



STEAKS IN WINTER

Macheesmo Meals

Helpful Equipment:

- Meat Thermometer
- Mini food processor
- Cast Iron Skillet
- Glass Storage Containers



You can click on these to zap you to Amazon and see my recommendation for each.

Most people think of summer when they think of steaks. They think of sitting outside in the sun grilling a tender, juicy steak. That's all well and good and I'll be the first one outside as soon as possible.

That said, sometimes I still get a hankering for a little steak in the winter. The good news that it's actually pretty easy to make a delicious steak in your kitchen without a grill.

This meal plan obviously features a lot of red meat which isn't for everybody, but the meals are still fairly light and in meal two and three the steak is almost an accent to the meal and can be easily substituted.

MEAL 1

- Steak with Chimichurri
- Spinach Salad

MEAL 2

- Chilled Steak Noodle Bowl

MEAL 3

- Real Beef Stroganoff

FROZEN BFAS!

- Freezer Breakfast Bowls

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!

HOW TO | Cooking a Perfect Steak Indoors

This is a quick walkthrough on how I cook perfect steaks without a grill. It takes a little more patience and if you want to get it perfect, you'll need a meat thermometer. But other than that, it's actually very simple. This technique will work with any steak that is at least an inch thick. If they are thinner than that, then you can just sear them in a hot pan and they will cook through in 3-4 minutes per side. So, use this method for something like Sirloin or New York Strip, but you don't need it for a flank steak.

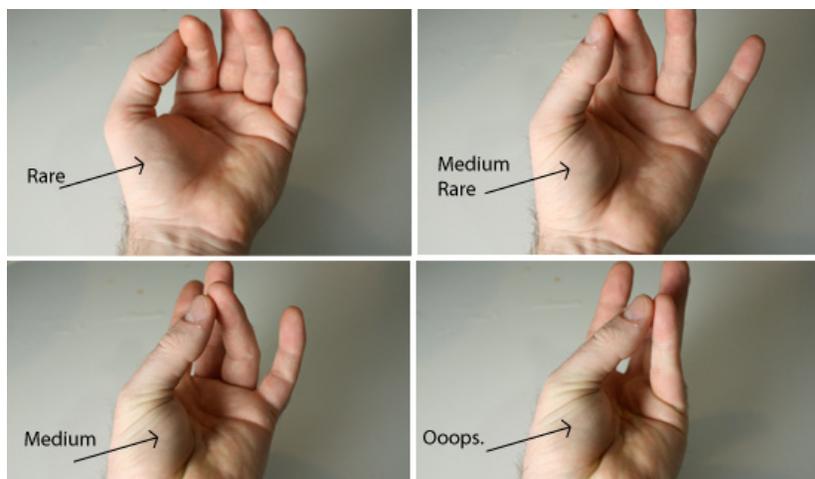
Low Heat First

This might sound counter-intuitive, but the key to a good steak is to slowly raise the internal temperature to around 120 degrees F. in a 250 degree F. oven. This means that the steak is almost cooked to a medium rare, which is around 135 degrees F., It also means that all the lovely fat in the steak will relax so it's really tender.



Test It

A meat thermometer is the only surefire way to know your steak is the right temperature, but here's a little trick that works decently also. Touch your thumb to your finger and compare the feeling of poking your hand and poking the steak.



Blazing Hot

Once your steak is the right temperature, heat a cast iron skillet over medium high heat. Once it's hot, add some neutral oil to the pan (or butter) and season the steak really well with salt and pepper. Then sear the steak for about 2-3 minutes per side just to develop a nice sear on it. There will be some smoke so turn on the fan if you have one!



Rest and Slice

Let your steak rest for about five minutes (wrap it in foil to keep it warm) and then slice it up and serve it or serve it whole with steak knives. These days I like slicing it and serving big slices.



MEAL 1 | Steak Chimichurri with Spinach Salad

This is my absolute favorite way to serve a juicy steak. The bright chimichurri sauce cuts through the richness of the steak. I serve it with a huge spinach salad and it's a great weeknight meal that doesn't take too long to prepare.

Steak with Chimichurri

Yield: Serves 4 | Time: 30 min.

Ingredients:

- 2 10-12 oz. steaks (plus an extra one for meal 2 if you want)
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1/4 cup diced red onion
- 1/4 cup diced red pepper
- 2 cloves garlic, minced
- 3 tablespoons fresh parsley
- 1 tablespoon fresh oregano
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon kosher salt
- Salt and pepper, for steak
- Neutral Oil, for steak

Directions:

- 1) Combine olive oil, vinegar, onion, red pepper, garlic, parsley, oregano, black and red peppers, and salt in a mini food processor and pulse until combined. It should be a chunky mixture. You can also dice the ingredients finely and whisk together in a large bowl.
- 2) Let chimichurri mixture sit at room temperature while you cook the steaks using the oven method.
- 3) Let steaks rest after cooking, slice, and serve with chimichurri sauce on top.

Spinach Salad

Yield: 4 servings | Time: 15 min.

Ingredients:

- 5-6 cups baby spinach
- 3/4 red pepper, diced
- 1 avocado, diced
- 1/2 cup dried cranberries
- Croutons

Lemon Buttermilk Dressing:

- 1/2 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon buttermilk
- 1 teaspoon honey
- Pinch of salt

Directions:

- 1) Whisk together dressing ingredients.
- 2) Divide spinach between plates and top with red pepper, avocado, and dried cranberries. (Use 3/4 of a red pepper because you'll need a tiny amount for the chimichurri.)
- 3) Drizzle dressing over the top of the salad and dot with croutons.



Vegetarian Option

The steak is pretty important to this recipe and while you can substitute a very sturdy vegetarian option like tempeh, the chimichurri will probably overpower it. If you're vegetarian, probably just skip this meal and go onto meal 2!



MEAL 2 | Chilled Steak Noodle Salad

Assuming you cooked an extra steak from meal one, this meal is a breeze to throw together. It is jam-packed with fresh herbs and veggies and is completely addictive. Any leftovers you have are excellent for lunch the next day.

Steak Noodle Salad

Yield: Serves 4 | Time: 30 min.

Ingredients:

Asian Dressing:

- 3 tablespoons soy sauce
 - 1 tablespoon toasted sesame oil
 - 1 tablespoon chili garlic sauce
 - 1 tablespoon brown sugar
 - 1/2 lime, juice only
 - Dash of fish sauce (optional)
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- 8 ounces vermicelli rice noodles
 - Drizzle of sesame oil
 - 10-12 oz. cooked steak, sliced thin
 - 1 English cucumber
 - 1-2 Serrano peppers (optional)
 - 1 cup shredded carrots
 - 1/3 cup minced fresh basil
 - 1/3 cup minced fresh cilantro
 - 1/3 cup minced fresh mint
 - Soy sauce, for dipping

Directions:

- 1) Whisk all dressing ingredients in a small bowl until well combined.
- 2) Cook rice noodles according to package, which should involve boiling them for just a few minutes in water. Drain the noodles, rinse them with cold water to stop the cooking, and toss them with a good drizzle of sesame oil to keep them from sticking.
- 3) Slice steak into thin chunks and set it aside.
- 4) Peel cucumber and remove seeds with a spoon. Slice cucumber into short sticks. If you're using the Serrano peppers, dice them as well. I remove the seeds, but you can leave them in for extra heat.
- 5) Add cooked noodles to a large bowl. Drizzle one quarter of the dressing over the noodles.
- 6) Top noodles with cucumbers, peppers, carrots, basil, cilantro, and mint. Drizzle on another quarter of the dressing.
- 7) Add sliced steak to the salad. Pour another quarter of the dressing over the salad and serve the last of the dressing on the side.



Vegetarian Option

The steak in this salad is almost an after-thought and is far from essential. The dressing, noodles and veggies is great on its own or you could add some sauteed mushrooms, tofu, or tempeh to the mix for extra flavor and protein.





MEAL 3 | Real Beef Stroganoff

This is not your mother's beef stroganoff. The version I grew up on used various cans of soup and subbed all of those for nice fresh veggies. And guess what, it still takes under 30 minutes to make really. Comfort food at its best!

Real Beef Stroganoff

Yield: Serves 4 | Time: 30 min.

Ingredients:

- 1 pounds beef tenderloin or sirloin, cut into 1/2 inch slices
 - 3 Tablespoons butter
 - 1 large onion, sliced
 - 8 ounces cremini mushrooms, trimmed and sliced
 - 1/2 Cup chopped canned tomatoes
 - 1 Cup beef or veggie stock
 - 2/3 Cup sour cream
 - 1 Tablespoon Dijon mustard (opt.)
 - Salt and pepper
 - Chopped parsley for garnish (opt.)
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- 1 pound egg noodles, cooked
 - 2 Tablespoons butter (or the noodles)

Directions:

- 1) Melt butter in a large skillet over medium-high heat. Once melted, add beef and let brown well on all sides. This should take 2-3 minutes a side.
- 2) Add onions and mushrooms to skillet after beef is browned and continue to cook for a few more minutes until veggies are tender. Season with a pinch of salt and pepper.
- 3) Add tomatoes, stock, and mustard if you're using mustard. Turn heat down to low and simmer for a few minutes.
- 4) Finally, stir in sour cream and garnish with some parsley if you want.
- 5) Cook egg noodles according to package. Drain them and stir in a few tablespoons of butter to coat the noodles.
- 6) Serve stroganoff over noodles as soon as possible!



Vegetarian Option

You can easily make this a vegetarian delite by using 1 1/2 pounds mushrooms and eliminating the steak completely. It will still be savory and completely filling. If you're doing this, use veggie stock instead of beef stock.



Breakfast! | Freezable Breakfast Bowls

This recipe doesn't actually have steak in it, but it's awesome this time of year (cold mornings). The little bowls reheat perfectly from the freezer to the microwave. Try these and ditch the bowl of cereal for a few days!

Breakfast Bowls

Yield: 6 bowls | Time: 45 min.

Ingredients:

- 2 pounds red potatoes, cubed
- 8 ounces bacon, chopped (optional)
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 9 large eggs, scrambled
- 1/4 cup milk
- 1 tablespoon unsalted butter
- 1 cup cheddar cheese, grated
- Salt and pepper
- Scallions, garnish

Directions:

- 1) Chop bacon into bits and add it to a large skillet over medium heat. Cook until bacon starts to get crispy and fat is rendering out, about 6 minutes.
- 2) Add chopped potatoes to the skillet and cook with bacon until potatoes are cooked through and starting to get crispy and bacon is completely cooked, about another 8ish minutes. Add paprika while the potatoes cook.
- 3) Add onions and garlic to skillet and continue to cook. Once onions and garlic are cooked, kill the heat and season the skillet with salt and pepper.
- 4) Meanwhile, whisk together eggs with milk and a pinch of pepper. Add eggs to a skillet or pan with olive oil over medium heat and cook scrambled eggs until the eggs are just set, about 4 minutes.
- 5) Split potato and bacon mixture between 6 freezer safe bowls with lids. Top potatoes with eggs and grated cheese. Cool and then cover and freeze bowls or you can serve immediately by garnishing with scallions.

TO reheat frozen bowls: Microwave on high for about 2-3 minutes until potatoes are hot and cheese is melted.



Container Options

There are a ton of different storage containers, but for my money, I really recommend the glass containers. They are a bit more expensive but will keep longer and keep your food fresher. They are worth every cent.



SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

Fresh Produce

- Avocado (1)
- Baby spinach (5-6 cups)
- Basil (1/3 cup)
- Carrots, shredded (1 cup)
- Cilantro (1/3 cup)
- Cremini mushrooms (8 oz.)
- English Cucumber (1)
- Garlic (5 cloves)
- Limes (1)
- Mint (1/3 cup)
- Oregano (1 Tbsp.)
- Parsley (3 Tbsp. + garnish)
- Red Onion (1/2)
- Red pepper (1)
- Red potatoes (2 lb.)
- Scallions, garnish
- Serrano peppers (2) (opt.)
- White onion (2)

Meat, Poultry, Seafood

- Bacon (8 oz.)
- Sirloin steak (1 lb.)
- Steaks (3 10-12 oz.)

Dairy

- Butter, unsalted (6 Tbsp.)
- Buttermilk (1 Tbsp.)
- SUB: milk
- Cheddar cheese (4 oz.)
- Eggs (9 large)
- Greek yogurt (1/2 cup)
- Milk (1/4 cup)
- Sour cream (2/3 cup)

Spices and Pantry Items

- Beef stock (1 cup)
- Black pepper (1 teas. + extra)
- Brown sugar (1 Tbsp.)
- Chili garlic sauce (1 Tbsp.)
- Croutons (for salad)
- Dijon mustard (1 Tbsp.) (opt.)
- Dried cranberries (1/2 cup)
- Egg noodles (1 lb.)
- Fish sauce (opt.)
- Honey (1 teas.)
- Lemon juice (1 Tbsp. or 1/2 lemon)
- Kosher salt (1 teas. + extra)
- Olive oil (1/4 cup)
- Paprika (1 teas.)
- Red pepper flakes (1 teas.)
- Red wine vinegar (1/4 cup)
- Rice noodles (8 oz.)
- Soy sauce (3 Tbsp. + dipping)
- Toasted sesame oil (1 Tbsp.)
- Tomatoes, diced (1/2 cup)
- Vegetable oil (for steak cooking)