

# American Menu Mailer

## Volume 3 Week 28

### Soup of the Week

Lentil Soup

#### Monday

Pineapple Gingered Chicken  
Rice or Noodles  
Broccoli

#### Tuesday

Pot Roast  
Mashed Potatoes  
Sautéed Swiss Chard or Kale

#### Wednesday

White Bean and Broccoli Pasta

#### Thursday

Veggie-Heavy Chili

#### Friday

Nacho Potatoes  
Refried Beans

#### Saturday

Fish Sticks  
Butternut Squash Fries  
Celery Sticks

#### Dessert

Chocolate Pudding

#### In Season for January

Avocado	Beet	Blood Oranges	Broccoli	Brussels Sprouts
Cabbage	Carrot	Cauliflower	Celery	Chard
Grapefruit	Green onions	Kale	Kiwi	Leeks
Lemon	Mandarin oranges	Mustard Greens	Navel oranges	Pears, Anjou
Potato	Rutabaga (end)	Spinach	Sunchoke	Sweet potatoes
Tangerines	Turnips (end)	Walnuts	Winter squash	

Need to know how to make chicken stock or lacto-fermented carrots? Not sure how to cook quinoa? New to cooking and need some help? Our Menu Mailer help page will have the answers you need-

<http://www.cookingtf.com/mailehelp.html>

One cannot think well, love well, sleep well, if one has not dined well. Virginia Woolf

## Shopping List

Keep the following staples on hand: onion, garlic, carrots, celery, lemons/bottled lemon juice, salt, pepper, garlic powder, onion powder, cinnamon, vanilla extract, coconut oil, olive oil, sesame oil, rice, honey, cornstarch/arrowroot, soy sauce/tamari, eggs, baking soda, baking powder and rapadura/sucanat. Optional staples are butter/ghee, lard, tallow, red palm oil, and cow's milk.

### Produce

Broccoli [MW]	1 + optional for one meal	Butternut squash[RS]	1 large
Chard/kale [T]	optional for one meal	Potatoes [TF]	1½ pounds + opt for one meal
Spinach [SW]	1 bunch		

### Spices

Basil [SW]	2 tsp	Bay leaf [S]	1
Cayenne [S]	dash	Chili powder [R]	1-2 Tbs
Cumin [R]	1 Tbs	Oregano [SWR]	1 Tbs

Taco seasoning mix: 4 Tbs chili powder, 3 Tbs cumin, 3 Tbs paprika, ½ tsp optional kelp with cayenne

### Meat

Beef, roast [TF]	2+ pounds boneless or 3+ pounds bone-in roast, cut of your choice
Chicken [M]	½ – 1 pound boneless, skinless breast or thigh, cubed
Turkey, ground [R]	½ – 1 pound, or use ground beef
White fish [S]	1 pound firm, such as cod, tilapia, mahi mahi, flounder, etc...

### Pantry

Beans, black [R]	1 pound or 3 cans
Beans, white/navy [W]	½ pound or 1-2 cans
Black olives [F]	¼ cup
Chicken stock [SR]	10 cups
Chocolate chips [D]	½ cup
Coconut milk [D]	1 can
Green chilies [F]	1 can, or use fresh
Ginger, crystallized [M]	1 Tbs
Lentils [S]	2 cups
Mayo [S]	up to ¼ cup
Noodles [M]	optional for one meal, or use rice
Pasta [W]	optional for one meal
Pineapple, crushed [M]	1 (8-ounce) can
Tomatoes, diced [SWF]	3 (14½-ounce) can
Tomato paste [R]	2 Tbs
Vinegar [M]	2 Tbs

### GFCF Brand Suggestions

Eden
Eden
Pacific
Enjoy Life
Native Forest, Thai Kitchen
Trader Joes
Arrowhead Mills
Wilderness Family Naturals
Tinkyada
Tinkyada
Native Forest, Del Monte
Muir Glen, Del Monte
Muir Glen, Del Monte
Eden

### Refrigerator or Freezer

Cheddar cheese [F]	1 cup, optional, or use Mexican or pepper jack blend
Parmesan cheese [WS]	optional for two meals

### Other

Cornbread [R]	optional for one meal, if you need to stretch the chili
Salsa, guacamole, sour cream [F]	optional for one meal

## Weekly Meal Preparation Schedule

### Sunday

Morning Thaw chicken for tomorrow and roast for Tuesday. Begin sprouting white beans for Wed.

Evening

### Monday

Morning Begin sprouting black beans for Thursday.

Evening

### Tuesday

Morning

Evening Soak white beans for tomorrow if you aren't sprouting them.

### Wednesday

Morning Cook white beans for tonight. Thaw turkey for tomorrow.

Evening Soak black beans for tomorrow if you aren't sprouting them.

### Thursday

Morning Thaw the frozen prepped veggies. Cook black beans for tonight.

Evening

### Friday

Morning Thaw leftover roast for tonight.

Evening

### Saturday

Morning Thaw fish for tonight.

Evening

**Veggie and Grain Prep**  
**Post-shopping prep for the week**

**Veggies**

4 onions  
8 carrots  
8 celery ribs  
Coconut oil

Chunk the vegetables and place into a food processor, one type at a time. Pulse until diced.

Place the coconut oil into a stock pot and heat over medium-high heat. Add the vegetables and cook until tender, about 5 minutes. Remove from heat and cool. Leave one-quarter of the veggies in the stock-pot, place one-quarter of the vegetables into a glass storage container in your fridge, and the other half of the vegetables into a freezer container and freeze for use later in the week.

Make this week's soup with the veggies left in the stock pot.

**Grains**

Rice- cook enough for 1 meal and place it in the fridge for Monday.

**Beans**

Cook or sprout 1 pound of black beans and ½ pound of Navy or white beans, drain thoroughly and place in the freezer.

- To sprout and cook beans, soak the beans in cold water overnight. Drain thoroughly, then spread out in the colander and set on the counter to dry. Rinse the beans 3-4 times a day for two to three days and drain thoroughly each time. Discard if mold or a sour smell develops. To cook, cover by one-inch of water and bring to a gentle simmer and cook until tender. Alternately, they can be cooked in your pressure cooker or your crock-pot.
- To soak and cook beans, cover with water on the keep warm setting on your crock-pot overnight. Drain and rinse throughly, then re-cover with water by at least one inch and cook on low or high until tender.

**SOTW- Lentil Soup**  
**Post-shopping prep for the week**

Hands-on: 15 minutes  
Hands-off: one hour

Make your soup prior to the week's beginning then heat it up in a small pot on the stove and serve as an appetizer 15 minutes before dinner. Also great for lunch.

2 Tbs coconut oil  
1 portion of prepared veggies  
2 cloves garlic, pressed  
1 tsp salt  
1 tsp oregano  
1 tsp basil  
1 bay leaf  
¼ tsp pepper  
1 (14½-ounce) can diced tomatoes, undrained  
2 cups lentils  
8 cups chicken stock  
½ bunch spinach, chopped fine  
2 Tbs vinegar

In a stock-pot, combine the oil, veggies, garlic, spices, tomatoes, lentils and stock. Bring to a boil, reduce heat and simmer until tender, about one hour. Stir in spinach and vinegar and cook until the spinach wilts. Add more stock if necessary to adjust consistency, but we like ours thick.

**Pineapple Gingered Chicken**  
**Monday**

Hands-on: 20 minutes  
Hands-off: 6-8 hours

I recently needed something bright to help with the winter doldrums. This recipe was great.

- ½ – 1 pound boneless, skinless chicken breast or thigh, cubed
- 1 portion of prepared veggies
- 1 (8-ounce) can crushed pineapple, undrained
- 1 Tbs finely chopped crystallized ginger
- 2 Tbs lemon juice
- 2 Tbs tamari
- 2 Tbs rapadura
- 1 clove garlic, pressed

Place all ingredients in a crock-pot and stir well. Cover and cook on low 6-8 hours.

Serve over rice or noodles with broccoli on the side.

**Pot Roast**  
**Tuesday**

**8 or more**

Hands-on: 15 minutes  
Hands-off: 8 hours

You're cooking enough for eight or more with this recipe to make the Nachos with the leftover meat on Friday and have extra for the freezer or lunches if you wish.

- 2+ pounds boneless or 3+ pounds bone-in chuck, pot or other beef roast
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp pepper

Place the roast in the bottom of the crock-pot. Sprinkle the spices over. You do not need to add extra fluid to this, as the beef will release its own juices. Cover and cook on low 10-12 hours. Remove fat and bone and shred or chunk.

Set aside 2 or more cups of meat for Friday and freeze any excess or use it for lunches during the week. Serve with mashed potatoes and sauteed swiss chard or kale.

If you do not have a crock-pot, you can cook this in the oven for 5 hours at 250 degrees.

Be sure to put up the excess meat before the meal is served, to make sure you will actually have leftovers. Batch cooking does not help you if you allow your family to consume all of the cooked food in that one meal!

**White Bean and Broccoli Pasta**  
**Wednesday Serves 4**

Hands-on: 20 minutes  
Hands-off: 10 minutes

Tinkyada pasta, optional  
3 Tbs coconut oil or butter  
1 head broccoli, cut into florets  
2 cloves garlic, pressed  
1½ (14½-ounce) cans diced tomatoes, undrained, save rest for Friday  
1 tsp basil  
1 tsp oregano  
1 tsp salt  
White or Navy beans, soaked or sprouted and cooked or 1 can, drained  
½ bundle spinach, cleaned and stemmed  
Parmesan cheese, optional

Start the pasta cooking according to the package directions.

In a large skillet, heat the oil over medium-high heat. Add the broccoli and saute until tender and bright green, about 6 minutes. Add garlic, undrained tomatoes, basil, oregano and salt, stir in the cooked beans and bring to a boil. Use all of the tomato juice and just leave half of a can of the solid tomatoes for Friday. Add the spinach, cover, reduce heat to low and simmer about 10 minutes or until the spinach is completely wilted and everything is warmed through.

Spoon over cooked pasta and sprinkle with Parmesan, if desired.

**Veggie-Heavy Chili**  
**Thursday Serves 6**

Hands-on: 25 minutes  
Hands-off: 8-10 hours

½ large butternut squash  
2 Tbs coconut oil, lard or tallow  
½ – 1 pound ground turkey or beef  
¼ - ½ pound sprouted/soaked and cooked black beans, or 1 can, drained  
1 portion prepared veggies  
4 cloves garlic, pressed  
1-2 Tbs chili powder  
1 Tbs cumin  
1 tsp oregano  
1 tsp salt  
¼ tsp pepper  
2 cups chicken stock  
2 Tbs tomato paste

Peel the butternut squash. Cut the squash in half and scoop out the seeds and discard. Cut each half of the squash in half so that you are left with a large solid portion and the bulbous portion that used to contain the seeds in two separate pieces. Place the two solid portions into the fridge for dinner on Saturday. Cube up the bulbous portion and place it into the crock-pot.

In a skillet, heat the oil over medium-high heat. Add the turkey and brown until no longer pink, breaking it up with a spoon. Place the turkey and all of the remaining ingredients in a crock-pot and stir well. Cover and cook 8-10 hours on Low.

If you need to stretch this meal, serve with cornbread. Leftovers can go into the freezer and freeze well.

**Nacho Potatoes**  
**Friday**

**Serves 4**

Hands-on: 35 min  
Hands-off: none

This smart recipe uses potatoes as the carrier for the Nacho ingredients instead of chips. This is great if you're allergic or intolerant to corn.

- 1½ pounds potatoes
- 2 Tbs coconut oil
- 2 tsp Taco seasoning mix, recipe below
- 1 tsp salt
- 1 portion of the prepped veggies
- Leftover roast from Tuesday, shredded
- 1 cup shredded cheddar or pepper jack cheese, optional
- ½ (14½-ounce) can diced tomatoes, drained
- ¼ cup sliced black olives
- 1 Anaheim chili, diced, or 1 (4-ounce) can green chilies, drained
- Salsa, guacamole and sour cream, optional

Preheat your oven to 425 degrees. Grease a rimmed baking sheet and set aside.

Slice the potatoes into ½ inch thick slices. Combine the potatoes, oil, taco seasoning and salt in a bowl and toss to coat. Spread on the baking sheet and bake for 30 minutes, stirring every 10 minutes, until crisp and golden brown. Top with the veggies, meat, cheese, tomatoes, olives and chilies and bake until the meat is hot and the cheese is melted, another 5-10 minutes.

Top with salsa, guacamole and sour cream before serving. Serve with refried beans.

Taco seasoning mix: combine 4 Tbs chili powder, 3 Tbs cumin, 3 Tbs paprika, 2 Tbs onion powder, 2 Tbs garlic powder and ½ tsp optional kelp with cayenne granules or powdered kelp. Use two tablespoons to replace a taco seasoning packet.

**Refried Beans**  
**Friday**

**Serves 4-6**

Hands-on: 25 minutes  
Hands-off: none

You can freeze any leftovers for a later meal, or use it for quick lunches over the weekend.

- ½ pound sprouted or soaked and cooked black beans, thawed
- 2 Tbs bacon grease, lard or coconut oil
- 1 clove garlic, pressed
- Milk, optional
- Salt
- Garlic powder
- Cumin
- Onion powder

Mash beans with a potato masher in a large skillet and add the bacon grease, garlic and a half-cup milk or water. Simmer gently for about 15 minutes, adding more milk or water as needed to make the beans creamy. Season to taste.

**Baked Fish Sticks**  
**Saturday**

**Serves 4**

Hands-on: 20 minutes  
Hands-off: 12 minutes

Another kid-friendly recipe my family enjoys for lunch or dinner.

- 1 pound of firm white fish, cut into nuggets (cod, tilapia, mahi mahi, flounder, etc...)
- 1 cup flour (we like sorghum)
- 2 Tbs Parmesan cheese, optional
- 1 tsp salt
- ¼ tsp pepper
- Dash cayenne
- 2 Tbs - ¼ cup mayonnaise
- 3 Tbs coconut oil or butter, melted

Preheat oven to 425. Line a cookie sheet with parchment and set aside.

In a shallow pie plate, combine the flour, Parmesan, and spices. In a separate shallow plate, place 2 Tbs mayo. Take each piece of fish and coat it with a thin layer of mayo followed by the breading. Set on the parchment paper. Repeat with remaining fish. Drizzle with melted fat. Bake for approximately 12 minutes, until fish flakes with a fork.

You can substitute crushed cereal, potato flakes, seasoned bread crumbs, and the like for the flour and possibly omit the cayenne and Parmesan. Of the gluten-free flours, we think the flavor and texture of sorghum works best in this recipe.

Serve with butternut squash fries and celery sticks.

**Butternut Squash Fries**  
**Saturday**

**Serves 2-4**

Hands-on: 15 minutes  
Hands-off: 20 / 20 min

This recipe is a hit. I use the bottom portion of the squash for chili on Thursday, and the straight portion, perfect for making fries, tonight.

- ½ butternut squash
- ½ tsp salt
- 1/8 tsp garlic powder
- 3 or more Tbs coconut oil, lard, or other fat, melted

Preheat oven to 425 degrees. Grease a jelly roll pan and set aside.

Cut the butternut squash into ½ inch thick fries and place in a bowl. Sprinkle with the spices, pour over the oil and toss very gently to coat. Spread on the greased pan in a single layer.

Cook for 20 minutes, turn, and cook twenty minutes more. Check and cook an additional five minutes at a time until fries are browned and crispy.

**Chocolate Pudding**  
**Dessert**

Hands-on: 20 minutes  
Hands-off: overnight

This recipe is very rich. Small servings are best, and we prefer it well-chilled despite there being snow on the ground outside.

4 egg yolks  
1 Tbs cornstarch  
1 (14-ounce) can coconut milk  
½ cup chocolate chips  
1 tsp vanilla extract

In a bowl, whisk together the egg yolks and cornstarch until smooth. Set aside.

In a medium saucepan, heat the milk and chocolate chips over medium heat until the chocolate is completely dissolved. Bring to a boil, remove from the heat, and cool briefly. Whisk ¼ cup of the chocolate mixture into the egg yolk mixture. Whisk in the remaining chocolate mixture in a slow stream. Return to the saucepan and heat to a simmer and cook for 5 minutes. Do not boil. Remove from the heat and cool, whisking regularly to avoid a skin forming on top and keep the fat incorporated, until only slightly warm. Stir in the vanilla extract, transfer to a bowl and refrigerate.

*Thank you for joining us for this week's mailer. We hope you have enjoyed using it as much as we enjoyed putting it together. We appreciate your business and we look forward to serving you. Please write to us at [suggestions@cookingTF.com](mailto:suggestions@cookingTF.com) if you have any questions or comments.*

*Jeff and KerryAnn Foster*