

MACHEESMO

- MEALS -

IT'S A WRAP!

Wrapping good food in other good food? That's a pretty great recipe for meal time.

It's actually one of my favorite ways to make a quick meal. I tried to use a variety of wraps for these meals. Lettuce, tortillas, and eggs are all possible wrapping tools!

Beyond being just wrapped things though, these are also meals that are particularly nice for fall, whether it be a warming tray of enchiladas or the perfect wrap for a last weekend picnic.

Helpful Equipment:

- Baking Dish
- Baking Sheet



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

MEAL 1

- Spicy Pork and Rice
Lettuce Wraps

MEAL 2

- Chili Gravy
Enchiladas

MEAL 3

- Horseradish Roast
Beef Wraps

OMELET!

- Rolled Up Omelet

#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 | Spicy Pork Lettuce Wraps

The chicken in this meal is pretty optional. The light, creamy pasta with loads of fresh lemon is plenty filling. The salad rounds out the plate nicely and gives some freshness to the meal!

Lettuce Wraps

Yield: 8-10 wraps | Time: 25 minutes

Ingredients:

- 1 pound ground pork
 - 1 tablespoon vegetable oil
 - 1 tablespoon fish sauce
 - 1 tablespoon sriracha chili oil
 - 2 teaspoons soy sauce
 - 1 teaspoon brown sugar
 - 1 1/2 cups long grain rice
 - 1/4 cup fresh cilantro
 - 1 lime, juice only
 - Salt and pepper
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- 1 head lettuce
 - 1 carrot, grated
 - 1 cucumber, sliced
 - 1-2 thai or serrano peppers, chopped

Directions:

1) Cook rice using any method you like. Personally, I like to boil the rice until it's al dente. Then I drain the rice when it has a small bite to it. Once it's drain, I return it to the hot pot, cover it, and let it steam off the heat for about 5 minutes.

Then stir in the cilantro and lime juice before serving.

2) To cook the pork, add vegetable oil to a skillet over medium heat. Add ground pork and brown nicely. It should take 6-7 minutes to brown well. Stir fish sauce, Sriracha, soy sauce, and brown sugar.

3) To make lettuce wraps, top lettuce with some rice, a scoop of pork, and all the veggie toppings.

These are actually a bit tricky to eat with your hands unless you get really sturdy Romaine lettuce. But they are delicious however you eat them!



Veggie Version

Tofu is the perfect substitute here. Buy some extra firm tofu, press it for a few minutes to remove the liquid and then crumble it and try to brown it in place of the pork. You might need to add a bit more oil to the skillet so it doesn't stick but it will be really delicious!



MEAL 2 | Chili Gravy Enchiladas

Just can't get enough of these enchiladas. One quick tip depending on where you live... if you can find some fresh Hatch chiles, then you should of course add some of those either to the stuffing or the sauce for these enchiladas!

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!



MEAL 3 | Roast Beef Horseradish Wraps

This is one of the quickest meals I've posted on a meal plan! They are really filling wraps and the flavors are fantastic.

Roast Beef Wraps

Yield: 4 wraps | Time: 10 min.

Ingredients:

4 large tortillas
1 pound roast beef, sliced thin
6-8 slices cheese
2 cups arugula
Fresh Sprouts
1/4 cup mayonnaise
1/4 cup mustard
1 tablespoon horseradish

Directions:

- 1) Stir together mayo, mustard, and horseradish and spread the sauce on a large flour tortilla.
- 2) Add roast beef to the tortilla and top with cheese. Top with arugula and a few sprouts.
- 3) Fold ends over the wrap and roll it into a tight wrap.
- 4) Cut wrap in half and keep cold if you want to make them in advance.



Veggie Wraps

Sauteed vegetables are a great substitute in these wraps. Sturdy veggies like mushrooms and peppers, sauteed in a little olive oil, would still go perfectly with the tangy horseradish spread!



EGGS! | Rolled Egg Omelet!

This is a surprising dish because it LOOKS fancy but is actually much easier to make than a bunch of individual omelets. It takes a bit of confidence to try, but I think you'll be surprised at how doable it is.

Rolled Eggs

Yield: Serves 4-6 | **Time:** 40 min.

Ingredients:

8 large eggs
3 tablespoons all-purpose flour
1 cup milk
1 tablespoon olive oil
1 bunch spinach, chopped
1 cup pepper jack cheese, grated
Salt and pepper

Directions:

- 1) Preheat oven to 350 degrees F. In a medium bowl, whisk together flour and milk. Crack in eggs and whisk well to combine until the mixture is a single consistency. Season eggs with a big pinch of salt and black pepper.
- 2) Chop off any large stems from spinach and rinse well. Roughly chop spinach.
- 3) In a large skillet, add a drizzle of olive oil and all the spinach over medium heat. Season spinach with a small pinch of salt and cook until spinach is wilted, about 2-3 minutes. Remove spinach from heat and let cool slightly.
- 4) Line a 9x13 baking dish with parchment paper. Press the parchment paper into the corners of the dish and make sure it wraps up the sides a bit. Pour eggs into the dish which should keep the parchment paper in place.
- 5) Distribute wilted spinach over the top of the eggs and sprinkle with grated cheese. Don't over-do it on the cheese.
- 6) Bake omelet for 18-20 minutes, rotating it once halfway through, until the eggs in the center are just set. There shouldn't be any liquid on top, but try to remove it from the oven before the eggs overcook and crack.
- 7) Let omelet cool for a minute and then lift the parchment paper out of the baking dish. Fold down parchment paper edges and start rolling omelet.
- 8) Roll omelet into a tight cylinder and then slice into 8-10 even pieces with a serrated knife. 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

- Arugula, baby (2 cups)
- Carrot (1)
- Cilantro (1/4 cup)
- Cucumber (1)
- Green pepper (1)
- Lettuce (1 head)
- Lime (1)
- Onion, white (1/2)
- Pepper, Thai or Serrano (2)
- Red pepper (1)
- Spinach (1 bunch)
- Sprouts, garnish

Meat, Poultry, Seafood

- Pork, ground (1 lb.)
- Roast beef, sliced thin (1 lb.)

Dairy

- Cheddar cheese (3 cups)
- Cheese, 6-8 slices
- Eggs, large (8)
- Milk (1 cup)
- Pepper jack cheese (1 cup)

Spices and Pantry Items

- All-purpose flour (1/2 cup)
- Beef stock (2 cups)
- SUB: Vegetable stock
- Black pepper
- Brown sugar (1 teas.)
- Cayenne pepper (1/2 teas.)
- Chili powder (2 Tbsp.)
- Corn tortillas, small (12)
- Cumin, ground (2 teas.)
- Fish sauce (1 Tbsp.)
- Flour Tortillas, large (4)
- Horseradish (1 Tbsp.)
- Kosher salt
- Mayonnaise (1/4 cup)
- Mustard (1/4 cup)
- Olive oil (1 Tbsp.)
- Oregano, dried (1 teas.)
- Paprika (1 teas.)
- Rice, long grain (1 1/2 cups)
- Soy sauce (2 teas.)
- Sriracha (1 Tbsp.)
- Vegetable oil (1/2 cup)