

MACHEESMO

- MEALS -

45 MINUTE MEALS (NO REALLY)

There are a few touted chefs who claim the 30-minute meal as their thing. Here's the deal: I'm a pretty good cook and I've tried many a 30-minute meal and they always end up taking somewhere in the 45 minute range.

So I just figured I wouldn't lie to you. These are fast, but they will probably take you 45 minutes from start to finish. That's pretty dang good for a delicious dinner!

By chance, this meal happens to be completely vegetarian, but carnivores will love these dishes also. They are packed with flavor.

Helpful Equipment:

- Dutch Oven
- Spice Grinder

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

MEAL 1

- Red Lentil Dal
- Cilantro Rice

MEAL 2

- Macaroni Minestrone

MEAL 3

- Cashew/Chickpea Curry

FAST BFAST!

- Grab and Go Burritos

#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 | Red Lentil Dal with Cilantro Rice

This is a classic Indian dish that is shockingly simple to make. It's essentially a one pot meal. Be sure to make enough rice so you have leftovers for the chickpea curry later in the week.

Red Lentil Dal

Yield: Serves 4 | Time: 40 min.

Ingredients:

- 3 Tbsp. olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
- 2 teaspoons curry powder
- 2 tablespoons tomato paste
- 2 cups red lentils
- 5-6 cups water
- 1 lemon, juice only
- 1/4 cup heavy cream
- Salt and pepper
- Cilantro, garnish

Directions:

- 1) Sort red lentils to make sure there are no pebbles. In a medium pot, add olive oil over medium pot. Add onions and carrots and cook for a few minutes until they start to soften.
- 2) Add curry powder and tomato paste and cook for another minute.
- 3) Add red lentils and water and bring to a simmer. Cover the pot and let it simmer for 12-15 minutes until lentils are very soft.
- 4) Season lentils with lemon juice and a pinch of salt and pepper. Finish the dal with cream. If the mixture is too thick, add a bit more water.
- 5) Serve the finished dal over rice with cilantro.

Cilantro Rice

Yield: 8 Servings | Time: 20 min.

Ingredients:

- 3 cups long grain white rice
- 4 tablespoons minced cilantro
- 1 lime, juice only
- Pinch of salt

Directions:

- 1) Add rice to a large pot and rinse it a few times with cold water. Then fill the pot with water so it's a few inches above the rice. Cover and bring to a simmer over high heat.
- 2) Once simmering, turn heat down to medium and cook for a few minutes. Then start trying the rice until it's cooked, but has a slight bite to it.
- 3) When the rice is mostly cooked through (5-8 minutes depending on variety), drain rice through a mesh strainer, and return to the pan. Cover, remove from heat, and let rice steam for 5 minutes.
- 4) Fluff the rice with a fork and stir in cilantro, lime juice, and season with salt.



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 2 | Macaroni Minestrone

I love this meal because it's super hearty (and it rhymes). The leftovers for the soup (and you'll have leftovers) will keep fantastically for lunch the next day. Ideally, you can keep the macaroni and soup separately so the macaroni doesn't get too soggy.

Macaroni Minestrone

Yield: 6-8 servings | **Time:** 45 min.

Ingredients:

- 1 pound macaroni, cooked al dente
- 3 tablespoons olive oil
- 1 yellow onion, diced
- 3 stalks celery, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon red pepper flakes (optional)
- 1 bay leaf
- 1 Parmesan rind (optional)
- 1 pound red potatoes, 1/2-inch pieces
- 4 cups vegetable stock
- 2 cups water
- 1 bunch kale, slivered
- 1 15-oz. can white beans
- Salt and pepper

Directions:

- 1) Cook macaroni according to package. Once cooked, drain, rinse with cold water, and toss with a tablespoon of olive oil to keep the pasta from sticking.
- 2) In a large sturdy pot, like a Dutch oven, add a few tablespoons olive oil over medium-high heat. Add onions, celery, and garlic and cook until veggies are soft, about 4-5 minutes.
- 3) Add thyme, bay leaf, red pepper flakes, and Parm rind and cook for another 30 seconds.
- 4) Add stock, water, and diced potatoes, cover, and bring to a simmer. Cook until potatoes are soft, about 10 minutes. If the soup looks very thick at this point, feel free to add a bit more liquid, water or stock.
- 5) Add kale and beans and cook until kale is wilted, just a minute or two. Season the soup with salt and pepper.
- 6) To serve, spoon some macaroni into each bowl and ladle the soup over the pasta.

Store any leftovers (pasta and soup) separately so the soup doesn't get too thick.



Soggy Pasta

I see a lot of recipes that will cook the pasta in the soup. Lately, I've been having much better success cooking the noodles separately and then ladling the soup over the noodles. This keeps the soup stock clear and you can cook the pasta until it's perfect and then drain it so it doesn't get too soggy.

The downside is it requires an extra pot, but I think it's worth the minimal extra effort.





MEAL 3 | Cashew/Chickpea Curry

This can be an intimidating recipe to read at first glance, but trust me it isn't that bad. The spices are easily available these days and I swear that even with the spices and everything, this is an under 45 minute meal. This is especially true if you have some leftover rice from meal one!

Chickpea Curry

Yield: Serves 4 | Time: 45 min.

Ingredients:

Spice Mixture:

- 2 teaspoons cumin seed
- 2 teaspoons coriander seed
- 2 cloves
- 1/2 teaspoon black peppercorns
- 2 cardamom pods
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric
- Pinch of salt

Curry Ingredients:

- 1/4 cup unsalted butter
 - 1 medium yellow onion, diced
 - 1 Serrano pepper, diced
 - 4 cloves garlic, minced
 - 2 tablespoons fresh ginger, minced
 - 1/4 teaspoon cayenne pepper
 - 1/2 cup roasted cashews
 - 1 14-ounce can coconut milk
 - 2 14-ounce cans chickpeas, drained and rinsed
 - 1 large bunch spinach
 - 1 lime, juice only
 - 1/4 cup fresh cilantro, garnish
- Leftover rice (from meal 1) for serving

Directions:

- 1) Add cumin seed, coriander seed, cloves, cardamom, and peppercorns to a dry skillet over medium heat. Toast until fragrant, about 3-4 minutes.
- 2) Add those spices to a spice grinder (or a mortar and pestle) with other spice mixture ingredients and pulse until ground.
- 3) In a large pot, melt butter over medium heat. Then add diced onions, pepper, garlic, and ginger. Cook until veggies are soft, about 3-4 minutes.
- 4) Add ground spice mixture to pot along with cashews and stir together. Cook for about a minute to heat spice mixture.
- 5) Add coconut milk and remove from heat. Add mixture to blender and blend until smooth.
- 6) Return curry to the pot and bring to a simmer. Add chickpeas and spinach and simmer for a few minutes to combine flavors.
- 7) Season with lime juice and a pinch of salt if necessary and serve over rice garnished with cilantro.



Whole Lotta Spices!

I get it. There's a lot of spices in this recipe. The truth is that you can eliminate all of them and substitute about 2 tablespoons of good curry powder.

That said, I encourage you to pick up some fresh, whole spices, and try to make it from scratch. It takes only a few minutes, will make your house smell amazing, and you'll end up with a really unique and delicious dinner.



Gotta Go! | Grab and Go Burritos

Curve ball! This breakfast isn't anywhere close to 45 minutes. It's not even 15 minutes! Take that 30-minute meal folks! Multiply the recipe by however many people are running late with you!

Grab and Go Burritos

Yield: 1 burrito | Time: 5 min.

Ingredients:

- 1 large flour tortilla
- 2 large eggs, whisked
- 2 tablespoons pinto beans
- 1 tablespoon pickled jalapenos, diced (opt.)
- 1/3 cup shredded cheese
- 2 tablespoons salsa
- Salt and pepper

Directions:

- 1) In a microwave safe bowl, whisk together eggs, beans, pickled jalapenos, and a pinch of salt and pepper. Microwave on high for 2 minutes. It might need an extra 15 seconds or so.
- 2) On a microwave safe plate, lay out flour tortilla, top with cheese and salsa.
- 3) When eggs are done, microwave tortilla and cheese for 20 seconds.
- 4) Scoop eggs onto hot tortilla and cheese. Roll up the burrito, wrap it in foil, and hit the road!



Flexible Tortilla Trick

If you frequent any legit burrito establishment, you might notice that they can get their tortillas much more flexible than you can with store-bought tortillas.

They are probably using slightly better tortillas (check Latin markets), but also they are steaming the tortillas which loosens the gluten in the tortilla and makes it super-flexible.

To simulate this at home, cover your tortilla with a damp paper towel on top and bottom and microwave it for 10-15 seconds.



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

- Carrots (2)
- Celery (3 ribs)
- Cilantro (1 bunch)
- Garlic (7 cloves)
- Ginger (2 inches)
- Kale (1 bunch)
- Lemons (1)
- Limes (2)
- Red potatoes (1 lb.)
- Serrano peppers (1)
- Spinach (1 bunch)
- Yellow Onions (3)

Meat, Poultry, Seafood

All Veggie Meal Plan!

Dairy

- Butter, unsalted (1/4 cup)
- Eggs (2 per burrito)
- Cheddar cheese (1/3 cup per burrito)
- Cream (1/4 cup)
- Parmesan rind (opt.)

Spices and Pantry Items

- Bay leaf (1)
- Black pepper
- Cardamom pods (2)
- Cashews (1/2 cup)
- Cayenne pepper (1/4 teas.)
- Chickpeas (2 14-oz. cans)
- Cinnamon (1/2 teas.)
- Cloves (2)
- Coconut milk (1 14-oz. can)
- Coriander seed (2 teas.)
- Cumin seed (2 teas.)
- Curry powder (2 teas.)
- Dried thyme (1 teas.)
- Flour tortilla (1 per burrito)
- Kosher salt
- Macaroni (1 lb.)
- Olive oil (6 Tbsp.)
- Pickled Jalapenos (1 Tbsp. per burrito)
- Pinto beans (2 Tbsp. per burrito)
- Red lentils (2 cups)
- Red pepper flakes (1 teas.)
- Rice, white long grain (3 cups)
- Salsa (2 Tbsp. per burrito)
- Tomato paste (2 Tbsp.)
- Turmeric (1/2 teas.)
- Vegetable stock (1 qt.)
- White beans (1 15-oz can)