



# nourished kitchen

## meal plans} autumn: week 3

### about your ingredients}

**Dairy:** Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

**Eggs:** Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

**Pantry Items:** Choose organic, local and raw when and where possible.

**Fresh Produce:** Choose organic, local vegetables when possible.

**Meat, Fish & Fowl:** Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
<b>one-dish meal</b> <ul style="list-style-type: none"> <li>chicken paprikash</li> <li>hungarian cucumber salad</li> </ul>	<b>simple comfort food</b> <ul style="list-style-type: none"> <li>swedish meatballs</li> <li>onion gravy</li> <li>pureed beets</li> <li>green salad with creamy herb dressing</li> </ul>	<b>super simple supper</b> <ul style="list-style-type: none"> <li>frittata with ham and greens</li> <li>green salad with cider vinaigrette</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>beet kvass</li> <li>baked pumpkin &amp; apples</li> <li>100-mile chili</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>beef stock</li> <li>fresh whey/yogurt cheese</li> <li>roasted tomatoes</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1 1/4 cup)<sup>SA</sup>
- \_\_\_ sour cream (1/2 cup)<sup>O</sup>
- \_\_\_ egg yolks (2)
- \_\_\_ yogurt (1/4 cup)<sup>S</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ chicken breasts (2 lbs)
- \_\_\_ chicken stock (1 cup)
- \_\_\_ beef stock (1 quart)
- \_\_\_ chopped ham (2 cups, chopped)
- \_\_\_ eggs (1 dozen)
- \_\_\_ lard (1/4 cup)<sup>SA</sup>
- \_\_\_ chuck or arm roast (3 lbs)
- \_\_\_ beef stock (2 cups)

### fresh produce & herbs

- \_\_\_ yellow onions (11)
- \_\_\_ cucumbers (5)
- \_\_\_ garlic (3 heads)
- \_\_\_ chopped fresh dill (1/4 cup)
- \_\_\_ thyme (1 sprig)
- \_\_\_ beets with their greens (4 large, plus 1 lb)
- \_\_\_ shallot (2)
- \_\_\_ mixed herbs of choice (1/2 cup)
- \_\_\_ mixed salad greens (16 cups)
- \_\_\_ red onion (2)
- \_\_\_ tomato (1)
- \_\_\_ broccoli (1 large head)
- \_\_\_ apples (6 large)
- \_\_\_ pumpkin (1)

### pantry items

- \_\_\_ honey (1/4 cup, 3 tbsps)
- \_\_\_ white wine vinegar (3/4 cup, 2 tbsps)
- \_\_\_ olive oil (1 1/2 cups)
- \_\_\_ dijon-style mustard (1 tbsp)
- \_\_\_ unrefined cane sugar (2 tbsps)<sup>SA</sup>
- \_\_\_ red wine vinegar (1 tbsp)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ sweet paprika (3 tbsps)
- \_\_\_ ground cayenne pepper (1/2 tsp)
- \_\_\_ allspice (3/4 tsp)
- \_\_\_ nutmeg (3/4 tsp)
- \_\_\_ cinnamon (2 tsps)
- \_\_\_ ground cumin (1/2 cup)
- \_\_\_ chile powder (2 tbsps)
- \_\_\_ ancho chile powder (1/4 cup)
- \_\_\_ cocoa powder (2 tbsps)<sup>SA</sup>
- \_\_\_ crushed red pepper (1 tsp)
- \_\_\_ smoke paprika (1 tsp)

### miscellaneous & specialty

- \_\_\_ pureed roasted tomatoes (1 quart, 1 cup, 2 tbsps)<sup>HM</sup>

## menu #1} chicken paprikash, hungarian cucumber salad

**M**y heritage is Hungarian, and I'll always remember my grandfather's dishes of bubbling chicken paprikash and goulash. Of dumplings and the heavy, sweet smell of paprika wafting through the kitchen. We love this dish, it's simple, nourishing and delightful.



### Lighten your budget} \$6

Substituting chicken thighs for breasts will save about \$3. Substituting 2 teaspoons dried dill for fresh in the salad will save about \$3.



### make this meal}

**up to 3 days ahead:** Thaw chicken, if frozen, in the refrigerator.

**about 1 hr ahead:** Prepare hungarian cucumber salad and refrigerate until ready to serve.

**about 45 mins ahead:** Prepare the chicken paprikash.

**about 5 mins ahead:** Remove the cucumber salad from the oven and plate the paprikash.



### food for thought}

**Pasture-raised chicken** is a good source of protein and is less likely to be contaminated by salmonella and other opportunistic microbes.

**Chicken stock** is rich in gelatin, which soothes the stomach and promotes good digestive health, and in glucosamin-chondroitin, thought to promote joint health. It's also rich in trace minerals and represents an excellent dairy-free source of calcium.



### chicken paprikash}

**skill level:** moderate | **yield:** about 4 servings | **time:** about 40 mins

#### ingredients

- 2 lbs chicken breasts
- 1 tsp unrefined sea salt
- ½ tsp ground black pepper
- 3 tbsps butter\*
- 3 large yellow onions, peeled and sliced into ¼-inch rounds
- 3 tbsps sweet paprika
- ½ tsp ground cayenne pepper
- 1 cup chicken stock
- ½ cup sour cream, optional

#### method

1. Season chicken breasts with salt and pepper. Melt butter in a skillet until it froths, then brown the chicken breasts for about 5 minutes on each side. Remove the chicken from the pan and set it aside while you prepare the onions.
2. Toss sliced onions in the pan and sweat, covered, stirring occasionally, about 8 minutes. Stir in paprika and cayenne pepper. Deglaze the pan by pouring in chicken stock, scraping any browned bits from the bottom of the pan.
3. Place the browned chicken pieces on top of the onions and cook, covered, for 20 minutes. Stir in sour cream, if using, just before serving.

scheduled for: \_\_\_\_\_



### hungarian cucumber salad}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 1 hr (fridge)

#### ingredients

##### for the vinaigrette

- 2 tbsps honey
- ¼ cup warm water
- ½ cup white wine vinegar

##### for the salad

- 4 cucumbers, peeled if skin is bitter, sliced in ¼-inch rounds
- 2 cloves garlic, peeled and minced
- ¼ cup chopped fresh dill

#### method

1. Whisk honey into ¼ cup warm water and stir in vinegar.
2. Toss cucumbers with minced garlic and chopped fresh dill. Dress with vinaigrette and refrigerate for 1 hour before serving.

\***Dairy-free?** Substitute olive oil or bacon fat for butter.

## menu #2} swedish meatballs, onion gravy, pureed beets, green salad with creamy herb dressing

Swedish meatballs served with simple onion gravy is lovely when paired with sweet and earthy pureed beets. Small children typically enjoy the meatballs which can be dipped in gravy. I like to serve this dish with a side of sauerkraut and a huge green salad topped with a creamy herb dressing.

meatballs about 1-inch in diameter.

2. Melt butter in a skillet, fry meatballs until wellbrowned on the outside and cooked through. Stir in onion gravy and continue to cook another 5 to 8 minutes. Serve warm over beet puree.

scheduled for: \_\_\_\_\_

Peel the beets, chop and toss in a food processor with butter. Puree and serve.

**WASTE-NOT/WANT-NOT:** Save the beet greens and use them in the frittata with ham and greens for menu #3.

### make this meal}

**no more than 5 days ahead:** Prepare salad dressing. Prepare stock for gravy.

**about 3 days ahead:** Thaw meat, if frozen, in the refrigerator.

**about 1 hour ahead:** Begin roasting and preparing pureed beets.

**about 40 mins ahead:** Prepare meatballs and onion gravy.

**about 5 mins ahead:** Plate salad and dress at the table.

### swedish meatballs}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 30 mins (stove)

#### ingredients

- 1 yellow onion, peeled and minced
- 1½ lbs ground beef
- 2 egg yolks, beaten
- ½ tsp ground black pepper
- ½ tsp unrefined sea salt
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- ¼ cup butter\*
- 1 recipe onion gravy (follows)

#### method

1. Combine onion, ground beef, egg yolk, black pepper, salt, allspice and nutmeg in a mixing bowl until well-mixed. Form into

### onion gravy}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 30 mins (stove)

#### ingredients

- ¼ cup butter\*
- 4 large yellow onions, peeled and sliced
- 1 quart beef stock
- 1 sprig thyme

#### method

1. Melt butter in a saucepan, and stir in yellow onions, frying until fragrant and softened for about 5 minutes. Pour in stock and stir in thyme. Simmer, uncovered, until slightly thickened for about 20 minutes.
2. Turn off the heat, remove the sprig of thyme and blend the gravy into a smooth puree using an immersion blender.

### pureed beets}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 1 hr (oven)

#### ingredients

- 4 large beets
- 2 tbsps butter\*

#### method

1. Preheat the oven to 425° F.
2. Wrap the beets in parchment paper and cover with foil. Roast them in the oven F for 45 minutes to 1 hour.
3. Remove from the oven and allow them to cool until they're cool enough to handle.

### creamy herb dressing}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

##### for the dressing

- ¼ cup yogurt
- 2 tbsps white wine vinegar
- 1 shallot, peeled and minced
- 1 garlic clove, peeled and minced
- ½ cup chopped fresh herbs (parsley, chives etc.)
- ¾ cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin
- 1 tomato, quartered
- 1 cucumber, peeled if skin is bitter, and sliced into ¼-inch rounds

#### method

1. Combine yogurt, vinegar, shallot, garlic and herbs in a food processor and pulse two or three times to combine. Then, slowly and drop by drop, pour in olive oil until the mixture is well-emulsified. The dressing should keep about 5 days, refrigerated.
2. Plate salad greens, onion, tomato and cucumber. Dress at the table.

**\*Dairy-free?** Substitute bacon fat, lard, clarified butter or grass-fed tallow for butter. Substitute coconut oil for butter for beet puree. For dressing, substitute ¼ cup cashew nuts, soaked overnight in water and pureed.

## menu #3} frittata with ham and greens, buttered broccoli, green salad with cider vinaigrette

**W**e often have breakfast for dinner, or serve quiches and frittatas, filled with seasonal vegetables and herbs. I often serve frittatas with a big green salad, a spoonful of fermented vegetables and a crusty loaf of bread.



### Lighten your budget} \$8

Omitting ham will save about \$8.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, store at room temperature.

**about 20 mins ahead:** Prepare frittata.

**about 25 mins ahead:** Prepare buttered broccoli.

**about 5 mins ahead:** Plate salad, dress at the table.



### food for thought}

**Pasture-raised eggs** are a good source of healthy fats and are rich in B vitamins. They're richer in vitamin A, vitamin E, vitamin D, omega-3 fatty acids and beta carotene than conventionally produced eggs.

**Grass-fed butter** is a healthy fat that is rich in vitamins A and K2, as well as conjugated linoleic acid and trans-palmitoleic acid.

**Beet greens** are rich in folate and best served lightly cooked, as in this recipe, to mitigate the effects of oxalates, naturally occurring antinutrients which block mineral absorption.



### frittata with ham and greens}

**skill level:** easy | **yield:** 4 servings | **time:** 10 mins (stove), 8 mins (oven)

#### ingredients

- 3 tbsps butter\*
- 1 yellow onion, peeled and sliced thin
- 1 bunch beet greens, stems removed and coarsely chopped
- 2 cups chopped ham\*\*
- 1 dozen eggs, beaten

#### method

1. Melt butter in a skillet over a moderate flame, stir in sliced onion and fry until fragrant and softened. Stir in beet greens and fry until tender. Stir in ham and continue frying for 3 to 4 minutes.
2. Pour in beaten eggs, remove from heat and place under a broiler until the eggs are cooked through, about 8 minutes.



### buttered broccoli}

**skill level:** easy | **yield:** 4 servings | **time:** under 5 mins (active), 10 mins (steaming)

#### ingredients

- florets of 1 large head of broccoli
- 2 tbsps butter\*

#### method

1. Bring at least a quart of water to boil in a kettle.
2. Place broccoli florets in a large mixing bowl, and cover with boiling water. Allow beans to cook in the residual heat of the water for 10 minutes, covered by a kitchen towel.
3. After 10 minutes, drain the beans, place on a serving dish and dot with butter.

scheduled for: \_\_\_\_\_



### greens with cider vinaigrette}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

##### for the vinaigrette

- ¼ cup white wine vinaigrette
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- ¾ cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced into thin rounds

#### method

1. Whisk vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens and red onion, dress with vinaigrette at the table.

\***Dairy-free?** Substitute coconut oil or olive oil.

\*\***Don't do pork?** Substitute chopped roast beef.

# ferments, soups, desserts} beet kvass, 100-mile chili, baked apples with pumpkin

We love beet kvass; it's powerfully tonifying and deeply nourishing. We like to serve it over ice diluted by sparkling mineral water. I hope you'll also enjoy this week's dessert: baked apples with pumpkin, and hang onto the recipe, it's great served at Thanksgiving time. And I hope you'll enjoy this week's 100-mile chili. It's our award-winning chili recipe that wowed the crowds and judges at a recent chili cook-off.



### food for thought}

Beef stock is rich in gelatin, which soothes the stomach and promotes good digestive health and in glucosamin-chondroitin, thought to promote joint health. It's also rich in trace minerals and represents an excellent dairy-free source of calcium.

Butternut squash is rich in antioxidants like beta carotene.

## beet kvass}

skill level: easy | yield: 1 qt | time: about 10 mins (active), 48 to 72 hrs (fermentation)

### ingredients

- 1 lb beets, peeled and chopped coarsely
- ¼ cup fresh whey\*
- 2 tsps unrefined sea salt
- 1 quart filtered water

### method

1. Place beets in a jar. Sprinkle with sea salt and fresh whey. Pour in one quart filtered water.
2. Allow the the kvass to ferment at room temperature for 48 to 72 hours.
3. Strain the beets from the kvass and reserve them for culturing your next



## baked apples with pumpkin}

skill level: easy | yield: 4+ servings | time: 45 mins (oven)

### ingredients

- 6 large apples, peeled, cored and sliced about ¼-inch thick
- 1 pumpkin, peeled, halved, seeded and sliced about ¼inch thick
- 2 tsps ground cinnamon
- ½ tsp ground allspice
- ½ tsp ground nutmeg
- 2 tsps butter\*
- ¼ cup honey

### method

1. Preheat oven to 375° F.
2. Toss sliced apples and pumpkins together with cinnamon, allspice and nutmeg. Layer the apples and pumpkins in a baking dish, dot with butter, drizzle with honey and bake for 45 minutes.

\*Dairy-free? Substitute 1 package vegetable starter culture dissolved in ¼ cup water or the brine of a previous batch of fermented vegetables for fresh whey. Substitute coconut oil for butter.  
\*\*Don't eat pork? Substitute olive oil or tallow.  
\*\*\*Don't do cocoa? Substitute carob powder.  
\*\*\*\*Don't do sugar? Substitute honey or omit.

scheduled for: \_\_\_\_\_



## 100-mile chili}

skill level: easy | yield: 4 servings | time: 15 mins (stove)

### ingredients

- ¼ cup pastured lard\*\*
- 3 lbs chuck or arm roast
- 2 large yellow onions, peeled and sliced in ¼-inch rounds
- cloves of 2 heads of garlic, peeled and chopped
- ½ cup ground cumin
- 2 tsps chipotle chile powder
- ¼ cup ancho chile powder
- 2 tsps cocoa powder\*\*\*
- 1 tsp crushed red pepper
- 1 tsp smoked paprika
- 2 tsps whole unrefined cane sugar\*\*\*\*
- 2 cups homemade beef stock
- 2 qts roasted tomatoes
- 1 tbsp red wine vinegar

### method

1. Melt lard in a heavy-bottomed stock pot over moderately low heat, then stir in chuck or arm roast, searing on all sides. Remove from the pan, chop finely and set aside. Stir in yellow onions and garlic, frying until fragrant and softened. Stir meat back into the pan with spices, cocoa and cane sugar. Continue frying for 3 or 4 minutes. Stir in stock, tomatoes and vinegar.
2. Simmer the chili over a moderately low flame or in a slowcooker for 12 to 18 hours, and serve.

## supplemental recipes} beef stock, fresh whey/yogurt cheese, roasted tomatoes



### beef stock}

**skill level:** easy | **yield:** 2 qts | **time:** 5 mins (active), 24 hrs (slowcooker)

#### ingredients

- 5 lbs beef stew bones
- vegetable scraps (onion, carrot, parsley etc.)
- 2 tbsps cider vinegar
- 2 to 3 bay leaves

#### method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400° F for about an hour until the bones are well-browned and fragrant. Roasting the bones ensures a good flavor in the resulting beef stock. Failure to do so may lend a sour or off-taste to the end product. Once the bones are browned, drain off any fat.
2. Add the bones to a big pot along with any vegetable scraps you might have.
3. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves. Turn down the heat and continue to simmer for several hours. I usually simmer mine about 24 hours. Throughout the cooking process, skim off any foam and add water as needed. When the stock is finished simmering, filter through a fine-mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
4. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup. Note that it's wise to serve this stock very hot as it may gel again once it cools.



### fresh whey/yogurt cheese}

**skill level:** easy

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.



### roasted tomatoes}

**skill level:** easy | **time:** 5 mins (active), 2½ hrs (oven)

#### ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- ½ tsp unrefined sea salt

#### method

1. Preheat the oven to 225° F. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225° F for 2½ to 3 hours.
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

To manage your account or cancel a recurring order email your request one week in advance to [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)