



THIS WEEK'S EATS: *menu three*

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

MENU:

- Slow Cooker Turkey Breast with Easy Mashed Potatoes and green beans
- Gluten Free Gnocchi with a Simple Tomato Sauce and salad
- Whole30 Steak Bites and salad
- Buffalo Falafel with Rice Pilaf (GF) and salad
- Roasted Veggie Power Bowls



SLOW COOKER TURKEY BREAST

Recipe from [Slow Cooker Gourmet](#)

Serves 7

Ingredients:

- 3 lb boneless turkey breast, thawed
- 2 cups turkey broth
- 1 sweet onion, cut into rings
- 1 tbs minced garlic
- 1/4 cup cornstarch

Directions:

1. Fully thaw turkey according to package directions. Remove package and netting and lay flat in bottom of slow cooker.
2. Add turkey broth, onion rings, and minced garlic.
3. Cover and cook on low for 8 hours and don't open the lid!
4. Carefully remove fully cooked turkey to platter and let rest while making gravy.
5. To make the gravy: strain all liquid from slow cooker into a saucepan. Whisk together 1/4 cup of cornstarch with 1/4 cup water until smooth and then whisk into pan drippings. Bring to a simmer while whisking for about 5 minutes or until thickened.
6. Slice turkey and serve with gravy.



EASY MASHED POTATOES

Recipe from Made With Lev

Serves 4-6

Ingredients:

- 1.5 - 2 lbs Idaho potatoes (or any other potato you have on hand)
- 3 tbs butter
- 1/2 cup milk
- salt + pepper to taste

Directions:

1. Peel potatoes and cut into large chunks. Put in a medium to large stock pot and cover with water. Bring to a boil and cook until potatoes are fork tender; approximately 15 minutes.
2. Drain water. Return potatoes to pot and mash with a potato masher (or fork, or blender). Add vegan margarine or butter, (cow or nut) milk, salt, and pepper. Stir to combine.



SIMPLE TOMATO SAUCE

Recipe from Made With Lev

Serves 4-6

Ingredients:

- 1 (28 oz) can of San Marzano Tomatoes
- 1/4 cup olive oil
- 1 tbs salt
- 1/2 tsp pepper

Directions:

1. Place all ingredients into a blender and process until smooth.
2. Pour into a medium saucepan and heat over medium-low heat and cover. Simmer for 10-15 minutes, while your pasta is cooking.
3. Serve atop your favorite (gluten-free) pasta, ravioli, or other noodle of choice.



WHOLE30 STEAK BITES

Recipe from [Our Salty Kitchen](#)

Serves 4

Ingredients:

- 1 large sweet potato (about 12 ounces), diced into 1" pieces
- 1 tsp sea or kosher salt
- 1 lb flat iron steak, diced into 1" pieces
- 3 tbsp olive oil, divided
- 2 cloves garlic, minced
- 2 bell peppers, seeded and diced into 1" pieces
- 4 green onions, thinly sliced
- 2 tbs coconut aminos (or tamari)
- 2 tsp cracked black pepper
- 2 tbs fresh chopped cilantro

Directions:

1. Place the diced sweet potatoes into a microwave safe bowl, then sprinkle with 1 teaspoon salt. Cover with a plate and microwave on high until just barely tender, 4-6 minutes. Stir once halfway through.
2. Heat a 12" skillet over high heat. Add 2 tbs olive oil and heat until shimmering. Add the steak in a single layer. Cook, turning every two minutes, until the pieces are browned and the center is medium, about 10 minutes. Remove the steak from the skillet using a slotted spoon and set aside onto a plate.
3. Add the third tbs olive oil to the skillet. Add the sweet potatoes, toss to coat and cook until browned, stirring occasionally, 3-4 minutes.
4. Make a well in the center of the pan and add the garlic. Sauté, stirring occasionally, until fragrant, about 1 minute.
5. Add the bell pepper and scallions and toss with the potatoes. Sauté until the peppers are bite tender, 3-4 minutes.
6. Add the steak and juices back to the pan along with the coconut aminos and cook an additional 1- 2 minutes until the liquid has evaporated.
7. Add the pepper and cilantro, toss, and remove from heat. Portion onto plates, top with additional fresh cilantro if desired, and serve immediately.



BUFFALO FALAFEL

Recipe from [Thug Kitchen](#)

Serves 4-6

Ingredients:

Falafel:

- 1 ½ cups cooked chickpeas or 1- 15 ounce can, rinsed
- ⅓ pound of cauliflower
- ¼ cup diced white onion
- 1-2 cloves of garlic
- 1 teaspoon olive oil
- ½ teaspoon all-purpose seasoning blend
- 2 tablespoons breadcrumbs

Buffalo Sauce:

- 2 tablespoons olive oil
- 2 tablespoons flour*
- 1 cup cayenne based hot sauce
- ¼ cup water
- 1 tablespoon apple cider or white vinegar

Directions:

For the falafel: Heat the oven to 400°F. Lightly spray some oil on a baking sheet. Chop the cauliflower up into small pieces. Throw it in a food processor and run that shit until the pieces of cauliflower kind of look like rice. If you don't have a food processor then just chop that shit up as small as you can. Mash the fuck out of the chickpeas in a medium bowl until they form a paste. Chop the garlic up into small pieces. Add the cauliflower, onion, garlic, oil, seasoning blend, and breadcrumbs to the chickpeas and mix that shit up. If your seasoning blend didn't have salt in it, now you can add a pinch of salt to that motherfucker. The mixture should easily form into balls. If it is too fucking dry, add a little water. No stress.



Form the mixture into balls a little bigger than a ping pong ball. Throw the balls on the baking sheet and bake them for 20-25 minutes, flipping them sons of bitches half way through. Remember to set a timer so that you don't burn the shit out of them. Both sides should be nice and golden. While the falafel bake, make the buffalo sauce.

For the buffalo sauce: In a small saucepan, heat the oil over a medium-low heat. Add the flour and stir constantly until the flour starts to look golden and smell kinda toasted. A few bubbles are cool but this shouldn't look like it's boiling. This shit takes about 4 minutes if you got your heat right. Add half the hot sauce and stir until it is all mixed. The flour should make that shit thicken up a bit. Add the rest of the hot sauce, water, and vinegar and stir until it is all mixed up. Turn off the heat. When the falafel are done cooking, push them gently to the center of the baking sheet and put $\frac{3}{4}$ of the buffalo sauce on them. Bake that shit for like 5 extra minutes so that the falafel absorbs that sauce. Pour the extra sauce over them when they get out of the oven or whenever you eat them.

You can serve these spicy bastards in pita bread, on top of a salad, or howeverthefuck you want. Grab some celery sticks if you need to cool your ass down. Or fuck it. Go hard. Breathe fire. Frighten the villagers.

*Whole-wheat flour works here so does brown rice flour. Use whatever.



RICE PILAF WITH ALMONDS

Recipe from Made With Lev

Serves 4-6

Ingredients:

- 1 cup rice, uncooked
- 2 1/2 cups vegetable broth
- 1 tbs olive oil
- 1 cup onion, chopped
- 1-2 tsp garlic, minced
- 1 cup almonds, loosely chopped
- salt and pepper to taste

Directions:

1. Combine rice and vegetable broth in a rice cooker or medium saucepan with a lid. If using a rice cooker, simply turn on, set to cook, and let the rice cooker do its job. If cooking rice on the stove top, bring vegetable broth to a boil, add in rice and stir once, reduce heat to low, cover with a lid and cook for about 18 minutes or until all liquid is absorbed.
2. While rice is cooking, add oil to a large skillet and heat over medium-high heat. Add in onions and sauté for 5 minutes or until onions become translucent. Add in garlic and sauté for another 2-3 minutes. Set aside.
3. Once rice is done (either in the rice cooker or on the stove), stir in cooked onions and almonds and allow to rest for another 5 minutes, covered.
4. Serve hot!



WHOLE30 VEGETARIAN POWER BOWLS

Recipe from [Well Plated](#)

Serves 4-6

Ingredients:

For the vegetables:

- 2 tbs olive oil
- 1 small red onion, cut into 1-inch wedges
- 2 large sweet potatoes, halved lengthwise
- 2 tsp chili powder
- 3/4 tsp salt
- 3/4 tsp black pepper
- 1 small head broccoli
- 1 small bunch kale
- 4 hard-boiled eggs

For the dressing:

- 3 tbs lemon juice
- 3 tbs tahini
- 1 clove garlic, minced
- 1/2-1 tsp ground cumin
- 1/4 tsp salt

Directions:

1. Place a rack in the center of your oven and preheat the oven to 400°F.
2. Place the onions and sweet potatoes on a rimmed baking sheet, turning the sweet potatoes cut sides up. Drizzle with 2 teaspoons olive oil, making sure the flesh of the sweet potatoes is well coated. Sprinkle with 1 tsp chili powder, 1/4 tsp salt, and 1/4 tsp pepper. Rub and toss to coat, and then arrange on the baking sheet. Bake for 10 minutes.
3. While the sweet potatoes cook, chop the broccoli into florets (you should have about 5 cups total). Remove the baking sheet from the oven and flip the sweet potatoes so that they are cut sides down. Push the sweet potatoes and onions to one side and add the broccoli to the open side of the pan. Drizzle with 2 tsp olive oil and sprinkle with 1/4 tsp salt, 1/4 tsp pepper, and the remaining 1 tsp chili powder. Carefully toss to coat, and then return the baking sheet to the oven. The pan will be very crowded, and the veggies will overlap somewhat.



Return to the oven and bake for an additional 20 to 25 minutes, until the sweet potatoes are soft and the other vegetables are crisp-tender.

4. Remove the sheet pan from the oven and place the kale on top of the vegetables. Drizzle the kale with the remaining 2 tsp olive oil and sprinkle with remaining 1/4 tsp salt and 1/4 tsp pepper. Lightly rub the kale to coat, and then arrange the kale in a single layer over the whole pan. Return the pan to oven and bake for 5 additional minutes, until the kale is very lightly crisp and softened. Remove the whole pan from the oven and set it aside to cool.
5. For the dressing: Add the lemon juice, tahini, garlic, cumin, and salt in a small mixing bowl. Add 2 tbs hot water and whisk to combine. Taste and add additional salt and up to 1/2 tsp additional cumin as desired.
6. To serve: Once the vegetables are cool enough to handle, cut the sweet potatoes into bite-size pieces. Roughly chop the kale. Divide the vegetables among serving bowls. Slice the hardboiled eggs in half and place 2 halves on top of each bowl. Drizzle with tahini dressing and enjoy immediately.



SHOPPING LIST

From the store:

- Almond Slices
- Bell Pepper x2
- Broccoli, head
- Butter (or Earth Balance)
- Cauliflower, head
- Chickpeas (canned or dried)
- Cilantro (or Parsley)
- Eggs
- Gnocchi (Gluten Free or Regular)
- Kale
- Milk (cow, nut, oat)
- Onions x3
- Potatoes (Russet or Yukon Gold)
- Red Onion
- Rice
- Salad Stuff
- San Marzano Tomatoes, 28-oz can
- Scallions
- Steak (Flat Iron, Strip, Sirloin)
- Sweet Potato x3
- Turkey Breast, boneless, 3 lbs
- Turkey Broth
- Vegetable Broth

From the pantry:

- All Purpose Seasoning
- Apple Cider Vinegar
- Bread Crumbs (GF)
- Chili Powder
- Coconut Aminos (or Tamari)
- Cornstarch
- Cumin
- Flour (GF or Regular)
- Garlic, minced
- Hot Sauce
- Lemon Juice
- Olive Oil
- Pepper
- Salt
- Tahini