

MACHEESMO

- MEALS -

TRADITION DONE RIGHT

Recipes change over time and I'll be the first to admit that I futz with pretty much every recipe I make. But sometimes the classics are the best for a reason.

But they can be easily lost in the Internet and Pinterest world where everything must be overdone or simplified beyond belief.

So let's get back to basics. These are a few of my favorite traditional meals done right. They also happen to be nice and filling for a cold winter night!

Helpful Equipment:

- Griddle



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

MEAL 1

- Beef Stroganoff

MEAL 2

- Turkey Cobb Salad

MEAL 3

- Chicken and 'Shroom Soup

BREAKFAST!

- No Fuss French Toast

#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 | Real Beef Stroganoff

In the land of canned soups, real beef stroganoff was lost. It's really not hard to make it from scratch though and is such a great cold day dinner.

Beef Stroganoff

Yield: 4 servings | **Time:** 4 min.

Ingredients:

1 pound Sirloin steak, sliced into thin pieces
3 tablespoons unsalted butter
1 medium white onion, minced
8 ounces (about three loosely packed cups) cremini mushrooms, sliced thin
1/2 cup drained diced tomatoes
1 cup beef stock
2/3 cup sour cream
1 tablespoon Dijon mustard (optional)
Salt and pepper, to taste
Fresh chopped parsley, garnish (optional)
12-16 ounces egg noodles
1 tablespoon butter, for noodles

Directions:

- 1) Put a large pot of water on to boil to cook egg noodles in later. Melt one tablespoon butter in a large skillet over medium-high heat. Once melted, add sliced beef and let it brown well on all sides. This should take 2-3 minutes per side.
- 2) Add onions and mushrooms to skillet after beef is browned along with two more tablespoons butter and continue to cook for a few minutes until veggies are tender and mushrooms have lost their liquid. Season with a pinch of salt and pepper.
- 3) Add diced tomatoes, stock, and mustard and use liquid to scrape up any bits that might be stuck to the pan. Turn heat down to low and simmer for a few minutes.
- 4) Cook egg noodles according to package. Drain them, return them to the hot pan (but turn off the heat) and stir in a tablespoon of butter to coat the noodles.
- 5) Stir sour cream into beef mixture and simmer for another minute or two.
- 6) Serve stroganoff over noodles and garnish with fresh parsley.



Vegetarian Version

I make a veggie version of this stroganoff all the time just by using about 2 pounds of mushrooms instead of beef. They saute perfectly and you end up with a delicious almost cream of mushroom sauce that's great over the noodles.



MEAL 2 | Turkey Cobb Salad

OK. I find it a bit of a stretch to call this a salad just because it's not exactly the healthiest (although you could do worse), but it is filling and delicious! Plus, you only have to cook two quick things so it's easy to toss together.

Turkey Cobb Salads

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

Ingredients:

5 ounces baby spinach
4 large eggs, hard boiled
8 oz. deli turkey, chopped
8 oz. bacon, crispy
1 avocado, sliced
6 oz. blue cheese, crumbled
1 pint cherry tomatoes, halved
2 stalks celery, chopped
1/2 red onion, sliced

Directions:

- 1) For bacon, line a baking sheet with foil and lay bacon out in strips. Bake at 350 degrees until very crispy, probably 15 minutes.
- 2) For eggs, place 4 eggs in a large pot of cold water (covered by at least a few inches). Place over high heat and let the pot come to a rolling boil. Then turn off heat, cover, and let eggs cook for 14 minutes. Rinse eggs under cold water and peel.
- 3) Divide spinach between four plates and lay out each ingredient in strips along the spinach. There's no specific order, but traditionally everything is grouped together. I like to place the heavier ingredients more to the center of the salad, but that's just me.
- 4) Drizzle each salad with balsamic dressing or serve it on the side.

Quick Balsamic Vinaigrette

Yield: 1/2 cup | **Time:** 5 min.

Ingredients:

1 tablespoon Dijon mustard
1/4 cup balsamic vinegar
1/4 cup olive oil
Pinch of salt and pepper

Directions:

- 1) Whisk together dressing ingredients.
- 2) Drizzle over cobb salads!



Veggie Version!

You need some good protein if you are going to leave out the bacon and turkey here. One option is to add some white beans to the salad and/or you can sear some pieces of tempeh and top the salad with that!



MEAL 3 | A Chicken Soup

There are as many chicken soup versions out there as there are kitchens so it's tough to come with a completely traditional one that's also doable on a weeknight. This one is close though and tastes fantastic!

Chicken and 'Shroom Soup

Yield: Serves 4 | **Time:** 45 min.

Ingredients:

1/2 cup wild black rice, cooked
1/2 pound chicken breast, shredded
2 tablespoon olive oil
8 ounces cremini mushrooms, sliced
1/2 cup white onions, diced
1/2 red pepper, diced
1 carrot, diced
1 clove garlic, minced
1 teaspoon fresh thyme
1 quart chicken stock
Salt and pepper
Fresh parsley, garnish

Directions:

- 1) Boil wild rice until it's cooked, but still has a slight bite to it. Don't cook the rice in the stock for your soup because it'll make the stock black!
- 2) Shred leftover chicken or poach a chicken breast in simmering water for 15 minutes until chicken is just cooked. Then remove and shred.
- 3) Meanwhile, slice mushrooms and dice other veggies. For mushrooms, I like a mix of shiitake, oyster, and cremini mushrooms.
- 4) In a large pot add olive oil followed by sliced mushrooms and a pinch of salt. Cook until mushrooms release their liquid and are lightly browned, about 6-7 minutes.
- 5) Add diced onions, carrots, and red peppers and continue to cook until veggies are softened, another 4-5 minutes.
- 6) Add garlic and thyme and cook for 30 seconds. Then add stock, cooked rice, and shredded chicken. Simmer for 5 minutes, partially covered. Season with salt and pepper.

Serve soup with fresh parsley as a garnish.



Veggie Version!

The chicken isn't overwhelming in this soup and is easy to substitute. If you want to eliminate it, just double the rice and mushrooms and continue with the recipe!



Simple French Toast

Sometimes I go a little insane when I'm researching recipes. No... I didn't want bacon maple chili caramel pecan french toast. (OK. Maybe I do.) I just want normal, delicious French toast. This is that thing.

No Fuss French Toast

Yield: Serves 4 | Time: 15 min.

Ingredients:

8-10 slices sandwich bread, stale or toasted
1 cup milk
3 large eggs
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
Pinch of salt
Sugar, for cooking
Unsalted butter, for cooking
Butter, for serving
Maple syrup

Directions:

- 1) If your bread isn't stale, toast it in a 300 degree oven for 5-6 minutes to dry it out. You don't want it actually toasted, just dry.
- 2) In a wide, shallow dish, whisk together milk, eggs, vanilla, cinnamon, and a pinch of salt.
- 3) Heat a large skillet or griddle over medium heat. Once hot, melt a small amount of butter in the pan and spread it around.
- 4) Working with one piece of bread at a time, dip it in the custard mixture and let it soak for a few seconds. Then transfer to the hot skillet or griddle.
- 5) Let the french toast cook for a minute or two on the first side. Sprinkle some sugar on the french toast and give it a flip. Cook the french toast on the second side until it's browned and the sugar is caramelized, 1-2 minutes.
- 6) Remove french toast and repeat with remaining pieces of bread. Serve warm french toast with butter and syrup.





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)
- Baby spinach (5 oz.)
- Carrot (1)
- Celery (2 stalks)
- Cherry tomatoes (1 pint)
- Garlic (1 clove)
- Mushrooms, cremini (1 lb.)
- Parsley
- Red onion (1/2)
- Red pepper (1/2)
- Thyme (1 teas.)
- White onion (2)

Meat, Poultry, Seafood

- Bacon (8 oz.)
- Chicken breast (1/2 lb)
- Sirloin steak (1 lb.)
- Turkey, deli (8 oz.)

Dairy

- Blue cheese (6 oz.)
- Butter, unsalted (1/2 cup)
- Eggs, large (7)
- Milk (1 cup)
- Sour cream (2/3 cup)

Spices and Pantry Items

- Balsamic vinegar (1/4 cup)
- Beef stock (1 cup)
- Black pepper
- Black rice (1/2 cup)
- Chicken stock (1 qt.)
- Cinnamon (1/2 teas.)
- Dijon mustard (2 Tbsp.)
- Egg noodles (16 oz.)
- Kosher salt
- Maple syrup
- Olive oil (6 Tbsp.)
- Sandwich bread (10 slices)
- Sugar
- Tomatoes, diced (1 14-oz. can)
- Vanilla (1 teas.)
- Vegetable stock (1 qt.)