

Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

ON YOUR PLATE THIS WEEK

- Turkey Minestrone Soup (1)
- Garlic Rosemary Lamb Burgers with Chunky Fries (2)
- Kale Quiche with Sweet Potato Crust (3)

GROCERY LIST

PRODUCE

- 2 Avocados (2)
- 1 Heads Garlic Cloves (1)
- 4 Large Sweet Potatoes (2,3)
- 2 Carrots (1)
- 1 Sweet Onion (1)
- 1 Celery Stalk (1)
- 1 Delicata Squash (or other squash) (1)
- 1/2 LB Green Beans (1)
- 1-2 Bunches Spinach (or greens of choice) (2)
- 1 Cucumbers (2)
- 1 Pint Cherry Tomatoes (2)

HERBS

- 3 Sprigs of Thyme (1 tsp dried) (1)
- 2 tsp Fresh Rosemary (or 1 tsp dried) (2)

FREEZER

- 1 PKG Frozen Kale (3)

PANTRY

- 16-oz Vegetable Broth (or Chicken) (1)
- 1 28-oz Diced Tomatoes with Basil (1)

TIPS

- Meals #1 is a soup that reheats quickly for those meals you need in a pinch.
- Meal #2 is a dinner designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #3 is a breakfast but can also make a fabulous lunch.
- If you need more food, double up on recipes, or to reduce, cut out recipes.
- Simplify your week even more with meals prepped for you from Local Rhoots. Use code **MEALPREP10** for 10% off next week's menu.

MEAT/FISH

- 1 LB Ground Turkey (1)
- 1.25 – 1.5 LBS Ground Lamb (or Ground Beef) (2)
- 10 Eggs (3)

BULK

- 1/4 Cup Sundried Tomatoes (optional) (1)
- 2 Bay Leaves (1)
- 3 tsp Garlic Powder (2,3)
- 2 tsp Onion Powder (3)

STOCKED

- 2 TBS Salt (plus more to taste)
- 1 TBS Pepper (plus more to taste)
- 1 TBS Olive Oil (2)
- 2 TBS Balsamic Vinegar (2)
- 2 TBS Ghee, Butter (or oil) (3)
- Ketchup (3)

Turkey Minestrone Soup (1)

- 1 LB Ground Turkey
- 2 Carrots
- 1 Sweet Onion
- 1 Celery Stalk
- 1 Delicata Squash (or other squash)
- 1/2 LB Green Beans
- 2 Garlic Cloves
- 3 Sprigs of Thyme
- 16-oz Vegetable Broth (or Chicken)
- 1 28-oz Diced Tomatoes with Basil
- 1/4 Cup Sundried Tomatoes (optional)
- 2 Bay Leaves
- 1 TBS Salt
- 1/2 TBS Pepper

Garlic Rosemary Lamb Burgers with Chunky Fries (2)

- 1.25 – 1.5 LBS Ground Lamb (or Ground Beef)
- 2 Large Sweet Potatoes
- 2 tsp Fresh Rosemary
- 1 tsp Garlic Powder
- 2 TBS Balsamic Vinegar
- 1 TBS Olive Oil
- 1-2 Bunches Spinach (or greens of choice)
- 2 Avocados
- 1 Cucumber
- 1 Pint Cherry Tomatoes
- Ketchup

Kale Quiche with Sweet Potato Crust (3)

- 2 Large Sweet Potatoes
- 1 PKG Frozen Kale
- 10 Eggs
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- Salt & Pepper
- 2 TBS Ghee (or oil)

TOOLS

- Crockpot (1)
- 1 Large Container with Lid (1)
- 1 12" Round (or 9 x 12) Baking Dish (3)

PREP-PREP

- Pre-heat oven to 350. (3)
- Brown ground turkey. (1)

CHOP

- Place the following in your crockpot: (1)
 - Dice 2 carrots, 1 celery stalk and 1 sweet onion.
 - Cut 1 delicata squash in half, remove seeds, then slice into half-moons.
 - Slice green beans in half.
 - Finely chop 2 garlic cloves.
 - Remove leaves from 3 sprigs of thyme, then chop.

CROCKPOT

- To the veggies and herbs, add 1 LB browned ground turkey, 2 bay leaves, 1 TBS salt, ½ TBS pepper, 16-oz vegetable broth, 28-oz diced tomatoes, ¼ cup sundried tomatoes (1)
- Cover and cook on HI for 4 hours, or low for 6. TIP: I prefer 6 hours. (1)
- Transfer to large container with lid, seal and refrigerate. (1)

DEFROST

- Defrost 1 package of kale in the microwave per instructions. (3)
- Remove kale from package, transfer to colander. Squeeze out liquid and set aside. (3)

MICROWAVE

- Microwave 2 large sweet potatoes until soft. (3)
- Grease the pie dish with ghee, or oil. (3)
- Slice potatoes in half, scoop out the insides into a small bowl, leaving skins as whole as possible. (3)
- Lay the skin around the sides of the pie dish, then add the rest of the potato on top. (3)
- Using a spatula, evenly spread the sweet potato into the bottom of the pie dish. (3)

BAKE

- In a large bowl, whisk 10 eggs, 2 tsp garlic powder, 2 tsp onion powder plus salt and pepper to taste. (3)
- Add defrosted kale to the eggs and combine with a fork, then pour over the potato. (3)
- Bake on middle rack, about 50 minutes (or until center is cooked through). Remove, cover and refrigerate. (3)

Turkey Minestrone Soup (1) | Portion out, reheat on stovetop or microwave and serve.

Garlic Rosemary Lamb Burgers with Chunky Fries (2)

- Pre-heat oven to 400. Cover baking sheet with parchment paper.
- Slice sweet potatoes into long pieces 1" thick. Toss lightly with oil, salt, pepper and garlic powder to taste, then spread out on baking sheet.
- Bake 25-30 minutes until preferred brownness is achieved.
- In a large bowl, add cherry tomatoes, cucumber and avocado (cut into 1" pieces and rough chopped greens. Toss with olive oil, balsamic, salt and pepper.
- In a bowl, combine ground lamb (or beef), 2 tsp finely chopped rosemary, 1 tsp garlic powder, 2 TBS balsamic vinegar, 1 TBS olive oil, salt and pepper to taste.
- Using your hands, make burgers. Grill until preferred doneness. (Medium Rare: 4 minutes on one side, 3 minutes on the other.)
- Plate with the burger on top of the salad and fries on the side. Serve.

Kale Quiche with Sweet Potato Crust (3)

- Slice desired portions and enjoy. OPTIONAL: reheat in microwave 30 seconds.