



*Nourishing Menu Plans on a Budget:*

# A Month of Meals from My Humble Kitchen to Yours

[www.myhumblekitchen.com](http://www.myhumblekitchen.com)

*20 meals, 4 desserts, nourishing  
stock, salad dressings, and more!*

*Unprocessed - Real Food!*



Diana Bauman







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# A Month of Meals from **My Humble Kitchen** to Yours

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*Learn how to cook!*

*That's the way to save money. You don't save it buying hamburger helpers, and prepared foods; you save it by buying fresh foods in season or in large supply, when they are cheapest and usually best, and you prepare them from scratch at home.*

- Julia Child



# Introduction

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- Do you find it difficult to budget in real foods?
- Is feeding your family nourishing, nutrient dense meals, free of processed ingredients important to you?
- Do you wish you could budget in pastured, grass feed meats?
- Do you find it difficult to cook vegetables that your family enjoys?
- Do you feel that feeding your family real foods is the key to health?

**If you answered yes to any of these questions, then this eBook is for you!**

My name is Diana. I am the author and publisher of myhumblekitchen.com – where simple, economical cooking brings joy, comfort, and nourishment to the family table.

Eating economically is a hot topic these days. With the state that our economy is in (where food prices keep rising but many of our wages are frozen or even non-existent), having a strict food budget is essential in many of our lives.

**I know this because it is true in my own life.**

Currently, my husband is un-employed. This is the first time in our lives that we've had to think about unemployment and everything that brings including humbling ourselves to accept help both financially and emotionally. I Praise the Lord that we are blessed with amazing families that have come along side us during these difficult times.

For me, the most difficult part of this entire ordeal was trying to grasp how I was going to continue to nourish my family with real food. Buying organic and local foods is much more expensive than its industrial counterparts. **How was I going to be able to afford the best to nourish my family?**

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What I learned is that my fear in not being able to budget and afford real food including local pastured meats and organic vegetables was unfounded. Not true, and, in my opinion, an outright lie.

The wonderful truth is that I found that if I put some effort into creating a menu for the week, I was able to purchase all of the necessary ingredients that I needed and stay on budget. Also, by menu planning, I knew exactly what I would be cooking during the week which allowed me to stay focused.

What I didn't realize I would learn is that by menu planning and cooking everyday, I would not just stay on budget, **but save money.**

Really, it's that simple. If you want to feed your family nourishing meals using local and organic ingredients, **you must learn how to cook.**

## A Traditional Family

My family is from Sevilla, Spain. My mami grew up in a traditional culture and as odd as this may seem today, her family didn't own a freezer! Every day my mother and her family were accustomed to buying fresh vegetables, meats, and bread for that day's meal. At the time, processed foods were not consumed so there was no other option but to buy whole, seasonal ingredients as they were being harvested. Inherently, this way of preparing and eating foods was passed down to me.

My mami grew up under a fascist regime, food was often times rationed. To her family, it wasn't about saving money to buy food but about making do with what they had.





## Introduction

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It's these peasant dishes and ways of conserving and stretching food that have become innate in my style of cooking.

Once you start reading the menu's provided, you'll find that many of these traditional cooking techniques are reflected in the meals. The following menu's use a lot of vegetables, rice, cheaper cuts of meat, legumes, eggs as protein, stock to nourish, and even bread in all of its parts (fresh and stale) to add depth and stretch a simple meal.

This eBook is about learning to appreciate seasonal foods and kicking up your skills in the kitchen. If after a month, you'd like to continue using these plans, please visit my website, <http://www.myhumblekitchen.com> to sign up for a monthly subscription where I release a new seasonal menu plan every week.

<http://myhumblekitchen.com/menuplan/>

My hope is that by using a menu plan, you'll begin to feel confidence in your kitchen, just as I have, all the while learning how to cook delicious and nourishing foods your family will enjoy.

I'll meet you in the kitchen. Let's cook!

*Diana*





*You don't have to cook fancy or  
complicated masterpieces – just good  
food from fresh ingredients.*

- Julia Child









# A Real Food, Food Budget

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On my website, [www.myhumblekitchen.com](http://www.myhumblekitchen.com), I've written a series of posts on how my family budgets in real food.

Below, in order of importance, are the techniques my family uses to budget in organic, and locally raised pastured meats, eggs, and milk.

**1. Menu planning including buying organic vegetables and fruits according to the dirty dozen and clean fifteen list.**

<http://www.myhumblekitchen.com/2012/04/how-you-can-save-money-on-groceries-by-meal-planning/>

**2. We invest in our families health by buying locally raised pastured meat with our tax money.**


<http://www.myhumblekitchen.com/2013/01/buy-local-pastured-meat-with-your-tax-return-invest-in-your-families-health-this-new-year/>

**3. By bartering, working, and making the right connections.**

<http://www.myhumblekitchen.com/2012/04/save-money-on-real-food-by-buying-in-bulk-bartering-working-and-making-the-right-connections/>

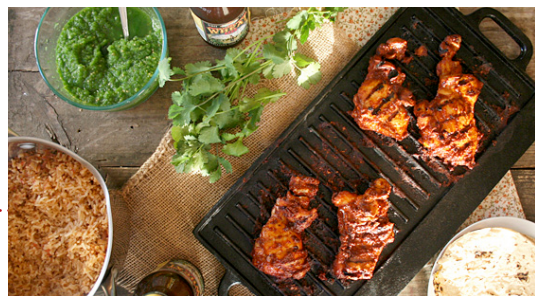
**4. By making my own bread products for my family.**

- **Simple, European Style, Everyday Bread Recipe with Video:** <http://www.myhumblekitchen.com/2013/03/simple-european-style-everyday-bread-recipe-with-video/>
- **Whole Wheat Sandwich Bread:** [www.myhumblekitchen.com/2010/11/whole-wheat-sprouted-bread/](http://www.myhumblekitchen.com/2010/11/whole-wheat-sprouted-bread/)
- **Hamburger and Hotdog Buns:** <http://www.myhumblekitchen.com/2012/07/homemade-whole-wheat-hamburger-and-hot-dog-buns/>

A circular graphic with a dotted green border. Inside the circle is a white whisk. The text "A Month of Meals" is written in a brown, cursive font across the center of the whisk.

*A Month of  
Meals*









# Week One

## Shopping List

\* = Dessert

### Fresh Produce

- \_\_\_ salad greens
- \_\_\_ carrots (3)
- \_\_\_ celery (2 ribs)
- \_\_\_ white onion (1)
- \_\_\_ red onion (2)
- \_\_\_ shallots (4)
- \_\_\_ garlic (7 cloves)
- \_\_\_ lemon (3)
- \_\_\_ Brussels sprouts (1 lb)
- \_\_\_ potatoes (5)
- \_\_\_ sweet potatoes (2)
- \_\_\_ kale (1 bag)
- \_\_\_ jalapeno (1)
  
- \_\_\_ green onion (1/2 cup)

### Herbs and Spices

- \_\_\_ fresh parsley (1 bunch)
- \_\_\_ fresh cilantro (1 bunch)
- \_\_\_ bay leaves (2)
- \_\_\_ cumin
- \_\_\_ dried chives
- \_\_\_ dried parsley
- \_\_\_ garlic powder

\_\_\_ onion powder

### Dairy & Eggs

- \_\_\_ cream (1 cup)
- \_\_\_ eggs (2)
- \_\_\_ shredded cheddar cheese (1 1/2 cup)
- \_\_\_ shredded parmesan or pecorino romano cheese (3/4 cup)
- \_\_\_ sour cream (1/2 cup)
- \_\_\_ buttermilk (1/2 cup)

### Pantry Items

- \_\_\_ 1 bag dried black beans
- \_\_\_ white Basmati rice (2 cups)
- \_\_\_ bread crumbs (1 1/2 cups)
- \_\_\_ Muir Glen organic tomato sauce (1/4 cup)
- \_\_\_ active dry yeast
- \_\_\_ Muir Glen organic tomato paste (1 can)
- \_\_\_ molasses (1/4 cup)
- \_\_\_ worcestershire sauce (1 tbsl)

### Meats

- \_\_\_ 1 whole chicken
- \_\_\_ Four 1/2" or 1" pork chops
- \_\_\_ bacon (4 slices)

- \_\_\_ chicken broth (6 cups)
- \_\_\_ wild caught salmon (2 cans)

### Bakery items (or make yourself)

- \_\_\_ European, style bread
- \_\_\_ corn tortillas (12)
- \_\_\_ Flour (5 1/2 cups)

### Staples

- \_\_\_ extra virgin olive oil
- \_\_\_ coconut oil
- \_\_\_ salt
- \_\_\_ pepper
- \_\_\_ honey
- \_\_\_ red wine vinegar
- \_\_\_ dijon mustard (1 tbsl)
- \_\_\_ mayonnaise (1/2 cup)



## Weekly Menu Plan

| Sunday | Monday  | Tuesday                                       | Wednesday   | Thursday                                | Friday                                      | Saturday  |
|--------|---|---|---|---|---|---|
|        | 1. Pan Seared Pork Chops<br>2. Sauteed Brussels Sprouts | 1. Simple Potato Saoup<br>2. Side Green Salad | 1. Black Bean, Sweet Potato, and Kale Tacos<br>2. White Cilantro Rice | 1. Mexi Salmon Cakes<br>2. Mexican Rice | 1. BBQ Chicken Pizza<br>2. Side Green Salad | 1. Start this week by making homemade chicken stock |

## Overnight/Evening Prep

| Sunday  | Monday | Tuesday                    | Wednesday | Thursday | Friday | Saturday                     |
|---|--------|----------------------------|-----------|----------|--------|------------------------------|
| Separate chicken meat, stocks, and vegetables |        | Soak Black Beans Overnight |           |          |        | Make Chicken Stock Overnight |

## Broth

# Homemade Chicken Broth



### Ingredients:

- 1 whole chicken or 2 packs of organic chicken legs (around 12 drumsticks)
- 3 carrots
- 2 ribs celery
- 1 whole white onion, quartered
- large handful of parsley

## Directions

1. Start your week by making chicken stock for your meals during the week and to stock in your freezer.
2. On Saturday evening, in a large stockpot, add the chicken, carrots, celery, and onion. (Feel free to add chicken feet if you have them). Add enough water to cover the ingredients by 2". Bring to a boil, lower the heat, then simmer on low, covered overnight.
3. The next morning, add the parsley and turn off the heat. Allow to cool, covered on your stovetop. This will take a few hours.
4. Once cooled, gently remove all the meat from the pot. Try not to stir the stock very much as it will turn cloudy.
5. Pick off all the meat from the bones. Freeze half of the meat, and store the other half in the refrigerator to use for Friday's bbq chicken pizza.
6. Strain the broth through a fine-mesh sieve into a large bowl and allow to cool completely in the refrigerator overnight.
7. The following day, skim the fat off the broth and save it to saute potatoes. Store 4 cups in the refrigerator for Tuesday's potato soup and freeze the rest in freezer bags in 2 cup increments.
8. Save the vegetables in a mason jar in the refrigerator to be used in Tuesday's potato soup as well.



### Economical Tip

Whole organic chickens can be quite expensive. If you are on a tight budget, use organic chicken legs which will make the same beautiful broth at a much lower cost.

## Monday - Week 1

# Pan Seared Pork Chops with a Chimichurri Sauce



### Ingredients:

#### Pork Chops

- Four, 1/2" or 1" pork chops
- 2 tsp extra virgin olive oil

#### Chimichurri Sauce

- 3 shallots
- 1 clove garlic
- 2/3 cup extra virgin olive oil
- A big handful of flat leaf Italian parsley
- A smaller handful of cilantro
- 2 tbs lemon juice
- 1/2 tsp salt

#### Sauteed Brussels Sprouts

- 1lb Brussels sprouts, halved
- 4 slices bacon, sliced
- 1/2 red onion, sliced
- Splash of lemon juice
- 1/2 tsp salt

## Directions

#### Pork Chops

- Heat 2 tsp extra virgin olive oil in a skillet or cast iron pan.
- Season the pork chops with salt and pepper and sear on both sides until cooked through. (Depending on the size of pork chops, this can take anywhere from 5 - 10 minutes per side.) The sides should brown and caramelize a bit giving them a deep flavor. Do not slice the pork chops open to check for doneness as its juices will drain making them dry. Instead use a meat thermometer to check for an internal temperature of 160F.
- Set aside in a 170F oven to keep warm.

#### Chimichurri Sauce

- While the pork chops are searing, combine all ingredients in a food processor and process until finely chopped. If you don't have a food processor finely chop all ingredients by hand and mix in a bowl.

#### Sauteed Brussels Sprouts, Onions, and Bacon

- Once all of your pork chops have seared, use the same pan to start your Brussels sprouts to pick up the flavors including all of the wonderful browned bits left behind.
- To the skillet or cast iron pan, add the bacon and cook until most of its fat has rendered out.
- Add the Brussels sprouts and onion; saute until they begin to turn translucent. 4-5 minutes.
- Finish with a splash of lemon juice and 1/2 tsp salt.

#### Serve

Serve a spoonful of chimichurri sauce on top of each pork chop with a side of brussels sprouts.

Serves: 4

Total Prep Time: 10 minutes

Total Cook Time: 25 minutes



#### Economical Tip

1. Save leftover chimichurri sauce to revamp for tacos and salmon cakes later in the week.
2. Save pork chop bones in the freezer for a future stock.



Tuesday - Week 1

## A Simple Potato Soup With a Side Green Salad



### Ingredients:

#### Potato Soup

- Leftover vegetables from chicken stock, chopped
- 5 medium sized potatoes, roughly chopped
- 4 cups chicken broth
- 2 bay leaves
- 1 tsp salt
- 1/4 tsp pepper
- 1 cup cream

#### Red Wine Vinaigrette

- 3 tbs extra virgin olive oil
- 2 tbs red wine vinegar
- 1/2 tsp salt

## Directions

#### Potato Soup

- In a dutch oven, add the leftover vegetables from the chicken stock, potatoes, chicken broth, bay leaves, salt, and pepper.
- Bring to a boil. Reduce the heat to low, cover and simmer for 20 minutes or until the potatoes are tender.
- Once the potatoes are tender, remove 1 cup of the vegetables and set aside.
- Remove the bay leaves and discard.
- With an immersion blender or in a blender, puree the vegetables with broth until smooth.
- If you used a blender, put the puree back into the dutch oven and return to medium heat.
- Add 1 cup cream and the vegetables that were set aside. Bring to a boil, then lower the heat and simmer for 5-10 minutes.

#### Serve

Serve the soup garnished with stale bread crumbs and a side green salad tossed in a red wine vinaigrette. This soup goes especially well served with European style crusty bread.

For my simple, European bread recipe with video, click here >>>

<http://www.myhumblekitchen.com/2013/03/simple-european-style-everyday-bread-recipe-with-video/>

Serves: 4-5

Total Prep Time: 5 minutes

Total Cook Time: 30 minutes



#### Cooking Tip

If you do not have saved vegetables from having made stock, add 3 carrots, 2 celery ribs, and 1 onion, quartered to step 1.

## Wednesday - Week 1

# Black Bean, Sweet Potato, and Kale Tacos



## Ingredients:

### Tacos

- 2 sweet potatoes, chopped into 1/4" cubes
- 2 cups dried blackbeans
- 2 large handfuls of chopped kale
- 1/4 cup coconut oil
- corn tortillas

### Chimichurri Salsa

- Leftover Chimichurri Sauce
- handful of chopped cilantro
- 1 tbs jalapeno, finely chopped

### White Cilantro Rice

- 1 cup white Basmati rice
- 2 cups water
- 2 tsp coconut oil
- 1/2 tsp salt
- 1/3 cup packed cilantro, chopped
- Splash of lemon juice

## Directions

### White Cilantro Rice

- In a heavy bottomed sauce pan, bring 2 cups water, and 2 tsp coconut oil to a boil.
- Add the rice and salt. Bring to a boil, lower the heat to low and simmer covered for 25 minutes.
- Once the rice is done, allow to sit for 5 minutes or so, then fluff with a fork and add the cilantro and a splash of lemon juice. Mix through.

### Tacos

- Soak the Black Beans the Night Before
- In the morning, drain and rinse your black beans. Add them to a crockpot, with 2 quarts of water, 2 tbs of coconut oil, and 2 tsp salt. Cook on low for 8 hours. They should be ready to eat by the time you start preparing dinner.
- In a skillet or cast iron pan heat 1/4 cup coconut oil.
- Add the sweet potatoes and saute until browned and softened. 10 minutes.
- Add 1/2 cup black beans per person and kale. Saute until the kale just begins to wilt. 4 minutes or so.

### Revamped Chimichurri Salsa

- Add chopped cilantro and jalapeno to chimichurri sauce, from Monday's meal, to spice it up.

### Serve

Garnish the tacos with a chimichurri salsa and chopped avocado. Serve with white cilantro rice.

Serves: 4-5

Total Prep Time: 10 minutes

Total Cook Time: 8 hours 25 minutes



### Cooking Tip

Start the rice first. After you've added the cilantro and lemon juice cover the pan to keep the rice warm.



### Economical Tip

Cook an entire bag (2 cups) of organic black beans and freeze the extra beans you will not be using for future meals. <http://www.myhumblekitchen.com/2012/01/a-tutorial-how-to-cook-dried-beans-to-freeze/>



Thursday - Week 1

## Mexi Salmon Cakes



### Ingredients:

#### Salmon Cakes

- 2 cans wild caught salmon, drained
- 1/2 cup diced green onion
- 1/4 cup packed cilantro, chopped
- 2 garlic cloves, pressed or minced
- 1 1/2 cups bread crumbs
- 1/2 tsp salt
- 1/2 tsp cumin
- juice of half a lemon
- 2 eggs, whisked
- Extra virgin olive oil

#### Mexican Rice

- 1 cup white Basmati rice
- 2 tbsl extra virgin olive oil
- 2 cups homemade chicken broth or water
- 3/4 cup homemade salsa or 1/4 cup tomato sauce
- 1 tsp cumin
- 2 tsp salt

## Directions

#### Mexican Rice

- In a stainless steel pan, heat 2 tablespoons olive oil over medium heat. Add the rice and incorporate into the oil. Keep stirring and moving it around until it browns on all sides. You will start to smell it toasting. Do not let it burn.
- Once the rice is browned on all sides, add the chicken stock or water, carefully. It will simmer and evaporate as you pour it in.
- Add the salsa or tomato sauce and mix in. (Always add the chicken stock before the tomato base as adding the tomato base first will splatter and can burn you.)
- Add the cumin and salt.
- Bring the mixture to a boil. Once it starts boiling, cover and lower your heat to it's lowest setting.
- Simmer on low for 20 minutes.

#### Mexi Salmon Cakes

- In a large bowl, add the salmon and flake apart
- Add the green onion, cilantro, garlic, bread crumbs, salt, cumin, lemon juice, and combine.
- Add the eggs and incorporate into the salmon mixture.
- With your hands, grab a handful of the mixture and form into patties. Press together well in your hands as the mixture may seem a bit crumbly.
- In a cast iron skillet or pan, add about 1/2 cup of extra virgin olive oil.
- Gradually, bring oil to cooking temperature over medium heat.
- Once the olive oil has come to heat, working in batches, cook the patties until browned on both sides. (About 3-4 minutes per side)

#### Serve

Garnish salmon cakes hot or at room temperature topped with sour cream, tomatoes, and homemade salsa verde or leftover spiced up chimichurri sauce. Serve with a side of Mexican rice.

Serves: 4-5

Total Prep Time: 10 minutes

Total Cook Time: 25 minutes



#### Economical Tip

1. Make your own breadcrumbs - Save the butt ends of your loaves of bread, crumble them up and dry them in a dish on your counter. Once hardened, store in your freezer.

Friday - Week 1

## BBQ Chicken Pizza



### Ingredients:

#### For the Pizza Dough

- 5 1/2 cups flour
- 5 tsp active dry yeast
- 3 tsp salt
- 2 cups warm water

#### Pizza

- 1 1/2 cup cooked shredded chicken (from broth)
- 1/2 medium red onion, roughly chopped
- 1 1/2 cup shredded cheddar cheese
- 3/4 cup shredded parmesan cheese or pecorino romano
- 3/4 cup homemade bbq sauce

#### Real Food BBQ Sauce

- 1 large shallot (1/3 cup), minced
- 2 tbs extra virgin olive oil
- 4 garlic cloves, pressed or minced
- 1 can tomato paste
- 2 cans (from empty tomato paste) water
- 1/4 cup molasses
- 1 cup honey
- 1/4 cup red wine vinegar
- 1 tbs worcestershire sauce
- 1 tbs dijon mustard
- 2 tsp salt

## Directions

#### 10 Minute Pizza Dough

- 10 Minute Pizza Dough

#### Real Food BBQ Sauce

- In a thick bottomed sauce pan, gently bring 2 tbs extra virgin olive oil to heat. Add the shallots and saute for about 2-3 minutes or until they just start to turn translucent.
- Add the garlic, tomato paste, 2 filled cans of water, molasses, honey, red wine vinegar, worcestershire sauce, dijon mustard, and salt; mix thoroughly.
- Bring to a boil, reduce the heat and simmer gently for 15-20 minutes.

#### Pizza

- Preheat oven with pizza stone inside at 500F
- Spread 3/4 cup bbq sauce on prepared pizza crust
- Top with cooked chicken, chopped red onion, cheddar and parmesan cheese.
- Bake on a preheated pizza stone in the oven for 10 minutes.

#### Serve

Serve pizza with a side green salad drizzled with homemade ranch dressing.

#### Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste

Serves: 4-5

Total Prep Time: 15

Total Cook Time: 35



#### Cooking Tip

Instructions with video to make my super easy 10 minute pizza crust recipe can be found here >>

<http://spain-in-iowa.com/menuplan/how-to-make-a-simple-homemade-pizza-crust-in-10-minutes/>





# Week Two

## Shopping List

\* = Dessert

### Fresh Produce

- \_\_\_ salad greens
- \_\_\_ red onion (2)
- \_\_\_ white onion (1)
- \_\_\_ garlic cloves (16)
- \_\_\_ lemon (2)
- \_\_\_ mango (1)
- \_\_\_ jalapeno (1)
- \_\_\_ kale (1 bag)
- \_\_\_ carrots (2)
- \_\_\_ potatoes (4)
- \_\_\_ sweet potato (1 lg)
- \_\_\_ Brussels sprouts (2 cups)

### Herbs and Spices

- \_\_\_ dried oregano (1 tsp)
- \_\_\_ cumin (1 tsp)
- \_\_\_ fresh cilantro (1 bunch)
- \_\_\_ chili powder (1 tsp)
- \_\_\_ paprika (1 tsp)
- \_\_\_ fresh parsley (1 bunch)

### Dairy & Eggs

- \_\_\_ eggs (5)
- \_\_\_ butter
- \_\_\_ sour cream
- \_\_\_ chevre goat cheese
- \_\_\_ parmesan or pecorino romano cheese

### Pantry Items

- \_\_\_ dried garbanzo beans
- \_\_\_ Muir Glen Fire Roasted, Diced Tomatoes (3 cans)
- \_\_\_ dried ancho chili's (2)
- \_\_\_ dried guajillo chili's (1)
- \_\_\_ rapadura, sucanat, or brown sugar (1 tsp)
- \_\_\_ white Basmati rice (2 cups)
- \_\_\_ dried cranberries (1/4 cup)
- \_\_\_ buckwheat (1/2 cup)
- \_\_\_ breadcrumbs (1/2 cup)

### Meats

- \_\_\_ shredded chicken (3 cups)
- \_\_\_ chicken broth (6 1/4 cups)
- \_\_\_ 1lb - 1 1/2lb wild caught Pacific cod
- \_\_\_ 1lb ground pork

- \_\_\_ 1 lb ground beef

### Bakery items (or make yourself)

- \_\_\_ European, style crusty bread

### Staples

- \_\_\_ extra virgin olive oil
- \_\_\_ coconut oil
- \_\_\_ salt
- \_\_\_ pepper
- \_\_\_ honey
- \_\_\_ red wine vinega
- \_\_\_ apple cider vinegar
- \_\_\_ ketchup

## Weekly Menu Plan

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--------|---|---|---|--|---|----------|
|        | <ol style="list-style-type: none"> <li>Slow Cooked Chicken Tortilla Stew</li> <li>Side Green Salad</li> </ol> | <ol style="list-style-type: none"> <li>Blackened Wild Cod with Mango Salsa</li> <li>White Basmati Rice</li> </ol> | <ol style="list-style-type: none"> <li>Fried Tomato Garbanzo Beans</li> <li>Buckwheat and Kale Salad</li> </ol> | <ol style="list-style-type: none"> <li>Nourishing Meat Loaf</li> <li>Baked Potato</li> </ol> | <ol style="list-style-type: none"> <li>Sweet Potato and Brussels Sprouts Tratine</li> <li>Sauteed Garlic Kale with a Poached Egg</li> </ol> |          |

## Overnight/Evening Prep

| Sunday                        | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--|---------|-----------|----------|--------|----------|
| Soak Garbanzo Beans Overnight | Cook 3 cups soaked garbanzo beans in 2 quarts boiling water for 45 minutes to be used in Wednesday's meal. |         |           |          |        |          |





*No one is born a great cook, one  
learns by doing.*

- Julia Child

## Monday - Week 2

# Slow Cooked Chicken Tortilla Stew



## Ingredients:

### Chicken Tortilla Stew

- 3 cups, cooked, shredded chicken
- 3 cups, soaked garbanzo beans
- 6 cups chicken broth
- 1 can Muir Glen Fire Roasted, Diced Tomatoes
- 1/2 large red onion, roughly chopped
- 5 garlic cloves, smashed
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 2 teaspoons salt
- stems of 1 bunch of cilantro
- 2 dried ancho chili's, de-seeded and de-veined
- 1 dried guajillo chili, de-seeded and de-veined

### Cilantro Vinaigrette

- 1/2 cup, packed, cilantro
- 1 tablespoon finely chopped red onion
- 3 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 2 teaspoons honey
- 1/2 cup extra-virgin olive oil
- Salt and freshly ground pepper

## Directions

### Chicken Tortilla Stew

- In a five quart crockpot, add the chicken, garbanzo beans, chicken broth, tomatoes, onion, garlic, and spices; mix thoroughly.
- Place the cilantro stems and chili's on top. Cover and cook on low



for eight hours.

- After 8 hours, remove the cilantro stems and discard. Remove the chili's and place in a blender with 1 cup of the stew's broth.
- Blend the chili's with the broth to a puree.
- Once blended, strain the puree to remove the tough outer skin of the chili's. (If tiny bits don't bother you, you can skip this step ;)
- If you saved the vegetables from cooking a chicken broth, add them to a blender with the strained puree and blend together.
- Add the puree back to the crockpot and mix through. Season with salt to taste.

### Cilantro vinaigrette

- In a blender, combine the cilantro, onion, lemon juice, red wine vinegar and honey and blend until the cilantro is finely chopped. With the machine on, add the olive oil in a steady stream and blend until smooth. Season the vinaigrette with salt and pepper.

### Serve

Serve the stew in a large bowl, garnished with shredded cheddar cheese, cilantro, diced avocado, crushed tortilla chips, and a splash of lemon juice. Serve with a side green salad tossed in a cilantro vinaigrette.

Serves: 4-5

Total Prep Time: 10 min

Total Cook Time: 8 hours 10 minutes



### Cooking Tip

If this is your first time using dried chili's, you're in for a treat! Dried chili's create deep rustic flavors traditional in Mexican cuisine. Just remember to de-seed and de-vein your chili's before cooking with them to cut the heat.



### Economical Tip

Cilantro stems have just as much flavor as the leaves themselves. Using the stems in a stew or soup allows us to flavor the soup without sacrificing the leaves.



Tuesday - Week 2

## Blackened Wild Cod With Mango Salsa



### Ingredients:

#### Cod

- 1 - 1 1/2lbs, wild caught Pacific cod, cut into four pieces
- 2 cloves garlic, pressed or minced
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon rapadura or sucanat sugar (sub organic brown sugar)
- 1 tablespoon extra virgin olive oil

#### Mango Salsa

- 1 mango, peeled, pitted and diced (about 1 cup)
- 1/4 cup red onion, diced (Save the rest for Friday's meal)
- 1/4 cup fresh cilantro; chopped
- 1/2 tsp (or more), finely chopped jalapeno (optional)
- 1/2 tsp salt
- juice of 1/2 lemon

#### White Rice

- 2 cups white basmati rice
- 4 cups water
- 1 tsp salt

## Directions

#### White Rice

- In a heavy bottomed sauce pan, bring 4 cups water to a boil.
- Add the rice and salt. Bring to a boil, lower the heat to low and simmer covered for 25 minutes.
- Once the rice is done allow to sit for 5 minutes or more covered.

#### Cod

- Preheat oven to 400F degrees.
- Prepare the fish by wiping the flesh with a dry paper towel to remove any moisture.
- Mix the remaining ingredients in a bowl and rub the mixture onto both sides of the fish.
- In a skillet or cast iron pan, heat 1 tbs of extra virgin olive oil and sear on both sides for 2-3 minutes.
- Remove the fish from the pan and place onto a cookie sheet lined with parchment paper. Place pan into preheated oven and bake for 10-15 minutes or until the cod is cooked through.

#### Mango Salsa

- Mix all ingredients.

#### Serve

Serve the blackened cod on a bed of white basmati rice topped with mango salsa.

Serves: 4

Total Prep Time: 15 minutes

Total Cook Time: 30 minutes



#### Cooking Tip

Make the white basmati rice first as it will stay warm as long as you keep it covered.



It's important to make sure that Cod you purchase is from the Pacific ensuring that it was caught in a sustainable manner from clean waters. **\*AVOID all fish caught from China.**

## Tomato Garbanzo Beans w/ a Side Buckwheat + Kale Salad



### Ingredients:

#### Fried Tomato Garbanzo Beans

- 3 cups cooked garbanzo beans
- 2 cans, Fire Roasted Muir Glen Diced Tomatoes
- 1/2 white onion, roughly chopped
- 2 cloves garlic, pressed or minced
- 3 tbsl extra virgin olive oil

#### Kale and Buckwheat Salad

- 3 large handfuls kale
- 1/4 cup dried cranberries
- 1/2 cup buckwheat
- 1 cup water
- 3 tbsl extra virgin olive oil
- 2 tbsl apple cider vinegar
- 1 tsp salt

### Directions

#### Fried Tomato Garbanzo Beans

- In a skillet or cast iron pan, bring 3 tbsl of olive oil to heat. Add the onion, and garlic and saute for 5-8 minutes or until the onions begin to turn transparent.
- Add the garbanzo beans and saute for another 2-3 minutes.
- Add the tomatoes, bring to a boil, then lower the heat and simmer for 15 minutes or until the mixture thickens and can be pulled away from the bottom of the pan.

#### Kale and Buckwheat Salad

- In a sauce pan, bring 1 cup of water to a boil. Add the buckwheat, cover, and drop the heat to low. Cook for 25 minutes or until the buckwheat is to the consistency of rice.
- In a large salad bowl, add the cooked buckwheat, kale, cranberries, olive oil, vinegar, and toss through.

#### Serve

Serve the garbanzos with a side of kale and buckwheat salad.

Serves: 4-5

Total Prep Time: 20 minutes

Total Cook Time: 35 minutes

#### What is Buckwheat?

Buckwheat is actually the seed of a flowering fruit that is related to rhubarb and sorrel. It's completely gluten-free and unrelated to wheat and all the grasses in the wheat family. So it's a popular substitute for wheat for those who are gluten-intolerant. It's also a plant known for its honey; the flowers are attractive to bees and its pollen produces a dark and uniquely flavored honey. It's very high in nutrients, and it has even more fiber than oatmeal. See a list of buckwheat's many, many health properties here:

- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=11>



Thursday - Week 2

## A Nourishing Meatloaf with a Baked Potato



### Ingredients:

#### Meat Loaf

- 1lb ground pork
- 1lb ground beef
- 1/2 onion, finely chopped
- 2 carrots, finely chopped
- 1 cup cauliflower, finely chopped (optional)
- 1/2 cup packed fresh parsley, finely chopped OR 1 tablespoon dried parsley
- 3 garlic cloves, pressed or minced
- 1/2 cup breadcrumbs
- 1 egg
- 1 tsp salt
- ketchup

#### Baked Potato

- 4-5 medium sized Russet potatoes
- butter
- sour cream
- salt and pepper

### Directions

#### Meat Loaf

- In a large bowl, add the pork, beef, onion, carrots, cauliflower, parsley, garlic, breadcrumbs, eggs, and salt.
- With your hands, mix all the ingredients thoroughly.
- Add to a loaf pan, form into a tight loaf, and drizzle with ketchup on top.
- Place the loaf pan on the top rack of your oven.

#### Baked Potato

- Rinse and pat dry each potato.
- Prick each potato with a fork in various places.
- Place directly on the bottom rack of the oven at the same time you add your meatloaf.

***Both Meatloaf and Baked Potatoes will bake in the oven at the same time.***

- Bake both meatloaf and baked potatoes for 1 hour at 375F.

#### Serve

Serve meatloaf and baked potato topped with butter and sourcream.

Serves: 4-5

Total Prep Time: 15-25 minutes

Total Cook Time: 60 minutes

#### Cooking Tip

I use my food processor to finely chop my onions, carrots, cauliflower, and parsley. It makes the process of chopping vegetables take seconds! A large capacity food processor is one of my top tools in my humble kitchen.



#### Economical Tip

What's great about a meatloaf is that you can use any vegetable you have lingering in your fridge. For this specific recipe, I had some leftover cauliflower florets, that I added to the mix. If you don't have that, don't use it. If you have a different vegetable you'd like to add, like fresh broccoli or a dark leafy green, add it. As long as you add small portions, It won't effect the flavor one bit.

Friday - Week 2

## Sweet Potato + Brussels Sprouts Tartine



### Ingredients:

#### Tartine

- 1 large sweet potato, roughly chopped
- 2 cups Brussels sprouts, chopped
- 1/4 cup extra virgin olive oil
- 2 cloves garlic
- 1 tsp salt
- Chevre goat cheese for spreading
- 4 pieces of sliced thick crusty bread, toasted
- Shredded pecorino romano cheese to garnish

#### Sauteed Garlic Kale

- 4 packed cups kale
- 2 cloves garlic
- 3 tbsls extra virgin olive oil
- 1/4 cup chicken broth or water
- 1/2 tsp salt
- Shredded pecorino romano cheese to garnish

#### Poached Eggs

- 4 farm fresh eggs

## Directions

#### Sweet Potato and Brussels Sprouts Tartine

- In a skillet or cast iron pan, bring 1/4 cup of extra virgin olive oil to heat. Add the sweet potatoes, and garlic. Saute for 6-8 minutes or until the sweet potatoes are just tender.
- Add the brussels sprouts and salt; saute for an additional 3-4 minutes.
- Remove from pan and set aside on a plate.

#### Sauteed Garlic Kale

- In the same pan that you used to saute the sweet potatoes and Brussels sprouts, heat an additional 3 tbsls of extra virgin olive oil.
- Add the garlic and saute for 2 minutes.
- Add the kale and toss to coat. (make sure to step back a bit as the oil may splatter).
- Add 1/4 cup chicken broth, or water, and the salt; saute for 3-4 minutes or until the kale just begins to wilt.
- Remove from heat and set aside.

#### Poached Egg

- Bring a heavy duty saucepan filled with water to a boil.
- Individually, crack each egg into a small bowl. Once in the bowl, gently lower into the pan of boiling water and boil for 2 minutes.
- Remove with a slotted spoon and serve immediately topped on the kale.

#### Serve

For the tartine, spread the chevre cheese onto the toast and top with the butternut squash/Brussels sprouts mixture garnished with pecorino romano cheese. Serve with a side of sauteed garlic kale topped with a poached egg.

For my simple, European bread recipe with video, click here >>>

<http://www.myhumblekitchen.com/2013/03/simple-european-style-everyday-bread-recipe-with-video/>

Serves: 4

Total Prep Time: 15 minutes

Total Cook Time: 25 minutes



#### Cooking Tip:

I love quick comforting foods on a Friday evening. Eggs are my families "fast" foods. Take your time when preparing a meal like this. The vegetables taste just as great at room temperature as they do warm, however, make sure to poach your eggs last as they taste best piping hot.



# Week Three

## Shopping List

\* = Dessert

### Fresh Produce

- \_\_\_ salad greens
- \_\_\_ carrots (2)
- \_\_\_ celery ribs (2)
- \_\_\_ white onion (3)
- \_\_\_ beets with leafy tops (1 bunch)
- \_\_\_ potatoes (2)
- \_\_\_ yellow onion (1)
- \_\_\_ green peppers (1)
- \_\_\_ garlic (10 cloves)
- \_\_\_ cauliflower (6 cups)
- \_\_\_ oranges (3)

### Herbs and Spices

- \_\_\_ peppercorns (1 tbls)
- \_\_\_ bay leaves (3)
- \_\_\_ fresh parsley (1 bunch)
- \_\_\_ fresh cilantro (1 bunch)
- \_\_\_ fennel sprigs (optional)
- \_\_\_ cumin
- \_\_\_ cayenne pepper or chili powder
- \_\_\_ dried oregano (1 tsp)
- \_\_\_ onion salt

- \_\_\_ dried chives
- \_\_\_ dried parsley
- \_\_\_ onion powder
- \_\_\_ garlic powder
- \_\_\_ saffron (optional)

### Dairy & Eggs

- \_\_\_ plain yogurt
- \_\_\_ eggs (4)
- \_\_\_ buttermilk (1/2 cup)
- \_\_\_ sour cream (1/2 cup)

### Pantry Items

- \_\_\_ dry red wine (1 cup)
- \_\_\_ Muir Glen Tomato Paste (2 cans)
- \_\_\_ 1 bag dried pinto beans
- \_\_\_ salsa (1 cup)
- \_\_\_ pork lard (1 cup)
- \_\_\_ white Basmati rice (2 cups)
- \_\_\_ Muir Glen Fire Roasted Diced Tomatoes (2 cans)

### Meats

- \_\_\_ 3lbs soup bones or short ribs
- \_\_\_ marrow bones (1 lg or 2 small)

- \_\_\_ 1 lb ground beef
- \_\_\_ beef broth (2 cups)
- \_\_\_ 8 chicken drumsticks
- \_\_\_ chicken broth (1/2 cup)
- \_\_\_ shrimp (16)

### Bakery items (or make yourself)

- \_\_\_ corn tortillas (12)

### Staples

- \_\_\_ extra virgin olive oil
- \_\_\_ coconut oil
- \_\_\_ salt
- \_\_\_ pepper
- \_\_\_ honey
- \_\_\_ red wine vinega
- \_\_\_ apple cider vinegar
- \_\_\_ mayonnaise (1/2 cup)
- \_\_\_ flour (1/2 cup)
- \_\_\_ baking powder (1 tsp)



## Weekly Menu Plan

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|---|--|---|---|--|---|
|        | <ol style="list-style-type: none"> <li>Mexican Taquitos</li> <li>Pinto Beans</li> </ol> | <ol style="list-style-type: none"> <li>Light Beet Soup</li> <li>White Basmati Rice</li> <li>Poached Egg</li> </ol> | <ol style="list-style-type: none"> <li>Real Food Chili</li> <li>Side Green Salad</li> </ol> | <ol style="list-style-type: none"> <li>Garlic and Spice Roasted Chicken</li> <li>Sauteed Cauliflower</li> </ol> | <ol style="list-style-type: none"> <li>Spanish Tortillitas</li> <li>Beet Top Salad in an Orange Vinaigrette</li> </ol> | <ol style="list-style-type: none"> <li>Start this week by making homemade beef broth</li> </ol> |

## Overnight/Evening Prep

| Sunday   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday        |
|--|--------|---------|-----------|----------|--------|-----------------|
| <ol style="list-style-type: none"> <li>Separate meat, broth, and vegetables</li> <li>Soak Pinto Beans Overnight</li> </ol> |        |         |           |          |        | Make Beef Broth |

## Broth

# Homemade Beef Broth



### Ingredients:

- 3lbs grassfed soup bones or short ribs
- one, 6" marrow bone or two, 3" marrow bones
- 1 tbs raw apple cider vinegar
- 2 carrots, cut in half
- 2 celery ribs, cut in half
- 1 cup red wine
- 3 tablespoons tomato paste
- 1 small onion, quartered
- 1 tablespoon peppercorns, tied in cheesecloth
- 3 bay leaves
- big handful of flat leaf parsley

## Directions

- Place the marrow bones in a large stock pot covered with water. Add the vinegar and let stand for one hour.
- Meanwhile, place the meaty bones in a glass baking dish and brown at 350F degrees in the oven. About 15 minutes per side.
- When browned, place the meat bones in the stock pot along with the vegetables.
- Place the glass baking dish on the range. Add 3 tbs of tomato paste and 1 cup of red wine to the baking dish. Turn the flame onto medium heat and bring to a simmer, stirring with a wooden spoon, to pick up the brown bits from the meat.
- Once all the juices and tomato paste have been combined, add this liquid to the stock pot. Add additional water, if necessary, to cover the bones; the liquid should come no higher than one inch from the rim of the pot as the volume expands slightly during cooking.
- Bring to a boil. A large amount of scum rise to the surface; remove this with a spoon. After you have skimmed the scum, reduce the heat, then add the peppercorns and bay leaves.
- Simmer the stock, covered on low for at least 12 hours and as long as 24 hours.
- Just before finishing, add the parsley and simmer another 10 minutes. Allow the broth to cool, covered on your stovetop. This will take a few hours.

## Separate Veg, Meat, and Broth

- Once cooled, remove the bones with tongs or a slotted spoon. Remove the meat from the bones and shred. **Store the shredded beef in the refrigerator covered to use for taquitos on Monday.**
- Remove the vegetables and **store in a glass mason jar to be used in Tuesday's chili recipe.**
- Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. **Save 2 cups in the refrigerator for Tuesday's chili recipe** and freeze the rest of the broth. Freeze in 2 cup increments in quart sized freezer bags.



### Economical Tip

If you can't find meaty soup bones, ask for short ribs. They're economical and work great for a broth.

Monday - Week 3

## Mexican Taquitos with Pinto Beans



### Ingredients:

#### Mexican Pinto Beans

- 2 cups dried pinto beans soaked overnight
- 2 quarts water
- 2 tbl pork lard or extra virgin olive oil
- 2 tsp salt
- stems of one bunch of cilantro

#### Taquitos

- Shredded beef from homeamde broth
- Corn tortillas
- 1 cup salsa
- 3/4 cup pork lard (sub extra virgin olive oil)

### Directions

#### Mexican Pinto Beans

- To a large crockpot, add the beans, water, lard or extra virgin olive oil, and salt; mix.
- Once mixed, place a tied bunch of cilantro stems on top and cook on low for 8 hours.
- Once the beans are cooked and tender, remove the cilantro stems.

#### Taquitos

- In a large bowl, mix the shredded beef with salsa.
- Warm your tortillas.

The trick to be able to roll up your corn tortillas is to first warm them up. I start with 12 tortillas and gently cook them on the range until softened. I place them in my tortilla warmer to keep them nice and soft and ready for filling. You can also keep them on a dish covered with a damp cloth.

- In a cast iron skillet or pan, slowly bring to heat home rendered pork lard or extra virgin olive oil.
- Add about 2 tablespoons of beef filling to each tortilla and roll up.
- Working in batches, add the rolled up taquitos, seam side down, to the heated skillet. Brown each side for 5-8 minutes or until hardened.

#### Serve

Serve the taquitos with a side of Mexican pinto beans. Garnish the taquitos with guacamole, and sour cream. Garnish the beans with a shredded soft cheese.

Serves: 6

Total Prep Time: 15 min

Total Cook Time: 25 minutes



#### Economical Tip

1. Slow cook an entire bag of beans to intentionally save extra bags in the freezer. 1 1/2 cups of beans plus enough liquid to cover to equal 2 cups makes a typical "can" of beans.
2. Taquitos freeze really well. Make extra to freeze for a quick lunch or dinner.



Tuesday - Week 3

## A Light Beet Soup with White Rice and a Poached Egg



### Ingredients:

#### Beet Soup

- 3 large beets (about 1 lb), already boiled and removed of its tough outer skin, quartered
- 1 medium onion, roughly chopped
- 2 small potatoes, skinned and roughly chopped
- 3 tbs coconut oil
- 4 cups water (or beef broth)
- 2 tsp salt
- 2 tbs chopped fresh cilantro
- plain white yogurt
- Fennel Sprigs (optional)

#### White Basmati Rice

- 2 cups white Basmati rice
- 1 tsp salt
- 4 cups water

#### Poached Eggs

- 4 eggs
- Salt to taste

### Directions

#### White Basmati Rice

- Bring 4 cups of water, with 1 tsp salt, to a boil in a deep, heavy bottomed, sauce pan.
- Add the rice, lower the heat to low, cover, and steam for 20 minutes or until the water has evaporated and the rice has cooked through.
- Once steamed, allow the rice to remain settled in its covered pan for an additional 5 minutes so that its grains will allow themselves to be well fluffed.

#### Beet Soup

- Bring 3 tbs of coconut oil to heat in a dutch oven (deep pot). Add the onion and potatoes and saute for 3-4 minutes or until the onions just begin to turn transparent.
- Cover and sweat the vegetables over medium low heat for 15 minutes, or until the potatoes are tender.
- Once the potatoes are tender, add the beets, salt, cilantro, and water (or beef broth). Bring to a boil, lower the heat and simmer for 3-5 minutes.
- If you have an immersion blender, puree the contents to a silky, smooth soup. If not, working in batches, puree the contents in a blender returning the contents to the pot once pureed.
- Bring the soup back to a boil, lower the heat and simmer for an additional 5-8 minutes.

#### Poached Eggs

- In a smaller sized, sauce pan, bring enough water to cover two eggs to a gentle boil.
- Individually, crack each egg into a shallow bowl. Once in the bowl, gently lower the egg into the pan of boiling water and boil for 2 minutes – no more, no less.
- Remove the egg with a slotted spoon and serve immediately topped on the bed of rice.

#### Serve

In a large bowl, add enough rice to satisfy an individual, topped with a poached egg, and served entrenched by the beet soup. Dollop enough yogurt into the beet soup and garnish with fresh fennel sprigs. To liven the spirit, serve with a fresh green salad.

Serves: 4

Total Prep Time: 10 minutes

Total Cook Time: 35 minutes



#### Cooking Tip

The beet soup tastes best luke warm or at room temperature. Make sure to dollop with generous amounts of whole, plain yogurt.



#### Economical Tip

There is nothing that makes me happier than buying a bunch of well rounded beets with their tops still attached. Look for full, bright, fresh leaves to be used in Friday's salad.

## A Real Food Chili With a Side Green Salad



### Ingredients:

#### Chili

- 1/2 large yellow onion, roughly chopped
- 1/2 green pepper, roughly chopped
- 3 cloves garlic, minced or pressed
- 1 lb ground beef
- 4 tbsls tomato paste
- vegetables from broth
- 2 cups beef broth
- 2 cans Muir Glen fire roasted diced tomatoes
- 2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp cayenne pepper

#### Honey Vinaigrette

- 3 tbsls extra virgin olive oil
- 2 tbsls apple cider vinegar
- 2 tbsls honey
- 1/2 tsp salt

## Directions

### Real Food Chili

- In a dutch oven, heat 2 tbsls extra virgin olive oil. Add the onion, peppers, and garlic. Saute for about 5 minutes.
- Add the ground beef and brown with the peppers and onions.
- While the beef is browning, puree the vegetables that you reserved from the broth with 2 cups of beef broth. Set aside.
- Once the meat has browned, add the tomato paste and mix through.
- To the pot, add the diced tomatoes, broth with pureed vegetables, salt, cumin, and cayenne.
- Bring to a boil, lower the heat and simmer for 10 minutes.

### Serve

Garnish the chili with freshly grated cheese and stale bread crumbs (or crackers). Serve with a side green salad tossed in a honey vinaigrette.

Serves: 4-5

Total Prep Time: 15 minutes

Total Cook Time: 25 minutes



#### Cooking Tip

A chili can be made with a variety of spices. Feel free to add any additional spices. If you don't have cayenne pepper, use about 1 tbsls of chili powder. If you like it spicy, add some extra heat such as jalapeno's, extra chili powder, or cayenne – don't be afraid to make it yours!



#### Economical Tip

I always save my leftover chili to make chili mac or chili cheese fries for a quick lunch later in the week.

# Garlic + Spice Roasted Chicken with Sautéed Cauliflower



## Ingredients:

### Chicken

- 8 chicken drumsticks
- 4 cloves garlic, finely minced or pressed
- 1 tsp dried oregano or thyme
- 1/4 tsp cayenne pepper (or 1 tsp chili powder)
- 1/4 tsp cumin
- 1/2 tsp onion salt, or salt
- 2 tbs extra virgin olive oil
- 1/4 cup chicken broth

### Sauteed Cauliflower

- 6 cups cauliflower, separated
- 1/4 cup chicken broth
- pan drippings from chicken
- 2 cloves garlic
- 1 tsp salt
- fresh thyme to garnish (optional)

### Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste

## Directions

### Chicken

- In a small bowl, mix together the garlic, oregano, cayenne pepper (or chili powder), cumin, onion salt (or salt), and extra virgin olive oil. Using your hands, spread the paste onto the chicken pieces.
- In a baking dish, arrange the chicken pieces and add 1/4 cup of chicken broth.
- Bake at 375F for 1.5 hours or at 425F for 40 minutes.
- Once the chicken is roasted, remove them from the baking dish onto a plate, cover with aluminum foil or parchment paper, and keep warm in the oven set at 170F.

### Sauteed Cauliflower

- In a large pot, bring water to a boil. Add the cauliflower and boil for 6 minutes. Drain in a colander and set aside.
- Place the baking dish with it's pan drippings on the range over medium heat. Add 1/4 cup chicken broth and mix through until all the brown bits have been mixed in. Remove from heat.
- In a skillet or cast iron pan, add 1/4 cup of the chicken broth/pan dripping mixture. Add the garlic and saute for 2-3 minutes. Add the cauliflower and salt and saute for an additional 10 minutes or until the flavors have incorporated. Garnish with thyme or parsley before serving.

### Serve

Serve the Chicken with a side of sauteed cauliflower and a green salad drizzled with homemade ranch dressing.

Serves: 4

Total Prep Time: 15 minutes

Total Cook Time: 30 minutes



### Cooking Tip

Boil your cauliflower at the same time your chicken is roasting to save you time. Just make sure to drain it and set it aside after 6 minutes to prevent it from turning mushy.



### Economical Tip

Using pan drippings is both nourishing and creates depth and flavor. Chicken fat (from a responsible source) is filled with palmitoleic acid which boosts our immune system. If you got it, use it!!



Friday - Week 3

## Spanish Tortillitas Made with Shrimp or Cod



### Ingredients:

#### Spanish Tortillitas

- 16 large sized shrimp, de-skinned, and chopped into small pieces, about a scant cup (If you do not eat shrimp, substitute with cod, cut into small 1/4" pieces)
- 1/2 cup onion, finely diced
- 1 garlic clove, pressed or finely minced
- 2 tbs parsley, finely diced
- pinch of saffron threads (optional)
- 1/2 cup flour
- 1 tsp baking powder
- 1/4 cup plus 2 tbs water
- 1 tsp salt
- Dash of pepper

#### Beet Top Salad

- 4 packed cups, beet tops with its stems or other dark leafy green, roughly chopped
- 2 cara cara oranges, segmented
- 1/4 cup onion, sliced thinly
- 1/4 cup parsley, roughly chopped

#### Orange Vinaigrette

- Juice of the juiciest orange
- 1/4 cup extra virgin olive oil
- 2 tbs apple cider vinegar
- 2 tbs honey
- 1/2 tsp salt
- Dash of pepper

## Directions

### Tortillitas

- In a large bowl, add the shrimp, onion, garlic, parsley, saffron, flour, baking powder, salt, pepper, and water; mix into a batter. Like a pancake batter, it should not be too thin nor too thick.
- In a non skillet or cast iron pan, gradually bring a 1/2" of extra virgin olive oil or lard to medium heat.
- Using a large tablespoon, drop enough batter into the hot oil to make about 2" diameter shrimp/cod cakes. Once you drop them into the oil, using your spoon, spread the batter around just a bit to form the round.
- Working in batches, fry until cooked through on each side; about 1-2 minutes per side.
- Once cooked through, remove from pan and place on a towel to soak up any oil that's left lingering behind.

### Beet Top Salad with Parsley, Oranges, and Onions in an Orange Vinaigrette

- In a large bowl, toss the beet tops with stems (or other dark leafy green), orange slices, onions, and parsley in the orange vinaigrette.

### Serve

Serve 3-4 tortillitas per person with a large side beet top salad in an orange vinaigrette. Little nibbles of green olives will be sure to please as well ;)

Makes 16-18 tortillitas

Total Prep Time: 20 minutes

Total Cook Time: 15 minutes



#### Economical Tip:

Tortillitas are shrimp fritters. Using bits of shellfish or cod is a great way to stretch your meat.



# Week Four

## Shopping List

\* = Dessert

### Fresh Produce

- \_\_\_ salad greens (romaine or other)
- \_\_\_ onions (4)
- \_\_\_ carrots (10)
- \_\_\_ celery sprigs (2)
- \_\_\_ garlic cloves (5)
- \_\_\_ leeks (2)
- \_\_\_ vegetable broth (6 3/4 cups)
- \_\_\_ spinach (1 bag)
- \_\_\_ lemon (2)
- \_\_\_ dried ancho chili (3)
- \_\_\_ dried guajillo chili (2)

### Herbs and Spices

- \_\_\_ fresh mint
- \_\_\_ fresh parsley (1/4 cup)
- \_\_\_ dried chives
- \_\_\_ dried parsley
- \_\_\_ garlic powder
- \_\_\_ onion powder
- \_\_\_ cumin
- \_\_\_ oregano

### Dairy & Eggs

- \_\_\_ butter
- \_\_\_ eggs (5)
- \_\_\_ milk (3 1/4 cups)
- \_\_\_ feta cheese (1/2 cup)
- \_\_\_ sour cream (1/2 cup)
- \_\_\_ buttermilk (1/2 cup)

### Pantry Items

- \_\_\_ bow tie pasta (2 cups)
- \_\_\_ Muir Glen Organic Tomato Sauce (1/4 cup)
- \_\_\_ Sherry Fino from Spain or other white wine

### Meats

- \_\_\_ 1 lb ground chicken or chicken thighs
- \_\_\_ 1 lb chicken thighs
- \_\_\_ chicken broth (2 cups)
- \_\_\_ 1 lb sirloin steak

### Bakery items (or make yourself)

- \_\_\_ corn tortillas (12)

### Staples

- \_\_\_ extra virgin olive oil
- \_\_\_ salt
- \_\_\_ pepper
- \_\_\_ bread crumbs (2 1/4 cup)
- \_\_\_ dijon mustard
- \_\_\_ flour
- \_\_\_ baking powder
- \_\_\_ mayonnaise (1/2 cup)
- \_\_\_ apple cider vinegar
- \_\_\_ red wine vinegar
- \_\_\_ honey

## Weekly Menu Plan

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday |
|--------|---|--|---|--|--|----------|
|        | <ol style="list-style-type: none"> <li>1. A Minty Spring Soup with Chicken Meatballs</li> <li>2. Green Salad</li> </ol> | <ol style="list-style-type: none"> <li>1. A Crustless Spinach, Onion, and Feta Quiche</li> <li>3. Green Salad</li> </ol> | <ol style="list-style-type: none"> <li>1. Tacos with Chicken in Adobo</li> <li>2. Mexican Rice</li> </ol> | <ol style="list-style-type: none"> <li>1. Spanish Milanese Steak</li> <li>2. Honey Glazed Carrots</li> <li>3. Green Salad</li> </ol> | <ol style="list-style-type: none"> <li>1. Pancakes</li> <li>2. Bacon</li> <li>3. Yogurt</li> <li>4. Fruit</li> </ol> |          |

## Overnight/Morning Prep

| Sunday  | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|-----------|----------|--------|----------|
| <ol style="list-style-type: none"> <li>1. Make Vegetable Broth</li> </ol> |        | <ol style="list-style-type: none"> <li>1. Marinate Chicken in Adobo Sauce</li> </ol> |           |          |        |          |



## Broth

# Homemade Vegetable Broth



### Ingredients:

- 2 onions, sliced 1/4"
- 2 carrots, roughly chopped
- 2 sprigs celery, roughly chopped
- 2 tbsl extra virgin olive oil
- 3 quarts water
- 3 large cups, extra vegetable pieces (bits, ends, and scraps)
- Stems of one bunch of parsley
- Fennel Sprigs (optional but encouraged)

### Directions

- In a stockpot, bring 2 tbsl of extra virgin olive oil to heat. Add the onions, carrots, and celery. Saute for 3-5 minutes or until the onions just begin to turn transparent.
- Cover, reduce the heat to medium-low and sweat for 30 minutes or until the onions caramelize and turn a nice golden brown.
- Add 3 quarts of water, and vegetable pieces. Cover, lower the heat to low and simmer for 1 1/2 - 2 hours.
- Turn the heat off, then add the parsley and fennel sprigs to the stock. Cover and allow to cool.
- Once cooled, strain the stock from the vegetables making sure to compress the vegetables to get every ounce of stock out of them.
- Store in the refrigerator or freeze for a later use.

For additional images, please visit the post at...

[www.myhumblekitchen.com/2013/03/rich-and-flavorful-homemade-vegetable-broth-recipe/](http://www.myhumblekitchen.com/2013/03/rich-and-flavorful-homemade-vegetable-broth-recipe/)

### Homemade Vegetable Broth

It's finally Spring! There's nothing better than making a rich and flavorful broth for your meals using the scraps, ends, and pieces of vegetables that you've been saving. As soon as the growing season commences and many of us begin to harvest vegetables from our own gardens, making a vegetable broth is a great way to use up our harvest as well. A vegetable broth like this is sure to make you happy knowing that something really good has come from something that's usually discarded

Monday - Week 4

## A Minty Spring Soup with Chicken Meatballs



### Ingredients:

#### Chicken Meatballs

- 1lb ground chicken or chicken thighs to be processed
- 1/4 cup breadcrumbs
- 2 tbs fresh mint, roughly chopped
- 1/4 large onion, diced thinly
- 2 garlic cloves, pressed or minced
- extra virgin olive oil or lard

#### Spring Soup

- 2 cups leeks, sliced in rounds and washed thoroughly (I only use the white base up to the light green area)
- 2 tbs butter
- 3 carrots, sliced in coins
- 6 cups vegetable or chicken broth
- 2 cups water
- 2 tsp salt
- chicken meatballs
- 2 cups bow tie pasta
- a few sprigs of mint
- baby spinach leaves

#### Lemon Vinaigrette

- 1/4 cup fresh lemon juice
- 1 tsp dijon mustard
- 1 tsp salt
- 1/4 tsp fresh ground pepper
- 1/2 cup olive oil

Serves: 4-5

Total Prep Time: 15 min

Total Cook Time: 30 minutes

## Directions

### Chicken Meatballs

- I buy organic chicken thighs and pulse them in my food processor until the meat is ground. I then remove any white membranes and use as ground chicken.
- In a large bowl add the ground chicken, breadcrumbs, mint, onion, and garlic; mix thoroughly with your hands.
- Shape the mixture into meatballs.
- In a deep skillet or cast iron pan, heat about a 1/4" of olive oil or lard and lightly brown the meatballs, working in batches. About 3-4 minutes per batch. It's okay if the meatballs aren't completely cooked through. They'll cook through in the soup.
- Once browned, remove from the pan and set aside.

### Soup

- In a dutch oven, melt 2 tbs of butter. Add the leeks and gently saute for 2 minutes.
- Add the carrots, vegetable broth (or chicken broth), water, salt, and meatballs. Bring to a boil, then lower the heat to a simmer.
- Add the pasta and continue to simmer over medium heat for 15 minutes or until the pasta and carrots are cooked through.
- Once done, turn off the heat and add a few mint sprigs. Allow the mint to infuse its flavor for about five minutes.
- Immediately serve adding some baby spinach to each bowl. The spinach will wilt in the broth.

### Serve

Serve the soup garnished with fresh mint and pecorino romano cheese. To brighten the meal serve with homemade crusty bread and a fresh green salad in a lemon vinaigrette.

For my simple, European bread recipe with video, click here >>>

<http://www.myhumblekitchen.com/2013/03/simple-european-style-everyday-bread-recipe-with-video/>



### Economical Tip

Finding ground, organic, chicken is nearly impossible in my area. Since I don't use it often, I prefer to just buy organic chicken thighs and grind it up in my food processor. All it takes is a few, quick pulses.

Tuesday - Week 4

## A Crustless Spinach, Onion, and Feta Quiche



### Ingredients:

#### Quiche

- 1 medium onion, diced
- 2 cups packed spinach
- 1/4 cup vegetable or chicken stock
- 2 tbsl extra virgin olive oil
- 4 eggs
- 1 cup milk
- 1/2 cup feta cheese
- 1/2 cup flour
- 1/2 tsp baking powder
- 1/2 tsp salt

#### Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste

Gluten Free? Substitute flour for Bob's Red Mill all purpose gf baking flour

## Directions

### Crustless Spinach, Onion, and Feta Quiche

- Preheat oven to 400F.
- Lightly butter a 10-inch pie plate
- In a skillet or cast iron pan, heat 2 tbsl of extra virgin olive oil and saute the onion until translucent. Add 2 cups, packed fresh spinach and the vegetable or chicken stock. Cook until the spinach is just wilted. Set aside to cool.
- In a large mixing bowl, whisk together the eggs and the milk. Add the flour, baking powder and salt; whisk through then stir in the spinach and onions.
- Pour the contents of the bowl into the pie plate. Top with feta cheese.
- Bake for 35-40 minutes, or until the center is set and the outside edges are golden brown.

### Serve

Serve this perfect Spring meal with a side green salad in a homemade ranch dressing. To make the ranch dressing, mix all ingredients. Tastes best when chilled for at least one hour before serving.

Serves: 4

Total Prep Time: 5 minutes

Total Cook Time: 30 minutes



### Cooking Tip

This is a simple, and delightful light Spring dish that my children love. Since making quiches with a traditional crust can take a bit of time in the kitchen, I love to make a crustless quiche especially for those busy Spring days. This quiche uses flour and a bit of baking powder which forms its own darkened crust while baking.



## Tacos with Chicken in Adobo and Mexican Rice



### Ingredients:

#### Chicken in Adobo

- 4 chicken organic chicken thighs
- 3 ancho chilis
- 2 guajillo chilis
- 1/2 cup vegetable or chicken stock
- 2 garlic cloves
- 1/2 tsp salt
- 1/4 tsp cumin
- 1/4 of an onion
- 1 tsp apple cider vinegar
- 1 tsp dried oregano

#### Mexican Rice

- 1 cup white Basmati rice
- 2 tablespoons extra virgin olive oil
- 2 cups homemade chicken broth or water
- 3/4 cup homemade salsa or 1/4 cup tomato sauce
- 1 tsp cumin
- 2 tsp salt
- Dash of pepper

## Directions

#### Mexican Rice

- In a stainless steel pan, heat 2 tablespoons olive oil over medium heat. Add the rice and incorporate into the oil. Keep stirring and moving it around until it browns on all sides. You will start to smell it toasting. Do not let it burn.
- Once the rice is browned on all sides, add the chicken stock or water, carefully. It will simmer and evaporate as you pour it in.
- Add the salsa or tomato sauce and mix in. (Always add the chicken stock before the tomato base as adding the tomato base first will splatter and can burn you.)
- Add the cumin and salt.
- Bring the mixture to a boil. Once it starts boiling, cover and lower your heat to it's lowest setting.
- Simmer on low for 20 minutes.

#### Tacos with Chicken in Adobo

- Place the chilis in a large bowl, add enough water to cover, and let them soak until softened. At least 30 minutes or you can leave them soaking all day long. Drain and discard the soaking water, and set aside the bowl.
- Place the drained chilis in a blender with the stock, garlic, salt, cumin, onion, vinegar, and oregano; blend until smooth.
- Place the chicken in the reserved bowl, add the chili puree and rub it into the chicken until coated. You can cook the chicken right away or cover and refrigerate it for up to 24 hours.
- On a hot indoor grill, cast iron pan, or outdoor grill, season one side of the chicken with salt and grill for 5-6 minutes, flip, season with salt, and finish by grilling for an additional 5-6 minutes or until cooked through.
- Transfer to a cutting board, and chop into bite sized pieces.

#### Serve

Serve each taco with a side of rice and traditional taco fixings of homemade pico de gallo, cut up avocado, fresh cut lettuce, cilantro, onion, and lime.

Serves 4

Total Prep Time: 15 minutes

Total Cook Time: 20 minutes



#### Cooking Tip:

To save extra time in the kitchen, the chicken thighs can be marinated in the adobo sauce a day ahead.

# Spanish Milanesa Steak with Honey Glazed Carrots



## Ingredients:

### Milanesa Steak

- 1lb sirloin steak, pounded into 4 thin serving sizes
- 1 garlic clove, pressed or minced
- Salt and Pepper
- 2 cups bread crumbs
- 1/4 cup parsley, roughly chopped
- 1 egg, whisked
- Sherry Fino from Spain or other dry white wine

### Glazed Carrots

- 5 large carrots, sliced in diagonals
- juice of 1/2 a lemon
- 1/2 tsp salt
- 2 tablespoons parsley, roughly chopped
- 2 tablespoons honey

### Red Wine Vinaigrette

- 3 tbs extra virgin olive oil
- 2 tbs red wine vinegar
- 1/2 tsp salt

## Directions

### Milanesa Steak

- Season the flattened sirloin steak pieces with salt, pepper, and pressed garlic. Lay in a deep bowl and pour the wine over them. Allow to sit for 10 - 15 minutes.
- On a plate, whisk the egg.
- On a second plate, combine the bread crumbs and parsley.
- Remove each piece of meat from the wine, then dredge each piece in the egg then bread and parsley mixture.
- In a skillet or cast iron pan, gradually bring to heat 1/4" of extra virgin olive oil; medium-low heat.
- Working in batches, add the steak and fry gently for about 4-5 minutes on each side, till the meat is firm and cooked through, and the coating has browned.

### Glazed Carrots

- In a heavy bottomed pot, bring water to a boil.
- Add the carrots and boil for 10 minutes or until cooked through.
- With a slotted spoon, remove the carrots from the pot and place them in a skillet or cast iron pan.
- To the carrots add the lemon juice, salt, parsley and 1 tbs of honey.
- lightly saute over medium heat for 4-5 minutes; or until the flavors have incorporated.
- Once the flavors have melded together, finish by drizzling 1 tbs of honey over the carrots.

### Serve

Serve the steak with a side of honey glazed carrots, and a green salad in a red wine vinaigrette.

Serves: 4-5

Total Prep Time: 15 minutes

Total Cook Time: 30 minutes



### Cooking Tip

The secret to an amazing milanesa steak is in using Sherry Fino from Spain. I find it for \$5.99 a bottle at Trader Joes. If you can't find Sherry Fino, substitute for a dry white wine. If you don't use wine in your cooking, substitute 1/2 cup of apple cider vinegar with 1/2 cup of water.



### Economical Tip

By pounding the sirloin steak to flat fillets, you are able to stretch a pound of meat to serve 4-5 people.

Friday - Week 4

## Breakfast for Dinner - Pancakes from Scratch!



### Ingredients:

#### Pancakes from Scratch

- 2 1/2 cups flour
- 1 tbs organic sugar or honey
- 2 tsp baking powder
- 1/2 tsp salt
- 2 1/4 cups milk
- 1 tsp vanilla

### Directions

#### Pancakes from Scratch

- In a large bowl, mix together all ingredients to a nice batter. In order to get nice, fluffy pancakes, you want a batter that is not too thick yet not too thin, yet; tilting more to the thicker side ;)
- In a cast iron pan, melt one tablespoon of butter. Once the butter starts to bubble, drop spoonfuls of batter to the pan. Feel free to add any extras such as blueberries, bananas, or even chocolate chips.
- Once the pancakes starts to rise and the sides lift themselves from the pan, flip and cook for an additional minute or so.
- Continue working in batches making sure to add more butter before each new set of pancakes is poured into the skillet or pan.

#### Serve

Serve pancakes with crispy bacon, fresh fruit (or frozen berries), and yogurt.

Serves: 4

Total Prep Time: 3 minutes

Total Cook Time: 15 minutes



#### Cooking Tip:

1. Butter... lots of it, is the secret to amazing pancakes!



*Nourishing  
Desserts*



## Nourishing Dessert

# Rice Pudding - Arroz Con Leche



### Ingredients:

- 1 cup white basmati rice
- 1/2 gallon whole milk
- 1/2 cup honey
- 2 cinnamon sticks
- 1/2 cup cream
- 3 eggs
- zest of one lemon
- 1/4 tsp salt
- ground cinnamon to taste

### Directions

- In a dutch oven, add the rice, 1/2 gallon of milk, honey, and 2 cinnamon sticks. Bring to a simmer and cover for an hour stirring every 5 – 8 minutes so the rice doesn't stick to the bottom of the pan. Simmer until the rice is tender.
- In a small bowl, mix together the cream, eggs, lemon zest, and salt. Add to the pot and stir for an additional 5 minutes or so.
- Remove the cinnamon sticks and pour the contents of the pan into a dish to cool.
- Once cooled down place in the refrigerator overnight. The rice pudding should be super creamy and thick.
- Top with ground cinnamon.



#### Cooking Tip:

Arroz con leche is creamy and wholesome. This rice pudding has flavors more typical to Spain using fresh whole milk, cinnamon, and lemon peel.

## Nourishing Dessert

# Sweet Marrow Custard with a Mango Jam



### Ingredients:

#### marrow custard

- 1/4 cup marrow from approximately 2lbs marrow bones.
- 3 cups milk
- 3 eggs
- 2 tsp vanilla
- 1/4 cup honey
- zest of one lemon
- 1/4 tsp nutmeg
- 1/4 tsp salt

#### mango jam

- 1 cup frozen mango or berries
- splash lemon juice
- 2 tbs honey

## Directions

#### To extract the marrow

- soak your marrow bones in a bowl in the refrigerator for 12-24 hours draining and adding fresh cold water about 3 times.
- Once soaked, cover the bones with fresh cold water, bring slowly to a boil, lower the heat, and simmer for 20 minutes.
- Once simmered for 20 minutes, remove from the pan and allow to cool. Scoop the marrow out with a small handle of any sorts.

#### To make the mango or berry jam

- Add your frozen fruit, lemon juice, and honey to a small saucepan. As the fruit comes to temperature, mash, stirring everything together until it comes to a boil.
- Turn the heat down, and simmer for 5-8 minutes or until it thickens.

#### To make the custard

- In a large bowl, whisk the eggs. Add the vanilla, honey, zest of one lemon, nutmeg, salt, and mix.
- In a saucepan add the milk and 1/4 cup marrow. Warm the milk with marrow until it melts through. Do not bring to a boil.
- Slowly, whisk the egg mixture into the milk.
- Butter individual ramekins or one small baking dish; or cake pan.
- Place mango or berry jam to the bottom of the ramekins or baking dish. Pour custard mixture into the ramekins or baking dish.
- Put the individual molds into a baking dish or roasting pan and pour in enough hot water until it reaches halfway up the sides of the molds.
- Bake for 40 minutes at 350F or until a knife inserted comes out clean.
- Chill in the refrigerator for at least 2 hours before serving.
- Turn onto a dish and serve.



#### Cooking Tip

Using the marrow is optional, however, it makes this dessert nutrient dense filled with wholesome fats and protein plus vitamins and minerals such as calcium, iron, zinc, phosphorous, B-Vitamins, Vitamin K and Vitamin A.



#### Economical Tip

To save on costs, I used 3 whole eggs. However, if you'd like a thicker creamier custard, use 6 egg yolks instead.

## Nourishing Dessert

# Chocolate Mousse



### Ingredients:

#### Chocolate Mousse

- 3 1/2 ounces chocolate. I buy Trader Joes, organic 72% cacao Belgian Dark Chocolate Bar.
- 3 large eggs, separated, room temperature
- 1/4 cream
- Pinch of salt
- 1 1/2 tsp organic sugar

#### Homemade Whipped Cream

- 1 cup cream
- 2 1/2 tsp organic sugar

## Directions

#### Chocolate Mousse

- Place chocolate in the bowl of a double boiler or a bowl set over a pan of simmering water.
- Whisk until the chocolate is just melted. Add 1/4 cup cream and mix through.
- Remove bowl from over water and add egg yolks to melted chocolate and whisk until smooth.
- Using an electric mixer, beat the egg whites and a pinch of salt until soft peaks form.
- Slowly add 1 1/2 teaspoons sugar, beating constantly until the whites are glossy and medium-firm peaks form.
- Using a rubber spatula, fold 1/4 of beaten whites into the chocolate mixture to lighten.
- Gently fold in the remaining whites into the chocolate mixture just until incorporated (do not overmix or mixture may deflate).
- Divide the mousse among 4 bowls. Cover and chill 4 or hours or overnight until set.

#### Homemade Whipped Cream

- Place electric mixer bowl and whisk attachment in freezer for 15 minutes.
- Once the bowl and whisk attachment are cold, beat the cream with 2 1/2 teaspoons organic sugar at high speed until peaks form.



#### Cooking Tip

Make sure to watch the cream as it's beating and stop it just as nice peaks form. If you allow the cream to beat for too long, you'll end up making butter instead of whipped cream.

## Nourishing Dessert

# Gluten Free Coconut Custard Cake



### Ingredients:

- 4 eggs
- 2 cups milk
- 1/2 cup coconut flour
- 1/2 cup raw honey
- 1 tsp pure vanilla extract
- 2 tsp baking powder
- 1/4 cup butter, melted
- 1 1/2 cups unsweetened, coconut flakes
- 1/2 cup chocolate chips or broken chocolate bar

### Directions

- Pre-heat oven to 350F.
- In a large bowl of a stand mixer (or whisk by hand) eggs, milk, coconut flour, honey, vanilla, butter, and baking powder until smooth.
- Stir in coconut flakes and chocolate.
- Pour into an 8" cake pan and bake for 45 - 50 minutes or until a toothpick inserted into middle comes out clean.
- Allow to cool before slicing in pan, and serving.

### Serve

Serve sprinkled with cinnamon.



This is a super easy and nourishing cake your family will enjoy.





*Nourishing Menu Plans on a Budget:*

# A Month of Meals from My Humble Kitchen to Yours

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