

06/28/21

What's For Dinner This Week?

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Baked Rigatoni and Roasted Broccoli

When to start - about 1h15m before dinner

Ingredients:

6 to 8 oz. rigatoni
1 pkg. Plant based ground meat
3 garlic cloves, pressed
½ small onion, minced
1 can crushed tomatoes
2 Tbsp. Italian Seasoning
½ tsp. Crushed red pepper
1 tsp. Beef base or ½ beef bouillon cube
½ bag Trader Joe's Griglia Mixta, coarsely chopped
½ c. bread crumbs
¼ Parmesan
1 Tbsp. XVOO
S&P
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4 c. broccoli pieces
XVOO
S&P

MIS EN PLACE

Slice the onion, mince the garlic, chop the TJ veg, measure out your ingredients.

Get a pot of water boiling for the pasta.

Preheat the oven to 375*.

Get a casserole dish or square baking dish (8x8), and spray it with Pam.

Get a cookie sheet and line it with parchment.

In a small bowl, stir together the olive oil, parmesan, bread crumbs and 1 tsp. Of the Italian seasoning.

PREPARATION

Put the noodles in the boiling water and set the timer for 8 minutes.

In a non-stick skillet, drizzle with a little olive oil. Add the 'meat' and add the onion garlic and 2tsp. Of the Italian seasoning. Smoosh it all together, then turn on the heat and cook on medium high for about four minutes until done. Add in the tomatoes, remaining seasoning, beef base and ½ c. of the pasta water. Let simmer until the pasta is done.

When the pasta is done, stir it into the sauce mix and add the chopped grilled veg.

Put the whole mixture into the greased casserole dish - the noodles will be a little hard and the sauce will seem soupy - this is good. Everything will finish up in the oven. Sprinkle the bread crumb mixture on top and place in the center of the oven for 30 minutes.

Next, spread the broccoli evenly on the baking sheet. Drizzle with XVOO, season w/ S&P.

Put on the top shelf of the oven to bake with the pasta.

Barbacoa Tacos with Calabacitas

When to start: 30m before dinner.

Ingredients:

Barbacoa:

8 oz cooked chuck roast, thawed

3 garlic cloves, crushed

2 tsp. Chile powder

¼ tsp. Ground cumin

1 Tbsp. oregano, crushed in your hand

1 Tsp. olive oil

1 tsp. Beef base

1.5 c. water

Calabacitas:

2 zucchini, diced

½ small onion, diced

1 tomato, diced

½ c. chopped green chili

1 tsp. Butter

1 tsp. Chicken base

Corn tortillas

Pink onions

MIS EN PLACE

Thaw the roast from the freezer.

Break off a chunk of the frozen chopped green chile in the freezer.

Chop the veg.

Get out a large bowl to micro the calabacitas.

Get the 12" nonstick Ikea wok-skillet for the meat

Moisten a paper towel, and use it to wrap 8 tortillas. Set on a saucer and put aside.

PREPARATION

In the skillet on medium to medium-low, add the olive oil and the chile powder. Stir over the heat for a minute or two until it starts to smell like toasting *but not burned* chile powder. Add the garlic, cumin, oregano, beef base, and water. Simmer on med to medium low for five minutes. It should look and smell like red chile sauce.

While the sauce is simmering, throw all of the calabacitas ingredients into a big bowl. Cover and zap for 3 minutes. After the three minutes, stir and zap for another 2.

After the calabacitas are in the microwave, add the beef to the pan. You can shred it with your hands going in, or use the spatula in the pan. Stir well, reduce heat to low.

Once the calabacitas are done, nuke the tortillas and it's dinner.

Dumpling Rice Bowl with Broccoli

When to start: 45m before dinner

Ingredients

The Rice:

2 c. jasmin rice

2.25 c. water

The Tofu:

1 pkg firm tofu, in ¼" slices

1 tsp. Sesame oil

1 Tbsp Hoisin

1 tsp. Sriracha

¼ tsp. Garlic powder

2 Tbsp. soy sauce

Sesame seeds

The Veg:

4 c. broccoli

2 Tbsp. sesame oil

The Gyoza:

Frozen Gyoza

MIS EN PLACE

Preheat the oven to 375*.

Line a baking sheet with parchment paper.

Gather the ingredients and small mixing bowl.

Drain & slice your tofu. No need to squeeze dry.

PREPARATION

Start with the tofu. Combine everything but the tofu & the sesame seeds in the mixing bowl, then gently toss the tofu in that mix to coat. Layer on the cookie sheet lined with parchment. If there is any sauce left, pour it on top. Sprinkle with the sesame seeds. Put in the oven, set the time for 30m.

Get the rice going in the rice cooker.

In a large microwaveable bowl, put the broccoli and sesame oil. Cover and nuke for 3m.

Prepare the gyoza according to package directions.

When it's all ready, assemble your bowls.

Pesto Panini and Salad

When to start: 25m before dinner

Ingredients:

Panini:

2 bolillo rolls

2 tsp. XVOO

4 Tbsp. Pesto

4 slices chicken lunch meat

4 slices ham lunch meat

Salad:

Mesclun or romaine

Sliced onion

Kalamata olives

Artichoke hearts

Italian seasoning

Balsamic vinegar

XVOO

MIS EN PLACE

Get all your ingredients together.

Heat up the panino press.(panino, 400* or hi)

Pour 2 tsp. Of XVOO in a small bowl and grab a pastry brush.

Slice the rolls in half.

Get out a big bowl for the salad

PREPARATION

Brush the outside bottom and top of the rolls with the xvoos. Turn over, and put 1 Tbsp. pesto on

the inside side of each. Place the lower roll bottom down on the panino press, layer on each the chicken and ham, add the top roll, and close the press. They should be done in about four minutes - check 'em.

While that is grilling, put all the salad ingredients except the O&V in a bowl and gently toss. Drizzle with balsamic and olive oil, grind on some pepper and it's done.

Shrimp and Grits

When to start: pull the shrimp from the freezer that morning (like 8am); then, 45 minutes til dinner

Ingredients:

For the shrimp:

2 c. peeled/deveined/thawed shrimps

½ white onion, diced

2 celery stalks, diced

¼ red bell pepper, diced (or one jalapeno, deveined and deseeded)

4 cloves garlic, minced or pressed

1 tsp. Thyme, crushed in your hand

1 bay leaf

½ tsp. Smoked paprika

1 can diced tomatoes

1 tsp. Chicken base

½ can of water

2 Tbsp tomato paste (flat, in the freezer)

1 c. frozen sliced okra

Hot sauce (Tabasco, Frank's, etc.)

For the grits:

Grits (palmetto brand - cloth sack on the door of the freezer)

Water

Salt

Butter

For the green beans:

Green beans, washed, trimmed, and sliced

Xvoo

S&P

MIS EN PLACE

Heat the oven to 425*.

Line a cookie sheet with parchment.

Get a 2-quart saucepan and lid.

Get out the 12" Ikea wok saute pan

Chop your veg, assemble your ingredients

Open your can

PREPARATION

Start the grits first - directions on package.

Next, get the green beans in the oven.(single layer on parchment, drizzle w/ oil, s &p)

Turn on the skillet to medium-high. Drizzle a little oil in the pan and saute the onion until it is halfway translucent. Add the celery, garlic, and herbs and saute another minute or so. Next, dump in everything BUT the shrimps and simmer about fifteen minutes. Turn to low if the grits aren't done yet.

Once the grits and beans are done, turn the sauce to high. When it starts to bubble, stir in the shrimp, turn off the heat and put a lid on the pan.

Plate up your grits and green beans, and by the time you're done with that the shrimps will be done.

Carnitas Bowl w/ Green Rice and Green Beans

When to Start: 1 hour before dinner

Ingredients:

For the rice:

2 c. jasmine rice, rinsed

2.25 c. water

1 tsp. Chicken base

½ jalapeno, deseeded and deveined

1 handful cilantro leaves (cut off the big stemmy parts)

¼ white onion

3 cloves garlic

For the carnitas:

1 pkg. Costco carnitas

For the veg:

Green beans, trimmed and cut

Xvoo

S&P

MIS EN PLACE

Get out the rice cooker, the stick blender, and the tall pitcher or 4 c. pyrex

Rinse and drain the rice.

Grab the 12" non-stick skillet

Wrap the tortillas in a damp paper towel and place on a saucer.

PREPARATION

For the rice: Put the rice in the rice cooker. Put everything else in the mixer cup and blend until one homogenous liquid. Pour in the rice cooker - cook on 'white rice'.

When the rice cooker beeps that it's done, heat up your skillet on medium-high. Slice open the carnitas and smoosh them out with the spatula and fry them up on one side, then, stir/flip it around and get some crispiness on the other side.

Plate up - rice, carnitas, beans.

Mediterranean Cobb Salad

When to start: 20m before dinner

Ingredients:

1.5 c. Costco grilled chicken breast

2 Tbsp. pesto

One head romaine, rinsed and chopped

Thin slices of white onion

Roasted red pepper

Kalamata olives

Artichoke hearts

Sunflower seeds

Pita croutons

Dressing*

MIS EN PLACE

Wash and chop your lettuce and slice your onion.

PREPARATION

Take the Costco chicken and mince it up. Stir it up in a microwave safe bowl with the pesto and nuke it for one minute. Set aside.

In two bigass salad bowls, split out the lettuce. Then artfully arrange each of the ingredients in a stripe across the top.

If you would like to make some dressing, whisk 1 scan teaspoon of dijon mustard with 4 tablespoons of red wine vinegar and 1 pressed clove of garlic. Stir in 1 Tbsp. italian seasoning. Then, while whisking, slowly drizzle in $\frac{1}{4}$ c. XVOO.