

Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

ON YOUR PLATE THIS WEEK

- Chicken & Shrimp Paella with Cauliflower Rice (1)
- Portobello Bun Burgers with Bacon Sprouts (2)
- Italian Wedding Soup (3)
- Sausage Kale Bowl with Tomato Tapenade (4)
- Cherry Vanilla Energy Bite (5)

GROCERY LIST

PRODUCE

- 1 Lemon (1)
- 1-2 Heads Cauliflower (1)
- 1 Yellow Onion (1)
- 1 Sweet Onion (3)
- 4 Garlic Cloves (1,3)
- 8 Portobello Mushrooms (2 PP) (2)
- 1-1.5 LBS Brussel Sprouts (2)
- 2 Carrots (3)
- 2 Bunches Kale (4)
- 3 Pints Cherry Tomatoes (4)

HERBS

- 1 Bunch Basil (4)

MEAT/FISH

- 1.5-2 LBS B/S Chicken Thighs (1)
- 6-10 Large Shrimp (fresh or frozen) (1)
- 2.25-2.5 LBS Ground Beef (2,3)
- 6 Slices of Bacon (2)
- 1 LB Ground Pork (or other) (3)
- 2 PKGS Chicken Apple Sausage (Aidell's is a great brand) (4)

DAIRY

- ¼ Cup Grated Parmesan (optional) (3)

FREEZER

- 1 Bag Frozen Peas (1)
- 1 8-ounce PKG Frozen Spinach (3)

BULK

- 1 tsp Saffron (lightly packed) (1)
- 3 tsp Spanish Paprika (1)
- ½ tsp Cinnamon (1)
- 1 Bay Leaf (1)
- 2 tsp Marjoram (optional) (3)
- 2 tsp Oregano (3)
- 2 tsp Garlic Powder (4)
- 2 tsp Onion Powder (4)
- 1/8 tsp Cinnamon (5)
- 1 tsp Vanilla (or 1 Vanilla Pod) (5)
- ½ Cup Walnuts (5)
- ½ Cup Almonds (5)
- ¼ Cup Macadamia Nuts (5)
- ¼ Cup Almond Butter (5)
- ½ Cup Dried Cherries (5)
- Pinch of Sea Salt (5)

PANTRY

- 1 16-ounce Can Tomato Sauce (1)
- 2 Cups Chicken Stock (1)
- 48-ounces Chicken Broth (3)
- 2 TBS Bee Pollen (Optional) (5)

STOCKED

- 2 TBS Kosher Salt (1,3)
- 1 TBS Pepper (1,3)
- 1 TBS Butter (or ghee) (3)
- Salt, Pepper and Garlic Powder to Taste (2,4)
- 2 TBS Olive Oil (4)
- 1/8 Cup + 1 TBS Coconut Oil (4,5)
- 2 TBS Balsamic Vinegar (4)
- 1/8 Cup Honey (5)

TIPS, etc.

- Meals #1-#3 are dinners designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #4 is breakfast, #5 is snack or dessert.
- Simplify your week: If you need more food, double up on recipes.
- Dairy is completely optional.

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INGREDIENT LIST

Chicken & Shrimp Paella with Cauliflower Rice (1)

- 1.5-2 LBS Bone-In Skin-On Chicken Thighs
- 6-10 Large Shrimp (fresh or frozen)
- 1 16-ounce Can Tomato Sauce
- 1-2 Heads Cauliflower
- 2 Cups Chicken Stock
- 1 Yellow Onion
- 2 Garlic Cloves
- 1 Lemon
- 1 Bag Frozen Peas
- 1 tsp Saffron (lightly packed)
- 3 tsp Spanish Paprika
- ½ tsp Cinnamon
- 1 Bay Leaf
- 1 TBS Salt
- ½ TBS Pepper

Portobello Bun Burgers with Bacon Sprouts (2)

- 1.25-1.5 LBS Ground Beef
- 8 Portobello Mushrooms (2 per burger)
- 1-1.5 LBS Brussel Sprouts
- 6 Slices of Bacon
- Tomato Tapenade (From Recipe 6)
- Salt, Pepper and Garlic Powder to Taste

Italian Wedding Soup (3)

- 1 LB Ground Beef
- 1 LB Ground Pork (or other)
- 1 Sweet Onion
- 2 Carrots
- 2 Garlic Cloves
- 1 8-ounce PKG Frozen Spinach
- ¼ Cup Grated Parmesan
- 48-ounces Chicken Broth
- 2 tsp Marjoram (optional)
- 2 tsp Oregano
- 1 TBS Kosher Salt
- ½ TBS Pepper
- 1 TBS Butter (or ghee)

Sausage Kale Bowl with Tomato Tapenade (4)

- 2 PKGS Chicken Apple Sausage (Aidell's is a great brand)
- 2 Bunches Kale
- 3 Pints Cherry Tomatoes
- 1 Bunch Basil
- 1 TBS Coconut Oil
- 1 TBS Olive Oil
- 2 TBS Balsamic Vinegar
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- Salt & Pepper to Taste

Cherry Vanilla Energy Bite (5)

- 1/8 Cup Coconut Oil
- 1/8 Cup Honey
- 1/8 tsp Cinnamon
- 1 tsp Vanilla (or 1 Vanilla Pod)
- ½ Cup Walnuts
- ½ Cup Almonds
- ¼ Cup Macadamia Nuts
- ¼ Cup Almond Butter
- ½ Cup Dried Cherries
- Pinch of Sea Salt
- 2 TBS Bee Pollen (Optional)

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PREP DAY

TOOLS

- 1 Skillet or Fry Pan (1)
- 1 1-Gallon Ziploc, or similar (1)
- 2 Medium Containers with Lid (1,2)
- 1 Small Container with Lid (1)
- 1 Large Soup Pot with Lid (3)
- 2 Baking Sheets (or more if you have it) (2,3,4)
- 4 Large Containers with Lids (1,3,5)
- Food Processor (4)
- 1 16-ounce Mason Jar (4)

PRE-PREP

- Turn oven on Broil High. (3)
- In a bowl, combine 1 LB ground beef, 1 LB ground pork, ¼ cup grated parmesan, 1 tsp marjoram, 1 tsp oregano, 1 TBS salt, ½ TBS pepper. (3)
- Make 12-16 meatballs and spread out on a baking sheet. Broil 10 minutes on one side, turn meatballs then broil another 5 minutes. (3)
- Remove meatballs, transfer to a bowl and set aside. (keep pan to use fat for cooking soup) (3)

CHOP

- Using the large side of a cheese grater, grate 1-2 heads of cauliflower, transfer to 1-gallon Ziploc or medium container with lid and refrigerate. (1)
- Dice 1 onion and store in a medium container with lid and refrigerate. (1)
- Dice 1 sweet onion and chop two carrots into rounds, place in a bowl together. (3)
- Finely chop 3 garlic cloves, place in a small bowl. (3)
- Spread 3 pints of tomatoes on a baking sheet, toss lightly with olive oil and season with salt. (4)

BAKE

- **Change oven temp to BAKE 400.** Place baking sheet with just tomatoes on middle rack. (4)
- Bake tomatoes 20 minutes, remove and pour into a food processor. (4)

SEASON

- Season chicken thighs with olive oil, salt, pepper and garlic powder. (1)

STOVETOP

- Heat a skillet or fry pan over medium high heat, place chicken thighs skin side down in the skillet, cook about 8-10 minutes (until skin is crispy). (1)
- Turn chicken and cook another 8-10 minutes until cooked through. Remove and transfer to container with lid. (1)

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PREP DAY (CONT'D)

STOVETOP

- In a large pot, add the fat from the baking sheet plus 1 TBS butter or ghee and heat over medium-high heat. Add onions and carrots to the pot and sauté about 8 minutes. (3)
- Add 1 tsp marjoram, 1 tsp oregano, salt and pepper to taste plus balance of the chopped the garlic to the pot. Sauté 1 minute. (3)
- Add meatballs and 48-ounces of chicken broth. Bring to a boil, then reduce to a simmer for 20 minutes. (3)
- Add frozen spinach to the soup, bring back to a boil, then simmer another 20 minutes. (3)
- Transfer soup to 2 large containers with lids (or single servings as desired), cover and refrigerate. (3)

PROCESS

- Add the following to the food processor, transfer to mason jar, seal and refrigerate: (4)
 - Roasted tomatoes
 - 1 Bunch Basil
 - 1 TBS Coconut Oil
 - 1 TBS Olive Oil
 - 2 TBS Balsamic Vinegar
 - 2 tsp Garlic Powder
 - 2 tsp Onion Powder
 - Salt & Pepper to Taste
- In a microwave safe bowl, add 1/8 cup coconut oil and 1/8 cup honey, microwave for 20 seconds. (5)
- To the coconut oil and honey, add 1/8 tsp Cinnamon, 1 tsp Vanilla (or 1 Vanilla Pod), 1/4 Cup Almond Butter and a Pinch of Sea Salt. Whisk until fully combined. (5)
- In a food processor, add 1/2 Cup Walnuts, 1/2 Cup Almonds, 1/4 Cup Macadamia Nuts and 1/2 Cup Dried Cherries. Turn on, process for 2 minutes then pour in the coconut/honey mix. Keep on until fully combined. (5)
- Place wax paper on a sheet pan or large plate. Using a tablespoon, scoop the mix into your hand and roll it into a ball. Put on wax paper. Repeat. Top each with bee pollen (optional). Refrigerate for 20 minutes. Remove, transfer to container with lid and refrigerate until ready to eat. (5)

Chicken & Shrimp Paella with Cauliflower Rice (1)

- Take out a large skillet, or large pan (or paella pan) and a baking sheet. Turn oven on to 350.
- In a small container with lid, combine 1 tsp Saffron (lightly packed), 3 tsp Spanish Paprika, ½ tsp Cinnamon, 1 Bay Leaf, 1 TBS Salt, ½ TBS Pepper. Cover and store in a dry place. (1)
- IF shrimp are frozen, place in water to defrost. (DO NOT PEEL, if they are unpeeled.)
- Spread grated cauliflower out over the baking sheet.
- Rough chop 2 garlic cloves, cut 1 lemon in half.
- Open 1 16-ounce can of tomatoes sauce and take out the bag of frozen peas.
- Place skillet on medium-high heat, place cooked chicken thighs skin side down for 3-4 minutes' to re-crisp the skin. Transfer to a plate and set aside. (NOTE: they will go back into the pan)
- Reduce the skillet heat to medium and add the previously diced onion. Sauté 8-10 minutes until it begins to brown.
- Add the garlic and the mixed spices, combine well and sauté another 1-2 minutes.
- Place chicken thighs back into the pan skin side up, squeeze in the juice of 1 lemon, pour in the tomato sauce and chicken broth.
- Bring to a boil, reduce to a low simmer and cook 15 minutes.
- Place cauliflower in the oven and bake for 15 minutes.
- Remove cauliflower from oven.
- Add frozen peas and shrimp to the paella, allow to cook about 3-5 minutes.
- Using a large spoon, pour 3-4 spoonful's of sauce onto the baking sheet with the cauliflower and combine well
- Plate with the cauliflower rice on the bottom, chicken, shrimp and sauce on top. Enjoy!

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DAY OF (CONT'D)

Portobello Bun Burgers with Bacon Sprouts (2)

- Halve or quarter Brussel sprouts and spread out on a baking sheet. (2)
- Cut bacon into small pieces directly onto the baking sheet with Brussel sprouts. Season lightly with salt and pepper. (2)
- Place sprouts on the lower rack (with meatballs) and broil 15 minutes. Transfer to a medium container with lid and refrigerate. (2)
- Take out three baking sheets and turn oven on broil low (or medium if you can).
- Make sure you have a middle rack and a lower rack.
- Remove stems from mushrooms, place on a baking sheet top side up and season with oil, salt and pepper to taste.
- In a bowl, combine ground beef, salt, pepper and garlic powder to taste. Make burgers that are slightly bigger in diameter than the mushrooms, place on second baking sheet.
- Spread cooked bacon Brussel sprouts on third sheet.
- Place burgers on middle rack and mushrooms on lower rack. Broil 8 minutes, turn burgers and cook another 5 minutes.
- Remove burgers and mushrooms from oven, place Brussel sprouts on middle rack and reheat 5-10 minutes.
- Make your burgers, use the Tomato Tapenade from recipe 6 as the catsup. Pile the bacon sprouts on the side and serve.

Paleo Italian Wedding Soup (3)

- Portion out, reheat (either on stove or microwave) and serve.

Sausage Kale Bowl with Tomato Tapenade (4)

- Rough chop ½ to 1 bunch of kale and slice sausage into thin rounds (1-2 sausages per person).
- In a pan, brown sausage, then transfer to a bowl.
- Add kale to the pan, sauté and add to the browned sausage.
- Top with the Tomato Tapenade and enjoy!

Cherry Vanilla Energy Bite (5) | Ready to eat.