

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

Paleo Italian Wedding Soup (1)  
Whole Roasted Chicken with Spinach (2)  
Strawberry Rhubarb Bowl (5)

### PRODUCE

- 2 Lemon (2,5)
- 1 Pint Strawberries (3)
- 2 Pieces Rhubarb (3)
- 3 Bunches of Spinach (2)
- 2 Carrots (1)
- 2-4 Potatoes of Choice (optional) (2)
- 1 Sweet Onion (1)
- 2 Garlic Cloves (1)

### MEAT/FISH

- 1 LB Ground Beef (1)
- 1 LB Ground Pork (or other) (1)
- 1 Whole Roast Chicken (2)

### DAIRY

- ¼ Cup Grated Parmesan (1)

### BULK

- 2 tsp Marjoram (optional) (1)
- 2 tsp Oregano (1)

### GROCERY LIST

- 1 TBS Garlic Powder (2)
- 1 tsp Thyme (2)
- 1 tsp Sage (2)
- 1 tsp Rosemary (2)
- 1 Cup Pecans (3)
- 1/2 Cup Sunflower Seeds (3)
- 1/2 Cup Shredded Coconut (3)
- 1/4 Cup Chia Seeds (3)

### PANTRY

- 48-ounces Chicken Broth (1)
- 2 TBS Honey (optional) (3)

### FREEZER

- 1 8-ounce PKG Frozen Spinach (1)

### STOCKED

- 4 TBS Salt (1,2)
- 2 TBS Pepper (1,2)
- 2 TBS Butter (or ghee) (1)
- 3 TBS Coconut Oil (or other) (2)

### TIPS, etc.

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

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## INGREDIENT LIST

### **Paleo Italian Wedding Soup (1)**

- 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)

### **Whole Roasted Chicken with Spinach (2)**

- 1 Whole Roast Chicken
- 3 Bunches of Spinach
- 1 Lemon
- 1 TBS Garlic Powder
- 1 tsp Thyme
- 1 tsp Sage
- 1 tsp Rosemary
- 2 TBS Coconut Oil (or other)
- 2-4 Potatoes of Choice (optional)
- 1 TBS Salt
- ½ TBS Pepper

### **Strawberry Rhubarb Bowl (3)**

- 1 Pint Strawberries
- 2 Pieces Rhubarb
- 1 Lemon
- 2 TBS Honey (optional)
- 1 Cup Pecans
- 1/2 Cup Sunflower Seeds
- 1/2 Cup Shredded Coconut
- 1/4 Cup Chia Seeds

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## PREP DAY

### TOOLS

- 1 Large Soup Pot with Lid (1)
- 1 Baking Sheets (1)
- 1-2 Large Containers with Lids (1)
- 5, 16-ounce Mason Jars (or similar) (3)
- Food Processor (3)

### PRE-PREP

- Turn oven on broil high. 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. Make 12-16 meatballs and spread out on a baking sheet. Broil 10 minutes on one side, turn meatballs then broil another 5 minutes. Remove meatballs, transfer to a bowl and set aside. Do not wash the baking sheet. (1)
- Optional: Wrap 2-4 sweet potatoes in foil, bake 40 minutes (on lower rack while 1 & 5 are cooking), then store in the refrigerator. (2)

### CHOP

- Dice 1 onions and chop two carrots into rounds, place in a bowl. Finely chop 2 garlic cloves, place in a small bowl. (1)
- Remove stems from the strawberries and quarter. Strip outside skin from the rhubarb. Place both in a medium pot. Cut one lemon in half and squeeze lemon juice into the pot with strawberries and rhubarb. Add 1 cup water and 2 TBS honey (optional). (3)

### 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. (1)
- 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. (1)
- Add meatballs and 48-oz of chicken broth, bring to a boil, then reduce to a simmer for 20 minutes. (1)
- Add frozen spinach to the soup, bring back to a boil, then simmer another 20 minutes. Transfer soup to 2 large containers with lids (or single servings as desired), cover and refrigerate. (1)
- Over medium heat, bring the strawberry-rhubarb mix to a boil, reduce to a simmer and cook about 20 minutes until everything breaks down. Whisk the mix every few minutes to keep the bottom from burning. (3)
- Once you get a jam-ish consistency, transfer the mix to a mason jar, seal and refrigerate. (3)

### PROCESS

- In a food processor, combine 1 cup pecans, 1/2 cup sunflower seeds, 1/2 cup shredded coconut and a pinch of salt. Pulse 8-10 times until the nuts and seeds are broken down, but not a ball (you want an almost oatmeal consistency). Transfer mix to a mason jar, add 1/4 cup chia seeds, seal and store in a cool dry place. (3)

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## DAY OF

**Paleo Italian Wedding Soup (1)** | Portion out, reheat (either on stove or microwave) and serve.

### **Whole Roasted Chicken w/ Spinach (2)**

- In a mason jar (or similar) with lid, add 1 TBS salt, ½ TBS pepper, 1 TBS garlic powder, 1 tsp thyme, 1 tsp sage, 1 tsp rosemary. Seal and store.
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- Preheat oven to 450. Take out a roasting pan. Place the chicken in the roasting pan and pat it dry with a paper towel. Season the chicken with the seasoning mix from prep day.
- Bake 50-60 minutes until cooked through.
- OPTIONAL: place pre-baked sweet potatoes (wrapped in foil) on the lower rack and reheat 20 minutes.
- Remove chicken and allow to rest covered for 15 minutes.
- Cut ends off the spinach and slice 1 lemon in half. In a sauté pan, heat 2 TBS of coconut oil (or other) over medium-high heat. Add spinach and juice of 1 lemon. Sauté until wilted, transfer to a serving dish.
- Serve. OPTIONAL: Save the carcass to make Chicken Bone Broth.

### **Strawberry Rhubarb Bowl (3)** | Optional: top with a sprinkle of chia seeds hot or cold.

- To eat warm: In a microwave-safe bowl, combine 1/4-1/2 cup of the nut/seed mix with 1/4-1/2 cup of the strawberry-rhubarb mix, microwave 30 seconds on high.
- To eat cold: Combine 1/4-1/2 cup of the nut/seed mix with 1/4-1/2 cup of the strawberry-rhubarb mix in a bowl or mason jar. Take it on the go or eat at home.