

## WEEK 1 RECIPES

### Egg & Cheese Breakfast Sandwich

- 12 eggs
- 1 can evaporated milk
- 1 tsp salt
- 1 tsp garlic powder
- ¼-½ tsp black pepper
- 12 english muffins
- 1 8 oz block cheese of choice
- 2 T butter or margarine

Place the butter in a 9 x 13 pan and put in the oven while preheating. Preheat the oven to 350 degrees. While the oven is preheating, whisk eggs, milk, salt, garlic powder and black pepper in a mixing bowl until thoroughly combined.

When the oven is preheated, and butter is melted, take the pan out of the oven, pour egg mixture into the pan and place it back into the oven. Bake for 20-25 minutes, until the center is firm. Remove and let cool completely.

While the egg bake is cooling, cut english muffins in half, and place face down on a cookie sheet in the oven. Toast for 3-5 minutes to slightly crisp english muffins. Remove from the oven.

Slice cheese and place slices on the english muffin halves. Cut eggs into 12 equal portions. Put one portion on top of cheese and close the sandwich.

Wrap each sandwich in parchment paper and place the sandwiches in a large freezer bag. Sandwiches that will be eaten within 3 days can be stored in the refrigerator. Store the rest in the freezer until ready to eat.

To Reheat:

Sandwiches can be reheated in the microwave 1-2 minutes. Thaw first.

Sandwiches can be reheated in a toaster oven. Leave in parchment paper and bake in toaster oven for approximately 5-7 minutes. Thawed sandwiches reheat best.

### Garlic Chicken & Broccoli Stir Fry

- 1 lb boneless chicken breast
- 1 ½ tsp baking soda
- 2lb broccoli
- 4 cloves of garlic (or as much or as little as you would like)
- 2 T vegetable oil (or any equivalent neutral oil with high smoke point, like avocado or grapeseed)
- 2 c water

- 1T chicken bouillon
- 1 T rice vinegar or apple cider vinegar (or if your love of Asian cooking runs deep and you have it on hand, black vinegar)
- 1 tsp sugar
- 2 T soy sauce
- 1T cornstarch mixed with 2 T water

Cut chicken breast into slices  $\frac{1}{4}$  -  $\frac{1}{2}$  inch thick. Toss in bowl with the baking soda and set aside to tenderize for 20 min.

Cut broccoli into florets

Mince garlic

Combine water, bouillon, vinegar and soy sauce. Mix to combine and set aside.

Rinse chicken and pat dry.

Heat wok or large skillet over medium high heat. Add oil. Add chicken and sautee until chicken is cooked through. Remove chicken from pan and set aside.

Add broccoli to the pan and saute for 2-3 minutes until it starts turning bright green. Add garlic and toss for 1 minute. Add wet ingredients to the pan. Finish cooking broccoli in sauce until slightly underdone. Add chicken back to pan. Add cornstarch slurry. Stir until sauce thickens.

### **Lentil Soup**

- $\frac{1}{4}$  cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 tsp ground cumin
- 1 tsp curry powder
- $\frac{1}{2}$  tsp dried thyme
- 1 large can (28 oz) diced tomatoes, drained
- 1 cup brown lentils, picked over and rinsed
- 6 cups water with 2 T chicken bouillon or vegetable bouillon (you can also use 4 cups vegetable or chicken broth with 2 cups of water)
- 1 tsp salt, more to taste
- Pinch of red pepper flakes (optional)
- 1 cup chopped kale or collard greens (optional)
- Splash of lemon juice (optional)

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lively richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent about five minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 minutes. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and water. Add 1 tsp salt and a pinch of red pepper flakes (if using). Season generously with black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.

If using greens, add now and simmer for another 5 minutes, or until the greens have softened to your liking.

Remove from heat and stir in lemon juice and any additional salt and pepper desired.

(Roughly based on America's Test Kitchen's Lentil Soup in [The Complete Vegetarian Cookbook](#), with reference to The First Mess' favorite lentil soup)

### **Slow Cooker Salisbury Steak**

- 6 oz package mushrooms, sliced
- 1 medium yellow or white onion, sliced
- 1 ½ cup vegetable bouillon (or beef broth if you have it in pantry)
- 2 (1 ounce) brown gravy mix
- 2 T ketchup
- 1 tsp Dijon mustard
- 2 T cornstarch
- 4 T water

#### **Beef Patties**

- 1 lb ground beef
- 1 egg
- ¼ c dried minced onion
- ⅓ c panko breadcrumbs
- 3 T milk
- 1 clove garlic, minced
- 1 tsp salt
- ½ tsp black pepper

Place mushrooms & onions in the bottom of your slow cooker.

Combine beef patty ingredients and form 6 patties. Brown over medium high heat (about 3 minutes per side).

Layer beef patties over mushrooms. Combine remaining ingredients *except water and cornstarch*. Pour over beef and cook on low 5 hours.

Once cooked, remove patties and set aside.

Turn slow cooker onto high. Combine cold water and cornstarch. Stir into the broth and let cook a few minutes until thickened. Add beef back into the sauce to coat.

Serve with mashed potatoes (one large or 1-2 medium russet potatoes per person) and green beans

(Adapted from “Spends with Pennies” Slow Cooker Salisbury Steak)

<https://www.spendwithpennies.com/slow-cooker-salisbury-steak/>

### **Turkey Tacos**

- 1 lb Ground Turkey
- 1 T vegetable oil, or other neutral oil of choice
- 1 pkg Taco Seasoning
- Corn or Flour tortillas of choice
- 2 Roma tomatoes, diced
- 1 Garlic clove, minced
- 1 jalapeno, chopped (optional)
- 1 lime
- ¼ diced yellow or white onion
- Shredded Mexican Cheese Blend
- Spanish Rice- Knorr Rice Sides

Brown ground turkey in oil over medium heat. Add taco seasoning according to package directions.

For Pico de Gallo

Mix roma tomatoes, garlic, jalapeno, juice of lime and onion. Season with salt and pepper to taste.

Prepare Knorr Rice packet according to package instructions

Warm taco shells and serve with taco mix, cheese and rice.

### **Sloppy Joes**

- 1 lb ground beef
- 1 sloppy joe dried seasoning package

- 1 medium yellow or white onion, diced
- Hamburger buns
- French fries
- Raw veggies- carrots, cucumber, peppers

Brown meat with onions over medium heat. Drain off grease if desired. Add sloppy joe seasoning according to package directions.

Cook french fries according to package instructions. (Can substitute baked potato if desired)

Serve with raw veggies.