

MACHEESMO

- MEALS -

CAST IRON LOVE

One of the very first pieces of kitchen equipment I recommend people buy when stocking a kitchen is one (or even two) cast iron skillets. They aren't particularly expensive and if you take good care of them they will last a long time.

This time of year is perfect cast iron skillet time. A huge variety of dishes can be made with them and they are great for searing, baking, or roasting.

This meal plan is sort of an ode to the skillet and featured a few of my favorite meals that can be made in one!

Helpful Equipment:

- Cast Iron Skillet
- Box Grater
- Tongs



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

MEAL 1

- Mediterranean Chicken Skillet Bake

MEAL 2

- Cold Marinated Sirloin Bowls

MEAL 3

- Tex-Mex Skillet

HASH IT OUT!

- Fall Vegetable Hash

#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 | Mediterranean Chicken Skillet Bake



This is a ridiculously filling dish, especially considering it has no refined carbs like pasta. Since the chicken lightly simmers and poaches in the tomato sauce, it's very hard to overcook it. Meanwhile, the beans and artichokes round out the plate.

Chicken Skillet Bake

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

Ingredients:

1 1/2 lb. chicken breasts, cut into four servings
2 Tbsp. olive oil
1 15-oz. can diced tomatoes
2 15-oz. cans white beans
1 15-oz. can artichoke hearts, quartered
2 Tbsp. fresh parsley, minced
1 lemon
1/2 teaspoon red pepper flakes (opt.)
Salt and pepper



Directions:

- 1) Preheat oven to 350 degrees F. Rub chicken with salt and pepper and a pinch of red pepper flakes if you're using them.
- 2) Heat a large cast iron skillet over medium-high heat. Once hot, add olive oil and chicken. Sear chicken for 3-4 minutes per side. It won't be cooked through at this point, but just get a good sear on it.
- 3) Add tomatoes, drained beans, and quartered artichokes to pan. Stir to combine and season with parsley, juice from one lemon, red pepper flakes, and a pinch of salt and pepper.
- 4) Transfer skillet to oven and bake until chicken is cooked through, about 15-18 minutes.
- 5) Remove chicken from skillet and slice into pieces. Divide bean mixture between four plates and top each one with cooked chicken.



Plan For Leftovers!

If you can, cook an extra chicken breast during this meal and then Meal 3 will be a snap to prepare. It's okay if you bake the extra chicken with the rest of the skillet, then let it cool and store it for meal three.

For the next meal, you'll just have to shred it and make that skillet. It'll be a breeze!

No Cast Iron Skillet?

If you don't have an oven-safe skillet then you can still make this meal happen, you'll just have to dirty two dishes. Sear the chicken in a normal pan or skillet, then transfer the chicken, tomatoes, beans, and 'chokes to a baking dish. Season it and bake it for 20-25 minutes. You'll have to increase baking time because the dish isn't hot already from the stove top.



Vegetarian Options

The protein in this dish is chicken, and you do need something sturdy as a base for the dish. If you don't want to use chicken, you could add an extra can of beans to the mix and then crack a few eggs in the center of the skillet. Bake the eggs until they are just set, about 15 minutes and then you'll have a great, filling meal.



MEAL 2 | Cold-Marinated Sirloin Bowl

This was a crazy experiment the first time I tried it but it turns out to work perfectly. Cooking steak first and then marinating it makes it way easier for the steak to really absorb the flavors. That's good news if you have a good sauce like this one.

Sirloin Bowl

Yield: 4 bowls | Time: 1 hour

Ingredients:

Peanut Sauce:

- 1 clove garlic, minced
- 1 inch fresh ginger, minced
- 4 limes, juice only
- 3 tablespoons creamy peanut butter
- 3 tablespoons fish sauce
- 3 tablespoons rice wine vinegar
- 2 tablespoons brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

Bowl Ingredients:

- 1 pound Sirloin steak
- Salt and pepper
- Olive oil
- 8 ounces rice noodles, cooked
- 1 tablespoon sesame oil
- 1 large cucumber, sliced
- 1 large carrot, grated
- 1 stalk broccoli, grated (opt.)
- Fresh Cilantro
- Scallions
- Sprouts
- Lime wedges

Directions:

For sauce, mince garlic and ginger and juice limes. Combine all ingredients in a small food processor and pulse until smooth. You can also mince the garlic and ginger very finely and whisk together ingredients. Taste the sauce and adjust to your liking.

- 1) For steak, season well with salt and pepper. Heat a grill or cast iron skillet over medium high heat and once hot, sear steak for about 4-5 minutes per side until it's cooked through medium rare. Time may vary a bit depending on the thickness of your steak. It should hit an internal temperature of about 130 degrees F. for medium rare.
- 2) Once steak is cooked, remove from the pan and add steak to a bowl. Drizzle a few tablespoons of the peanut sauce in with the steak, cover, and let marinate for 20-30 minutes.
- 3) Cook your rice noodles according to the package. When they are done, rinse with cold water to stop the cooking and toss with a tablespoon of sesame oil.
- 4) Slice up cucumber into half coins, grate carrot and broccoli stalk.
- 5) When you're ready to make the bowls, divide noodles between four bowls and drizzle in some of the reserved peanut sauce (not the sauce with the steak). Slice steak into thin strips (it should be room temperature or slightly cold).
- 6) Top each bowl with sliced cucumbers, grated veggies, and other toppings. Serve extra sauce on the side.



Vegetarian Version

This bowl is really about the sauce. It's tasty and you can put almost anything in the bowl because of it.

If you leave out the steak, I would just go heavy on the veggies and maybe add some grilled onions and peppers and use more of the cucumber, carrot, and broccoli stalk as well.



MEAL 3 | Tex-Mex Skillet

Another big ode to the cast iron skillet, but this time with a Tex-Mex twist. The to this meal is making sure you give the potatoes some time to get crispy before adding in the other skillet ingredients!

Tex-Mex Salsa Skillet

Yield: Serves 4 | Time: 40 min.

Ingredients:

2 pounds new potatoes, cubed
12-16 oz. chicken
1 green pepper, sliced
1 red pepper, sliced
1 jalapeno, chopped
2 cups sweet corn
1 (15-oz) can black beans
1 (16-oz) can salsa
3 tablespoons olive oil
Avocado, garnish
Crispy corn strips, garnish
Cotija cheese, crumbled
Fresh cilantro, garnish
Salt and pepper

Directions:

- 1) For corn strips, cut 3-4 small corn tortillas into 2-inch strips. Heat a few tablespoons of oil in a cast iron skillet over medium heat. Add corn strips in an even layer and let cook for 3-4 minutes, stirring occasionally, until strips brown a bit and get crispy. Remove crispy strips and let drain on a paper towel.
- 2) Add cubed potatoes (cut into small 1/2-inch cubes) to the skillet and cook until the potatoes get crispy, about 15 minutes.
- 3) Remove potatoes from the skillet. If the skillet is dry, add another drizzle of oil. Add sliced chicken to the skillet and season with salt and pepper. Cook until chicken is cooked through, 8-10 minutes. Then add sliced peppers and cook for another 2-3 minutes.
- 4) Add corn and black beans to the skillet and stir to combine flavors. Then stir in potatoes and salsa. Season the skillet with salt and pepper. Keep the skillet warm over medium-low heat.

Serve skillet garnished with avocado, cotija cheese, crispy corn strips, and fresh cilantro.



Vegetarian Version

This skillet is easy to make vegetarian. Leave out the chicken and add an extra pound of potatoes and an extra cup of corn. It's still a really filling meal!



Ricotta B-Fast | Fall Veggie Hash

A big, hearty hash can really make my weekend in the fall. I just love the smells of the browned veggies and bacon. Knowing how to make a good hash is crucial!

Fall Veggie Hash

Yield: 2-4 Servings | Time: 35 min.

Ingredients:

8 ounces bacon
1 large sweet potato, cubed
1 large turnip, cubed
3/4 pound Brussels Sprouts,
cleaned and halved
4 eggs (or more)
Salt and pepper
Hot sauce, for serving

Directions:

- 1) Cut bacon into 1-inch pieces and add to a cold cast iron skillet. Start skillet over medium-low heat and cook slowly to render out fat from bacon. Cook until the bacon is crispy, approximately 15 minutes, stirring occasionally and separating bacon as it cooks. When bacon is crispy, remove the bacon, leaving the grease in the pan.
- 2) You want 3-4 tablespoons of grease in the pan. If you have less, add in some vegetable oil, if you have too much, pour some off.
- 3) Place bacon grease back over medium heat and add diced sweet potatoes and turnips. Season with a pinch of salt and pepper and cook until vegetables are soft and starting to brown around the edges.
- 4) Push the root vegetables to the outer parts of the pan and add the brussels sprouts to the center of the pan. Try to arrange the sprouts in a single layer with the cut side facing down so they crisp up a bit. Let the sprouts cooked for 3-4 minutes.
- 5) Stir the hash together and add the bacon back in.
- 6) If you want, cook the eggs in the same pan by pushing the hash to the sides and cracking the eggs in the center. You can either cover the pan for a minute or two to steam the eggs (sunny side up) or carefully flip the eggs after a minute of cooking for an over-easy or over-medium egg.

Serve the hash with the cooked eggs. Season each serving with a pinch of salt and pepper and hot sauce on the side!





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)
- Broccoli (1 stalk)
- Brussels Sprouts (3/4 pound)
- Carrot (1)
- Cilantro (garnish)
- Cucumber (1)
- Garlic (1 clove)
- Ginger (1 inch)
- Green pepper (1)
- Jalapeno (1)
- Lemon (1)
- Limes (5)
- New potatoes (2 lb.)
- Parsley (2 Tbsp.)
- Red pepper (1)
- Scallions (3)
- Sprouts, garnish
- Sweet potato (1 large)
- Turnip (1 large)

Meat, Poultry, Seafood

- Bacon (8 oz.)
- Chicken (2 1/2 lb.)
- Sirloin steak (1 lb.)

Dairy

- Cotija cheese (2-3 oz.)
- Eggs, large (4)

Spices and Pantry Items

- Artichokes, in water (1 15-oz. can)
- Black beans (1 15-oz. can)
- Black pepper
- Brown sugar (2 Tbsp.)
- Corn tortillas (3-4)
- Fish sauce (3 Tbsp.)
- Hot sauce
- Kosher salt
- Olive oil (7 Tbsp.)
- Peanut butter (3 Tbsp.)
- Red pepper flakes (1/2 teas.)
- Rice noodles (8 oz.)
- Rice wine vinegar (3 Tbsp.)
- Salsa (1 16-oz. jar)
- Sesame oil (4 teas.)
- Soy sauce (1 Tbsp.)
- Sweet corn, frozen (2 cups)
- Tomatoes, diced (1 15-oz. can)
- White beans (1 15-oz. can)