

“OH SO SIMPLE”

We had a lot going on this week and needed to save on our meals, so this week's theme is “Oh So Simple”! Besides the delicious Roasted Tomato Clam Chowder, everything is very basic and proves that you can get a nutritiously balanced real-food meal with a decently small shopping list of ingredients! Have a nice week!



PARMESAN CRUSTED CHICKEN WITH GREEN BEANS AND GARDEN SAUCE



CARAMELIZED ONION BURGERS



OPEN FACED TOMATO EGG AND CHEESE SANDWICHES



ROASTED TOMATO CLAM CHOWDER



APRICOT AND ALMOND TART

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Caramelized Onion Burgers
- Roasted Tomato Clam Chowder
- Open Faced Tomato Egg and Cheese Sandwiches
- Parmesan Crusted Chicken with Green Beans and Garden Sauce

EXTRAS

- Apricot and Almond Tart
With Basic Pie Crust

NOURISHING ADDITIONS (RECIPE REVIEW)

- Simple Homemade Pickles

PLANNING NOTES

The only planning note this week is that the "Simple Homemade Pickles" recipe takes 7-11 days to ferment.

Shopping List

Oh So Simple

August 25, 2012

Be sure to check for ingredients you already have!

*If you are new to **Real Food Weekly**, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry. Go to **www.RealFoodFamily.com/substitutes** if you'd like a list of substitutes for various ingredients.*

PRODUCE:

Onion- 2-3

Avocados- 2-3

Tomatoes- 8-10

Cherry tomatoes- 2 cups

Lettuce

Carrots

Celery

Garlic

Green beans (*enough for 2-3 meals*)

6-8 small cucumbers (*such as pickling or Persian cucumbers*)

**Consider extra lettuces and veggies for salads, tacos, etc.*

FRUIT:

For extra tart recipe:

4-6 apricots

lemons- 1

**Consider extra fruit for snacks.*

FRESH HERBS:

Cilantro

Flat-leaf parsley

MEAT AND FISH:

1 pound ground beef

6-8 chicken boneless chicken thighs

For extra pie crust recipe: organic lard (*optional*)

**If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.*

Shopping List

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MY NOTES:

EGGS AND DAIRY:

Butter (*at least 2 cups, plus extra for apricot tart recipe*)

Cheese, such as cheddar, swiss, fontina or gouda

Parmesan cheese

Milk

Eggs (*at least 2, plus 2 per person*)

For extra pickle recipe:

whey, made from separated raw milk or yogurt

***Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes**

PANTRY:

Salt and Pepper

Extra virgin olive oil

Bread (*look for basic, whole food ingredients only*)

Flour and/or arrowroot powder (*flour needed for extra pie crust recipe*)

3 cans or jars of clams

seasoned salt (*or salt, pepper, paprika*)

cayenne pepper (*optional*)

dry breadcrumbs

dry white wine

For extra pickle recipe:

such as peppercorns, garlic, coriander seeds, mustard seed, dill

For extra apricot tart recipe:

Sugar

Ground almonds (*or grind them at home using a food processor*)

Slivered almonds

Vanilla extract

Honey

***Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.**

CARAMELIZED ONION BURGERS

Total Time: 25 minutes

Ingredients:

1 onion, chopped
salt and pepper
1 pound of ground beef
extra virgin olive oil
2-3 avocados
2 tablespoons cilantro, finely chopped
¼ cup butter
1-2 cups cheese, grated
lettuce
tomatoes, sliced
slices of bread (*optional*)

Place onions in a colander lined with paper towels and coat with a liberal amount of salt. Let sit, gently tossing every few minutes, while preparing other ingredients. Mix beef in a large bowl with a liberal amount of salt and pepper and a drizzle of olive oil.

Mash avocado and cilantro with salt and pepper, to taste, and a drizzle of olive oil. Set guacamole out with lettuce, tomatoes and bread, to serve with burgers.

Squeeze liquid out of onions and set in 6-8 small piles on a flat surface. Roll ¼-sized balls of beef into balls and press over onions to form a round patty. Repeat with remaining beef and onion piles.

Heat butter with a little oil in a large skillet over medium heat. (*A non-stick skillet works best for this recipe.*) Sear patties, onion side down, for 3-5 minutes. Flip burgers and increase heat for 2-3 minutes, adding a small handful of grated cheese over the top of patties, and covering to melt cheese. Serve burgers with bread (*optional*) and other toppings.

ROASTED TOMATO CLAM CHOWDER

Total Time: 45 minutes

Ingredients:

2 cup cherry tomatoes
extra virgin olive oil
salt and pepper
¾ cup butter, divided into tablespoons
1 onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
2-3 garlic cloves, finely chopped
¼ cup flat-leaf parsley, finely chopped
½ cup flour and/or arrowroot powder
3 cans or jars of clams, chopped (*¾ cup of juices reserved*)
4-5 cups of milk
“Seasoned Salt”, from previous meal plans or 2 teaspoons paprika
dash of cayenne pepper (*optional*)

Preheat oven to 500°F. Coat tomatoes in oil and a little salt and pepper. Roast in oven, turning often, for 10-12 minutes, until they caramelize and skins pop. Remove from oven and let cool, then pinch and peel skin off of each tomato.

Heat 3-4 tablespoons butter and a drizzle of oil in a large stockpot and sauté onions, carrots and celery for 5-7 minutes. Add garlic, parsley and roasted tomato for 3 minutes. Melt remaining butter in pan, then stir in flour or arrowroot powder until vegetables are coated and flour is toasted. Stir in clams, ¾ cup clam juice and 4 cups of milk. Bring to a simmer, stirring often, until soup is hot and thick. Stir in enough milk to achieve desired thickness. Season with seasoned salt, or salt, pepper and paprika, and cayenne pepper (*optional*), to taste.

OPEN-FACED TOMATO, EGG AND CHEESE SANDWICHES

Total Time: 15 minutes

Ingredients:

¼ cup butter
2 eggs per person
2-3 tomatoes, sliced
1-2 slices of bread, per person
1-2 slices of cheese per person, such as cheddar, swiss, fontina or gouda
seasoned salt or a mixture of salt, pepper and paprika
green beans (*optional*)

Preheat oven or toaster oven to 400°F.

Heat butter in a large nonstick skillet (*about 1 tablespoon per 2 eggs*) and carefully crack eggs into pan. Let stand until whites are cooked, then use a spatula to carefully flip every egg for 30 seconds more, then transfer to a serving dish.

Meanwhile, toast bread in oven with a slice of cheese just until melted and bubbling. Place tomato slices on cheese toast and sprinkle with seasoned salt. Place fried eggs on tomatoes and sprinkle with a little more seasoned salt. Serve with steamed green beans topped with butter and salt (*optional*).

SIMPLE HOMEMADE PICKLES

Ingredients:

6-8 small cucumbers (*such as pickling or Persian cucumbers*)
1 tablespoon salt
1 tablespoon seasonings, such as peppercorns, garlic, coriander seeds, mustard seed, dill
¼ cup whey, made from separated raw milk or yogurt

Slice cucumbers into quartered spears, discs, or leave whole (*however desired*). Place cucumbers in a mason jar with salt, seasonings, whey, and enough water to rise above top of cucumbers. Seal with an air-tight lid and place at room temperature for 7-11 days. Transfer to the refrigerator. Pickles can be eaten immediately or stored for several weeks or months.

PARMESAN-CRUSTED CHICKEN AND GREEN BEANS WITH GARDEN SAUCE

Total Time: 30 minutes

Ingredients:

6-8 chicken boneless chicken thighs
½ cup dry breadcrumbs
½ cup finely grated Parmesan
2 eggs
salt and pepper
extra virgin olive oil
¼ cup butter, plus extra for green beans
1 onion, sliced
4 tomatoes, chopped
2 cloves of garlic, finely chopped
2 tablespoons flat-leaf parsley, finely chopped
¼ cup dry white
green beans (*as much as needed*), stems cut off

Preheat oven to 400°F.

Mix breadcrumbs, Parmesan, and a liberal amount of salt and pepper in a large dish. In a separate small dish, beat eggs with a liberal amount of salt and pepper. Grease a large baking dish with oil and/or butter. Coat chicken thighs with egg, then dip in breadcrumb/cheese mixture to coat. Place coated chicken in baking dish. Repeat with remaining chicken. Drizzle a liberal amount of oil over chicken and place in oven for 25 minutes, until crust is golden brown.

Heat ¼ cup butter in a large saucepan and sauté onions for 5 minutes. Add tomatoes and garlic and continue to sauté until vegetables are soft and beginning to brown and stick to the pan. Add parsley, then add wine, stirring to remove bits from bottom of pan. Let simmer until wine evaporates and sauce thickens.

Meanwhile, bring a medium stockpot of water to a boil and season with a small handful of salt. Blanch green beans until just softened and bright green. Coat with butter and salt, to taste. Serve green beans with chicken, topped with tomato sauce.

APRICOT AND ALMOND TART

Total Time: 1 hour

Ingredients:

Basic Pie Crust (*part of this week's extra recipes*)

½ cup butter, at room temperature

½ cup sugar

2 eggs

1 ½ cups almonds, finely ground (*buy ground almonds or use food processor*)

zest of ½ lemon

½ cup slivered almonds, divided

1 teaspoon vanilla

4-6 fresh apricots, pitted and sliced into thin wedges
honey

Preheat oven to 375°F.

Roll out dough on a lightly floured surface, then transfer to a tart pan and fill dough, pressing into sides. Line dough with parchment paper, then fill with dry beans. Blind bake the dough for 15 minutes, then remove from oven.

Meanwhile, beat butter and sugar together using an electric mixture, until pale and fluffy. Beat in eggs, one at a time, then fold in ground almonds, lemon zest, ¼ cup slivered almonds and vanilla. Spread mixture evenly into tart shell, then sprinkle remaining ¼ cup slivered almonds over mixture. Arrange apricot wedges around the tart, then drizzle liberally with honey. Bake for 35 minutes, until firm and golden. Drizzle with a little more honey, then slice to serve.

BASIC PIE CRUST

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

*Servings: Yields single pie crust. *Double recipe for double pie crust.*

Ingredients:

1 ¼ cup flour, plus extra for dusting

½ teaspoon salt

¾ cup butter, chilled, cut into small cubes

¼ cup lard, chilled, cut into small cubes (*use butter if lard is not desired*)

1-2 tablespoons iced water

Pulse flour and salt in a large bowl or food processor (*hand blended dough usually results in a better texture, but takes more work*). Cut in butter and lard with a pastry cutter, or add butter and lard, one piece at a time while pulsing food processor until moist crumbs form. Slowly add ice water while mixing or pulsing food processor until dough begins to pull together, and stays together when pinched with fingers. Transfer dough to lightly floured surface and form into ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (*optional- again, this will result in a better texture*). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to needed recipe.