you'd like and add anything from tomatoes to lettuce to mangoes. Get on with your bad self!!