

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

- Sweet & Spicy Orange Salmon w/ Carrot Fries & Salad (1)
- Overstuffed BBQ Sweet Potatoes (2)
- Roasted Creamy Turmeric Tomato Chicken (3)

## GROCERY LIST

### PRODUCE

- 2 Lemons (1, 3)
- 1 Orange (1)
- 2 Heads Broccoli (2)
- 1 Bunch Greens of Choice (1)
- 1 Bunch Carrots (1)
- 1 Bunches Green onion (2)
- 4-8 Sweet Potatoes (2)
- 1 Sweet Onion (2)
- 1 Yellow Onion (3)

### HERBS

- 1 Bunch Parsley (3)

### MEAT/FISH

- 1-1.25 LBS Salmon (or Steelhead) Filet (1)
- 2-2.5 LBS Chuck (or Rump) Roast (2)
- 6-8 Bone-In Skin-On Chicken Thighs (3)

### DAIRY

- Crème Fraiche (optional toppings) (2)
- ½ Cup Pecorino (1) (optional)

### BULK

- 2 1/2 TBS Paprika (2, 3)
- 1 TBS Chili Powder (2)
- 1 TBS Onion Powder (2)
- 1 ½ TBS Garlic Powder (2,3)
- 1/2 TBS Turmeric (3)

### PANTRY

- 2 TBS Honey (1)
- 2 tsp Sriracha (or Tapatio) (1)
- 2 4-oz Can Tomato Paste (1, 2)
- 4 TBS Coconut Aminos (soy sauce) (1)
- 3 TBS Maple Syrup (2)
- 1 Can Full Fat Coconut Milk (3)
- 8-12 Sundried Tomatoes (3)
- 1 Cans Coconut milk (3)

### FREEZER

- 1 8-oz Frozen Spinach (3)

### STOCKED

- ¾ cup Olive Oil (1)
- 3 TBS Coconut Oil (1, 3)
- 2 TBS + 1 tsp Salt (2,3)
- 1 TBS Pepper (2, 3)

### TIPS, etc.

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

### Sweet & Spicy Orange Salmon w/ Carrot Fries & Salad (1)

- 1-1.25 LBS Salmon (or Steelhead) Filet
- 2 TBS Honey
- 4 TBS Coconut Aminos (or soy sauce)
- 2 tsp Sriracha (or Tapatio)
- 1 4-oz Can Tomato Paste
- 1 Bunch Carrots
- 1 Bunch Greens of Choice
- 1 Lemon
- 1 Orange
- 3 TBS Olive Oil
- 1 TBS Coconut Oil
- ½ Cup Pecorino (optional)

### Overstuffed BBQ Sweet Potatoes (2)

- 2-2.5 LBS Chuck (or Rump) Roast
- 4-8 Sweet Potatoes
- 1 Sweet Onion
- 2 Heads Broccoli
- 1 Bunch Green Onion
- Crème Fraiche (optional toppings)
- 1 4-oz Can Tomato Paste
- 3 TBS Maple Syrup
- 2 TBS Paprika
- 1 TBS Chili Powder
- 1 TBS Onion Powder
- 1 TBS Garlic Powder
- 1 TBS Salt + 1/2 TBS Pepper

### Roasted Creamy Turmeric Tomato Chicken (3)

- 6-8 Bone-In Skin-On Chicken Thighs
- 8-12 Sundried Tomatoes
- 1 Can Full Fat Coconut Milk
- 1 Bunch Parsley
- 1 Yellow Onion
- 1 Lemon
- 1 8-oz Frozen Spinach
- 1/2 TBS Garlic Powder
- 1/2 TBS Turmeric
- 1/2 TBS Paprika
- 1 TBS Salt + 1/2 TBS Pepper
- 2 TBS Coconut Oil

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## PREP DAY

### TOOL

- 1 Small (microwave safe) Container with Lid (1)
- 1 Small Containers with Lid (1)
- 1 Large Container with Lid (2)
- 1 16-oz Mason Jar (or similar) (2)
- Tin Foil (2)

### PRE-PREP

- Turn oven to 400. (2)

### CROCKPOT

- In a small bowl, combine the following to make the BBQ sauce: (2)
  - 1 4-oz Can Tomato Paste
  - 1 Cup Water
  - 3 TBS Maple Syrup
  - 2 TBS Paprika
  - 1 TBS Chili Powder
  - 1 TBS Onion Powder
  - 1 TBS Garlic Powder
  - 1 TBS Salt
  - 1/2 TBS Pepper
- Finely chop 1 sweet onion and place in the crockpot. Place chuck roast on top of the onion, pour over the BBQ sauce, cover and cook on high 6-8 hours. (2)
- Using a fork, shred the beef and transfer to a large container with lid, seal and refrigerate. Pour sauce into a mason jar, seal and refrigerate. (2)

### BAKE | NOTE: sweet potatoes and squash can roast at the same time.

- Wrap 4 sweet potatoes in foil, bake 45 minutes (lower rack), transfer to refrigerator (with foil still on). (2)

### MIX

- Combine 2 TBS Honey, 4 TBS Coconut Aminos (or soy sauce), 2 tsp Sriracha (or Tapatio) in a small (microwave safe) container. Heat 10 seconds in the microwave if the honey won't mix easily. (1)
- Pour 1/2 of the glaze into another container and mix in 4-oz of tomato paste. Season with salt and pepper. Seal both containers and refrigerate. (1)

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## DAY OF

### Sweet & Spicy Orange Salmon w/ Carrot Fries & Salad (1)

- Turn oven on 425. Take out 2 baking sheets, cover 1 with foil.
- Slice carrots into long 1/4" thick "fries" and place on a baking sheet (with no foil), toss with 1 TBS coconut oil plus salt and pepper to taste. Spread out carrots so they don't touch, bake 8 minutes, remove turn carrots over, bake another 8 minutes.
- Place salmon on a baking sheet (covered with foil), season with salt & pepper, then brush salmon with 1/2 of the glaze (without tomato paste). Bake salmon 6 minutes, remove, brush with remaining glaze, bake another 6-8 minutes until done.
- In a large salad bowl, add 1 bunch of greens (chopped as needed), toss with 3 TBS olive oil plus the juice of 1 lemon. Peel 1 orange and separate sections, then cut in half.
- Season salad with salt and pepper, add halved orange sections and shave off pecorino into the salad with a carrot peeler. Plate salmon with carrot fries and salad, don't forget to add the spicy ketchup!

### Overstuffed BBQ Sweet Potatoes (2)

- Turn oven on to 425 and place foil-wrapped sweet potatoes in the oven. Reheat sweet potatoes 15 minutes. Bring a large pot of water to boil.
- Chop broccoli into bite-size pieces, place in the boiling water and steam 5-10 minutes, until fork tender, drain and set aside. Finely chop 1 bunch of green onions, set aside.
- In a sauté pan, portion out and reheat BBQ Beef and BBQ Sauce together.
- Remove sweet potato from foil and slit down the middle, pull open and, using a fork, "mash" the meat of the sweet potato. Top each sweet potato with shredded beef & broccoli then top with green onion, crème fraiche and additional BBQ sauce. Enjoy!

### Roasted Creamy Turmeric Tomato Chicken (3)

- Pre-heat oven to 375. Take out a Dutch oven. Defrost 1 package of frozen spinach in the microwave. (or place the bag in a pot of hot water)
- In a bowl, whisk 1 Can Full Fat Coconut Milk, 1/2 TBS Garlic Powder, 1/2 TBS Turmeric, 1/2 TBS Paprika, 1 TBS Salt, 1/2 TBS Pepper plus the juice of 1 lemon.
- Dice 1 yellow onion and rough chop 8-12 sundried tomatoes. Season chicken with salt and pepper
- Heat the Dutch oven over medium high heat with 2 TBS of coconut oil. Place chicken thighs skin-side down first, cook 6-8 minutes until skin becomes crispy, then turn and cook another 4-6 minutes. Transfer to a plate.
- Once all chicken is cooked, sauté chopped onion in the remaining fat until translucent, 6-8 minutes. Add sundried tomatoes and spinach, sauté 3 minutes, then add chicken back to the pan skin-side up. Pour seasoned coconut milk over everything, bring to a boil, transfer to the oven and cook 25 minutes. Remove from oven, sprinkle with chopped parsley and serve.