

**FREEZER  
MEALS  
RECIPES**

# BREAKFAST RECIPES

## Apple-Cinnamon Baked Oatmeal

This baked oatmeal is apple-cinnamon (perfect for fall!). For another variation, try using Chinese 5-spice. Makes (1) 9" x 13" pan or (2) 8" square pans.

**Course** Breakfast, Brunch, Lunch, Snacks

**Author** Wardee Harmon

### Ingredients

Soaking Stage:

- 6 cups thick rolled oats
- 1/2 cup acidic medium such as whey or raw apple cider vinegar (or sourdough starter, to improve the effectiveness of the soaking)
- 8 cups pure water
- 1/2 to 1 cup raw walnuts chopped, or nut/seed of choice

Baking Stage:

- 1/2 cup grass-fed butter lightly melted
- 2 cups raw whole milk
- 6 organic or pastured eggs
- 1/2 cup rapadura sucanat or palm sugar
- 1 tablespoon vanilla extract
- 2 tablespoons ground cinnamon
- 1/2 teaspoon sea salt
- 1 apple diced finely or shredded
- 1 cup raisins optional
- 1 cup unsweetened shredded coconut optional

### Instructions

Soaking Stage:

1. Combine oats, acidic medium (or sourdough starter\*), water, and nuts/seeds in a big bowl.
2. Cover and let soak overnight.

Baking Stage:

1. In the morning, preheat oven to 375 degrees Fahrenheit.
2. Drain oats through a fine sieve.
3. Rinse and allow to drain again.
4. In a big mixing bowl, whisk together butter, milk, eggs, sweetener, vanilla, cinnamon, and salt.
5. Add oats and mix well.
6. Add the apples, raisins and coconut.
7. Mix in gently.
8. Transfer to a greased 9" x 13" baking dish (or two 8" square cake pans).
9. Smooth the top.

10. Bake for 45 minutes to 1 hour, or until golden brown and a toothpick inserted comes out clean.
  11. Remove from oven to a cooling rack.
  12. Allow 15 minutes to rest before cutting into bars.
  13. Eat in a bowl with yogurt, kefir, or milk. Or as a bar with maple syrup and fresh fruit.
  14. Store leftovers in refrigerator.
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# Crust-less Rainbow Quiche

**Prep Time** 15 minutes

**Cook Time** 45 minutes

**Total Time** 1 hour

**Servings** 8

**Calories** 298 kcal

**Author** Lindsey Dietz

## Ingredients

- 1 10-ounce bag spinach frozen, organic, thawed
- 6 slices pastured or organic bacon chopped
- 1/4 onion diced
- 10 asparagus stalks cut into 2-inch pieces
- 1 sweet red pepper or 1/4 bell pepper of the same color
- 1 sweet yellow pepper or 1/4 bell pepper of the same color
- 1 sweet orange pepper or 1/4 bell pepper of the same color
- 4 cloves garlic crushed
- 10 organic or pastured eggs
- 1/2 teaspoon sea salt
- 2 to 3 grinds ground black pepper
- 1 1/2 cups cheddar cheese raw preferable; optional

## Instructions

1. Preheat oven to 350 degrees Fahrenheit and lightly grease a 9-inch deep dish pie pan.
  2. Remove all the water from the thawed spinach by placing it in a few layers of cheesecloth and squeezing over the sink. Set aside.
  3. Heat a cast iron skillet over medium and add chopped bacon. Cook until crisp, then remove to a paper towel-lined plate to drain.
  4. Reserve the grease in the pan and add diced onion and asparagus. Sauté 5 to 6 minutes.
  5. Then add diced peppers and sauté another 2 to 3 minutes.
  6. Remove from heat and add crushed cloves of garlic. Stir well to incorporate.
  7. Break eggs into a large mixing bowl and whisk.
  8. Add drained spinach, sautéed veggies, salt, and pepper. Stir to evenly distribute all ingredients. Fold in grated cheddar, if using.
  9. Bake for 40 to 45 minutes or until center is set.
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# HEALTHY BANANA BREAD

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Prep Time 10 minutes

Yield 8

Cook Time 50 minutes

Total Time 1 hour

Author: Lexi's Clean Kitchen

## INGREDIENTS

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- 1 cup ripe mashed banana (about 3 medium)
- 2 eggs
- ¼ cup milk (dairy, almond or coconut milk beverage)
- ¾ cup coconut sugar
- ½ cup coconut oil, melted
- 1-1/2 cups (180g) oat flour (store bought)
- 2 tablespoons (15g) coconut flour
- 1-½ teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2/3 cup chocolate chips

## DIRECTIONS

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1. Preheat oven to 350°F and grease a 8x5 baking dish and line it with a parchment paper sling. Set aside.
2. Mash bananas well in a large bowl, making sure to only use 1 cup of it. Add in eggs, milk, coconut sugar and coconut oil and whisk until fully combined.
3. Add in oat flour, coconut flour, baking soda, baking powder, salt and cinnamon and mix with a spatula until smooth. Fold in chocolate chips.
4. Transfer batter to the prepared baking dish and smooth over the top. Add additional chocolate chips on top, if desired.
5. Bake in the middle rack for 50 to 60 minutes, or until a toothpick inserted comes out clean and the bread gently springs back when touched.
6. Let the bread fully cool before slicing into it.

## RECIPE NOTES

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1. We've found store bought oat flour to be different than homemade. We prefer the texture to store bought and suggest that is what you use.

2. If you have an electronic scale at home please use it to measure the flour, as these flours are notorious for being difficult to measure with cup measurements.
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# FREEZER BREAKFAST BURRITO

- **Prep Time:** 20 minutes
- **Cook Time:** 00:30 minutes
- **Total Time:** 50 minutes
  
- **Yield:** 8

## INGREDIENTS

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### Breakfast Burrito Fillings:

- 8 eggs
- 3 spicy Italian chicken sausages, casing removed
- 1–15-ounce can black beans, drained and rinsed
- 1 cup cheddar cheese, more as desired
- 8 large tortillas (the 10-12" size work best)

### Home Fries:

- 2 tablespoons ghee, butter, or oil of choice
- 2 cloves garlic, minced
- 1 large onion, diced small
- 1 green bell pepper, diced small
- 1 red bell pepper, diced small
- 4 medium russet potatoes, scrubbed and diced small
- 1 teaspoon garlic granules
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- Pinch cayenne pepper

## INSTRUCTIONS

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1. **For the Home Fries:** Pre-heat oven to 375°F. Heat the ghee in a large ovenproof skillet over medium heat until hot, about 5 minutes. Add the minced garlic, diced onion, and diced pepper to the skillet. Cook stirring often, until the vegetables are slightly soft, about 5 minutes. Add in the potatoes and cook, stirring often for about 10 minutes. Add more ghee here if the potatoes are sticking to the pan. Add in garlic, paprika, salt, pepper and cayenne and mix until well combined. Place in the oven and bake for 25 minutes or until the potatoes are soft, tender and golden brown. Let cool slightly. Place in a bowl and set aside for assembly. **Alternatively, whip up my Air Fryer Home Fries!**

2. **Cook Eggs:** Crack the eggs into a bowl and whisk. Season with a pinch of salt and pepper. In a hot greased skillet, cook the eggs over medium heat until fluffy and cooked through, but don't over cook! Set aside.
  3. **Cook Meat:** For the Italian sausage, heat a medium skillet with ghee or oil of choice. Add the sausage to the pan and cook until fully cooked through and no pink remains. Once cooked through, remove from heat and let cool slightly. Place sausage in a food processor and pulse once or twice, or chop finely.
  4. **Black Beans:** Drain and rinse black beans and set aside.
  5. **To Assemble:** Warm tortilla. Lay a tortilla flat. Place 2 tablespoons home fries, 2 tablespoons sausage, ¼ cup eggs, 2 tablespoons black beans in the center of the tortilla. Fold in the sides and roll, making sure to use your fingers to keep in all of the filling while rolling.
  6. **To Eat and Store:** Either serve right away or wrap individually in plastic wrap or aluminum foil tightly. Let freeze individually on a sheet tray, and once frozen place in a labeled bag for long term storage, up to 3 months.
  7. **To Reheat from Frozen:** Unwrap wrapping and place on a plate with the seam side down. Reheat in a microwave for 3-5 minutes until heated through, or place in a oven, wrapped in foil, at 375 and bake for 30 minutes, or until heated through.
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# GLUTEN FREE PUMPKIN WAFFLES

- Yield: 4

## INGREDIENTS

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SCALE 1x2x3x

- 4 large eggs
- 1 cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- 1 cup (98 grams) almond flour
- 1 cup (120 grams) tapioca flour
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- pinch salt
- High heat cooking spray (we use avocado oil spray), for waffle maker
- Pure maple syrup, for serving
- Grass-fed butter or pumpkin butter, for serving

## INSTRUCTIONS

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1. Preheat a waffle maker according to the appliance instructions.
  2. Whisk together the eggs, pumpkin puree, maple syrup and vanilla extract in a large bowl until fully combined.
  3. Add in the almond flour, tapioca flour, baking powder, pumpkin pie spice, cinnamon and salt whisk to combine.
  4. Spray the heated waffle iron with a high heat cooking spray (we use avocado oil). Following the directions for your waffle maker regarding batter quantity and cook time, pour in the batter and cook the waffles until cooked through and lightly golden. Remove, and if needed transfer to a low oven to keep warm. Repeat with remaining batter.
  5. Serve the waffles hot and garnish with butter (or pumpkin butter) and maple syrup.
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# **SNACKS- SNACKS - SNACKS**

## Chocolate Peanut Butter Protein Ball Recipe, Chocolate Protein Balls

### **Ingredients**

- ½ cup natural peanut butter
- ⅓ cup pure maple syrup
- 1 ¾ cup oats pulsed into a flour\*
- 2 scoops (38 gram) chocolate protein powder I used Naked Whey Less Naked Chocolate
- ⅛ tsp salt
- 1 tsp vanilla extract
- 3-4 tablespoons unsweetened oat milk
- 2-3 tablespoons mini chocolate chips

### **Instructions**

1. Place peanut butter in a small, microwave-safe bowl and microwave for 15 seconds. Whisk in maple syrup then set aside.
  2. In a large mixing bowl, combine oat flour, protein powder, and salt. Stir to combine.
  3. Add peanut butter mixture, vanilla extract, and 3 tablespoons oat milk. Stir until you get a cookie dough consistency. If there are still dry spots, add 1/2 tablespoon of additional oat milk at a time until it reaches the desired consistency. Lastly, stir in mini chocolate chips.
  4. Using a tablespoon, roll mixture into 28 small or 14 larger balls and place in a 9-in x 13-in baking dish. Once all the balls are formed, cover the baking dish and freeze for 15 to 20 minutes, or until slightly hardened. Store in the fridge for up to 2 weeks, or in the freezer for up to 4 months. Storing in the freezer will keep them harder is and is better if you plan on taking one or two with you on the go.
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# 30 SMOOTHIE FREEZER PACKS

## (BUDGET-FRIENDLY)

- **Author:** Lexi
- **Prep Time:** 60 minutes
- **Total Time:** 60 minutes
- **Yield:** 30 1x

### INGREDIENTS

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SCALE 1x 2x 3x

#### **For Tropical Smoothie (make 6 each):**

- 1 cup (5 ounces) frozen tropical fruit mix
- 1/2 cup (2 ounces) frozen cauliflower
- 1/2 banana, sliced
- 1 tablespoon mixed seeds
- 1 tablespoon sweetener of choice (honey, maple syrup or other)
- For blending: 1-1/2 cups coconut milk

#### **For Very Berry Smoothie (make 6 each):**

- 1 cup (5 ounces) frozen mixed berries
- 1/2 banana, sliced
- 1/4 cup sliced almonds
- 1 tablespoon sweetener of choice (honey, maple syrup or other)
- For blending: 1-1/2 cups almond milk

#### **For Green Smoothie (make 6 each):**

- 1 cup (5 ounces) frozen spinach
- 1/2 cup (2 ounces) frozen tropical fruit mix
- 1/2 banana, sliced
- 1/4 cup mixed seeds
- For blending: 1 cup almond milk

#### **For Chocolate Mint (make 6 each):**

- 1 banana, sliced
- 1 cup (5 ounces) frozen mixed berries
- 1 tablespoon cacao powder
- 1 tablespoon maple syrup
- Drop of mint extract or small handful of fresh mint

- For blending: 1 cup almond milk

### For Chocolate Coconut (make 6 each):

- 1 banana, sliced
- 1/2 cup (2 ounces) frozen mixed berries
- 1/2 cup (2 ounces) frozen cauliflower florets
- 2 tablespoons cacao powder
- 1 tablespoon maple syrup
- For blending: 1 cup coconut milk

## INSTRUCTIONS

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### To Make Smoothie Freezer Packs:

1. For each individual smoothie flavor place all components except for almond/coconut milk in plastic bag and flatten and press any air out of the bag. You can use a straw to suck the air out, just be careful not to do this if you're using any cacao powder.
2. Repeat this recipe for a total of 6 smoothies per flavor. Place in the freezer until ready to use.

### To Blend Smoothies:

1. Combine all ingredients, including specified milk, in a high speed blender.
2. Blend until creamy, adding additional almond milk if necessary.

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## GLUTEN FREE LACTATION COOKIES

- **Author:** Lexi
- **Prep Time:** 00:15
- **Cook Time:** 00:10
- **Total Time:** 00:25
  
- **Yield:** 20
  
- **Category:** Sweets
- **Method:** Baking

## INGREDIENTS

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- ¼ cup flax seed
- ½ cup water
- 1/2 cup coconut oil, melted
- ¾ cup coconut sugar

- 2 cups rolled oats
- 1 cup (120 grams) oat flour
- ¼ cup brewer's yeast (see note)
- 1/2 teaspoon baking soda
- Pinch of fine sea salt
- 1/2 teaspoon cinnamon
- ½ cup raisins or chocolate chips, more as desired

## INSTRUCTIONS

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1. Pre-heat oven to 350 and line 2 baking sheets with parchment paper.
  2. Add flaxseed and water to a bowl, and let sit for 10 minutes to thicken up. Add the remainder of the ingredients to the bowl and mix together.
  3. Scoop dough into balls about 2 tablespoons in size and place on baking sheet about 1-½" apart. Gently press down on the dough to flatten it.
  4. Bake in the preheated oven in the middle rack for 10-15 minutes, until the edges are set. The cookie will still be soft when hot.
  5. Remove to a cooling rack and let cool at least 1 hour to allow them to finish setting up.
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# DOUBLE CHOCOLATE ZUCCHINI BREAD

- **Author:** Lexi
- **Prep Time:** 15 minutes
- **Cook Time:** 50 minutes
- **Total Time:** 1 hour and 5 minutes
- **Yield:** 8-10
- **Category:** Dessert
- **Cuisine:** Gluten-free, Paleo, Dairy-free

## INGREDIENTS

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SCALE

- 3 eggs
- 2 tablespoons oil
- 1/4 cup unsweetened apple sauce
- 1/4 cup maple syrup
- ¼ cup coconut sugar
- 1 teaspoon vanilla extract
- 2 cups (196 grams) almond flour
- 3 tablespoons (21 grams) coconut flour
- 1/4 cup (28 grams) cocoa powder
- 1 teaspoon espresso powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- Pinch of fine sea salt
- 1/3 cup dark chocolate chips
- 1 cup zucchini, grated

## INSTRUCTIONS

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1. Preheat oven to 350°F and grease and line a 9" x 5" (1.5 quart) loaf pan with parchment paper.
2. In a large bowl whisk together eggs, oil, apple sauce, maple syrup, coconut sugar and vanilla extract until well combined.
3. To the bowl add almond flour, coconut flour, cocoa powder, espresso, baking powder, baking soda, and sea salt and mix very well until fully combined.
4. Fold in the zucchini and chocolate chips.
5. Place in the loaf pan and smooth down the top.
6. Bake in the preheated oven for 50-55 minutes, or until a toothpick inserted in the middle of the oven is clean with just a few moist crumbs.

# NO BAKE NUT-FREE POWERBITES

- **Prep Time:** 10 min
- **Total Time:** 10 minutes
- **Yield:** 10

## INGREDIENTS

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SCALE

- 1/3 cup unsweetened shredded coconut, toasted
- 1/4 cup ground flax
- 1/2 cup raw sunflower seeds
- 1/3 cup sunbutter (homemade or store-bought)
- 1/2 tsp vanilla
- 1 tsp chia seeds
- 1 tbsp maple syrup or raw honey
- 1/2 cup mix of dried cranberries, golden raisins, and dark chocolate chips (these or these are great)

# LUNCH & DINNER ENTREES

## The Very Best Slow Cooker Carnitas

### ingredients

- 1 onion, roughly diced
- 3–3 1/2 lb pork shoulder butt/shoulder (bone-in or boneless)
- 3 tsp garlic powder
- 1 1/2 tsp dried oregano
- 3 tsp cumin
- 1 1/2 tsp coriander
- 1/2 tsp cinnamon
- 3 tsp salt
- 4 bay leaves
- 1/4 tsp crushed red pepper flakes
- 1/2 – 1 cup chicken stock/broth

### instructions

1. Place the onion evenly on the bottom of the slow cooker.
2. Place the pork roast on top of the onion.
3. Add 1/2 cup liquid to the slow cooker.
4. In a small bowl or a mug, combine all the spices. Sprinkle liberally over the pork shoulder.
5. Cook the pork on low for 10 hours.
6. When the meat is done, shred the meat with two forks. Add the remaining 1/2 cup liquid if the pork has not released many juices. Stir to combine and serve.

### notes

You can also top with some fresh pico de gallo and a squeeze of fresh lime juice.

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# Creamy Crockpot White Chicken Chili

## Ingredients

1 ¾ pounds boneless, skinless chicken thighs, cut into chunks  
2 large onions, diced  
1 green or bell pepper or 2 poblano peppers, diced  
1 ½ cups frozen corn kernels  
¼ cup plus 2 tablespoons cup cornmeal  
2 tablespoons chopped garlic  
2 tablespoons ground cumin  
1 tablespoon ground coriander  
1 tablespoon chili powder  
2 teaspoon salt  
¼ teaspoon cayenne pepper, or to taste  
3 cups chicken broth  
1 14-ounce can navy beans or cannellini beans, drained and rinsed  
½ cup heavy cream

## Instructions

1. **Mix Ingredients in Slow Cooker:** Stir chicken, onions, peppers, corn, cornmeal, garlic, cumin, coriander, chili powder, salt, cayenne and broth together in the insert of a 6 quart slow cooker. Cover and cook for **6 hours on low**.
2. **To Finish and Serve:** When timer goes off, stir well. Add in beans and stir in cream. Serve garnished with cilantro, cheese and serve with lime wedges.

## Notes

### MEAL PREP/ FREEZER MEAL INSTRUCTIONS:

1. **Make Freezer Pack:** Combine chicken, onion, peppers, corn and cornmeal in a large bowl. Toss to coat. Transfer to a 1 gallon freezer bag. Add garlic, cumin, coriander, chili powder, salt and cayenne. Press out any excess air, and seal shut. Freeze flat up to 3 months.
  2. **Break up and Add To Slow Cooker:** Whack the frozen bag of chili ingredients with a rolling pin or heavy skillet several times to break apart. Transfer the frozen ingredients to the insert of a large (6-quart) slow cooker.
  3. **Cook:** Add broth, cover and cook for **8 hours on high**. When timer goes off, stir in beans and heavy cream. Serve garnished with cilantro and serve with lime wedges
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# Vegetarian Black Bean Sweet Potato Enchiladas

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Author: Cookie and Kate

Prep Time: 20 minutes

Cook Time: 60 minutes

Yield: 5 servings

## INGREDIENTS

### *Filling*

- 1 1/4 pounds sweet potatoes (2 small-to-medium)
- 1 can (15 ounces) black beans, rinsed and drained, or 1 1/2 cups cooked black beans
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 ounces (1/2 cup) crumbled feta cheese
- 2 small cans (4 ounces each) diced green chiles
- 1 medium jalapeño, seeded and minced
- 2 cloves garlic, pressed or minced
- 2 tablespoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon cayenne pepper (optional)
- 1/4 teaspoon salt, more to taste
- Freshly ground black pepper

### *Remaining Ingredients*

- 2 cups (16 ounces) mild salsa verde, either homemade or store-bought
- 10 corn tortillas
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 tablespoons sour cream
- 1 tablespoon water
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh cilantro

## INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper for easy cleanup.

2. Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake until they're tender and cooked through, about 30 to 35 minutes. Leave the oven on, since we'll bake the assembled enchiladas soon (no temperature adjustments necessary).
3. Meanwhile, pour enough salsa verde into a 9 by 13-inch baking dish to lightly cover the bottom (about 1/2 cup). In a medium mixing bowl, combine all of the remaining filling ingredients.
4. Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins, and lightly mash the sweet potatoes with a fork or the back of a spoon.
5. Stir the mashed sweet potato into the bowl of filling, and season to taste with additional salt (I added 1/4 teaspoon) and pepper.
6. Warm up your tortillas, one by one in a skillet, or all at once in a microwave so they don't break when you bend them. Wrap them in a clean tea towel so they stay warm.
7. Working with one tortilla at a time, spread about 1/2 cup filling down the center each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.
8. Top with the remaining salsa verde and cheese. Bake for 25 to 35 minutes, until sauce is bubbling and the cheese is lightly golden.
9. Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top them with cilantro and red onion. Serve.

## NOTES

**Make it gluten free:** Use certified gluten-free corn tortillas.

**Make it dairy free/vegan:** Omit the cheese. Stir a scant 1 cup vegan sour cream into the filling, reserving a few tablespoons for drizzling on top. Once baked, thin the vegan sour cream with a little extra water to make it extra-drizzly and drizzle it on top as shown.

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# Vegetarian Freezer Enchiladas :: Gluten-Free, Grain-Free.

**PREP TIME**30 minutes

**COOK TIME**1 hour

**TOTAL TIME**1 hour 30 minutes

## Ingredients

### Red Enchilada Sauce

- 1/2 cup olive oil
- 4 tbsp gluten-free all-purpose flour
- 4 tbsp chili powder
- 16 oz can tomato sauce
- 1 1/2 cups low-sodium vegetable stock (or make your own)
- 2 tsp ground cumin
- 2 tsp garlic powder
- 2 tsp paprika
- 1 tsp chipotle powder (optional)
- Sea salt, to taste

### Enchilada Filling

- 1 medium cauliflower, cut into bite-size florets
- 15 oz cooked black beans, rinsed and drained
- 1 15 oz can diced tomatoes
- 1 bunch Swiss Chard, stalks cut into 1/4" pieces and leaves cut into 1/2" strips
- 2 tsp cayenne or chipotle
- 2-3 cloves of garlic, minced
- 2 tsp garlic powder
- Sea salt and pepper, to taste
- 2-3 tsp coconut oil
- 2 packages of tortillas of your choice (I love the Siete brand)
- 1/2-1 c organic cheese, depending on your cheese preference

## Instructions

1. Preheat oven to 375.
  2. To make the enchilada sauce, bring oil to a medium-high heat in a medium stock pot. Whisk in the flour and chili powder.
  3. Reduce heat to medium and gradually mix in tomato sauce and spices. Pour in a little bit of stock at a time, while whisking.
  4. Whisk until smooth and add as much to get the consistency you want. (I prefer a thicker sauce, so I used less than 1 1/2 cup of stock.) Simmer for about 5-10 minutes.
  5. On a foil-lined baking sheet, rub coconut oil along the entire inside of the pan. Arrange the cauliflower florets in a single layer and sprinkle with salt, pepper, and garlic powder.
  6. Roast for 15-20 minutes, until fork tender.
  7. In a sauté pan, bring 1-2 tsp of coconut oil to medium heat. Add in minced garlic and Swiss chard stems and cook until translucent, about 3-4 minutes.
  8. Add in Swiss chard leaves and cook until wilted, about 4-7 minutes.
  9. Stir in tomatoes, beans, and roasted cauliflower until combined. Add chili, salt, and pepper to taste.
  10. Arrange two 8x8 pans (I use aluminum ones that are easy to freeze) and pour 2-3 large scoops of enchilada sauce across the bottom of the pan.
  11. Wrap tortillas in a cloth/paper towel and heat for a minute in the microwave. This can prevent them from cracking when you roll them. Spoon a line of filling in the center of the tortilla and roll. Make sure not to overpack your tortillas or they'll be too hard to roll.
  12. Place the fold side down in the pan. Repeat with all tortillas and fill both pans.
  13. Top with sauce and cheese and bake for 20-25 minutes, until the cheese is golden brown.
  14. Allow enchiladas to cool.
  15. If you're freezing both, cover with foil and write reheating instructions on top: Heat at 375, 20 minutes covered and 20-30 minutes uncovered, or until warmed all the way through. Place freezer pan in the freezer and if you're keeping one to enjoy now, store in the fridge or serve.
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# Slow Cooker Chicken Soup Recipe

Slow Cooker Chicken Soup is about as simple as soup can be: chicken thighs and vegetables slowly simmered with fresh thyme, bay and parsley. Adding the vegetables half-way through cooking time ensures they're not overcooked while allowing the chicken to become meltingly tender.

Prep Time 5 mins

Cook Time 2 hrs

Total Time 2 hrs 5 mins

Servings: 4 quarts soup

## Ingredients

- 2 pounds boneless, skinless chicken thighs
- 2 tablespoons extra virgin olive oil
- 2 teaspoons finely ground real salt
- 2 teaspoon ground black pepper
- 1 heaping teaspoon fresh thyme leaves
- 2 bay leafs
- 6 cups chicken broth
- 1 medium leek (white and light green parts only, sliced thin)
- 1 yellow onion (peeled and chopped)
- 6 carrots (peeled and sliced into ¼-inch rounds)
- 6 celery ribs (sliced ¼-inch thick)
- 1 pound Russet potatoes (peeled and chopped into ½-inch cubes)
- ¼ cup minced fresh parsley

## Instructions

1. Place the chicken in a slow cooker, drizzle it with olive oil and sprinkle it with fresh thyme, salt and pepper. Drop in the bay leaves and pour in the broth. Cook on low for 1 hour.
2. Add leeks, onion, carrots, celery and potatoes to the slow cooker and continue cooking on low for an additional hour. Break up any large pieces of chicken with a fork, stir in the parsley and serve hot.

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# GLUTEN FREE TURKEY MEATBALLS WITH SPINACH

**Author:** Lexi

- **Prep Time:** 00:10
- **Cook Time:** 00:15
- **Total Time:** 00:25
  
- **Yield:** 12

- **INGREDIENTS**

- 1 pound ground turkey (light or dark meat)
- 1 cup frozen spinach (defrosted, drained, squeezed to remove excess water)
- 1/2 small onion, finely minced or grated
- 1 egg
- 1–1/2 teaspoon onion powder
- 1–1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried basil

## INSTRUCTIONS

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1. Preheat oven to 400°F and lightly oil a baking sheet.
  2. Add all ingredients to a large bowl and mix together until fully combined.
  3. Scoop out about 1/4 cup of meat using a scooper or your hands, and roll into meatballs and place on the baking sheet. If the mixture is tricky to work with you can refrigerate it for about 10 minutes and use lightly wet hands to form the meat into balls.
  4. Bake in the preheated oven for 15-18 minutes, or until the turkey registers an internal temperature of 165°F. If desired, you can broil on high for about 2-3 minutes to give the meatballs a browned exterior.
  5. Serve with your favorite marinara sauce and serve with spaghetti squash, pasta or choice of side.
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# GLUTEN FREE BAKED ZITI

- **Author:** Lexi
- **Prep Time:** 00:15
- **Cook Time:** 00:55
- **Total Time:** 01:10
- **Yield:** 8–10
- **Category:** Dinner
- **Method:** Baking

## INGREDIENTS

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SCALE

- 24 ounces ziti or penne (gluten-free or not)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 2 pound grass-fed ground beef or ground turkey
- 2–24 oz. jars good quality marinara sauce
- 1 tablespoon italian seasoning
- 1/4 teaspoon red pepper flakes, more to taste
- Salt and pepper to taste
- 1 16oz. container ricotta
- 1/2 cup parmesan cheese, divided
- 1/2 teaspoon garlic powder
- Pinch salt and pepper
- 2 eggs
- 2 cups shredded mozzarella cheese

## INSTRUCTIONS

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1. Pre-heat oven to 400°F and set a 9 x 13" baking pan on a rimmed baking sheet and set aside.
2. **Cook the pasta:** Bring a large pot of salted water to a boil. Add pasta and cook, uncovered, until the pasta is al dente—about 1-2 minutes less than the package instructions state. Drain the pasta through a colander and return to the pot and mix together with a splash of olive oil.



3. **Make the meat sauce:** Heat oil over medium heat in a large dutch oven. Once hot add onions and garlic cook for 3-4 minutes. Add meat and cook until no pink remains, about 7 minutes. Add marinara sauce, italian seasoning, red pepper flakes, 1 teaspoon sea salt and 1/2 teaspoon black pepper to the pan and combine. Bring sauce to a boil over high heat. Reduce heat to low and let simmer for 10 minutes. The longer you can let simmer, the better! Taste and adjust spices as desired then remove from heat.
4. **Prepare ricotta mixture:** in a medium bowl by combining ricotta, ¼ cup parmesan, garlic powder, eggs, 1/4 teaspoon salt and 1/2 teaspoon black pepper.
5. Combine the cooked pasta and the meat sauce.
6. Transfer half of the ziti in the 9×13 pan. Then dollop in scoops of the ricotta mixture and sprinkle over 1 cup of the mozzarella. Repeat another layer with the pasta, followed by the ricotta and then the remaining mozzarella and parmesan cheese.
7. Bake for 20-25 minutes until cheese is bubbling and golden in spots.
8. Let cool for 5-10 minutes before serving. Serve with additional parmesan cheese if desired

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# THE BEST GLUTEN-FREE LASAGNA

- **Author:** Lexi
- **Prep Time:** 40 minutes
- **Cook Time:** 45 minutes
- **Total Time:** 1 hour and 25 minutes
- **Yield:** 8

## INGREDIENTS

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SCALE

- 2 tablespoon extra-virgin olive oil, divided
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 3 large organic carrots, finely chopped
- 1 pound organic grass-fed beef or ground turkey
- 1 28 oz. can organic diced tomatoes
- 1 28 oz. can organic tomato sauce
- 1 tablespoon Italian seasoning
- 1/4 teaspoon red pepper flakes, more to taste
- 1–3/4 teaspoon sea salt, divided
- 1 teaspoon freshly ground pepper, divided
- 1 16oz. container ricotta
- 1/3 cup parmesan cheese
- 1/2 teaspoon garlic powder
- 1 cup basil, sliced and divided
- 1/3 cup parsley, picked and chopped
- 2 eggs
- 2 10oz. packages of gluten-free lasagna noodles
- 2 cups shredded mozzarella

## INSTRUCTIONS

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1. In a medium sized saucepan, heat 1 tablespoon extra virgin olive oil over medium-high heat. Add garlic and sauté for 1-2 minutes.
2. Add onion and carrots to saucepan. Let cook, stirring occasionally, for 5 minutes until onions are translucent and the carrots begin to soften.
3. Add meat to saucepan and let cook until no pink remains, about 7 minutes.
4. Add tomato sauce, diced tomatoes, italian seasoning, red pepper flakes, 1 teaspoon sea salt and 1/2 teaspoon black pepper to the pan and combine.

5. Bring tomato sauce to a boil over high heat. Reduce heat to low and let simmer for 15 minutes. The longer you can let simmer, the better! Taste and adjust spices as desired then remove from heat.
6. Meanwhile prepare ricotta mixture in a medium bowl by combining ricotta, parmesan, garlic powder, 3/4 cup basil, parsley, eggs, 1/4 teaspoon salt and 1/2 teaspoon black pepper.
7. Pre-heat oven to 400°F.
8. Prepare gluten-free lasagna noodles 2 minutes less than instructed to cook on package. Drain well and immediately begin assembling lasagna.
9. In a 9" x 13" oven-safe container begin layering lasagna starting with 1 1/2 cups of meat sauce on the bottom. Then place one layer of noodles, 1/3 of the ricotta mixture, 1 1/2 cups of meat sauce and 1/4 cup shredded mozzarella. Repeat with noodle, ricotta, meat and cheese layers two more times. Place the last layer of noodles on top (for a total of 4 layers of noodles), and then add the remaining meat sauce and mozzarella. (See note about alternative preparation)
10. Cover with aluminum foil and place lasagna in oven on a rimmed baking sheet. Bake for 25 minutes. Remove foil and continue to bake for 20 minutes, or until cheese is bubbling and golden in spots.
11. Let cool for 15 minutes before slicing and serving.