

MACHEESMO

- MEALS -

SUMMER HEAT

There's an old trick to deal with the dead heat of summer. People say that it helps to eat really spicy stuff which makes you sweat and then cools you off.

I'm not really sure if that is true or not, but I do like eating spicy stuff in summer (okay all year around if I'm being honest). These spicy dishes are particularly nice though because they don't require a ton of oven time, except for the enchiladas which are just too good to leave off a spicy meal plan.

Eat. Sweat. Cool it down.

Helpful Equipment:

- Baking Sheets
- Baking Dish



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

MEAL 1

- Szechuan Noodles with Peanuts

MEAL 2

- Chicken Taco Salad

MEAL 3

- Chili Gravy Enchiladas

BRUNCH!

- Grab and Go Burritos

#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 | Chilled Szechuan Noodles



You can use a wide range of noodle for this dish. Even something like soba would work okay. The best though is thick udon noodles. You can usually find them in small packets for individual servings in most Asian sections. If you find yourself in a larger Asian grocery store, you can usually buy a larger portions of the noodles in the fresh/deli section of the store.

Chilled Spicy Noodles

Yield: Serves 4 | **Time:** 30 minutes

Ingredients:

1 large bunch spinach, blanched and chopped
16 ounces thick Udon noodles, cooked
1 red chili, minced
2 tablespoons vegetable oil
2 tablespoons sesame oil, divided
1 tablespoon soy sauce
2 tablespoons rice wine vinegar
1 tablespoon spicy chili paste
2 teaspoons sugar
1/2 cup salted peanuts, chopped
2 scallions, chopped
Red chili, garnish

Directions:

- 1) Bring a large pot of water to boil seasoned with a big pinch of kosher salt. Chop off any large stems from the bunch of spinach and blanch for 30 seconds until wilted. Remove the spinach and let cool. Then press out water with a few paper towels and roughly chop spinach. Set aside.
- 2) If water is dirty, refill your pot and bring it back to a simmer. Cook pasta according to package. Once the pasta is floating and cooked, drain and rinse with cold water. Then toss with 1 tablespoon of sesame oil.
- 3) Meanwhile, whisk together minced red chili, vegetable oil, 1 tablespoon of sesame oil, soy sauce, rice wine vinegar, chili paste, and sugar. Taste and adjust dressing to your liking. It should be strong on its own.
- 4) Toss cold noodles with dressing and stir in spinach.
- 5) Divide noodles between plates and garnish heavily with chopped peanuts and scallions. Add more red chilis if you want it spicier.



Chili Paste Options!

There are a wide range of spicy chili pastes that would work fine for the dressing on these noodles. Something common like chili garlic sauce would be just fine, but if you can find something like Korean gochujang then by all means use that!

MEAL 2 | Chicken Taco Salad

The chicken for this dish has approximately one million applications in the Tex-mex world, but when it's hot out, I just want it served in a fresh salad like this. Don't forget the tortilla strips!

Taco Chicken Salad

Yield: 4 Servings | Time: 30 min.

Ingredients:

- 1 large head Romaine lettuce, chopped
- 1/2 small red onion, sliced thin
- 1 cup cherry tomatoes, halved
- 4 seared chili chicken cutlets
- 1 (15-oz.) can black beans, drained and rinsed
- 1 avocado, sliced
- 1 cup Cotija cheese, crumbled
- 1/2 cup spicy salsa
- 1 lime, cut into quarters
- Sour cream, garnish
- Cilantro, garnish
- Pickled jalapenos, garnish
- Crispy tortilla strips, garnish

Directions:

- 1) Wash lettuce well and chop it roughly. Divide lettuce between four plates or bowls and squeeze a lime wedge over the top of each plate.
- 2) Divide salsa over lettuce.
- 3) Top each salad with red onions, tomatoes, black beans, sliced chicken, avocado, and cheese.
- 4) Garnish each salad with a dollop of sour cream, fresh cilantro, and crispy tortilla strips.

Seared Chili Chicken

Yield: 8 Servings | Time: 20 min.

Ingredients:

- 1 pound chicken cutlets (4 cutlets)
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt

Directions:

- 1) Stir together spices in a small bowl. I like to mash them together in a mortar and pestle.
- 2) Add chicken cutlets to a bowl and sprinkle with olive oil. Then toss in spice mix and stir well to coat chicken.
- 3) Heat a cast iron skillet or other sturdy pan over medium-high heat. Once hot, add 4 chicken cutlets and cook for about 4-5 minutes per side until chicken is cooked through. If pan is dry, add another drizzle of oil.



Vegetarian Options

The best substitute for chicken in this dish is either to sear some peppers and onions using the same spice mix or make some extra tempeh from meal three and use that!

Crispy Tortilla Strips

Yield: 4 Servings | Time: 20 min.

Ingredients:

- 4 (6-inch) corn tortillas
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon chili powder

Directions:

- 1) Preheat oven to 350 degrees F.
- 2) Slice tortillas into small narrow strips and toss with olive oil, salt, and chili powder.
- 3) Spread strips out on a baking sheet and bake for 15 minutes, stirring a few times, until tortillas are crispy. Serve strips over salad.



MEAL 3 | Chili Gravy Enchiladas

You may think that enchiladas are a stretch for a weeknight but these are actually very simple because the filling is straightforward. The gravy is just so delicious and the final enchiladas don't need a lot of baking time. If you are pressed for time, you could make them in advance and reheat them!

Spicy Gravy Enchiladas

Yield: Serves 4 | Time: 1 hour

Ingredients:

Chili Gravy:

1/4 cup vegetable oil
1/4 cup all-purpose flour
1 teaspoon black pepper
1 teaspoon kosher salt
2 teaspoons ground cumin
2 tablespoons chili powder
1 teaspoon paprika
1 teaspoon dried oregano
1/2 teaspoon cayenne pepper
2 cups beef stock

12 corn tortillas
1/4 cup vegetable oil +
1 tablespoon
2 peppers (various), sliced thin
1/2 onion, diced
3 cups cheddar cheese, grated

Directions:

- 1) Preheat oven to 400 degrees F.
- 2) In a medium pot, whisk together vegetable oil and flour for the gravy over medium heat. Keep whisking until the mixture turns a light, tan color, about 5 minutes.
- 3) Whisk in all the spices and cook for another 30 seconds. Then start whisking in beef stock in a thin stream. Once stock is whisked in, bring gravy to a slight simmer and cook until it thickens nicely, about 2-3 minutes, whisking occasionally.
- 4) To make enchiladas, Slice peppers and grate cheese. Add peppers to a large skillet with a drizzle of olive oil over medium high heat. Add diced onions (reserve a few tablespoons for top of enchiladas) and a pinch of salt. Cook until veggies are just soft, about 2-3 minutes. Remove from heat.
- 5) Add 1/4 cup oil to a large skillet over medium heat. Working with one tortilla at a time, let it heat in the oil for 5-10 seconds per side. Then remove tortilla and let drain on a paper towel. Repeat with all the tortillas.
- 6) Once all tortillas are warmed and flexible, work with one at a time. Fill it with some of the peppers and onions and a small handful of cheese. Roll it tightly.
- 7) Lightly oil an 9x13 baking dish and pour in 1/2 cup of the chili gravy. Then add rolled enchiladas to the baking dish. Fit as many as you can. You should be able to fit 12 at a minimum.
- 8) Pour most of the chili gravy over the top of the enchiladas once they are all in the pan. It's okay to reserve some gravy to serve on the side later. Cover enchiladas with leftover cheese and onions.
- 9) Bake for 15 minutes and then let cool briefly before serving.



Have Leftovers?

I like using fresh vegetables for the filling on these, but if you have leftovers like chicken or maybe grilled corn, you can definitely fold those into the filling as well.

Get creative with the filling but don't mess with the sauce!



In a Rush| Grab-n-Go Burritos

Woke up late and don't have time for a sit-down breakfast? No worries. This is a great little burrito recipe to have in your back pocket. It takes minutes and is really filling. Also, a great recipe for the weekend if you are trying to get out the door for a hike or something!

Easy B-Fast Burritos

Yield: 1 | Time: 5 min.

Ingredients:

1 large flour tortilla
2 large eggs, whisked
2 tablespoons pinto beans
1 tablespoon pickled jalapenos,
diced (opt.)
1/3 cup shredded cheese
2 tablespoons salsa
Salt and pepper

Directions:

- 1) In a microwave safe bowl, whisk together eggs, beans, pickled jalapenos, and a pinch of salt and pepper. Microwave on high for 2 minutes. It might need an extra 15 seconds or so.
- 2) On a microwave safe plate, lay out flour tortilla, top with cheese and salsa.
- 3) When eggs are done, microwave tortilla and cheese for 20 seconds.
- 4) Scoop eggs onto hot tortilla and cheese. Roll up the burrito, wrap it in foil, and hit the road!





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.

This ingredient list includes enough to make 2 grab and go burritos.

Fresh Produce

- Avocado (1)
- Cherry tomatoes (1 cup)
- Cilantro (garnish)
- Limes (1)
- Onion, yellow or white (1/2)
- Peppers, red or green (2)
- Red chilis (2)
- Red onion (1/2)
- Romaine lettuce (1 head)
- Scallions (2)
- Spinach, adult (1 bunch)

Meat, Poultry, Seafood

- Chicken cutlets (4 4oz. pieces)

Dairy

- Cheddar cheese (1 lb.)
- Cotija cheese (1 cup)
- Eggs, large (4)
- Sour cream, garnish

Spices and Pantry Items

- All-purpose flour (1/4 cup)
- Beef stock (2 cups)
- SUB: Veg stock
- Black beans, 15 oz. can (1)
- Black pepper
- Cayenne pepper (1/2 teas.)
- Chili paste (1 Tbsp.)
- Chili powder (3 Tbsp.)
- Corn tortillas, 6 inch (16)
- Cumin, ground (3 teas.)
- Flour tortillas, large (2)
- Garlic powder (1 teas.)
- Jalapenos, pickled (2 Tbsp. + garnish)
- Kosher salt
- Olive oil (3 Tbsp.)
- Oregano, dried (1 teas.)
- Paprika (2 teas.)
- Peanuts, salted (1/2 cup)
- Pinto beans (1/4 cup)
- Rice wine vinegar (2 Tbsp.)
- Salsa (3/4 cup)
- Sesame oil (2 Tbsp.)
- Sugar (2 teas.)
- Soy sauce (1 Tbsp.)
- Udon noodles (16 oz.)
- Vegetable oil (3/4 cup)