

MACHEESMO

- MEALS -

STUFFED STUFF

My favorite category on Macheesmo is the “Stuffing Stuff” category. It really sums up my favorite foods: tacos, sandwiches, and a variety of other creative ways to stuff foods with other foods.

This meal plan is no gimmick though. These are all delicious recipes that are doable on weeknights. My favorite recipe, which I just recently discovered, is the foil packets.

The taco salad bowls are ambitious, but if you don't feel like getting creative with the bowl, just sprinkle some crispy tortilla strips on top!

Helpful Equipment:

- Baking Sheets
- Grill
- Ramekins
- Whisk



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

MEAL 1

- Tilapia Grilled Foil Packets

MEAL 2

- Taco Salad Bowls

MEAL 3

- Tomato Brie Sandwich
- Snap Pea Salad

CREPES!

- Crepe Boxes

#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 | White Fish Grilled Packets

I made these originally for a dinner party without a real starting recipe. Turns out they are incredibly flexible but also incredibly delicious. The perfect summer dinner in my opinion.

Tilapia Grilled Packets

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

Ingredients:

4 6-oz filets tilapia (or other white fish)
2 baby bok choy
1 banana pepper, chopped
2 ears sweet corn
1 leek, sliced thin
1 red jalapeno, sliced thin
1 spring fresh oregano
1 (15 ounce) can coconut milk
2 cloves garlic
1 inch ginger, sliced thin
Rice, for serving
Salt and pepper

Directions:

1) Preheat grill to medium heat. In a small pot, add coconut milk, crushed garlic, and ginger and a pinch of salt. Bring to a simmer and then cover and remove from heat. Let the coconut milk steep for 5 minutes.

2) Cook rice according to package. I recommend making about 1 1/2 - 2 cups uncooked rice for this dish.

2) Meanwhile, make the foil packets. Double a piece of foil over itself and lay a few leaves of bok choy at the bottom of each packet. Top the bok choy with the fish filet and top with big handfuls of vegetables. Fold the edges up to make walls for the packet.

3) When ready to grill, ladle strain the coconut milk mixture to remove aromatics. Add about 1/4 cup of coconut milk mixture to each foil packet and season with a small pinch of fresh oregano, salt and pepper. Seal each packet tightly with a top layer of foil.

4) Grill the packets for 15 minutes over medium heat. You should need to even flip them as they will steam and the bok choy will protect the fish from burning.

5) Remove packets from grill and let cool briefly. Before serving, open a corner of each packet and drain out most of the liquid. Then serve the packet over rice.

6) Serve extra infused coconut milk on the side so people can spoon it over their plate.



Vegetarian Options

I think a nice vegetarian option for these is tofu. It would be sturdy enough to grill and absorb all the coconut flavors wonderfully while the veggies cooked. Just cube up about a pound of tofu and divide it between the packets!

MEAL 2 | Tacos Bowls

This might look a bit tough to master, but making the bowls is pretty straightforward once you get the hang of it and it's so fun to eat dinner out of a tortilla bowl! If it's really too much, you can just bake a few tortillas until crispy and sprinkle them on top of the salad for some crunch.

Taco Bowls

Yield: 4 bowls | **Time:** 45 min.

Ingredients:

Taco Salad:

1 pound lean ground beef
1 15 ounce can black beans, drained and rinsed
1 teaspoon cumin seeds, toasted
1 teaspoon paprika
2 teaspoons chili powder
1 teaspoon garlic salt
2 heads romaine lettuce, chopped
1 avocado, diced
1 large tomato, diced
1/2 red onion, diced
1 cup Cotija cheese, crumbled

Homemade Taco Bowls:

4 8-10 inch flour tortillas
1/4 cup vegetable oil
Aluminum Foil
1/4 cup sour cream, divided
Cilantro
Limes

Directions:

To Make Bowls:

- 1) For each tortilla, add about a tablespoon of neutral oil to a skillet and warm tortilla over medium heat. Cook for about 30 seconds per side and make sure the tortilla is lightly coated with warm oil.
- 2) Drape tortilla over a medium sized (16 ounce is good) ramekin. Crimp edges so the tortilla sits in a circle and no edges pop up. Cover the tortilla tightly with foil so it holds its shape.
- 3) Bake tortilla and ramekin for 15 minutes at 350 degrees. Remove foil. Bake for another 10 minutes.
- 4) Use a fork to gently lift tortilla off of ramekin and let cool. Repeat with other tortillas. It's easiest if you have more than one ramekin obviously.

For ground beef:

- 1) Toast spices briefly in a dry pan. Add to ground beef and cook over medium heat until beef is cooked through. Season with salt and pepper and adjust spice levels to your liking.
- 2) Add in drained beans and cook for another minute or two. Remove from heat.
- 3) Wash, dry, and chop lettuce. Add a layer of lettuce to bottom of each taco shell. Be sure lettuce is dry.
- 4) Top lettuce with about a good amount of the beef mixture then top with any additional toppings you would like.
- 5) Serve immediately!



Vegetarian?

No need to make the beef for these bowls. Double the beans and add some fresh sweet corn that's been lightly grilled or baked.



MEAL 3 | Tomato Sandwiches with Salad

I typically make this chutney with cherry tomatoes even if full tomatoes are in season. They are just easier to work with in a chutney like this. You will crave this sandwich once you try it!

Tomato/Brie Sandwich

Yield: 4 Sandies | Time: 45 min.

Ingredients:

Tomato Chutney:

- 2 pints cherry or grape tomatoes, roasted
- 1/2 cup sugar
- 1 cup apple cider vinegar
- 1/2 cup water
- 2 tablespoons fresh grated ginger
- 1 teaspoon kosher salt
- 1 teaspoon ground coriander
- 1/2 cup raisins
- 1/2 lemon, juice only
- Pinch of cayenne pepper (optional)

- 4 Sandwich rolls, like ciabatta rolls
- 8-10 ounces brie, rind removed
- 1 cup fresh basil leaves

Directions:

To make the chutney:

1) Wash tomatoes well and spread out on a baking sheet. Roast at 450 degrees Fahrenheit for 30 minutes until the tomatoes are blistered.

2) Meanwhile, in a medium pot, combine vinegar, water, sugar, ginger, salt, and coriander and bring to a simmer. Add a pinch of cayenne optionally and stir until sugar is dissolved. Continue to simmer so the mixture begins to reduce.

3) When tomatoes are done roasting add them to the simmering pot and continue to cook over medium heat. Use a spoon or sturdy spatula to press on the tomatoes gently so they mash up.

4) After 5 minutes of simmering add raisins and continue to cook until mixture is very thick. Remove from heat and let cool slightly.

5) Cut rind off of brie wheel and cut into strips. Half bread rolls and slather the bottom half of rolls with tomato chutney. Top with brie.

6) Bake the rolls at 450 degrees for 2-3 minutes until brie is just starting to melt. Be careful not to overmelt the cheese or it will break down.

7) Top each sandwich with a handful of fresh basil and the top of the roll and serve immediately!



Snap Pea Salad

- Few handfuls baby spinach
- 2 cups sugar snap peas
- 1 carrot, grated
- 1/4 red onion, sliced thin
- Sesame seeds, garnish

Dressing:

- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon mustard
- 1 teaspoon honey
- Pinch of salt

Divide salad ingredients between bowls. Whisk together dressing ingredients and adjust to your liking.

Drizzle salads with dressing and serve.



Crepes | Crepe Boxes

The secret of the cooking world is that crepes are easier to make than pancakes. Plus, you can stuff them with stuff which is always a bonus.

Crepe Boxes

Yield: 6 boxes | Time: 1 hr.

Ingredients:

Basic Crepes:

- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 1 tablespoon sugar
- 2 large eggs
- 1 1/2 cups milk
- 2 tablespoons unsalted butter, melted (plus some for cooking)

Savory Filling:

- 6 oz. ham, sliced thin
- 4 oz. Cheddar cheese, grated
- 6 Eggs
- Pinch of salt

Directions:

Preheat oven to 350 degrees F.

For crepes:

- 1) Whisk together ingredients (except melted butter) in a medium bowl. It should be a very thin batter. Let sit for at least 15 minutes. Then stir in melted, but cool, butter.
- 2) Add a small dab of butter to a large nonstick skillet and swirl around over medium heat until melted.
- 3) Pour in about 1/3 cup of batter to the pan and immediately swirl the batter around to spread it around the pan in a thin layer. Cook for about 90 seconds on that side.
- 4) Flip crepe carefully with a thin spatula and cook for another 15 seconds on the second side until it's lightly browned.
- 5) Cook all the crepes and stack them up.

To make a crepe box:

- 1) Place a crepe on a baking sheet (it's fairly hard to transfer after shaping it).
- 2) Sprinkle some grated cheese in the center of a crepe and hollow out the center a bit. Lay some ham on the crepe but leave some room in the center for the egg.
- 3) Crack an egg in the center and then carefully roll the edges of the crepe up to form sides of a box. You will have to kind of press the crepe edges down to keep them in place.
- 4) You should be able to fit 2-3 boxes on a baking sheet. Bake the crepe box until the egg is just firm, but still a bit runny in the yolk, about 15-18 minutes. When it comes out, season with a pinch of salt and pepper and serve immediately.





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 bok choy (2)
- Baby Spinach (5 oz.)
- Banana pepper (1)
- Basil, fresh (1 cup)
- Carrot (1)
- Cherry tomatoes (2 pints)
- Cilantro, garnish
- Corn, sweet (2 ears)
- Garlic (2 cloves)
- Ginger (3-4 inch piece)
- Leek (1)
- Lemon (1/2)
- Lime, garnish
- Oregano, fresh
- Red jalapeno (1)
- Red onion (1/4)
- Romaine lettuce (2 heads)
- Sugar snap peas (2 cups)
- Tomatoes (1)

Meat, Poultry, Seafood

- Beef, ground (1 lb.)
- Ham, sliced (6 oz.)
- Tilapia, filets (4 6-oz.)

Dairy

- Brie cheese (8-10 oz.)
- Butter, unsalted (2 Tbsp.)
- Cheddar cheese (4 oz.)
- Cotija cheese (4 oz.)
- Eggs, large (8)
- Milk (1 1/2 cups)
- Sour cream (1/4 cup)

Spices and Pantry Items

- All-purpose flour (1 cup)
- Apple cider vinegar (1 cup)
- Black beans (1 15 oz. can)
- Black pepper
- Cayenne pepper
- Chili powder (2 teas.)
- Coconut milk (1 15-oz. can)
- Coriander, ground (1 teas.)
- Cumin seeds (1 teas.)
- Flour tortillas (4 8-10 inch)
- Garlic salt (1 teas.)
- Honey (1 teas.)
- Kosher salt
- Mustard (1 teas.)
- Olive oil (2 Tbsp.)
- Paprika (1 teas.)
- Raisins (1/2 cup)
- Red wine vinegar (2 Tbsp.)
- Rice, long grain white (2 cups)
- Sandwich rolls (4)
- Sesame Seeds, garnish
- Sugar (2/3 cup)
- Vegetable oil (1/4 cup)