

Week 3 Meal Plan

1. Alison Roman's Smashburgers

Ingredients:

1 lb ground beef (preferably 70-30) or any other type of ground meat or non-meat you prefer

4-6 buns

4-6 slices American cheese. Yep, the straight up processed kind no other kind will do but I also won't judge if you decide to opt for something else.

1 yellow onion, verrrry thinly sliced

Yellow mustard

Whatever kind of extra toppings you like: pickles, lettuce, tomatoes, a fried egg....

Directions

1. Divide meat into 4-6 pieces and roll loosely into a ball. This doesn't need to be perfect.
2. Slice onions as thinly as you possibly can.
3. Heat large skillet (cast iron works best) on high heat until very hot.
4. If you want, slap some butter on those buns and toast on skillet first.
5. Add 2-3 balls o' meat or however many will fit onto your skillet. Smash the literal shit out of them with a sturdy spatula that doesn't easily bend. Cook for 2-3 minutes, letting them get crispy and browned.
6. Add your thinly sliced onions directly on top of your smashed meat. Press them into the burger with your spatula then flip.
7. Add cheese to your recently flipped burger. Let it melt.
8. Pull off and assemble when nicely browned and crispy on the other side (2-4 minutes).

Totally optional side ideas:

Frozen french fries (a must), fruit, salad kit

2. White Bean Basil Chicken Chili

Adapted from Cooking Matters:

<https://cookingmatters.org/recipes/white-bean-basil-chicken-chili/>

Ingredients:

2 Tbsp olive oil

1 pound boneless chicken breasts

1 medium onion, diced

2 cloves garlic, minced or jarred

1½ teaspoons chili powder

1½ teaspoons ground cumin

½ teaspoon dried oregano

1 can diced tomatoes

2 (15½-ounce) cans great northern beans

4 cups low-sodium chicken broth

1 lime

1/4 cup fresh cilantro, chopped

2 Tbsp fresh basil, chopped

Salt and pepp to taste

Directions

1. Dice onion. Peel and mince garlic.
2. In a colander, drain and rinse beans.
3. In a large pot over medium heat, heat oil. Add onion and garlic. Add cumin, chili powder, oregano, salt and pepp. Cook until onion is tender, about 5 minutes. If onion or garlic start to brown, lower heat.
4. Add chicken (whole breasts), beans, broth, tomatoes. Bring to a boil. Then, lower to a simmer.
5. When chicken is done (internal temp should read 165, takes about 10-15 mins), remove and shred with forks.
6. Add chicken back to the pot and simmer for another ~30 mins.
7. When ready to eat, add lime juice, 1/4 cup chopped fresh cilantro, and 2 Tbsp chopped fresh basil.

Totally optional side ideas:

Salad kit, fruit, crusty bread

3. BBQ Shrimp

Ingredients:

- 1 lb. raw shell-on shrimp
- 2 sticks butter
- 2 cloves garlic, minced or jarred
- an unbelievable amount of black pepper

Directions:

1. Preheat oven to 375.
2. Defrost shrimp by placing under room-temp running water for a few minutes. Don't let the water get hot or it will cook them.
3. Melt butter in the microwave.
4. Add melted butter to a 9x13 dish. Add garlic. Add shrimp (with shell still on) to the pan in a single layer.
5. Add an unbelievable amount of black pepper. Like, right when you think you have enough, add a little more. If I had to quantify, I would say *at least* 3-4 Tbsp.
6. Put shrimp in the oven for 11 minutes.
7. Turn shrimp and add MORE pepper. Bake 7 more minutes.
8. Best if served with french bread and boiled potatoes with salt.

Totally optional side ideas

Boiled potatoes, french bread, green beans

4. (bonus recipe): Shakshuka

Adapted from The Mediterranean Dish:

<https://www.themediterraneandish.com/shakshuka-recipe/>

Ingredients

3 Tbsp olive oil

1 medium onion, chopped

1 medium red bell pepper, chopped

2 cloves garlic clove, minced or jarred

2 14 ounce cans diced tomatoes

1 teaspoon cumin

1 teaspoon paprika

1 teaspoon coriander

Salt and pepper

5-6 eggs

1/2 cup crumbled feta cheese

Fresh cilantro, for garnish, if you want

Directions

1. Heat olive oil in a large skillet with a lid. Add the onions, bell peppers, garlic, spices, salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
2. Add the tomatoes. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.
3. Using a large spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and add the feta and optional fresh cilantro.

Totally optional side ideas

Warm pita, crusty bread, salad kit