

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

- Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)
- Sweet Potato & Fennel Salad (2)
- Grilled Steak & Onion Avocado Citrus Salad (3)
- Sausage & Mushroom Frittata (4)

## GROCERY LIST

### PRODUCE

- 2 Oranges (3)
- 3 Lemons (1, 3)
- 5 Avocados (1, 3)
- 1 Head of Garlic (2)
- 3 Cucumbers (1, 4)
- 1-2 Sweet Potatoes (optional) (1)
- 1 Red Onion (3)
- 1 Shallot (4)
- 1 Fennel (2)
- 4 Green Onions (2)
- 1 Pint Tomatoes (3)
- 8 Cups Greens of Choice (3)
- 1 Cup Mushrooms of Choice (4)

### HERBS

- 1 Bunch Parsley (1)
- 4 TBS Basil (4)

### MEAT/FISH

- 1.25-1.5 LBS Pork Tenderloin (1)
- 1.25- 2 LBS Flank Steak (3)
- ½ LB Breakfast Sausage (4)

### DAIRY

- ¼ Cup Goat Cheese (3)
- 1/8-1/4 Cup Shredded Parmesan (4)

### BULK

- 2 tsp Turmeric (1)
- 1 tsp Cumin (1)
- 1 tsp Coriander (1)
- 7 tsp Garlic Powder (1, 3, 4)
- 1/2 tsp Cinnamon (1)
- 1 tsp Dried Oregano (1)
- 4 tsp Onion Powder (3)
- 1/8 tsp Cayenne (optional) (4)

### PANTRY

- 1/2 Cup EVOO (2)
- 1/3 Cup Champagne Vinegar (2)

### STOCKED

- 1/4 Cup (1)
- 3 TBS Salt (1,2, 3, 4)
- 2 TBS Pepper (1,2,3,4)
- 2 TBS Butter (or Oil) (2)

### TIPS, etc.

- Meals #1 is a dinners designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- #2 is a side that goes with any meal, or as a snack alone.
- Meal #3 is lunch, #4 is breakfast
- Dairy is optional.
- Simplify your week: If you need more food, double up on recipes.
- Make your week even easier at use MEALPREP10 at [www.localrhoots.com](http://www.localrhoots.com) for 10% off a week of dinners or lunches, or both!

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## INGREDIENT LIST

### **Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)**

- 1.25-1.5 LBS Pork Tenderloin
- 2 Avocados
- 2 Cucumbers
- 3 Lemons
- 1 Bunch Parsley
- 2 tsp Turmeric
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Garlic Powder
- 1/2 tsp Cinnamon
- 1 tsp Dried Oregano
- 2 tsp Salt & 1 tsp Pepper
- 5 TBS Olive Oil
- 1-2 Sweet Potatoes (optional)

### **Sweet Potato & Fennel Salad (2)**

- 2-3 Large Sweet Potatoes
- 1 Fennel
- 3 Garlic Cloves
- 4 Green Onions
- 4 TBS Chive
- 1/2 Cup EVOO
- 1/3 Cup Champagne Vinegar
- 1 TBS Butter
- 1/2 tsp Salt & 1/8 tsp Pepper

### **Grilled Steak & Onion Avocado Citrus Salad (3)**

- 1.25- 2 LBS Flank Steak
- 1 Cucumber
- 1 Pint Tomatoes
- 1 Red Onion
- 8 Cups Greens of Choice
- 1 Bunch Cilantro
- 3 Avocados
- 1 Lemon
- 2 Oranges
- ¼ Cup Goat Cheese
- 4 tsp Garlic Powder
- 4 tsp Onion Powder
- 1 TBS Salt & ½ TBS Pepper

### **Sausage & Mushroom Frittata (4)**

- ½ LB Breakfast Sausage
- 1 Dozen Eggs
- 1 Shallot
- 1 Cup Mushrooms of Choice
- 4 TBS basil
- 2 tsp Garlic Powder
- 1/8 tsp Cayenne (optional)
- 3 tsp Salt & 1 tsp Pepper
- 1/8-1/4 Cup Shredded Parmesan

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## PREP DAY

### TOOLS

- 6-8 Kabob Sticks (1)
- 1 1-Gallon Freezer Bag (1)
- 5-6 Medium Container with Lid (1,3)
- 4-5 Salad Dressing Containers with Lids (3)
- 1 Pie Dish or Casserole Dish (4)

### PRE-HEAT

- Pre-heat oven to 375 and grease a pie dish. (4) (1 Optional)

### CHOP

- Finely chop 1 shallot, 1 cup of mushrooms and rough chop 4 TBS Basil, set aside. (4)
- Rough chop 1/2 of the parsley, set aside and refrigerate the remainder. (1)

### STOVETOP

- In a sauté pan, brown the sausage, transfer to a bowl and set aside. (4)
- Return pan to stovetop, add shallot and mushroom. Sauté until it is translucent, about 5 minutes. Add to the bowl with the browned sausage. (4)

### MIX

- In a large bowl, whisk 1 dozen eggs with 2 tsp Garlic Powder, 1/8 tsp Cayenne (optional, 3 tsp Salt plus 1 tsp Pepper. (4)
- Add the brown sausage, onion and mushroom plus the basil to the egg. Whisk with a fork. (4)

### BAKE

- Pour the egg mix into the greased pie dish, sprinkle with shredded parmesan (optional). (4)
- Bake 30-40 minutes, remove, cover and refrigerate. (4)
- OPTIONAL S: wrap sweet potatoes in foil and bake on lower rack with cauliflower for 40 minutes. Remove and refrigerate. (1)

### MIX

- Slice pork tenderloin into 1" cubes and add stew to 1-gallon Ziploc then add the chopped parsley. (1)
- In a bowl, combine 2 tsp Turmeric, 1 tsp Cumin, 1 tsp Coriander, 1 tsp Garlic Powder, 1/2 tsp Cinnamon, 1 tsp Dried Oregano, 2 tsp Salt, 1 tsp Pepper, 2 TBS Olive Oil plus the juice of 1 lime. (1)
- Pour seasoning mix into the bag with the pork and parsley, remove all the air from the bag, seal and squish the bag around to evenly disperse the seasoning. Refrigerate. (1)

### CHOP

- Evenly divide 4-5 containers with the following, set aside: (3)
  - 8 Cups of Greens
  - 1 Cucumber, Diced
  - 1 Pint Tomatoes
- Slice 1 red onion into rounds, toss with olive oil, set aside. (3)

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## PREP DAY (cont'd)

### CHOP

- Evenly divide 4-5 containers with the following, set aside: (3)
  - 8 Cups of Greens
  - 1 Cucumber, Diced
  - 1 Pint Tomatoes
  
- Slice 1 red onion into rounds, toss with olive oil, set aside. (3)

### GRILL

- Season flank steak and sliced red onion with salt, pepper and garlic powder. (3)
  
- Turn grill on medium-high heat and grill onions, 5 minutes on one side, then 4 minutes on another. (or more if you like them to have a more caramelized flavor. (3)
  
- Grill steak, 5 minutes on one side, then 4 minutes on the other for medium rare. (3)
  
- Remove steak, cover with foil and allow to sit 5-10 minutes. (3)
  
- Evenly divide grilled onion into the 4-5 containers with salad. (3)
  
- Thinly slice steak against the grain and divide evenly between the 4-5 lunch containers with salad and grilled onion, seal and refrigerate. (3)
  
- In a food processor, add the following, process until smooth, transfer to 4-5 small salad dressing containers with lids and refrigerate: (3)
  - 1 Bunch Basil
  - 3 Avocados
  - 1 Lemon
  - 1 Orange
  - 2 tsp Garlic Powder
  - 2 tsp Onion Powder
  - Salt & Pepper to Taste

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## DAY OF

### **Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)**

- Cube 2 Avocados and 2 cucumbers, add to medium bowl. Rough chop the remainder of the parsley and add to the cucumber and avocado. Slice 1 lemon in half and squeeze juice over the avocado and cucumber, season with salt and pepper plus 3 TBS olive oil, refrigerate until ready to serve.
- Turn on the BBQ, or take out a grill pan. Heat grill over medium heat and skewer pork onto kabob sticks.
- Grill kabobs turning every 4 minutes until done.
- **OPTIONAL:** Re-heat baked potatoes in the oven 15 minutes at 425.
- Plate Kabobs with the Avocado Cucumber Salad and sweet potato.

### **Sweet Potato & Fennel Salad (2)**

- Set large pot of water on the stove, season with salt and bring to a boil.
- Peel 3 garlic cloves and smash with the flat of your knife. In a small sauce pan, heat garlic and 1 TBS butter. Once butter melts, remove from heat and let stand for about 5 minutes.
- In a mason jar, add olive oil, vinegar, chive, salt and pepper. Remove garlic chunks from butter and pour butter into the mason jar. Cover, shake well and set aside.
- Dice sweet potato into bite size pieces. Remove fennel fronds, cut bulb in half and slice thinly.
- Boil potato until fork tender, about 5 minutes. Drain and place in large bowl, add fennel and vinegar-garlic dressing, toss and serve with any meal or enjoy as a snack.

**Grilled Steak & Onion Avocado Citrus Salad (3)** | Ready to eat, top with the Avocado Citrus Dressing

**Sausage & Mushroom Frittata (4)** | Slice and eat. Optional reheat, 15-30 seconds in the microwave.