

MACHEESMO

- MEALS -

MASTER GRILLING

This time of year, it's not uncommon for me to cook almost every meal out on the grill. The nights are long and being outside is just better than spending time in a hot kitchen.

Of course, burgers and hot dogs are classics, but it's always nice to put a twist on some of the classics which is what this plan is all about. These are simple grilled dishes and not hard at all to execute, but the flavors are different than you might be use to.

Light the fires and get to grilling!

Helpful Equipment:

- Grill
- Food processor
- Skewers



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

MEAL 1

- BLT Hot Dogs
- Sriracha Slaw

MEAL 2

- Mushroom Burgers
- Leftover Slaw

MEAL 3

- Chicken Kabobs w/
Yogurt sauce

SALSA TIME!

- Grilled Salsa

#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 | BLT Hot Dogs and Slaw

Anybody can grill a hot dog and slap it in a bun, but this version is upgraded slightly by ripe tomatoes, slivered lettuce, and crispy grilled bacon. The slaw is the perfect light side dish.

BLT Hot Dogs

Yield: 8 Dogs | **Time:** 30 minutes

Ingredients:

8 Beef hot dogs
8 strips thick cut bacon
1 tomato, chopped
4 leaves green lettuce, slivered
4 tablespoons mayonnaise (opt.)
8 Hot dog buns
Salt and pepper

Directions:

- 1) Layout strips of bacon on a clean, but cold grill and turn it on to medium heat. Let the bacon grill slowly until it's very crispy, turning every few minutes. It should take 8-10 minutes to get crispy.
- 2) Meanwhile, chop tomato and sliver lettuce into shreds.
- 3) Grill hot dogs until warm and crispy on the outside. Optionally, you can grill the buns as well.
- 4) Optionally, smear each bun with a small spoonful of mayonnaise. Then add some lettuce, the hot dog, a strip of bacon, and some chopped tomato. Sprinkle each dog with salt and pepper.

Spicy Cabbage Slaw

Yield: Serves 8 | **Time:** 20 minutes

Ingredients:

1/2 cup mayonnaise
1/3 cup white wine vinegar
3 tablespoons sriracha sauce
1/2 green cabbage, slivered
2 carrots, grated
1 red pepper, slivered
4 scallions, minced
Salt and pepper

Directions:

- 1) Stir together mayo, vinegar, sriracha, and a big pinch of salt and pepper.
- 2) Slice cabbage into slivers and add to dressing. Toss to combine.
- 3) Add grated carrots, red pepper, and minced scallions. Season again with salt and pepper and store in the fridge until dinner time.

Leftovers keep beautifully for a few days.



Vegetarian Version

Vegetarian hot dogs have come a long way these days. Feel free to substitute those and just leave off the bacon or try some fake bacon.

As far as veggie hot dogs go, I think the spicy ones usually have the best flavor.

MEAL 2 | Mushroom Burgers with Slaw

Veggie burgers have a bad reputation but trust me when I say that even the biggest lovers of meat will be just fine with these. They are really savory, filling, and wonderful. I recommend making the burgers in advance so they are ready to go when you are. Serve the burgers with chips or with leftover slaw from Meal 1!

Mushroom Burgers

Yield: Serves 6 | **Time:** 1 hour

Ingredients:

1.5 pounds cremini mushrooms
3-4 dried shiitake mushrooms
1/2 cup white onion, diced
1 cup breadcrumbs
2 eggs
1/2 cup oat flour (or other flour)
1/3 cup Parmesan cheese, grated
1/2 teaspoon cayenne pepper
2 tablespoons soy sauce
2 tablespoons fresh parsley, chopped
2 tablespoons olive oil
Pinch of salt
2 cups breadcrumbs (for forming patties)

Burger fixings:

Buns
Swiss cheese
Tomatoes
Red Onion
Pea Sprouts
Avocado

Directions:

- 1) Wash and dice cremini mushrooms. Add dried mushrooms to a few cups of boiling water to reconstitute.
- 2) Add olive oil to a large skillet over medium heat. Once hot, add diced mushrooms. Add diced dried mushrooms as well once reconstituted. Let mushrooms cook until they release their liquid and dry out a bit, about 7-8 minutes, stirring regularly. Add onions and continue to cook for a few more minutes.
- 3) Remove mushroom mixture from pan and add to food processor. Pulse a few times to roughly grind mushrooms. You don't want them completely smooth, but like a very rough paste.
- 4) Stir in eggs, flour, breadcrumbs, and other ingredients. The finished mixture should be wet, but not liquid. It should roughly hold its shape. If it is really wet, add more breadcrumbs or flour in 1/4 cup batches.
- 5) Sprinkle two cups of breadcrumbs in a large baking dish. Form six large patties with mushroom mixture. As you form the patties, place them in the breadcrumbs and turn them to completely coat each patty in breadcrumbs, forming a crust.
- 6) Once all the patties are formed and in the breadcrumb mixture, let sit in the fridge for 30 minutes.
- 7) Grill burgers over high heat for 5-6 minutes per side until the outside is nice and crispy. Add swiss cheese if you want during the last 2-3 minutes of cooking.
- 8) Serve with normal burger fixings on grilled buns.



No Grill? No Problem.

Most of the recipes in this meal plan can easily be made without a grill. For starter, you could invest in a grill pan which gets close but uses the stovetop.

Or you could just skip it entirely. These burgers can be seared in a skillet until crispy. The hot dogs in Meal 2 can also be seared in a pan and the yogurt chicken kabobs can be broiled until cooked through.

All of that said though, nothing beats a hot grill!



MEAL 3 | Chicken Kabobs

People screw up kabobs frequently in backyard BBQs across America. Tip #1: Don't cook your meat and veggies on the same skewer. It just doesn't work. Tip #2: Use bacon to keep the chicken moist.

Grilled Kabobs

Yield: Serves 4 | Time: 50 min.

Ingredients:

Chicken Kabobs:

4 small chicken breasts, cubed
2-3 slices of bacon, processed
1 Tablespoon olive oil
1 Tablespoon paprika
1 Tablespoon chili powder
Pinch of salt and pepper
Rice for serving

Veggie Kabobs:

8 ounces mushrooms, sliced thick
1 red pepper, cut into chunks
1/2 red onion, cut into chunks
3 Tablespoons olive oil
1 Tablespoon herbs de Provence
Pinch of salt and pepper

Yogurt Sauce:

1 Cup Greek Yogurt
1/2 lemon, juice only
2 cloves garlic, minced
2 Tablespoons fresh dill, minced
Pinch of salt

Directions:

- 1) To prep the yogurt sauce, just mince all the ingredients and combine them. The flavors will get more intense as it sits. Refrigerate until needed.
- 2) Be sure to soak your skewers for at least 30 minutes before using them.
- 3) To prep veggie kabobs, cut veggies into chunks and marinate with olive oil and spices.
- 4) To prep chicken kabobs, mince bacon slices in a food processor until they form a rough paste.
- 5) Combine bacon with spices and chicken pieces and stir to combine well.
- 6) Skewer veggies and chicken separate. You should get four chicken skewers and four veggie skewers.
- 7) Grill on high heat. Chicken kababs will probably take 15 minutes. Veggies will take more like 10.
- 8) Serve with yogurt sauce and rice!



Veggie Version

If you want to make this meal vegetarian, just double the amount of veggie skewers. Right now there is one veg skewer per person, but two full skewers of veggies with the sauce and rice is a fantastic meal.



Summer Salsa |

Salsa is my favorite appetizer to serve in the summer. People are always shocked when I make this because I just toss everything on the grill like a mad man and then pulse it up. It takes just a few minutes and will destroy any store-bought salsa.

Grilled Salsa

Yield: 4 cups | **Time:** 30 min.

Ingredients:

4 Roman tomatoes
5-6 tomatillos
2-3 jalapenos
1/2 red onion
3-4 cloves garlic
A handful of sweet peppers
Handful of cilantro
Drizzle of olive oil
Salt
Tortilla chips

Directions:

- 1) Wash veggies and chop them into big pieces, halves and quarters.
- 2) Toss veggies with a drizzle of olive oil and a pinch of kosher salt.
- 3) Add veggies to grill pan or foil and grill over high heat for 10-15 minutes until veggies are blistered and bursting.
- 4) Let cool for at least a few minutes.
- 5) Pulse in a blender until it reaches the consistency you want.
- 6) Serve warm or cold with chips!





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)
- Cabbage, green (1/2 head)
- Carrots (2)
- Cilantro (handful)
- Dill, fresh (2 Tbsp.)
- Garlic (6 cloves)
- Lemon (1/2)
- Lettuce, green (4 leaves)
- Jalapenos (2-3)
- Mushrooms, button (8)
- Mushrooms, cremini (1 1/2 lb.)
- Parsley (2 Tbsp.)
- Red onion (1 1/2)
- Red pepper (2)
- Scallions (4)
- Sprouts (burger garnish)
- Sweet peppers (4-5)
- Tomatillos (5-6)
- Tomatoes (2)
- Tomatoes, Roman (4)
- White onion (1/2)

Meat, Poultry, Seafood

- Bacon, thick cut (10-12 strips)
- Beef hot dogs (8)
- Chicken breasts (1 lb.)

Dairy

- Eggs, large (2)
- Greek yogurt (1 cup)
- Parmesan cheese (1/3 cup)
- Swiss cheese (6 slices)

Spices and Pantry Items

- Black pepper
- Breadcrumbs (3 cups)
- Cayenne pepper (1/2 teas.)
- Chili powder (1 Tbsp.)
- Hamburger buns (6)
- Herbs de Provence (1 Tbsp.)
- Hot dog buns (8)
- Kosher salt
- Mayonnaise (3/4 cups)
- Oat flour (1 cup)
- SUB: all-purpose flour
- Olive oil (1/2 cup + drizzle)
- Paprika (1 Tbsp.)
- Rice (2 cups - for kabobs)
- Shiitake mushrooms, dried (4)
- Soy sauce (2 Tbsp.)
- Sriracha chili sauce (3 Tbsp.)
- Tortilla chips (for salsa)
- White wine vinegar (1/3 cup)