

# MACHEESMO

## - MEALS -

## FAVE FALL FLAVORS

I love summer for all of the fresh produce and bright colors but fall is actually my favorite season of all. I love the crisp breeze in the air and the changing leaves. I can cook with the windows open and cook off the kitchen.

Plus, many of my favorite flavors are readily available this time of year. Squashes, pumpkins, cabbages, and other hearty, but economical foods.

If you only make one meal in this meal plan, try the squash pasta toss. It's crazy good and takes about 30 minutes to make.

### Helpful Equipment:

- Cast Iron Skillet
- Box Grater
- Griddle



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

### MEAL 1

- Butternut Squash Pasta Toss

### MEAL 2

- Pumpkin Grilled Cheese
- Escarole Salad

### MEAL 3

- Simple Savoy Stew

### B-FAST!

- Bacon Chive Hash
- Butter Fried Eggs

**#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 | Butternut Squash Pasta Toss

The key to this pasta dish and what makes it so wonderful is that you shred the squash before cooking it. It turns into almost a creamy sauce in just minutes. Way delicious fall meal.

### Shredded Squash Pasta

Yield: Serves 4 | Time: 40 minutes

#### Ingredients:

1 small butternut squash, grated  
1 small yellow onion, diced  
2 tablespoons unsalted butter  
2 tablespoons olive oil  
1 lb. orecchiette pasta, cooked  
2 cups pasta water  
1/2 cup Parmesan cheese, grated  
3-4 leaves fresh sage, minced  
Salt and pepper  
Parmesan cheese, garnish

#### Directions:

- 1) Cook orecchiette pasta in salted water until al dente. Reserve about two cups of cooking water for the sauce and drain pasta.
- 2) While pasta cooks, peel and grate your squash using a box grater. You should be able to get 3-4 cups of grated squash.
- 3) In a large skillet or pan, add olive oil and butter over medium heat. Add the onion and a pinch of salt and pepper and cook until onion starts to soften, 2-3 minutes.
- 4) Add grated squash to the skillet and cook for 4-5 minutes until squash is tender. Add fresh sage near the end.
- 5) Add drained pasta to the skillet and toss to combine. Add enough pasta water to make a sauce in the skillet. As the sauce heats, it should thicken and hold onto the pasta. You will need at least a cup of pasta water, but might need up to two cups.
- 6) Fold in Parmesan cheese near the end of the cooking process and season the pasta with salt and pepper.
- 7) Serve pasta in big bowls garnished with extra Parmesan.



## MEAL 2 | Salad and Grilled Cheese

I find it pretty hard to beat a grilled cheese and salad for dinner. It's not excessively heavy, but still filling. During the fall, this pumpkin grilled cheese is one of my go-to fast meals. To be honest, it's really best to use freshly roasted pumpkin for it, but I get that is a bit ambitious. Canned puree will work great also.

### Pumpkin Grilled Cheese

Yield: 4 Servings | Time: 20 min.

#### Ingredients:

- 2 cups pureed pumpkin (1/2 cup per sandwich)
- 4 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 teaspoon kosher salt
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 8 slices sourdough bread
- 8 ounces gruyere cheese, grated

#### Directions:

- 1) If you are working with roasted pumpkin, scoop out enough to measure 2 cups and mash roughly with a fork.
- 2) Stir together brown sugar and spices in a small bowl.
- 3) Butter one side of each piece of bread. Add buttered side of one piece to a large skillet over medium heat.
- 4) Spread 1/2 cup of pumpkin evenly over the bread. Sprinkle generously with spice mixture. Top with grated cheese. Add top piece of bread, buttered side up.
- 7) Cook sandwich over medium heat for about 5 minutes per side until the bread is nicely browned and the cheese melted.

Cut and serve immediately!

### Escarole Salad

Yield: 4 Servings | Time: 10 min. + onion time

#### Ingredients:

*Simple Marinated Red Onions:*

- 1 red onion, sliced thin
  - 1/3 cup red wine vinegar
  - 1/3 cup water
  - 1 tablespoon kosher salt
  - 1 tablespoon sugar
  - 1 teaspoon hot sauce
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- 1 head escarole, washed and chopped
  - 2 tablespoons olive oil
  - 1/2 cup grated Parmesan cheese
  - Crushed black pepper

#### Directions:

- 1) For onions, slice a whole onion into thin rings. In a small bowl, stir together other five ingredients and toss onions. Cover and let sit for at least 30 minutes but longer is better.
- 2) Wash escarole well and chop. Divide between plates or serve on one large plate.
- 3) Arrange marinated onions over escarole and sprinkle the salad with a tablespoon or two of the marinating liquid and olive oil.
- 4) Sprinkle salad with Parmesan cheese and crushed black pepper.



### Cooking Grilled Cheeses

Grilled cheese sandwiches can be trickier than you might think. You want the sandwich bread to be perfectly browned and crispy right when the cheese is gooey and delicious.

To master this, cook the sandwiches in a skillet over medium to medium-low heat. It's always easier to turn up the heat later so start it fairly low.

If you're cooking a bunch of sandwiches, you can keep them warm in a 250 degree oven while you work on others.

## MEAL 3 | Savoy Stew

Many people aren't familiar with savoy cabbage. It's that really crinkled cabbage next to the standard cabbage heads. It's perfect for a fall stew like this. It's completely filling and the whole dish can be made for a few bucks in a few minutes.

### Savoy Stew

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

#### Ingredients:

1 small yellow onion, diced  
2 cloves garlic, minced  
2 tablespoon olive oil  
1 28-ounce can diced tomatoes  
3-4 cups chopped savoy cabbage  
(about 1 small head of cabbage)  
2 bay leaves  
2 cups vegetable stock  
1 15-ounce can white beans, rinsed  
Pinch of red pepper flakes  
Salt and pepper  
Crusty bread, for serving

#### Directions:

- 1) Chop and rinse cabbage under cold water.
- 2) In a large pot, add olive oil over medium heat. Once hot, add onions and garlic and cook for a few minutes until veggies start to soften. Season with salt and pepper.
- 3) Add in diced tomatoes and stock and bring to a simmer.
- 4) Add in chopped cabbage and bay leaves. Simmer for 10-12 minutes, covered, until cabbage is tender.
- 5) Remove bay leaves and add in rinsed beans. Season stew with a pinch of red pepper flakes, salt, and pepper.

Serve the stew immediately with really crusty bread.



# Hashing B-Fast | Bacon Hash with Eggs



Betsy and I eat some variation on a hash a few times a month. This is a really standard version, but feel free to mix in any other fall veggies you like (ex. sweet potatoes or Brussels sprouts).

## Bacon & Chive Hash

Yield: 4 Servings | Time: 45 min.

### Ingredients:

- 4 large Russet potatoes
- 8 ounces bacon, chopped
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 2-3 tablespoons olive oil
- 1/4 cup chopped fresh chives
- Salt and pepper
- Smoked paprika (opt.)

### Directions:

- 1) Scrub the potatoes well to get off any dirt and dice potatoes into 1/2-inch cubes.
- 2) As you cut the potatoes, toss them in a large bowl of cold water to let some of the starch rinse off. Swirl the bowl and let them rinse for a few minutes.
- 3) In a large cast iron skillet, add bacon (chopped into pieces) over medium heat. Cook until bacon is crispy and fat has rendered out, about 10 minutes. Then remove bacon from the pan.
- 4) Once bacon is out of the pan, add cubed potatoes and keep the heat on medium. Season with salt and pepper and let potatoes cook until they are tender and getting crispy around the edges, about 15 minutes. If the pan is ever dry, add oil. You'll probably need to add a tablespoon or two depending on how much bacon fat you have in the pan.
- 5) When potatoes are almost done, add onions and garlic and continue to cook until veggies are soft and potatoes are really crispy. If pan is dry at any point add a good drizzle of oil.
- 6) Stir bacon back into the hash at the end and top hash with smoked paprika (optionally) and/or lots of fresh chives.

## Butter-Fried Eggs

Yield: 4 Servings | Time: 10 min.

### Ingredients:

- 4-8 eggs, 1-2 per person
- 2 tablespoons unsalted butter
- Salt and pepper

### Directions:

- 1) Add butter to a nonstick skillet over medium heat or in a very well-seasoned cast iron skillet.
- 2) Once butter is bubbling, crack in 1-2 eggs per person. You might have to cook them in batches depending on the size of your skillet.
- 3) Let eggs fry for about 2 minutes on the first side, then flip and fry for 15 seconds for a runny yolk. Don't cook it longer than a minute or two on the second side or it will get hard and rubbery. Serve eggs immediately over hash seasoned with salt and pepper.



## Vegetarian Hash

For a vegetarian version of the hash, you can simply eliminate the bacon and be sure to be liberal with the oil since you will be starting with a dry pan. Feel free to add a diced pepper to add some extra flavor.



## 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

- Butternut squash (1 small)
- Chives (1/4 cup)
- Escarole (1 head)
- Garlic (4 cloves)
- Potatoes, Russet (4)
- Red onion (1)
- Sage (3-4 leaves)
- Savoy Cabbage (1 small head)
- Yellow onion (3)

### Meat, Poultry, Seafood

- Bacon (8 oz.)

### Dairy

- Butter, unsalted (8 Tbsp.)
- Eggs, large (4-8)
- Gruyere cheese (8 oz.)
- Parmesan cheese (1 cup + Garnish)

### Spices and Pantry Items

- Baguette (1 loaf)
- Bay leaves (2)
- Black pepper
- Brown sugar (1 Tbsp.)
- Chili powder (1 teas.)
- Hot sauce (1 teas.)
- Kosher salt
- Olive oil (9 Tbsp.)
- Orecchiette pasta (1 lb.)
- Paprika (1 teas.)
- Pumpkin, pureed (2 cups)
- Red pepper flakes (garnish)
- Red wine vinegar (1/3 cup)
- Smoked paprika (garnish)
- Sourdough bread (8 slices)
- Sugar (1 Tbsp.)
- Tomatoes, diced (1 28-oz can)
- Vegetable stock (2 cups)
- White beans (1 15-oz. can)