

# MACHEESMO

## - MEALS -

## CHOPPIN' BROCCOLI

**S**tay with me here. Yes... this meal plan is centered around a vegetable that some people flat out hate: Broccoli. But, I'm hoping to change opinions here.

Broccoli is a really sturdy vegetable and is plentiful and cheap most times throughout the year so it's a great vegetable to learn how to cook well. It also can stand up to big flavors like beef and goes well with creamy flavors like cheddar cheese.

If you're a broccoli fan, dig in. If you aren't, pick a recipe and try it out. Hopefully it will change your mind!

### Helpful Equipment:

- Wok
- Baking Sheets
- 8x8 Baking Dish



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

### MEAL 1

- Beef and Broccoli Stir-Fry

### MEAL 2

- Lemon and Bacon Pasta

### MEAL 3

- Light Broccoli Cheddar Soup

### Sturdy Lunch!

- Overnight Broccoli Strata

**#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!

## MEAL 1 | Beef and Broccoli Get Together

Beef and broccoli is a classic combination and tossing them together in a stir-fry is about as easy as it gets. The key to this dish is to try and slice the steak nice and thin so it cooks quickly. A good wok doesn't hurt, but you can also just use a large skillet.

### Beef and Broccoli Stir-Fry

**Yield:** Serves 4 | **Time:** 45 min

#### Ingredients:

1 pound beef, sliced thin  
(strip steak or flank steak work great)  
1 pound broccoli florets  
1 red pepper, diced  
4 cloves garlic, minced  
3-4 inches of ginger,  
peeled and minced  
1 Tablespoon neutral oil  
Brown rice, for serving

#### Marinade for beef:

2 Tablespoon soy sauce  
1 Teaspoon corn starch  
Pinch of red pepper flakes

#### Sauce:

2 Tablespoons oyster sauce  
2 Teaspoons rice wine vinegar or  
white wine vinegar  
1 Teaspoon corn starch  
1 Teaspoon soy sauce  
1/4 cup chicken stock (or water)  
Fresh ground pepper

#### Directions:

- 1) Slice the steak thinly. Whisk together marinade ingredients and marinate steak for at least 15 minutes.
- 2) Blanch broccoli florets in salted water for 1.5-2 minutes. Then dunk them in ice water to stop the cooking.
- 3) Prep all the other stir fry ingredients and whisk together your sauce ingredients. Make sure everything is ready before you start cooking.
- 4) Get your pan over high heat and let it heat until it's really hot. Then add a drizzle of oil and the steak. Cook it for about 90 seconds, until it's mostly cooked.
- 5) Next, add the red peppers and cook for another minute. Then add in the ginger and garlic and cook for another 15 seconds.
- 6) Pour in sauce and stir. Add in blanched broccoli and cook for another minute. Sauce should reduce down immediately.
- 7) Serve stir fry with rice!

### Vegetarian Version



Skip the beef and go with mushrooms. A few large portobella mushrooms are plenty meaty and will fill out the stir-fry nicely. I would still marinate them for maximum flavor!





## MEAL 2 | Lemon and Bacon Pasta

Broccoli is the most colorful thing in this pasta but it's not where most of the flavor comes from. This is one of my recipes I send people when they tell me they are in a pasta rut!

### Lemon Broccoli Fettucine

**Yield:** Serves 4 | **Time:** 35 min.

#### Ingredients:

12 ounces fettuccine or linguine  
4 ounces thick bacon  
1 pound broccoli florets  
1/4 Cup unsalted butter, melted  
1/4 Cup olive oil  
1 large lemon, zest and juice  
(you can use two if you love lemon)  
2 Teaspoons fresh thyme  
Parmesan Cheese, grated  
Black Pepper

#### Directions:

- 1) Prep all the ingredients. Dice bacon. Cut up broccoli into florets. Grate cheese. Zest and juice lemon.
- 2) In a large pot, bring salted water to boil. Once boiling, add broccoli florets and boil for 2 minutes until bright. Remove with slotted spoon and run under cold water to stop the cooking.
- 3) Add bacon to a small pan over medium high heat and cook until crispy, about 10 minutes.
- 4) Cook pasta in same water as broccoli.
- 5) Drain pasta and return to same pot. Stir in butter, olive oil, lemon zest, lemon juice, thyme, and if you want, a bit of bacon grease.
- 6) Stir well to combine, then fold in broccoli and bacon.
- 7) Season with pepper and serve with a handful of Parmesan cheese.





## MEAL 3 | Lite Broccoli Cheddar Soup

This is one of my favorite soup flavor combos but it can get a bit on the heavy side. This is my lightened version which is still super delicious and hearty if you serve it in a bread bowl!

### Lite Broc-Cheddar Soup

Yield: 4 Bowls | Time: 40 minutes

#### Ingredients:

1 large bunch of broccoli  
1 small sweet onion, diced  
1 large red potato, diced  
1 Tbsp. olive oil  
1/4 cup all-purpose flour  
1 quart vegetable stock  
1 cup grated cheddar cheese  
1 cup milk  
Salt and pepper  
Scallions, for garnish  
4 mini bread boules (for bowls)

#### Directions:

1) Heat oven to 350 degrees. To make a bread bowl, cut the top off of a baby bread boule and use your fingers to scoop out most of the interior of each bread bowl. Place the scooped out bowls on a baking sheet and bake for 15 minutes until they are crispy around the edges.

2) To start soup, cut florets off of the broccoli. Peel the stalk of the broccoli and dice it. In a large, sturdy pot, add a drizzle of olive oil over medium heat. Add diced broccoli stalk, onion, and potato and cook for a few minutes until they start to soften.

3) Add flour to the pot and stir until it thickens. Cook for a minute so flour taste cooks out. Slowly add vegetable stock and stir to combine. The soup should thicken, but not end up being super thick.

4) In a separate, smaller pot, add about a cup of water over high heat. Cover and when the water is steaming, add the broccoli florets. Steam for a few minutes until they are slightly tender, but still have a bite to them. Remove from heat.

5) Continue to simmer soup and it should keep getting thicker. Stir in milk near the end and heat through. Then add cheese and broccoli florets and remove from heat. Stir to melt cheese and season soup with salt and pepper.

6) Ladle soup into baked bread bowls and garnish with scallions.



#### Bread Extras

When you hollow out the bread bowls, save the bread and use the bread for the overnight strata on the next page!

You can also use the bread to make croutons!



## Overnight Breakfast! | Broccoli Strata

This dish requires a bit of planning, but makes breakfast the next day a no-brainer. I like to make this on a lazy Saturday afternoon so it's ready for brunch on Sunday.

### Overnight Broc Strata

**Yield:** 8x8 baking dish | **Time:** 1 hour +  
Overnight rest

#### Ingredients:

2 cups bread, cubed  
1 tablespoon unsalted butter  
1 cup cheddar cheese, grated  
1/2 cup cherry tomatoes, quartered  
1/2 cup broccoli  
1 tablespoon fresh parsley  
4 large eggs  
1 1/2 cups milk  
1/2 teaspoon salt  
2 ounces ricotta cheese  
1/2 teaspoon herbs de provence

#### Directions:

- 1) Butter an 8x8 baking dish. Rip up a few slices of bread and measure out two cups of cubed bread. Press the bread into the baking dish.
- 2) Top the bread with 3/4 of the cheddar cheese, broccoli florets (cut into small pieces) and quartered cherry tomatoes.
- 3) Whisk together eggs, milk, and a pinch of salt and pepper. Pour custard mixture over the veggies and bread. Try to distribute it evenly over the baking dish.
- 4) Top strata with dollops of ricotta cheese, the extra cheddar cheese, parsley, and herbs de provence.
- 5) Wrap the strata with plastic wrap and store in the fridge overnight. Remove from the fridge 30 minutes before baking.
- 6) Bake strata at 350 degrees F. for about an hour until the cheese is melted and custard is set in the center.

Let the strata cool briefly, but serve warm. You can double the recipe for an 9x13 baking dish.





## 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

- Broccoli (3 lb.)
- Cherry tomato (1/2 cup)
- Garlic (4 cloves)
- Ginger (3-4 inches)
- Lemon (1)
- Parsley (1 Tbsp.)
- Red potato (1)
- Red pepper (1)
- Scallions, garnish
- Sweet onion (1)
- Thyme (2 teas.)

### Meat, Poultry, Seafood

- Bacon (4 oz.)
- Beef, strip or flank steak (1 lb)

### Dairy

- Butter, unsalted (1/4 cup + 1 Tbsp.)
- Cheddar cheese (2 cup)
- Eggs (4)
- Milk (2 1/2 cup)
- Parmesan cheese, garnish
- Ricotta cheese (2 oz.)

### Spices and Pantry Items

- All-purpose flour (1/4 cup)
- Anchovies (3-4)
- Baby bread boules (4)
- Black pepper
- Bread (2 cups)
- Brown rice (2 cups uncooked)
- Chicken stock (1/4 cup)
  - SUB: water
- Cornstarch (2 teas.)
- Fettuccine (12 oz.)
- Herbs de Provence (1/2 teas.)
  - SUB: thyme or rosemary
- Kosher salt
- Olive oil (1/4 cup + 1 Tbsp.)
- Oyster sauce (2 Tbsp.)
- Red pepper flakes
- Rice wine vinegar (2 teas.)
- Soy sauce (3 Tbsp.)
- Vegetable oil (1 Tbsp.)
- Vegetable stock (1 qt.)