

4 No Stress Meals from 5 Core Ingredients

Glorious Gourmet PCS, LLC

Adapted from Giant's Savory Magazine

The 5 core ingredients (Roasted Chicken Thighs, Roasted Carrots, Roasted Red Bell Peppers, Garlicky Cannellini Beans, Bulgar) prepared for one meal and the leftovers assembled with a few new ingredients to create 3 different additional meals



1 1/2 pounds chicken thighs, bone in and skin on (select 4 thighs)
4 sprigs fresh thyme leaf
15 ounces cannellini beans, canned, drained and rinsed
1 3/4 pounds carrots, cut in 1" pieces
2 large red bell pepper, washed and seeded
3/4 cup bulgar
1 cup chicken stock
1/2 bunch fresh parsley
1/2 bunch fresh cilantro
4 ounces fresh baby kale
8 ounces fresh baby spinach
1 medium lime
1 medium lemons
4 cloves garlic
3 medium green onion, whole
1 small tomato
1 medium avocado
3/4 pound shrimp, large, peeled and raw
4 ounces parmesan cheese
2/3 cup extra virgin olive oil
2 cups vegetable stock
1 teaspoon ground cumin
1/2 teaspoon ground chipotle chile
2 teaspoons sherry vinegar
1/8 teaspoon crushed red pepper flakes
1/2 cup smoked almonds
1 cup multigrain tortilla chips
3/4 cup corn, frozen
1 medium ciabatta roll
salt and pepper

Servings: 2

EQUIPMENT: cutting board, knife, 2 baking sheet, parchment paper, 10" and 12" saute pans, 2 qt saucepan with lid, food processor, 3 qt saucepan, several large bowls, plastic containers, grater with large wholes

MEALS: Roasted Chicken with Roasted Carrots, Cannelini Beans and Bulgar; Chicken and Spinach/ Kale Salad with Almonds with Tomato Bread; Seared Shrimp with Romesco Sauce and Spinach and Garlicky Beans; A Tex-Mex Garlicky Cannellini Bean and Corn Chili

DAY 1: Cooking 5 core ingredients and serve Roasted Chicken with Roasted Carrots and Bulgar with Red Pepper Sauce

Core 1: Roast Chicken: Preheat oven to 425 degrees; Place thyme leaves under the skin of the chicken thighs and rub chicken parts with 1 Tablespoon olive oil and season with salt and pepper; place chicken parts on parchment lined baking sheet; roast 35 minutes. Hold 2 thighs for 1st dinner in oven to keep warm. Store unused portion in a covered container in the refrigerator

Core 2 : Roasted Carrots and Red Bell Peppers: In the same preheated 425 degree oven, place the cut up carrots on a parchment line baking sheet and coat with 1 Tablespoon olive oil and season with salt and pepper. On the same baking sheet, place the cut up red bell peppers coated with 2 teaspoons olive oil. Keep the peppers and carrots separate on the baking sheet. Roast for 20-25 minutes until tender (stir once while they are roasting). Keep 1 Cup of the roasted carrots warm for 1st dinner. Store unused portion in a covered container in the refrigerator

Core 3: Garlicky Cannellini Beans: In a 10" saute pan on the stovetop, heat 2 Tablespoons of olive oil on medium and add the 3 chopped garlic cloves and crushed red pepper. Cook for about 30 seconds, until the garlic is just golden. Add the drained and rinsed white beans. Cook for about 2 minutes, stirring often. Cool and place in a container. Store in covered container in the refrigerator.

Core 4: Bulgar: In medium saucepan, combine 3/4 Cup Bulgar with 1 Cup Chicken Stock and 1/2 Cup water and season with salt. Bring to boil on high heat. Reduce heat to medium low, cover and simmer about 10 minutes until Bulgar is tender and water absorbed. Remove from heat and let it sit for about 10 minutes. Fluff with fork. Store unused portion in a covered container in refrigerator.

Core 5: Red Pepper Sauce: Place the roasted red bell peppers in a food processor with 1 garlic clove, 1/2 cup parsley and 2 Tablespoons grated Parmesan Cheese and pulse until finely chopped. Add the 1/4 Cup olive oil and pulse until combined. Season with salt and pepper. Store in a covered container in refrigerator.

Dinner for Day 1: Place about 3 Tablespoons of Red Pepper Sauce on each plate; place 1 roasted chicken thigh on top of the sauce. Place about 1/4 to 1/2 cup of roasted carrots on each plate with 1/2 cup cooked Bulgar. You can also top the Bulgar with a few shavings of Parmesan Cheese

DAY 2: Chicken and Spinach/ Kale Salad with Almonds with Tomato Bread

In a preheated 400 degree oven or a toaster oven, toast the halved Ciabatta Rolls until golden brown. Halve the tomato and using a course grater, rub the tomato against the grater and collect the grated tomato onto a plate. For the salad, coarsely chop 1/4 Cup of the smoked almonds; remove the skin and bones from 2 pieces of chicken and shred into smaller pieces. In a large bowl, whisk 2 Tablespoons of roasted red pepper sauce and 1 Tablespoon lemon juice. Add 6-8 ounces of Baby Kale and Spinach, the chicken and almonds. Season with salt and pepper and toss to combine the dressing with the salad greens and chicken pieces. Shave 2 ounces of Parmesan cheese on top. Take the toasted bread and rub with a crushed clove of garlic, spoon the grated tomato on top and drizzle with olive oil and a little salt. Serve the Tomato Bread with the salad.

DAY 3: Seared Shrimp with Romesco Sauce and Spinach and Garlicky Beans (thaw the shrimp in the refrigerator overnight)

In food processor, puree 2/3 Cup red pepper sauce, 2 Teaspoons sherry vinegar and 1/4 Cup smoked almonds. Season the thawed shrimp with salt and pepper. In a 10 " saute pan, heat 1 Tablespoon olive oil on medium high heat and add the shrimp. Cook 2 minutes per side until golden. Take off heat. In another 12" saute pan, heat 1 Tablespoon olive oil on medium heat, add the spinach and cook until it is limp (about 2 minutes); add the beans and cook another 1 minute, stirring to combine.

Place the Spinach and beans on the plate and top with the Shrimp; serve with the sauce on the side.

DAY 4: A Tex-Mex Garlicky Cannellini Bean and Corn Chili

In a 3 qt saucepan, combine the remaining roasted carrots, the garlicky beans, 3/4 cup frozen corn, the remaining Bulgar and 1 teaspoon ground cumin and 1/2 teaspoon ground chipotle pepper; stir to combine. Add the 2 cups of vegetable stock and 1 cup of water; season with salt and pepper. Bring to a boil and reduce heat and simmer 5 minutes until hot. Stir often. Peel, pit and chop the avocado; chop 1/4 cup cilantro; thinly slice the 3 green onions. Stir in 1 tablespoon lime juice into the Chili with the 1/4 Cup of chopped cilantro and the sliced green onions. Serve in 2 bowls topped with the avocado and multigrain tortilla chips on the side.