

# MY FAVORITE WEEKNIGHT MEALS



*30 Recipes to Make  
on Any Weeknight*

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Hello, my name is Nick and I've made it my personal goal to get as many people as possible comfortable in the kitchen.

Four years ago I was living with my girlfriend (and now wife). She was in law school and I was working all day long. I made it a goal to cook dinners for us regularly even with our hectic schedules. I wasn't a trained chef, but I wanted to make sure I knew how to provide healthy and delicious meals for my family.

It also turns out that I'm a complete tech geek so I started a food blog to track my progress.

Four years later, that blog, [Macheesmo](#), is still alive and kicking. I've posted over 800 recipes on the site to-date and love talking to readers who are learning to cook.

## What's with this eBook?

First and foremost, this ebook is a gift for subscribing to my email list, but it's also a book of favorites. I've posted so many recipes over the years that I get frequent emails saying it's very hard to find the best recipes.

So that's what this ebook is. It is, very simply, thirty of my absolute favorite dinners. Most importantly, all of these dinners can be made in about an hour so they are all in the realm of possibility even after a long day at work.

If you like the meals in this book, please share Macheesmo with your friends (Twitter? Facebook? Pinterest?) so they can download this free book also!

Cheers and happy cooking!

*Nick*





# TEX-MEX

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Betsy and I eat some sort of Tex-Mex dish at least once a week. Not only does it happen to be my wife's favorite cuisine, but most of the meals tend to be quick to make which makes them perfect for a weeknight.

For more fun Tex-Mex ideas, be sure to check out my full [Tex-Mex Category](#) on Macheesmo.



## CARNE ASADA

Made with grilled flank steak, this meal is quick to make and feeds a crowd. If you can, make the bean salad and rub the steak in advance for an extra fast preparation.

Serves: 4-6  
Prep Time: 20 minutes + Marinade Time  
Total Time: 50 minutes

### Ingredients:

2 pound flank steak, rubbed  
3 tablespoons all-purpose rub ([see recipe](#))  
2 teaspoons red pepper flakes  
4 tablespoons olive oil  
Flour or corn Tortillas

### Black Bean Salad:

2 15-ounce cans black beans, rinsed and drained  
1 15-ounce can diced tomatoes, rinsed  
1 small red onion, diced  
2 cloves garlic, minced  
2 avocados, diced  
2 limes, juice only  
1/4 cup cilantro, minced  
Salt and pepper

### Directions:

- 1) Rub both sides of flank steak with olive oil, all purpose rub, and red pepper flakes. Let it rest at room temperature for 30 minutes. Alternatively, you can rub it, wrap it in plastic and let it sit overnight or during the day in the fridge.
- 2) For black bean salad, just mix all the ingredients in a large bowl and season with salt and pepper. Set aside in the fridge until needed. Can be made in advance.
- 3) Heat grill on high heat and let heat for 10 minutes to get very hot.
- 4) Grill flank steak for 6-7 minutes per side for a medium rare steak.
- 5) Remove flank steak from grill and let rest for 5 minutes before slicing.
- 6) Slice flank steak across the grain and serve over black bean salad with tortillas.





## BAJA CHICKEN WRAPS

A really quick dinner that also keeps great for lunch the next day. If you can, spend a few minutes making some homemade ranch dressing for extra flavor.

Serves: 4 wraps  
Prep Time: 30 minutes  
Total Time: 30 minutes

### Ingredients:

1 pound chicken breasts, grilled and chopped  
Lettuce  
Avocado  
Ranch Dressing (homemade is good)  
Hot Sauce  
Large tortillas

### Chicken Marinade:

2 limes, juice  
1/4 cup olive oil  
1 teaspoon cumin seeds  
1 teaspoon chili powder  
1 teaspoon kosher salt  
1 teaspoon black pepper

### Directions:

- 1) Mix together marinade ingredients. Add chicken breasts and let marinate for a few minutes.
- 2) Grill chicken over high heat for about 8-10 minutes per side until they are cooked through.
- 3) Slice chicken thinly.
- 4) In a bowl, mix together chopped lettuce, a drizzle of ranch dressing, and a dash of hot sauce.
- 5) Lay out a large tortilla and put down a layer of the lettuce mixture.
- 6) Top with about 1/4 of an avocado and a layer of chicken. I recommend about 4 ounces of chicken per wrap.
- 7) Top with a drizzle of ranch and an extra dash of hot sauce and roll the wrap up. Slice and serve!



## SHREDDED CHICKEN TACOS

Half quesadilla and half hard taco, these are one of my favorite way to use leftovers.

Serves: 12 tacos  
Prep Time: 30 minutes  
Total Time: 50 minutes

### Directions:

- 1) Add chicken breasts to a medium pot and cover with water by 1/2 inch. Bring to a simmer and simmer for about 15 minutes or until chicken is cooked through.
- 2) Once chicken has cooled a bit, shred it. Also, dice onion and pepper and drain and rinse the beans.
- 3) Add 2 tablespoons olive oil to a medium pan over medium heat. Once hot, add onions and peppers and cook until soft. Then stir in shredded chicken, black beans, and salsa.
- 4) Stir mixture until it's heated through. Season with salt and pepper.
- 5) On a large griddle or in a large skillet, add a tablespoon of olive oil over medium-high heat. Working with one tortilla at a time, add it to the hot pan and top one half with chicken and shredded cheese. Fold tortilla over to form a taco. Press down on it lightly so it holds its shape and move it to the outer part of the pan while you work on a second one. Do as many tacos as you can fit at once without them overlapping.
- 6) Cook tacos for about 3 minutes per side until tortilla is crispy and cheese is well-melted.
- 7) Serve tacos immediately with avocado, hot sauce, lettuce, and sour cream.

### Ingredients:

1 pound boneless skinless chicken breast,  
poached and shredded  
1 15 ounce can black beans, drained and rinsed  
1/2 red onion, diced  
1-2 jalapenos, minced  
1/2 Cup salsa  
6 ounces pepper jack cheese, shredded  
12 corn tortillas  
Salt and pepper  
Olive oil

### Toppings:

Sour Cream  
Avocado  
Lettuce  
Hot Sauce

# GREEN CHILE MAC AND CHEESE

You can leave out the chicken in this dish to make it veggie friendly. Either way, it's one of the best mac and cheeses I've ever had.

Serves: 6-8

Prep Time: 45 minutes

Total Time: 45 minutes

## Directions:

- 1) To roast peppers, add them directly to the flame over a grill or a gas stove. Turn the peppers regularly. Add the peppers to a bowl and cover with plastic wrap for 10 minutes.
- 2) Remove peppers and peel or rub off skin. Once peeled, remove seeds and dice them up.
- 3) If you're using chicken, season it with some olive oil, salt and pepper, and some dried chili flakes. Sear it for about 5 minutes a side and then finish it in a 350 degree oven until cooked through, about 15 minutes. Dice chicken.
- 4) Toast panko crumbs in a dry skillet over medium heat for about 5 minutes, tossing occasionally. They should be lightly browned. Set aside for later.
- 5) Drain and rinse black beans from can and set aside.
- 6) Melt butter in medium to large pot over medium heat. Once melted add diced onion and cook until onion is soft, about 5 minutes. Stir in flour and cook for another few minutes.
- 7) Whisk in milk in 1 cup batches. Add it slowly to avoid lumps. Continue to cook the sauce and turn the heat down to medium-low once the milk is added.
- 8) Whisk in cheese and once cheese is melted, add roasted chiles.
- 9) Cook macaroni according to package, drain, add macaroni back to pot and add cheese sauce to macaroni. Stir to combine, then add diced chicken, beans, and corn. Season with salt and pepper. Top with toasted panko before serving.

## Ingredients:

- 1 pound elbow macaroni
- 1 pound pepper jack cheese
- 1 large chicken breast, grilled or pan seared
- 2 poblano peppers (if you can find Hatch green chiles, use those)
- 1 Cup black beans (I used canned)
- 1 Cup sweet corn, frozen works best
- 3 Cups Milk
- 1 small onion, diced
- 4 Tablespoons butter
- 4 Tablespoons all-purpose flour
- 1 Cup panko breadcrumbs
- Salt and Pepper





## CRISPY TEMPEH TACOS

These tacos will blow your mind. They have a really meaty flavor and texture because the tempeh gets really crispy. Even if you're a meat eater, you'll love these guys.

Serves: 8 tacos  
Prep Time: 10 minutes  
Total Time: 30 minutes

### Ingredients:

1 package tempeh, sliced into 1/8 inch slices  
1/2 red onion, sliced  
1/4 Cup juice from pickled jalapenos  
and/or lime juice  
1 Cup feta, crumbled  
1 Cup cucumber, sliced thin  
1 Cup sour cream  
2 Tablespoons Chili Garlic Sauce  
1 Tablespoon rice vinegar  
Cilantro for garnish  
Vegetable or peanut oil for frying  
Flour tortillas

### Directions:

- 1) For the sauce, combine the sour cream, chili garlic sauce, and rice vinegar and stir to combine. Adjust for your tastes and set aside until it's taco time.
- 2) Slice your red onions really thin and add them to a bowl along with some juice from pickled jalapenos and/or lime juice. Let this sit for a few minutes.
- 3) Slice tempeh 1/8 inch thick.
- 4) Add some oil to a large pan or skillet until the oil evenly covers the bottom of the pan. Add tempeh pieces to pan over medium high heat. Cook until tempeh is really crispy, about 4 minutes per side.
- 5) Add sauce, tempeh, and other toppings to tacos and eat them.



# THREE CHILE STEAK

You could use a lot of different steak cuts for this, but the key is to take the time to toast and grind your own chiles which gives great flavor.

Serves: 2  
Prep Time: 40 minutes  
Total Time: 1 hour

## Directions:

- 1) Add your dried peppers in a single layer to a baking sheet and bake at 250 degrees for 30 minutes, turning a few times throughout.
- 2) Cool peppers for a few minutes. They should be very crunchy. Remove the stems from each pepper and shake out as many seeds as you can.
- 3) Grind up the dried peppers either using a food processor, a mortar and pestle, or just put them in a plastic bag and mash them with a rolling pin.
- 4) Rub your steak with the chili powder, covering the steaks in an even layer. Also sprinkle with salt and pepper. Press the spices into the steaks.
- 6) Grill the steaks over medium-high. Depending on thickness and doneness you'll probably need to cook them for 8-12 minutes, turning once half-way through.
- 7) If you're using a cast iron skillet, add a tiny amount of oil to the pan over high heat. Once the oil is hot, add your steak and sear for 3 minutes per side. Then finish in a 350 degree oven for 5-10 minutes depending on thickness and doneness.
- 8) Rest steaks for 5 minutes before cutting.

## Ingredients:

1 pound steak. You could use almost any steak you want for this.

Ancho chiles  
Chipotle Chiles  
New Mexico Chiles  
Salt and Pepper  
Neutral Oil

## Note:

Extra chile powder can be stored in a plastic container for months.



# CHIPOTLE CHICKEN SANDWICHES

This is not 100% Tex-Mex but I stuck it in this category just because of the chipotle peppers. That plus the avocados makes it pretty Tex-Mex in my opinion. However you categorize it though, it's an awesome sandwich.

Serves: 8 sandwiches  
Prep Time: 15 minutes + Marinade Time  
Total Time: 30 minutes



## Ingredients:

4 large chicken breasts, halved and pounded to an even thickness  
1/3 Cup olive oil  
1 lime, juice only  
2 cloves garlic, minced  
2-3 chipotle peppers, de-seeded and minced  
1 Tablespoon Adobo sauce, from chipotle container  
8 hamburger buns  
2 avocados, 1/4 per sandwich  
Lettuce  
Spicy Mayo (optional)

## Directions:

- 1) For marinade, mix chopped chipotles, adobo sauce, lime juice, garlic, and olive oil in a small bowl.
- 2) Cut chicken breasts in half and lightly pound them to an even thickness between plastic wrap.
- 3) Marinate chicken for at least 30 minutes, but you could do them the night before.
- 4) Grill chicken over high heat for 5 minutes per side.
- 5) If you're using cheese, add it to chicken in the last 2 minutes of cooking and cover grill.
- 6) Grill buns and serve sandwich with mayo, lettuce, and avocado.



# Asian

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**Note:** You can click on a recipe to be zapped straight to it!

When Betsy and I are in the mood for vegetarian food, which is fairly frequent, I always turn first to some sort of Asian themed dish. Even the two non-vegetarian dishes in this chapter can easily be adapted to be veggie friendly.

I like all these recipes because they are fairly quick and really deliver on the flavor. You won't miss the meat!



## BLACK PEPPER TOFU

This simple fried tofu dish gets its flavor from a lot of fresh ginger and garlic and a huge amount of freshly ground black pepper... like you might think it is a typo. It's not. Just go with it.

Serves: 2 (plus some leftovers)

Prep Time: 20 minutes

Total Time: 50 minutes

### Directions:

- 1) Slice tofu block into three large slices and press them between a few paper towels with some weight on top for about five minutes.
- 2) Cube tofu and toss with cornstarch until the cubes are lightly coated. A few tablespoons of cornstarch will be enough.
- 3) Heat oil in a large wok or frying pan and fry tofu in two batches at 350 degrees until the tofu is nicely crisp, about 6-8 minutes per batch.
- 4) Remove tofu and let drain on a paper towel. Pour out oil. Don't worry about cleaning wok or pan.
- 5) Add butter to wok and once melted, add shallots, chiles, garlic, and ginger. Cook over medium-high heat until veggies start to get soft, about 3-4 minutes.
- 6) In a separate bowl, whisk together soy sauce, sugar, and sesame oil. Grind peppercorns roughly.
- 7) Pour soy sauce mixture into wok and let reduce for a minute or two. Add black pepper and tofu and toss to combine and heat tofu.
- 8) Serve immediately with rice and chopped scallions.

### Ingredients:

- 1 pound extra firm tofu, pressed and cubed
- 2 cups peanut or vegetable oil, for frying
- Cornstarch, for dusting
- 4 tablespoons unsalted butter or oil (use oil for truly vegan version of dish)
- 2 red chiles, I like red jalapenos
- 1/2 cup shallots, about 3 large shallots
- 4-5 cloves garlic, minced
- 1-2 inches fresh ginger, diced
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon sesame oil
- 1 tablespoon black peppercorns, roughly ground
- 6 scallions, chopped
- Rice for serving





## THE NOODLE BOWL

This recipe has a few odd ingredients that you can probably only find at a decent Asian market, namely the black fungus. But all the other ingredients are readily available at most grocery stores these days.

There's something about this simple bowl of soup that makes it the great end for a tough day.

Serves: 2 bowls  
Prep Time: 15 minutes  
Total Time: 30 minutes

### 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  
Salt or soy sauce

### Toppings:

Scallions, minced  
Rice wine vinegar, drizzle to taste  
Chili garlic sauce  
Sesame chili 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) Add noodles to broth along with cubed tofu. Let simmer for 5 minutes until noodles are cooked. Season with salt or soy sauce and a dash of rice wine vinegar.
- 4) Ladle noodles and broth into bowls and top with mushrooms, scallions, chili oil, and chili garlic sauce.

Serve immediately!





## MANGO SOBA

Not only is this dinner excellent, but it's gluten-free (be sure to check soy sauce), really healthy, and you can also double the recipe and have a great cold lunch the next day.

Assuming you can find decent mangos, you have to try this one.

Serves: 2 as a meal or 4 as a side

Prep Time: 15 minutes

Total Time: 30 minutes

### Ingredients:

8 ounces soba, cooked, rinsed with cold water, and tossed with a drizzle of sesame oil  
1 mango, diced  
8 ounces extra firm tofu, seared  
1/4 red onion, sliced thin  
Handful of cilantro leaves

### Dressing:

1/3 cup rice wine vinegar  
1/4 cup safflower (or other light) oil  
1 lime, juice only  
2 tablespoons sesame oil  
1 tablespoon soy sauce  
2 tablespoons sugar  
1 clove garlic, minced  
1 teaspoon red pepper flakes

### Directions:

- 1) Whisk together dressing ingredients and set aside. You may not need all of the dressing for the soba.
- 2) Cook soba according to package. Once done, drain, rinse with cold water, and drizzle with a bit of sesame oil so it doesn't stick.
- 3) Press tofu block under some weight for a few minutes wrapped in paper towels to press out some moisture. Then cube into 1/2 inch cubes. Sear tofu over high heat with a drizzle of oil until it is seared well, about 6 minutes.
- 4) Add tofu to soba and toss with some of the dressing.
- 5) Slice mango into two halves, leaving the large seed in the middle. Take each half and cut a grid into it and then turn it inside out. Cut off mango pieces.
- 6) Add mango pieces to soba and top with red onion slices and fresh cilantro. Drizzle with extra dressing and serve warm or cold.





## SESAME CHICKEN SALAD

You don't have to serve this all fancy on arugula, you can just pile it high and deep in a bowl. The sauce is where it's at for this dish. You'll want to swim in the stuff.

Serves: 4  
Prep Time: 15 minutes  
Total Time: 35 minutes

### Directions:

- 1) Season chicken with salt and pepper. Add a drizzle of vegetable oil to a large skillet and heat over medium-high heat.
- 2) Sear chicken on both sides for about 4 minutes, then turn down heat and continue to cook chicken, flipping occasionally, until chicken is cooked through, about 12 minutes total cooking time.
- 3) Remove chicken from pan and slice into large chunks.
- 4) Start cooking pasta. When pasta is almost done, scoop out some pasta water.
- 5) Mix sauce ingredients in a bowl. Stir well. The sauce should be very smooth and silky. If it's very thick, add more pasta water.
- 6) Using same pan that you cooked the chicken in, add another drizzle of oil and add red peppers. Cook for just a few minutes over medium-high heat until veggies soften.
- 7) Add diced chicken back to skillet and stir in sesame sauce. Drain pasta and add to skillet. Stir together to incorporate everything.
- 8) Serve sesame chicken salad on a bed of arugula.

### Ingredients:

1 pound chicken breasts, seasoned with salt and pepper  
1 red pepper, sliced  
1 pound linguine  
Vegetable oil  
Arugula

### Sesame Sauce:

2 inches fresh ginger, peeled and diced  
1/3 cup peanut butter  
1/3 cup rice wine vinegar  
1/4 cup oyster sauce  
1 tablespoon chili-garlic sauce  
2 tablespoons sesame oil  
1/2 cup pasta water (from linguine)





## VIETNAMESE NOODLE SALAD

Flank steak works great as a protein for this salad, but you could just as easily use tofu. This is one of my favorite uses for leftover flank steak since you can serve the salad cold.

Serves: 4  
Prep Time: 30 minutes  
Total Time: 50 minutes

### Directions:

- 1) Cook your rice noodles according to the package, which should involve boiling them for just a few minutes in water. Drain the noodles, rinse them with cold water to stop the cooking, and toss them with a good drizzle of sesame oil to keep them from sticking.
- 2) Rub steak with salt and pepper or my [all-purpose rub](#) and grill over high heat for 8 minutes per side for medium rare. Let rest for 10 minutes and slice steak very thinly against the grain and set it aside.
- 3) Mince herbs. Peel cucumber and remove seeds with a spoon. Slice cucumber into short sticks. If you're using the serrano peppers, dice them as well. I would remove the seeds, but you could leave them in for extra heat.
- 4) Mix dressing ingredients in a small bowl until well combined.
- 5) Add noodles to a large bowl. Drizzle 1/4 of the dressing over the noodles.
- 6) Top noodles with cucumbers, carrots, herbs, and peppers. Drizzle another quarter of the dressing.
- 7) Add sliced steak to the top of the salad. Pour over rest of dressing or serve it on the side so people can add it themselves.

### Ingredients:

1 pound flank steak, grilled and sliced thin  
8 ounces vermicelli rice noodles  
1 English cucumber, peeled, seeded, and sliced  
1 C. shredded carrots  
1/3 C. fresh basil, minced  
1/3 C. fresh cilantro, minced  
1/3 C. fresh mint, minced  
1-2 serrano peppers, minced (opt.)

### Dressing:

3 Tbsp. soy sauce  
1 Tbsp. toasted sesame oil, plus some for rice noodles  
1 Tbsp. chili garlic sauce  
1 Tbsp. brown sugar  
½ lime, juice only  
Dash of fish sauce (opt.)





## GRILLED SESAME TOFU

If you just do the first few steps, the grilled tofu is great over rice with some steamed veggies. I like to take it a step further though and make spring rolls with a few basic ingredients.

Serves: 4  
Prep Time: 15 minutes  
Total Time: 50 hour

### Ingredients:

- 1 16 Ounce Block Extra Firm Tofu
- 1/4 Cup Sesame Oil
- 2 Cloves Garlic
- 2 Inches Fresh Ginger, grated
- 16 Spring Roll Wraps
- 1 Large Cucumber, peeled and diced
- 2 Cups Beans Sprouts
- 1 Avocado sliced thinly
- 2 Cups Carrots, shredded
- 4 Scallions sliced thinly

### Directions:

- 1) Mince garlic very finely and grate ginger. Combine with sesame oil.
- 2) Cut tofu into 3 sheets. Set tofu on paper towels and press with some weight to press out water. Let sit for 10 minutes.
- 3) Add tofu to sesame oil marinade and let sit for 5 minutes.
- 4) Grill tofu over high heat for 5-6 minutes per side.
- 5) If you want to make spring rolls, wet a wrapper and add a few pieces of tofu to the center of the wrap.
- 6) Pile the wrap high with veggies and then roll it tightly.
- 7) Slice and serve wraps with soy sauce.



## QUICK INDIAN DAL

This is one of those dishes that seems way harder than it is when you order it at a restaurant. The texture and consistency is very doable, even on a weeknight. Feel free to adjust the spices to your liking.

Serves: 2 as a meal  
Prep Time: 20 minutes  
Total Time: 40 minutes

### Directions:

- 1) Cook lentils according to package. Set aside.
- 2) Add butter or ghee (clarified butter) to a medium sauce pan over medium heat. Once it's melted, add the lentils and ginger, letting them cook until warmed through, roughly 2-3 minutes.
- 3) Add tomato puree and water and bring to a simmer. Add spices and cilantro and let simmer for a few minutes until the tomato starts to thicken.
- 4) Add cream, and dal should continue to thicken.
- 5) Season with salt and pepper and serve with na'an.

### Ingredients:

3 Cups lentils, cooked  
1½ Cups tomato puree  
1 Cup water  
½ Cup heavy cream  
½ tsp. coriander, ground  
½ tsp. cayenne pepper  
1 inch fresh ginger, grated  
2 Tbsp. cilantro, minced  
2 Tbsp. butter or ghee  
Salt and pepper  
Na'an bread  
Melted butter or ghee for brushing na'an





# Italian

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**Note:** You can click on a recipe to be zapped straight to it!

For many, many Americans the quick dinner is cooked spaghetti with some jarred sauce on it. Nothing wrong with that, but if you spend just a few more minutes, still under an hour, you can get some serious taste dividends on your time investment.



## SPINACH/RICOTTA BALLS

Meatballs are a classic dish, but I like to change it up sometimes with this veggie version. The little ricotta balls are light and packed with flavor. I like them with a red sauce.

Serves: 4  
Prep Time: 20 minutes  
Total Time: 50 minutes

### Directions:

- 1) Mix cheeses together with chopped spinach, oregano, and salt and pepper. Add breadcrumbs and eggs. Try not to add too many breadcrumbs.
- 2) Mix together lightly. Then form Tablespoon-sized balls with the mixture. Roll them lightly into a ball, coat them with some breadcrumbs, and set on a baking sheet.
- 3) To pan-fry veggieballs: Add a few Tablespoons of oil into a large skillet. Over medium-high heat, cook the balls turning occasionally until they are browned on all sides.
- 4) To bake veggieballs: Add balls to a baking sheet lined with foil. Drizzle all balls with a bit of oil and bake at 375 degrees for 30-40 minutes turning every 10-15 minutes until they are lightly browned all around.
- 5) For sauce, add a drizzle of oil to a large pot over medium-high heat. Add onion and cook for a few minutes. Then add garlic and tomatoes. Stir in spices and balsamic vinegar and simmer for 20 minutes, stirring occasionally. If it gets too thick, add a splash of pasta water.
- 6) Before serving, add balls to the sauce and serve over pasta with extra Parm and chopped parsley.

### Ingredients:

1 Cup ricotta cheese  
1 Cup Parmesan cheese, grated  
1 Cup fresh spinach, chopped  
1 1/2-2 Cups Italian breadcrumbs  
4 Eggs  
1 Tablespoon fresh oregano  
Salt and pepper  
Olive oil

### Sauce:

1 28 ounce can diced tomatoes  
1 small onion, diced  
4 cloves garlic, minced  
1 Tablespoon fresh oregano  
2 Tablespoons olive oil  
2 Tablespoons balsamic vinegar  
Pinch of salt and pepper and red pepper flakes  
1 pound pasta (I like whole wheat spaghetti.)





## CACIO E PEPE

Honestly, this is probably one of the more traditional Italian dishes that I make. I just love it. You would think the sauce has cream in it or something, but it gets all of its texture from the pasta water. Delicious and simple dinner.

Serves: 2  
Prep Time: 10 minutes  
Total Time: 20 minutes

### Directions:

- 1) Get a large pot of water boiling that is heavily salted. I like to use about 1.5 tablespoons of kosher salt per gallon of water.
- 2) Grind pepper coarsely. Add pepper to a large high-walled pan or pot. Toast over medium heat for 2 minutes until fragrant.
- 3) Add pasta to water to cook.
- 4) Add 1/2 cup of salty pasta water to black pepper to stop the toasting. Add butter and olive oil to sauce. Stir to combine.
- 5) When pasta is done, reserve 2 cups of pasta water although you will probably only need one.
- 6) Add one cup of pasta water to sauce and stir to combine. Simmer.
- 7) Drain pasta and add to sauce. Top with grated parmesan and toss vigorously to combine sauce, cheese, and pasta.
- 8) If sauce is too thin, continue to cook for a minute or two, stirring constantly until it thickens. If sauce is really thick, add more pasta water to thin slightly. The sauce should stick to the pasta.
- 9) Serve pasta immediately with some extra Parmesan cheese.

### Ingredients:

8 ounces spaghetti (I like whole wheat)  
2 teaspoons black pepper, rough grind  
2 tablespoons unsalted butter  
3 tablespoons olive oil  
1-1 1/2 cups parmesan cheese, grated + some for topping  
1 1/2 cups pasta water





## KALE PASTA TOSS

I like this dish a lot in the summer. It's actually a pretty light pasta dish because the only sauce is just a light olive oil and lemon juice situation. Leftovers are great, even cold.

Serves: 4  
Prep Time: 15 minutes  
Total Time: 30 minutes

### Ingredients:

1 large bunch kale, chopped and rinsed  
1 pound penne pasta  
2 cloves garlic  
1/4 cup olive oil  
1 teaspoon red pepper flakes  
1 lemon, juice only  
1/2 cup slivered almonds  
1/2 cup Parmesan cheese, grated  
Salt and pepper

### Directions:

- 1) Rinse kale and chop off leaves to remove any large stems. Blanch kale in salted, boiling water for 30 seconds. Remove kale and immediately submerge in ice water to stop the cooking.
- 2) In a large high-walled pan, add olive oil over low heat. Add minced garlic and red pepper flakes. Cook for a few minutes on low heat until fragrant, being careful not to burn the garlic.
- 3) Cook pasta in same water that you blanched the kale in.
- 4) Drain kale and add to pan with garlic, pepper flakes and olive oil. Stir to coat the kale.
- 5) Once pasta is cooked, drain and add immediately to pan with kale. Stir to combine well and season with salt and pepper.
- 6) Add fresh squeezed lemon juice to pan and stir to combine.
- 7) Serve pasta toss with slivered almonds and parmesan cheese.





## GIN PENNE PASTA

I've never understood why people use vodka for sauces. After all, good vodka is made to be flavorless. Gin, on the other hand, is packed with good flavors.

Serves: 4  
Prep Time: 30 minutes  
Total Time: 45 minutes

### Ingredients:

1 pound penne pasta, cooked al dente  
1/2 onion, diced  
2 cloves garlic, minced  
1/4 cup olive oil  
1/2 teaspoon red pepper flakes  
1 28 ounce can diced tomatoes  
1 cup good gin  
1 tablespoon sugar  
1/2 cup cream  
1/2 cup Parmesan cheese, grated  
1/4 cup fresh basil, minced  
Salt and pepper

### Directions:

- 1) In a medium pot, add olive oil, onions, garlic, and red pepper flakes and begin cooking over medium heat. Cook for 5 minutes until onions are soft and fragrant. Be careful not to brown the onions and garlic. You just want them soft.
- 2) Add in tomatoes and cook for a few minutes.
- 3) Remove sauce from heat and blend with a stick blender, or normal blender until sauce is fairly smooth. It doesn't have to be perfect.
- 4) Add gin and sugar to sauce and bring to a simmer. Simmer for 15 minutes or so until alcohol cooks off from gin. You'll know when it's ready because it won't smell like strong alcohol.
- 5) Stir in cream, Parmesan cheese, and basil and season with salt and pepper. Keep warm.
- 6) Cook pasta according to package.
- 7) Drain pasta well and add directly to sauce. Stir together.
- 8) Serve garnished with Parmesan cheese and fresh basil!





## PERSIMMON RISOTTO

For some reason risotto has a reputation of being a meal that you can only make on the weekend. If it takes you longer than an hour to make it, then you are doing it wrong!

Serves: 4  
Prep Time: 20 minutes  
Total Time: 50 minutes

### Directions:

- 1) Peel and dice persimmons. Dice shallots. Toss chicken breasts with some olive oil and season well with salt and pepper.
- 2) If you are using chicken, sear it in a large pan for five minutes per side. Then transfer to oven to finish cooking for 30 minutes.
- 3) In the same pan that you used to sear the chicken, add some fresh olive oil and the shallots. Cook for a minute or two over medium heat until shallots soften. Try to scrape up any bits stuck to the pan.
- 4) Add rice and continue to cook for a minute or two.
- 5) Add white wine and continue to cook. Scrape up any stuck bits.
- 6) Once white wine is cooked off, ladle in warm chicken stock. Add about 3/4 cup of stock at a time and stir risotto as it cooks over medium heat. When pan is dry, ladle in more stock. Continue doing this until the risotto is soft but still has a tiny bite to it, about 30 minutes.
- 7) When risotto is desired texture, season with salt and pepper and stir in chopped persimmons.
- 8) Serve risotto with sliced chicken and pomegranate seeds.

### Ingredients:

1 1/2 cups arborio rice  
1/4 cup shallots  
1/3 cup white wine  
1 1/2 quarts chicken stock, simmering  
2 persimmons, peeled and chopped  
1/2 lemon, juice only  
3 tablespoons olive oil  
Pomegranate seeds  
Salt and pepper  
Seared Chicken breasts (opt.)





## SPANAKOPIZZA

This dish is at least half Greek, but because it's kind of like a pizza, I'm sticking it in the Italian category. I had to stick it somewhere because it's a great weeknight meal!

Serves: 4  
Prep Time: 15 minutes  
Total Time: 50 minutes

### Ingredients:

- 1 package frozen phyllo dough
- 1 Cup olive oil, for brushing
- 1 pound fresh spinach or 1 10 ounce box of frozen spinach
- 1 pound feta cheese, crumbled
- 1/3 Cup fresh dill, chopped
- 1/2 pound low-moisture mozzarella cheese, grated
- 1/4 large red onion, sliced
- 1 roasted red pepper, diced
- 1 Cup fresh spinach (optional)
- 1/2 Teaspoon crushed red pepper (optional)

### Directions:

- 1) Blanch fresh spinach in salted water until it's wilted or thaw frozen spinach in microwave. Press spinach with paper towels to remove liquid. Roughly chop the spinach and add it to the feta and dill.
- 2) Layer pieces of phyllo dough on top of each other, brushing each piece with olive oil. Use about 8 pieces of phyllo dough.
- 3) Layer pieces of phyllo dough on top of each other, brushing each piece with olive oil. Use about 8 pieces of phyllo dough.
- 4) Take a few single sheets of phyllo dough and brush them with oil. Roll them up and place them around the edge of the baking dish to mimic a pizza crust.
- 5) Brush a rimmed baking sheet with olive oil and carefully transfer the 8-sheet phyllo crust to the bottom of the baking sheet. Line the edges of the baking sheet with the rolled doughs.
- 6) Brush the top of the dough with olive oil and poke a few holes in the surface so steam can escape.
- 7) Crumble the feta-spinach mixture in the bottom of the baking sheet. Spread it evenly. Next add mozzarella cheese and finally sprinkle on toppings.
- 8) Crumble the feta-spinach mixture in the bottom of the baking sheet. Spread it evenly. Next add mozzarella cheese and finally sprinkle on toppings.
- 9) Before you cook the pizza, cut it into pieces. It will be way to flaky to cut after cooking.
- 10) Bake the spanakopizza for 30 minutes at 400 degrees or until the crust is lightly browned and the cheese melted.
- 11) Let it cool briefly and serve!





### Ingredients:

1 pound pasta, spaghetti  
6 ounces bacon, diced  
1 pound ground beef  
4 Cups marinara sauce  
½ Cup red wine  
½ Cup pasta water  
Salt and pepper  
Parmesan cheese

## WEEKNIGHT BOLOGNESE

I love the idea of simmering a sauce for hours as much as the next guy, but on a Tuesday night, this dish gets the job done.

Serves: 4-6  
Prep Time: 30 minutes  
Total Time: 50 minutes

### Directions:

- 1) Add diced bacon to a large pot over medium heat. Cook for about 8 minutes until most of the fat has rendered out and the bacon is getting browned.
- 2) Add ground beef to the pan and turn up heat. Let meat brown well. Try not to stir it too much, letting it sear. But every few minutes you can give it a stir so that it doesn't burn. Cook it until it's well-browned all around, probably 10 minutes.
- 3) Add red wine to the pan, using the liquid to scrape up any bits of beef or bacon stuck to the pan. Then add marinara sauce and bring to a simmer. Turn heat down to medium-low.
- 4) Cook pasta according to package while sauce simmers.
- 5) When your pasta is done, scoop out 1/2 cup of pasta water and add it to your sauce. Then taste the sauce and adjust for salt and pepper. It might need a pinch of both.
- 6) Drain your pasta and pour it right into the bolognese sauce. Mix it around well with tongs so the pasta is coated well with the sauce.
- 7) Serve it immediately with grated Parmesan cheese.





# American

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**Note:** You can click on a recipe to be zapped straight to it!

Ok... this is kind of a catch-all chapter and you'll find a bit of everything here. They are all really delicious meals though and I think you'll find that they are doable on weeknights with a bit of planning.



## BUFFALO MEATBALLS

Ok... so these are kind of Italian, but buffalo are solidly American so I'm putting them in this chapter. They have great flavor, but in reality, you can use any meat for these.

Serves: 4 (12 meatballs)

Prep Time: 20 minutes

Total Time: 50 minutes

### Ingredients:

- 1 pound ground buffalo
- 4 ounces (about 1/2 Cup) frozen spinach, thawed and drained
- 1/2 Cup Parmesan cheese, grated
- 1 large egg
- 1/4 Cup bread crumbs (plus more for coating meatballs)
- 1 Tablespoon fresh basil
- 1 Tablespoon fresh parsley
- 1 Teaspoon garlic powder
- 1/2 Teaspoon red pepper flakes
- Pinch of salt and pepper

### Directions:

- 1) Thaw spinach and press out as much moisture as possible with a few paper towels. Chop spinach and fresh herbs very finely.
- 2) Mix ground buffalo and other ingredients in a large bowl. This can be done in advance.
- 3) Form meatballs with 1.5-2 ounces of meat. Keep the mixture nice and light.
- 4) Once the meatball is formed, toss it around in bread crumbs until completely covered.
- 5) Set meatballs in a mini muffin tin (or on a sheet pan if you don't have one)
- 6) Bake at 400 degrees for 25 minutes. Turn once halfway through.
- 7) Serve meatballs over buttered noodles with Parmesan cheese and parsley.





## 30 MINUTE CHICKPEA STEW

I love this stew in the fall. It's really healthy and filling and takes just a few minutes to throw together. You'll probably have leftovers which taste great on day two.

Serves: 4  
Prep Time: 10 minutes  
Total Time: 30 minutes

### Directions:

- 1) Add olive oil to a large heavy pot over medium-low heat. Add minced garlic and red pepper flakes. Cook for a few minutes until fragrant.
- 2) Add in cubed potatoes, tomato paste, and cumin. Turn the heat up to medium and cook for 5 minutes, stirring regularly.
- 3) Add in vegetable stock, chickpeas, bay leaves, roasted red peppers, and a pinch of salt and pepper. Bring to a simmer and simmer until potatoes are soft, another 10 minutes.
- 4) Stir in kale and lemon juice. Season with salt and pepper.
- 5) Break up some crusty bread in the bottom of a bowl. Ladle stew over bread. Serve immediately.

### Ingredients:

2 15-ounce cans chickpeas, drained and rinsed  
1 1/2 pounds potatoes, peeled and cubed  
1 small bunch kale leaves, chopped  
1 quart vegetable stock  
1/2 cup roasted red peppers, chopped  
1/4 cup olive oil  
2 cloves garlic, minced  
1 teaspoon crushed red pepper flakes  
2 bay leaves  
3 tablespoons tomato paste  
2 tablespoons ground cumin  
2 tablespoons fresh lemon juice  
Crusty bread  
Salt and pepper





## JALAPENO POPPER BURGERS

If spicy is your thing and good burgers are your thing, then you've come to the right recipe. These burgers are stuffed and topped with jalapenos for plenty of heat!

Serves: 3 large burgers

Prep Time: 30 minutes

Total Time: 45 minutes

### **Directions:**

1) Dice one fresh jalapeno finely. Mix with cream cheese. Divide ground beef into 1/3 pound patties.

2) Working with one patty at a time, flatten the patty and make a thumb-sized indent in the center. Put a heaping tablespoon of the jalapeno mixture in the indent. Fold the ground beef around the filling to make a ball. Then flatten the ball to make a large patty. Repeat with the other burgers and then season each burger well with salt and pepper.

3) Roast three whole jalapenos (one per burger) at 350 degrees for about 10 minutes until the skin is very blistered. Add jalapenos to a bowl and cover. Let sit for 5-10 minutes.

4) Peel roasted jalapenos and use a knife to slice open and remove seeds.

5) Cook burgers in a cast iron skillet over high heat for 5 minutes per side. Then transfer to a 350 degree oven to finish in the oven for five minutes. This will leave you with a medium burger. Adjust cooking time according to your tastes if you want it cooked more.

6) Top each burger with a whole roasted jalapeno and a bit of grated cheese. Return to the oven to let the cheese melt. Serve burger on a toasted bun with any condiments you would like.

### **Ingredients:**

- 1 Pound ground beef
- 1 Jalapeno, seeded and diced
- 3 Ounces cream cheese
- 3 Jalapenos roasted, peeled, seeded
- 1/2 Cup shredded cheddar cheese
- 3 Hamburger buns
- Salt and pepper

My original recipe was posted on [Tablespoon.com](http://Tablespoon.com)





## SRIRACHA BEER CAN CHICKEN

This is the only recipe in the book that is over an hour, but it produces a great roasted chicken and you can prep the chicken in advance for even faster cooking.

Serves: 4  
Prep Time: 15 minutes  
Total Time: 1 hour 30 minutes

### **Ingredients:**

1 Whole Chicken, giblets removed  
and patted dry  
1/2 Cup (1 stick) Unsalted Butter, softened  
1/4 Cup Sriracha Chili Sauce  
1 Can Light Beer (pale ale works great)

### **Directions:**

- 1) Remove the giblets from the chicken and pat it dry with a paper towel. In a small bowl, combine the softened butter with the chili sauce. Mash it together to form a paste.
- 2) Rub the entire chicken with the butter paste. If possible, work some under the skin, between the skin and meat of the chicken. Save about 1/4 of the butter paste to apply later as the chicken cooks.
- 3) Pour out (or drink) half of the beer. Add a few dashes of sriracha to beer and let come to room temperature.
- 4) Set the can upright in a large dish. Carefully place the bird directly over the can. It should stand up perfectly.
- 5) Prepare grill for indirect heat. If you have three heat elements, turn on the outside two and leave the middle completely off. Set chicken in middle of grill, so it isn't directly over the heat. Close the lid and cook the chicken for about an hour for a 4 pound chicken.
- 6) Use a thermometer to make sure the bird registers 160 degrees in the breast and 175-180 in the thigh. Remove bird carefully from grill and let rest for 10 minutes. Carefully remove beer can from chicken cavity. Slice up chicken and serve!

My original recipe was posted on [Tablespoon.com](http://Tablespoon.com)





## SALMON CAESAR SALAD

For some reason risotto has a reputation of being a meal that you can only make on the weekend. If it takes you longer than an hour to make it, then you are doing it wrong!

Serves: 2 as a meal  
Prep Time: 20 minutes  
Total Time: 50 minutes

### Directions:

- 1) For dressing, cook egg for 5 minutes in boiling water (coddling it). Then run the egg under cold water, break it open, and spoon out the barely cooked egg into a food processor.
- 2) Add other dressing ingredients to the food processor and process until smooth. Let dressing chill for 15-30 minutes before using.
- 3) For croutons, cube bread. Melt butter and stir in one clove of crushed garlic. Pour butter mixture over bread cubes and toss well. Bake croutons for 15-20 minutes at 350 degrees until they are lightly browned and crunchy.
- 4) For asparagus, chop spears into thirds. Dunk in boiling salted water for 2 minutes. Remove spears and move to an ice bath. This will keep the spears slightly crunchy. Drain spears once they are cool and set aside.
- 5) For salmon, rub both sides of salmon with a bit of olive oil and a pinch of salt and pepper. Grill salmon on high for 4 minutes per side. You can also roast in the oven or cook in a skillet.
- 6) When ready to make salad, roughly chop romaine lettuce and toss with a few tablespoons of dressing. Don't over-dress the greens! Serve greens topped with asparagus spears, salmon, croutons, shaved Parmesan and more dressing on the side.

### Ingredients:

- 1/3 Cup Olive Oil (dressing)
- 3 Cloves Garlic (dressing)
- 1/2 Lemon Juice only (dressing)
- 2 Tablespoons Worcestershire Sauce (dressing)
- 2 Tablespoons Parmesan cheese (dressing)
- 5 Anchovy Filets (Dressing)
- 1 Egg, Coddled (dressing)
- 1 Teaspoon Pepper (dressing)
- 1/2 Bunch Asparagus, blanched
- 4 2-ounce Salmon filets or 2 4-ounce filets
- 2 Cups Stale Bread, cubed
- 4 Tablespoons butter, melted (croutons)
- 1 Clove Garlic (croutons)
- 1/4 Cup Shaved Parmesan
- 1 Large Romaine Lettuce head

My original recipe was posted on [Tablespoon.com](http://Tablespoon.com)





## NON-SUCK VEGGIE BURGERS

The next time you want to make a really flavorful burger, give these a shot. These blow away any frozen patties you can find in the stores.

Serves: 8  
Prep Time: 15 minutes  
Total Time: 50 minutes

### Directions:

- 1) Drain chickpeas and add them to a processor with the eggs. Pulse to combine, but not until smooth. Some texture is good.
- 2) Dice peppers, onions, garlic, and jalapenos. Add veggies to skillet along with a few drizzles of olive oil over medium-high heat. Cook until soft, about 4-5 minutes.
- 3) Add spices to vegetables and cook for another minute until spices are fragrant.
- 4) Let veggies cool for a minute, then mix in with egg/chickpea mixture. Add lemon zest, oats, and bread crumbs to the mixture.
- 5) Let mixture sit for 15 minutes so the oats and bread crumbs can absorb the liquid.
- 6) Form into 8 patties. If the mixture won't stick together well, add a bit more bread crumbs or oats until it's dry enough to stick.
- 7) Grill Patties on a very hot grill for about 4 minutes a side. Feel free to add cheese and any other toppings you would normally add to a burger.

### Ingredients:

2 15 Ounce Cans Chickpeas (drained)  
4 Large Eggs  
1 Medium Onion, diced  
1 Lemon Zest only  
1/2 Red Pepper diced  
1/2 Green Pepper diced  
1 Jalapeno seeded and diced  
4 Cloves Garlic, minced  
1 Tablespoon Olive Oil  
1 Cup Bread Crumbs  
1 Cup Rolled Oats  
1 Teaspoon Paprika  
1 Teaspoon Red Pepper Flakes  
1 Teaspoon Whole Cumin Seeds  
1 Teaspoon Celery Salt  
1 Teaspoon Black Pepper  
1 Pinch Kosher Salt

My original recipe was posted on [Tablespoon.com](http://Tablespoon.com)





## NICK NUGGETS

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I think my wife fell in love with me because of these homemade nuggets. No need for fast food!

Serves: 20 nuggets

Prep Time: 30 minutes

Total Time: 1 hour

### Directions:

- 1) Add one pound of chicken breasts to simmering water and poach for 15 minutes. Then shred and chop chicken until it's in small pieces.
- 2) Combine chopped chicken with one egg and chicken stock or milk to provide some moisture for the filling. Add a pinch of salt and pepper and stir well to combine.
- 3) Mix buttermilk (or milk) and egg together in a bowl. In a separate bowl, mix flour together with paprika, baking soda, and salt and pepper.
- 4) Form balls of chicken filling about 2 Tablespoons in size. The filling should stick together loosely, but, if it doesn't, add a few tablespoons of flour to your chicken filling until it will hold its shape.
- 5) Dip each nugget in flour, then buttermilk, then again in flour and set aside on a baking dish. Prepare all the nuggets before you start frying.
- 6) Heat frying oil to 350 degrees in a deep pan or skillet and fry nuggets for about 3-4 minutes on each side until they are a nice golden brown. Work in batches and don't crowd the pan. Remove the nuggets to a plate lined with a paper towel and sprinkle immediately with a pinch of salt.
- 8) You can keep the nuggets warm in a 250 degree oven on a baking sheet (no paper towel in the oven) while you fry the others.
- 9) Serve with your favorite dipping sauce! I like a honey mustard sauce that's 2 parts Dijon mustard and 1 part honey.

### Ingredients:

- 3 cups shredded chicken
- 2 eggs (one for chicken and one for breading)
- ¼ cup chicken stock or milk
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoon paprika
- 1 cup buttermilk or milk
- Salt and pepper
- 1 Quart canola or vegetable oil for frying





## BLACK BEAN BURGERS

These burgers are a bit fragile and take a steady hand on the grill. You can easily cook them in a skillet though also to eliminate that issue.

Serves: 4 burgers  
Prep Time: 15 minutes  
Total Time: 35 minutes

### Directions:

1) In a large skillet, add a tablespoon of olive oil over medium-high heat. Add peppers, garlic, and onions to skillet and cook for a few minutes.

2) Add spices to skillet and continue to cook until they are fragrant, maybe another minute.

3) Add breadcrumbs to skillet and stir to combine. Add skillet mixture to a bowl with cooked black beans. Mash mixture together well.

4) Try to form a patty with the beans. The mixture should be wet enough to stick together, but not soggy at all. If necessary, add more breadcrumbs or a tablespoon of oil to the mixture.

5) Form 4 even-sized patties with the mixture and season each patty well with salt and pepper.

6) You can cook these burgers either on the grill or in a large skillet (skillet is easier). Either way, cook them on high heat for 2-3 minutes per side. If you're using a skillet, be sure to add some oil to the pan so they don't stick.

7) Once the burgers are flipped, add grated cheese to each burger if you're using it. Serve burgers on sturdy buns with sliced avocado and any other fixings that you want.

### Ingredients:

2½ Cups black beans, cooked (1.5 cans about)  
¼ Cups red pepper, diced  
¼ Cups red onion, diced  
1 clove garlic, minced  
¼ Cups bread crumbs  
1 teaspoon cumin  
1 teaspoon chili powder  
1 teaspoon oregano  
1-2 Tablespoon olive oil  
1 avocado, sliced  
4 ounces cheese, grated (optional)  
4 sturdy hamburger buns  
Pinch of salt and pepper





## THE LAMB LOAF

Ok, so 90 minutes of cooking might be a stretch for some on a weeknight, but you can actually make the loaf in advance and then just bake it when you get home which cuts down on the after-work time!

Serves: 6  
Prep Time: 30 minutes  
Total Time: 1 hour 30 minutes

### Directions:

- 1) Rip bread into pieces and dry out in a 300 degree oven for 10 minutes. Then use a food processor or your hands to crumble the bread.
- 2) Cook veggies for a few minutes over medium-high heat with a drizzle of olive oil until they are soft. Let veggies cool a bit.
- 3) In a large bowl, combine cooked veggies with breadcrumbs, lamb, the egg, and the herbs and spices. Mix together well with your hands and season with a good pinch of salt and pepper.
- 4) Press mixture into a 9 inch loaf pan. Flip loaf pan over onto a baking sheet lined with parchment paper and remove pan, leaving inverted, freeform loaf on the sheet.
- 5) Bake the loaf at 350 degrees for 45 minutes. Whisk together your glaze while the loaf is baking.
- 6) After 45 minutes of baking, remove loaf from oven and pour off any pools of fat that have run off the meatloaf. Add a coat of glaze to the entire loaf. Reserve extra glaze for serving.
- 7) Return to oven and turn heat up to 400 degrees. Bake for 20 minutes.
- 8) Let loaf cool for 5 minutes and slice into thick slices. Slice the

### Ingredients:

2 pounds ground lamb  
1 yellow onion, diced  
1 carrot, peeled and diced  
3 cloves garlic, minced  
1 Tablespoon olive oil  
1 large egg  
2 Cups dried bread, processed  
¼ Cup fresh mint, minced  
¼ Cup fresh parsley, minced  
1 teaspoon red pepper flakes  
1 teaspoon paprika  
Pinch of salt and pepper

### For Glaze:

1 Cup ketchup  
1 teaspoon fresh thyme  
2 teaspoon cumin seeds  
2 Tablespoon honey  
1 dash hot sauce  
1 dash Worcestershire sauce



# About the Author

Nick is a food writer who specializes in recipe development, photography, and general food writing.

For the last four years he has been writing a popular food blog called [Macheesmo](#). There are over 800 recipes on the site for you to explore. Each recipe features step-by-step photos and simple-to-follow instructions.

In 2012, Nick self-published his first full-length cookbook entitled [Cornerstone Cooking](#).

Nick loves working with companies to develop recipes that showcase their products. He also does freelance writing for trade publications and associations. You can find out more about his freelance writing on his [personal writer website](#).

