



MEAL PLAN 16.9 Recipe Compilation

March 2nd, 2016

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: (SW Chicken)

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.

Breakfast Gallimaufry

Yields: 3 – 5P, 3C, 9F Block Servings

Ingredient List:

- **1 Pound Ground Beef**
- **5 Eggs**
- **1 Roasted Sweet Potato, roughly chopped**
- **1 Roasted Onion, roughly chopped**
- **1 Poblano Pepper, seeded and roughly chopped**
- **12 Mushrooms, roughly chopped**
- **10 Cloves Roasted Garlic**
- **1 Serrano Pepper, roughly chopped**
- **3 Handfuls Spring Mix**
- **15 Cherry Tomatoes, halved**
- **1 Lemon Juiced**
- **3 Tablespoons Olive Oil**
- **Kosher Salt, to taste**
- **Black Pepper, to taste**
- **Ground Red Chili, to taste**

Preparation Instructions: (Breakfast Gallimaufry)

1. Heat 1 Tablespoon Olive Oil in a large sauté pan over high heat until it flows like water.
2. Spread Ground Beef on a plate and season top with Salt, Pepper and Chili.
3. Place seasoned side down into the pan and then season the top with Salt, Pepper and Chili. Allow to cook 3-5 minutes while you prepare your other ingredients.
4. Use a wooden spoon or rubber spatula to break up Ground Beef allowing it to cook on all sides.
5. Cook for 3 additional minutes, then add Sweet Potatoes, Onions, Poblanos, Mushrooms, Garlic and Serrano.
6. Stir or toss well to incorporate all ingredients and then allow to cook for 3-5 minutes longer while you whisk your eggs.
7. In a medium sized mixing bowl, whisk eggs until yolk and white are indistinguishable. Uniform, frothy and airy are good terms to describe a well beaten egg.
8. Pour eggs over meat and vegetable mixture and allow to cook, stirring occasionally, until the eggs have set and are no longer runny. While they are cooking, prepare your spring mix.
9. In a large mixing bowl, combine Spring Mix, Lemon Juice and remaining Olive Oil and season with Salt and Pepper to your liking. Toss lightly with your hand, making sure to not squish the tender lettuce leaves.
10. Once Eggs are done and Spring Mix is dressed/tossed, it's time to plate.
11. Scoop 1/3 of gallimaufry mixture onto a plate, top with Spring Mix and Cherry Tomatoes and dig in!!!

Sweet Potato Laced Meatballs

Yields: 55P, 8C

Ingredient List:

- **3 pounds ground beef**
- **5 links hot Italian sausage, skins removed**
- **3 large eggs**
- **1 large onion, small dice**
- **2 medium-sized sweet potatoes, roasted until soft and skins removed**
- **3 tablespoons Italian seasoning**
- **2 tablespoons granulated garlic**
- **2 tablespoons Kosher salt**
- **1 tablespoon black pepper**

Preparation Instructions: (Sweet Potato Laced Meatballs)

1. Combine all ingredients in a bowl and mix well.
2. Take a tablespoon portion of the mixture and cook it in a pan with some olive oil to test flavor. If it is agreeable, then proceed, if not, adjust seasoning accordingly and retest. Do not roast the meatballs until your test delivers the flavor you desire.
3. Portion meat mixture into 2-5 ounce portions. I like to make some small and some large and go for 1 block of protein in the small balls and 2.5 blocks for the large balls. It is most efficient to use a portion control scoop with doing this.
4. Once mixture is portioned, roll balls until round and place them on a foil lined sheet pan. Spread them out in three rows of four or four rows of five, depending on the size.
5. Roast at 375F for 20 minutes and then check the temperature.
6. Cook until the balls have reached an internal temperature of 165F.
7. Serve immediately or cool and store in the fridge for up to a week or the freezer for up to six months.

Three Pepper Turkey Chili

Yield: 12 3-block portions

Ingredient List:

- 4 pounds Ground Turkey
- 2 Large Yellow Onions, large dice
- 3 Zucchini, large dice
- 3 Poblano Peppers, large dice
- 2 Green Bell Peppers, large dice
- 2 Red Bell Peppers, large dice
- 7 Hatch or Anaheim Chiles, large dice
- 1 Bulb Garlic, peeled and smashed
- 3 Tablespoons Kosher Salt
- 1/2 Cup Chili Powder
- 2 Tablespoons Ground Cumin
- 2 28oz. Can Crushed Tomatoes
- 1 8oz. can tomato paste
- 4 Tablespoons honey
- 4 Tablespoons olive oil

Preparation Instructions: (Three Pepper Turkey Chili)

1. Place the garlic and olive oil in the bottom of a 6 or 7 quart slow cooker crock.
2. Add turkey and break in to chunks with a spoon.
3. Add Kosher salt, chili powder, ground cumin and garlic.
4. Combine onions, peppers, chiles and zucchini in a large bowls and toss until mixed well.
5. Pour veggie mixture over turkey.
6. Pour tomatoes and honey over turkey and veggies and stir lightly to combine.
7. Cook on high for 8-10 hours. I prefer to cook overnight.
8. Allow to cool for a bit, stir to incorporate all ingredients and break up turkey further. Then, portion out into 12 3-block portions. Refrigerate for up to a week or freeze for up to 6 months.

Bacon Crusted Breakfast Pizza

Yields: 15P

Ingredient List:

- **9 slices of bacon**
- **12 eggs**
- **Kosher salt, to taste**
- **Freshly ground black pepper, to taste**
- **Cilantro, lime wedges, hot sauce, 60 second Guac, as optional garnishes**

Preparation Instructions:

1. Place a 14” non-stick pan or cast iron skillet over medium-high heat. Add bacon to cover the bottom of the pan, overfilling a little because the bacon will shrink.
2. Allow the bacon to cook through on the first side before flipping. You are only going to flip it once, so let it crisp up nicely, then flip.
3. The next step is to remove most of the rendered fat from the pan. I do this by tilting the pan to the side and spooning the fat out into a small stainless steel bowl.
4. Crack your 12 eggs over the “bacon crust”, doing your best to keep the yokes intact. The pan should be hot enough so that the whites begin to set immediately. From that point, you are simply managing the heat and seasoning the top with black pepper. You want to achieve a crisp crust all along the bottom, but don't want to burn it. Manage the heat so that all of the white is set just as the crust is crispy and crunchy.
5. Once the white is set, use a rubber spatula to loosen the crisp under crust completely. The pizza should now move freely when you shake the pan back and forth. Use the spatula to slide the pizza out of the pan onto a cutting board. (Use a chef knife to cut the pizza into 8 slices)
6. Place two slices on a plate and garnish with cilantro, lime hot sauce, guac, etc...

Bacon Wrapped Shrimp and Sweet Potato Jalapeno Poppers

Yields: 10P, 9C, +F

Ingredient List:

- 6 jalapeños, halved the long way and seeded
- 2 yams or sweet potatoes, roasted, peeled & cut into ½ jalapeño size chunks
- 12 each 16/20 or 24 each 31/40 shrimp, peeled, deveined and slit on belly
- 12 sliced bacon

Optional Garnishes:

- Massie's Mayo
- Sriracha
- Maple Syrup
- Cilantro

Preparation Instructions:

1. Fill hollowed out jalapeño half with a chunk of sweet potato.
2. Lay the shrimp over the top of the sweet potato.
3. Wrap with bacon so that the end of the bacon slice is tucked underneath the popper.
4. Place a baking rack over an aluminum foil lined sheet pan.
5. Place poppers, bacon seam side down on the baking rack.
6. Roast in the oven at 375°F for 15 minutes.
7. Check on poppers and rotate pan.
8. Roast for 15 minutes more or until bacon is crisp to your liking.
9. Remove from oven, plate up and garnish as you see fit.

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: (mayo)

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...