

# REAL FOOD WEEKLY

March 02, 2013  
ISSUE 72

Whole Food Meal Plans from  
[www.RealFoodFamily.com](http://www.RealFoodFamily.com)

## Gourmet On A Budget



ONE PAN CHICKEN AND  
VEGGIE QUINOA



CABBAGE ROLLS WITH DIJON  
SOR CREAM SAUCE



EASY EGG DROP SOUP



LENTIL AND VEGGIE SOUP

*pictured:*  
STRAWBERRY MINT SMOOTHIE

## MY EXTRA MEALS THIS WEEK:

*This week features light, refreshing meals that should make you feel good. This week also features the basic nourishing recipes every home should be making as often as possible: homemade chicken soup (or stock) and traditional sauerkraut, lacto-fermented to provide beneficial bacteria, enzymes, vitamins and minerals. Maybe you'll feel light enough this week to flutter to the gym, too!*

### WHAT'S FOR DINNER

- Cabbage Rolls with Dijon Sour Cream Sauce and Baked Potatoes
- One Pan Chicken and Veggie Quinoa
- Lentil and Veggie Soup
- Butter Herbed Fish with Garlic Wilted Spinach

### EXTRAS

- Easy Egg Drop Soup

### NOURISHING ADDITIONS

- Strawberry Mint Smoothie
- Homemade Chicken Stock
- Homemade Sour Cream

### PLANNING NOTES

- Two soups are on the menu this week, so I do recommend making the "Homemade Chicken Stock" at the beginning of the week if you don't already have some. Make a large batch and freeze some so you have it on hand for the next few weeks. It is always most economical to buy a whole chicken then cut it into pieces, then use the pieces for your chicken recipes of the week and the remaining pieces (innards, backbone, etc.) for the chicken stock. If you don't do that, chicken legs/drumsticks are the least expensive pre-cut chicken pieces to use for stocks and recipes- and they make a fabulous, gelatin-rich stock!
- Learn how to cut up your chicken here:  
<http://realfoodfamily.com/food/recipes/roasted-chicken-cut-sear-roast-to-perfection/>
- Learn how to make chicken stock with drumsticks here: [http://realfoodfamily.com/recipe/?recipe\\_id=6015319](http://realfoodfamily.com/recipe/?recipe_id=6015319)
- The Dijon Sour Cream Sauce includes optional hard-boiled eggs, so make those ahead of time if you'd like to use them.
- If you'd like to make Homemade Sour Cream for this sauce, make it a few days ahead of time.
- For Lentil Soup, soak lentils overnight before making the recipe



# Shopping List

## Gourmet On A Budget

March 02, 2013

***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. Need to find top-quality ingredients? Check out the "Marketplace" at **RealFoodFamily.com**. Go shopping for the best ingredients and support us at the same time!

**PRODUCE:**

Garlic  
Onions 3-4  
Spinach  
Carrots  
Celery  
Tomatoes  
Zucchini-3-4  
Green cabbage- 1 head  
1 whole russet potato per person  
mushrooms- small brown or white  
**FOR EXTRA EGG DROP SOUP RECIPE AND ADDED GARNISHES ON  
RECIPES THIS WEEK:**  
green onions, scallions, or chives

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

**FRUIT**

**FOR STRAWBERRY SMOOTHIE RECIPE:**

Strawberries (frozen)  
lemon

**\*Consider extra fruit for snacks.**

### **FRESH HERBS:**

Rosemary  
Thyme

**FOR STRAWBERRY SMOOTHIE RECIPE:**

Mint leaves

## MEAT AND FISH:

1-2 pounds white fish, such as halibut, bass, or cod  
(*high-quality frozen wild cod is readily available and a wonderful budget-friendly option for fish*)

1 pound ground beef or lamb

6-10 chicken pieces, such as legs, or buy a whole chicken for this and stock (*see Planning Notes*)

Chicken Stock (*try homemade...see Planning Notes*)

**\*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.**

### My Notes:

[illegible]

# Shopping List

Gourmet On A Budget

March 02, 2013

## My Notes:

### Eggs and Dairy:

Butter

Sour cream *\*Try homemade if you'd like*

Eggs (*hard-boiled for option in sour cream sauce, and raw for optional Egg Drop Soup*)

Parmesan cheese

### FOR STRAWBERRY SMOOTHIE RECIPE:

Yogurt

Milk- whole, raw milk recommended

### FOR HOMEMADE SOUR CREAM RECIPE:

1 pint good quality cream

1 tablespoon whole-milk buttermilk or commercial  
crème fraîche

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

### PANTRY:

Salt and Pepper

Extra virgin olive oil

Alternate frying fat (*optional*) such as coconut oil or  
organic lard

Honey

Red wine (*optional- chicken stock may be used*)

Lentils- 1 pound

Dijon mustard

Tomato paste

Quinoa

### FOR STRAWBERRY SMOOTHIE RECIPE:

Honey

### FOR EXTRA EGG DROP SOUP RECIPE:

Soy Sauce

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

## **CABBAGE ROLLS WITH DIJON SOUR CREAM SAUCE AND BAKED POTATOES**

Total Time: 1 hour

### *Ingredients:*

**1 whole russet potato per person, cleaned well**  
**1 large green cabbage, leaves gently pulled off**  
**extra virgin olive oil**  
**1 onion, chopped**  
**1 cup mushrooms, chopped**  
**1 cup zucchini, chopped**  
**2 garlic cloves, chopped**  
**1 pound ground beef or lamb**  
**salt and pepper**  
**1 cup red wine or chicken stock**  
**2-3 tablespoons of honey**  
**For the sauce:**  
**1 tablespoon Dijon mustard**  
**2 cups sour cream**  
**2 hard-boiled egg yolks (optional)**  
**salt**

Preheat oven to 375°F.

Poke holes in baked potatoes with a knife or fork, then place in a covered dish or wrapped with aluminum foil and bake for 1 hour, until soft.

Bring a medium stockpot full of water to a rolling boil and season with a small handful of salt. Blanch cabbage leaves for 3-5 minutes, until soft and pliable, but not overcooked. Remove from water, strain, and set aside to cool.

Heat a few tablespoons of olive oil in a large skillet and sauté onions and mushrooms for 5-7 minutes, until translucent and beginning to brown. Add zucchini and garlic for 2 minutes, then stir in ground beef or lamb. Season liberally with salt and pepper. Stir in red wine or chicken stock and honey, then simmer until liquid is absorbed and meat is fully cooked. Season, as needed, with salt and pepper.

Carefully slice any thick stems/veins on the cabbage to thin out, but do not cut them out. Place a few tablespoons of the meat mixture in the center of each cabbage leaf and fold in the sides then roll up like a burrito. Place each stuffed cabbage leaf, seam-side down, in a baking dish. When all cabbage leaves are stuffed, place them in the oven for 5 minutes, just before serving.

For the sauce, simply whisk Dijon mustard and sour cream until smooth and blended and season with salt as needed. To add nourishment and texture to the sauce, mash hard-boiled egg yolks through a sieve into the sauce and mix in until smooth.

Serve stuffed cabbage and baked potatoes with cream sauce, butter, salt and pepper, as desired.

## ONE-PAN CHICKEN AND VEGGIE QUINOA

Total Time: 45 minutes

*Ingredients:*

**Olive oil and/or other frying fat**  
**such as coconut oil or organic lard**  
**6-10 chicken pieces, such as drumsticks**  
**¼ cup butter**  
**1 onion**  
**1 cup celery, chopped**  
**1 cup carrot, chopped**  
**2 garlic cloves, chopped**  
**2 tomatoes, seeded and chopped**  
**1 cup zucchini, chopped**  
**salt and pepper**  
**1 ½ cups quinoa**  
**2 ½ cups chicken stock (or water)**

Heat oil or fat in a large saucepan or stockpot (*make sure the pan has tall sides*) over medium-high heat. Sear chicken for 5 minutes per side, until pieces are browned and easily come off of the pan. Set chicken aside in a dish.

Add butter to the pan and sauté onions, celery and carrots for 5-7 minutes. Add garlic, tomato and zucchini for 3 minutes, then stir in the quinoa and chicken stock (*or water*). Season mixture liberally with salt and pepper, then add chicken pieces back to the pan. Cover and let simmer over low-medium heat for 25-30 minutes, until chicken is fully cooked, quinoa is soft and all liquid is absorbed. Season, as needed, with salt and pepper, then serve.

## LENTIL AND VEGETABLE SOUP

Total Time: 1 hour and 15 minutes, plus soaking lentils overnight

*\*This soup may also be cooked for many hours in a slow cooker over low heat.*

*Ingredients:*

**1 pound (1 ¼ cups) lentils, soaked overnight**  
**¼ cup butter**  
**1 onions, finely chopped**  
**1 cup carrots, finely chopped**  
**1 cup celery, finely chopped**  
**1 clove of garlic, finely chopped**  
**salt and pepper**  
**2 tablespoons tomato paste**  
**2 teaspoons thyme, finely chopped**  
**1 teaspoon rosemary, finely chopped**  
**5 cups chicken stock**  
**1-2 cups mixed vegetables, roughly chopped, such as zucchini, carrots, turnips, etc.**  
**Parmesan cheese, finely grated**

Heat butter in a large stockpot and sauté onions until translucent, about 5 minutes. Add carrots and celery and sauté for 5 minutes, then add garlic and season liberally with salt and pepper. Stir in tomato paste and herbs, then stir in chicken stock. Simmer for 45 minutes, stirring often. Remove soup from heat, then transfer half of soup to a blender, or use an immersion blender in the stockpot (*preferred*), to puree half of the soup. Return soup to heat and add roughly chopped vegetables. Simmer for another 10-15 minutes, until vegetables are soft, then serve soup topped with a small mountain of Parmesan cheese.

## **BUTTER HERBED FISH WITH GARLIC WILTED SPINACH**

Total time: 25 minutes

*This recipe requires a baking dish with an oven-safe lid. Parchment paper or aluminum foil may be used as a substitute.*

*Ingredients:*

**1-2 pounds white fish, such as halibut, bass, or cod**  
**salt and pepper**  
**½ cup butter, separated**  
**1 teaspoon rosemary, minced**  
**2-4 teaspoons thyme, minced**  
**2 garlic cloves, minced**  
**4-6 cups spinach leaves**

Preheat oven to 450°F.

Place fish in a baking dish and season liberally with salt and pepper. Heat ¼ cup butter in a small saucepan and stir in herbs. Pour herb mixture over fish, cover dish, then bake for 15 minutes, until fish is just cooked.

While fish is cooking, sauté garlic in remaining butter in a large saucepan. Add spinach to pan and stir until spinach is just wilted, not soggy. Season with salt and pepper, to taste, then serve with fish.

## **EASY EGG DROP SOUP**

Total Time: 10 minutes

*Ingredients*

**4-6 cups chicken stock**  
**1 tablespoon soy sauce**  
**3-4 eggs**  
**¼ cup green onions, scallions, or chives, finely chopped**

Bring stock to a boil in a large stockpot, then turn heat off. Beat eggs with soy sauce in a medium bowl, then slowly pour a steady stream of egg mixture into stock, while stirring. Eggs will cook as they enter the stock. Serve soup topped with finely chopped green onions.

## EASY EGG DROP SOUP

Total Time: 10 minutes

### *Ingredients*

**4-6 cups chicken stock**

**1 tablespoon soy sauce**

**3-4 eggs**

**¼ cup green onions, scallions, or chives,  
finely chopped**

Bring stock to a boil in a large stockpot, then turn heat off. Beat eggs with soy sauce in a medium bowl, then slowly pour a steady stream of egg mixture into stock, while stirring. Eggs will cook as they enter the stock. Serve soup topped with finely chopped green onions.

## HOMEMADE SOUR CREAM

*Real homemade sour cream is really more like Crème Fraiche, or European Sour Cream. This recipe is from Sally Fallon's Nourishing Traditions Cookbook, which you can find on my website on the resources page. To learn more about culturing dairy at home,*

### *Ingredients:*

**1 pint good quality cream**

**1 tablespoon whole-milk buttermilk or  
commercial crème fraiche**

Start with the best quality cream you can find. Raw cream is best but pasteurized will do. Do not use ultrapasteurized cream. Place in a clean glass container. Add buttermilk or crème fraiche, stir well, cover tightly and place in a warm spot for 20-24 hours. Chill well before serving.



### HOMEMADE CHICKEN STOCK

Total Time: 4-8 hours (mostly inactive cooking time)

**\*Watch this recipe on Real Food Family's YouTube Channel!**

Every home, I repeat, every home should frequently have a pot of homemade chicken and vegetable soup brewing in the kitchen. Slowly made stocks are one of the leading traditional foods we can nourish ourselves with. Stock making, like many traditional food preparations, is becoming a lost art. Homemade soup stocks have been replaced by pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. It isn't just a myth that good chicken soup will make you feel better. "Good broth will resurrect the dead," says a South American proverb. When made properly- with all the bones and organs- a good meat stock is full of minerals and soothing gelatin. Soups can be a wonderfully filling meal, or sipped as hot drink throughout the day. It is also a great way to get kids to eat multiple vegetables- just chop them up into small pieces.

From [www.westonaprice.org/food-features/515-broth-is-beautiful.html](http://www.westonaprice.org/food-features/515-broth-is-beautiful.html):

Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. "Soup is a healthy, light, nourishing food" said Brillant-Savarin, "good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion."

It's so tasty, too! So why don't you join the thousands of happy-pappy people, and... Make it!

Ingredients:

**2 tablespoons butter or olive oil**

**1 onion, sliced**

**1 whole chicken or 6-8 pieces of bone-in chicken parts (legs work well and are inexpensive), also include organ pieces if provided**

**2 garlic cloves, minced**

**1 teaspoon of mixed dried herbs, such as Herbs de Provence**

**Salt and Pepper**

**2 tablespoons vinegar (optional- to help break down gelatin)**

**2-4 cups of chopped vegetables, such as carrots, zucchini, broccoli, cauliflower, etc.**

**¼ cup fresh herbs, such as basil or flat leaf parsley, chopped (optional)**

Heat butter or oil in a large stockpot. Sauté onions for 5 minutes, until translucent. Add chicken and garlic, letting chicken brown a little. Add enough water to fill stockpot. Season generously with salt and pepper, and add dried herbs and vinegar (optional). Cover and let simmer for 3-6 hours. Remove any foam that forms on the top of your stock. Carefully remove chicken parts and separate bones and cartilage from meat. (You may cut large bones with sharp kitchen shears and add back to soup to continue simmering, extracting even more nourishing minerals from within the bones. Make sure to remove these bones before serving.)

#### **TO MAKE AN EASY CHICKEN AND VEGETABLE SOUP:**

Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. Season with salt and pepper, as needed, and serve.

Your soup/stock should keep in your refrigerator for up to a week. A good stock has a golden shimmer when warm, and forms into a solid gelatin when cold. You may wish to use this recipe to make a large batch of rich stock to store in your freezer. Simply make the recipe, saving the meat for other uses (like tacos, omelets, or sandwiches!). Let stock cool completely before transferring to freezer bags or containers.

**\*Tip: store in multiple small containers for convenience.**