

# MACHEESMO

## - MEALS -

## COLD DAYS, WARM DINNERS

Winter really smacked me in the face this week. On Monday, I went for a run in the morning in shorts. Four hours later, I walked the dog with an inch of snow on the ground in my thickest winter coat!

Now it's registering well below freezing in Denver and will stay that way for the foreseeable future. That's actually okay with me though. I don't really dislike the cold all that much and sometimes look forward to blankets and thick sweaters.

That's even more true if I have something warming to eat. These are some of my favorite warming dishes that are doable on weekdays!

### Helpful Equipment:

- Cast Iron Skillet
- Slow Cooker
- Tongs



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

### MEAL 1

- Slow Cooker Pumpkin Curry

### MEAL 2

- Peanut Kale Bowl
- Sauteed Mushrooms

### MEAL 3

- Mushroom and Tofu Noodle Bowls

### FRITTATA!

- English Breakfast Frittata

**#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 | Slow Cooker Pumpkin Curry

I go back and forth on whether or not a cast iron skillet or a slow cooker is better winter kitchen gear. Both are incredibly useful. The slow cooker makes this meal a no brainer. It's really flavorful and filling and perfect to come home to after a long day. You can obviously prep the ingredients the night before you want to cook it and then just set it in the slow cooker before you head out!

### Pumpkin Curry

**Yield:** Serves 6 | **Time:** 20 min. prep

#### Ingredients:

3 to 4 pound baking pumpkin  
1/2 medium white onion, chopped  
1 whole red pepper, chopped  
2 tablespoons red curry paste  
2 teaspoons turmeric  
2 teaspoons paprika  
1 teaspoons ground cumin  
2 cups water  
1 (14-ounce) can coconut milk  
Salt and pepper

Cooked white rice, to serve  
Chopped cilantro, to serve

#### Directions:

- 1) Cut the pumpkin in half and scoop out the seeds. Cut the pumpkin into quarters or sixths and then use a paring knife or a very sharp and sturdy vegetable peeler to carefully peel the pumpkin. Cut it into roughly 1/2-inch cubes. (You should have about 2 pounds of cubes.)
- 2) Toss the pumpkin, onions, red peppers, spices, water, and coconut milk to a slow cooker. Cover it and cook the curry for 2 to 3 hours on low heat, until the pumpkin is tender.
- 3) If the curry is thinner than you'd like, you can scoop out 1 to 2 cups of the liquid and discard (or save for something else!). You can also blend half of the remaining curry in a blender or food processor until smooth, and stir it back into the curry to make a thicker curry. (Let the curry cool slightly before blending to avoid splatter burns.)
- 4) Season the curry with salt and pepper. Serve over cooked rice and garnished with cilantro.

#### Peeling and Chopping a Pumpkin

The hardest part of this dish is peeling and chopping the pumpkin. In fact, it's the hardest part, by FAR. Once it's done, the meal is pretty much done.

I find it easiest to use a paring knife to carefully cut back the thick skin and work with the pumpkin in sections (sixths or eighths). Once it's peeled, you can chop it up easily.





## MEAL 2 | Peanut Sauce Kale Bowls

This is a super-simple healthy rice bowl. I like to make some variation of this bowl when I'm looking for a filling vegetarian option. The truth is that the sauce is so good you could use almost any sturdy green here.

### Sauteed Peanut Kale

Yield: Serves 4 | Time: 30 min.

#### Ingredients:

- 2 Tablespoons creamy peanut butter
- 1/2 Cup water
- 1 Tablespoon tahini sauce
- 1 Tablespoon sesame oil
- 2 Inches fresh ginger, minced
- 2 Cloves garlic, minced
- 1 Tablespoon soy sauce
- 2 Tablespoon rice wine vinegar
- 1 Pinch brown sugar
- 1 Pinch cayenne pepper
- Salt and Pepper
- 2 small Bunches fresh kale, chopped

#### Directions:

- 1) Add peanut butter, water, tahini sauce, sesame oil, fresh ginger, garlic, soy sauce, rice wine vinegar, brown sugar, and cayenne in a large pot over medium heat. Whisk until the ingredients are all combined well.
- 2) Chop up kale, cutting out any large pieces of stems.
- 3) When sauce mixture is steaming, stir in kale and stir until kale starts to wilt slightly. The kale should be nicely covered with sauce. Remove from heat and cover to keep slightly warm, but the kale is also great at room temperature.

### Savory Sauteed Mushrooms

Yield: Serves 4 | Time: 15 min.

#### Ingredients:

- 4 Portabella Mushrooms, sliced
- 2 Teaspoons soy sauce
- 2 Tablespoons olive oil

#### For Serving:

- Fresh cilantro, chopped
- 1/2 cup peanuts, chopped
- 1 cup white rice (uncooked), for serving

#### Directions:

- 1) For mushrooms, slice the mushrooms into 1/4 inch slices.
- 2) In a large skillet, heat a few tablespoons of olive oil over medium-high heat. Add mushroom slices and cook until the mushrooms start to lose their liquid.
- 3) Add soy sauce and cook until soft, about 5-6 minutes total.
- 4) For each bowl, pile some rice into a bowl and then top with peanut sauce and kale. On top of that add mushrooms and garnish with chopped peanuts and fresh cilantro. Serve immediately!



### Boiling Rice

I recommend NOT following the directions when you are making rice (unless it's instant rice). Instead, just boil the rice in plenty of water like you would pasta. Taste it regularly and when it is almost cooked through, drain off all the water, cover it, and let it steam for five minutes from the residual heat. You'll be left with perfect rice without the worry of overcooking!

## MEAL 3 | Noodle Bowls

Most supermarkets these days will have fresh udon noodles for sell in the refrigerated section. If you just can't find them then feel free to substitute dried Ramen noodles. Whatever you do, cook the noodles separately so your broth doesn't get too thick.

### Mushroom and Tofu Noodle Bowl

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

#### Ingredients:

- 1 quart beef stock
- 4 dried shiitake mushrooms
- 2 pieces dried black fungus (opt.)
- 4-6 dried red chilis
- 3-4 cloves garlic, crushed
- 6 slices of fresh ginger
- 8-10 ounces fresh Udon noodles
- 8 ounces extra firm tofu, cubed
- Soy sauce

#### Toppings:

- Scallions, minced
- Chili garlic sauce
- Sesame oil

#### Directions:

- 1) Add dried mushrooms, crushed garlic cloves, sliced ginger, and dried chilis to the broth in a medium pot and bring to a simmer. Let simmer for at least 10 minutes to infuse flavors.
- 2) Discard all the add-ins except the mushrooms and fungus. Slice that stuff thinly.
- 3) Cook noodles separately in rapidly boiling water. Add cubed tofu to broth along. Let simmer for 5 minutes while noodles cook. Season with a dash of soy sauce.
- 4) Divide noodles between bowls and ladle in broth and tofu. Top with sliced mushrooms and any toppings you like. I like scallions, sesame oil, and chili garlic sauce.

Serve immediately!



#### INGREDIENT SPOTLIGHT:

##### Black Fungus

While you can find dried mushrooms at most supermarkets, dried black fungus is harder to find. It



looks like shriveled pieces of leather when you buy it but after it simmers in stock for a bit, it expands into these soft, savory strands. They almost resemble noodles.

They give a lot of umami flavor to a stock like this and then you can slice them thinly and add them into the finished bowls.

If you just can't find it then double the dried mushrooms

## Frittata Breakfast | Full English Breakfast Frittata



The first time I had a full English breakfast I thought: Where have YOU been all my life? Admittedly, this isn't exactly a full English breakfast, but it has all the key parts baked into one delicious frittata and you can save on airfare! For a vegetarian version of this frittata, double the mushrooms and add some red and green sauteed peppers!

### English B-fast Frittata

Yield: 4 Servings | Time: 45 min.

#### Ingredients:

8 large eggs  
1/4 cup Greek yogurt  
3-4 strips bacon  
1/3 pound Italian spicy sausage  
1 cup Cremini mushrooms, sliced  
6-8 cherry tomatoes, halved  
1 cup black beans, drained  
Pinch of red pepper flakes  
Salt and pepper  
Fresh chives, garnish

#### Directions:

- 1) Preheat oven to 350 degrees F. Chop bacon into 1/2-inch chunks and remove sausage from casing if there is one.
- 2) Add bacon and sausage to a cold cast iron skillet over medium heat. Cook slowly to brown and render out fat. Once browned, about 10-12 minutes, remove from pan.
- 3) Meanwhile, whisk together eggs and greek yogurt. Slice mushrooms and tomatoes, and drain and rinse black beans.
- 4) Leave the rendered fat in the cast iron skillet. Add mushrooms and tomatoes and cook until mushrooms are wilted, about 3-4 minutes. Then add black beans and cook for another minute or so.
- 5) Add sausage and bacon back to the skillet and try to evenly distribute the fillings over the skillet. Season with salt and pepper.
- 6) Pour egg mixture evenly over the ingredients. Return to stove and let heat for 30 seconds. Then transfer to a preheated 350 degree oven and bake until egg is cooked through, roughly 15 minutes.
- 7) Garnish frittata with fresh chives, slice, and serve while warm.





## 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

- Cherry tomatoes (8)
- Chives (garnish)
- Cilantro (garnish)
- Cremini mushrooms (1 cup)
- Garlic (6 cloves)
- Ginger (4 inches)
- Kale (2 small bunches)
- Mushrooms, portabella (4)
- Pumpkin, small (3-4 lb.)
- Red pepper (1)
- Scallions (garnish)
- White onion (1/2)

### Meat, Poultry, Seafood

- Bacon (4 strips)
- Italian sausage (1/3 lb.)

### Dairy

- Eggs, large (8)
- Greek yogurt (1/4 cup)

### Spices and Pantry Items

- Beef stock (1 qt.)
- Black beans (1 cup)
- Black fungus, dried (2 pieces - opt.)
- Black pepper
- Brown sugar
- Cayenne pepper
- Chili garlic sauce
- Coconut milk (1 14-oz. can)
- Cumin (1 teas.)
- Kosher salt
- Olive oil (2 Tbsp.)
- Paprika (2 teas.)
- Peanut butter (2 Tbsp.)
- Peanuts (1/2 cup)
- Red chilis, dried (6)
- Red curry paste (2 Tbsp.)
- Red pepper flakes
- Rice wine vinegar (2 Tbsp.)
- Sesame oil (1 Tbsp. + garnish)
- Shiitake mushrooms, dried (4)
- Soy sauce (2 Tbsp. + garnish)
- Tahini sauce (1 Tbsp.)
- Tofu, extra firm (8 oz.)
- Turmeric (2 teas.)
- Udon noodles (10 oz.)
- White rice (3 cup)