



# ***THIS WEEK'S EATS:*** ***DECEMBER 2-8***

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

## **MENU:**

Roasted Broccoli and White Beans

Sweet Potato Pakoras with salad

Slow Cooker Aloo Gobi with rice

Kung Pao Meatballs with jasmine rice and green beans

Slow Cooker Autumn Minestrone with salad or sandwiches



## ROASTED BROCCOLI AND WHITE BEANS

Recipe from [Shutterbean](#)

Serves 3-4

### *Ingredients:*

- 2 tablespoons extra virgin olive oil, plus more for pan
- 3 cloves garlic, minced
- 4-5 cups broccoli florets
- 1 15 oz. can white beans, rinsed and drained
- a heavy pinch red pepper flakes
- juice of 1 lemon, plus a few slices to roast
- kosher salt + fresh cracked pepper
- [freshly](#) grated Parmesan (*omit for dairy-free*)
- 1-2 poached eggs

### *Directions:*

1. Preheat oven to 400F.
2. Drizzle a baking sheet lightly with olive oil, set aside.
3. Mix olive oil, garlic and red pepper flakes in a bowl. Toss broccoli in garlic oil mixture to coat, followed by white beans (be careful not break up white beans with heavy handling).
4. Place mixture on prepared baking sheet, nestling a few lemon slices in the mix. Season with salt & fresh cracked pepper and roast in oven, tossing occasionally for about 15-20 minutes.
5. IF USING: When beans and broccoli begin to char, top with a heavy dose of Parmesan cheese, turn the oven to BROIL and cook for 2 minutes, or until cheese is melted and starting to bubble.
6. Remove from oven, squeeze fresh lemon on top to taste. Serve with a poached egg if you fancy.



## SWEET POTATO PAKORAS

Recipe from [Made With Lev](#)

Serves 3-4

### *Ingredients:*

- 1/2 cup chickpea flour
- 2 tbs olive oil
- 1 tsp cumin
- 1 1/2 tsp salt
- 1/2 cup water
- 1 large sweet potato
- 1 cup loosely packed baby spinach, chopped
- 1/2 cup broccoli, cut into small florets
- 1/2 cup cauliflower, cut into small florets
- 1/2 medium onion, cut in half and sliced thin
- oil for frying

### *Directions:*

1. Combine chickpea flour, oil, cumin, salt, and water in a blender and beat for 4-5 minutes to incorporate air (this will make the batter fluffier). Let batter rest 1/2 hour in a warm place.
2. Meanwhile, peel sweet potato and cut into 1/4 inch cubes. Place sweet potato cubes into a pan and cover with water. Boil until potatoes are just tender. Drain and transfer to a large bowl. Add remaining ingredients to the bowl. Pour batter into bowl of veggies and stir until evenly coated. This should look like a really thick paste. If your batter is too thin, add a little chickpea flour. Too thick, add a bit of water.
3. Pour oil into a large (rimmed) skillet and heat over high heat. You want about 1/2 inch of oil in your pan so it covers about half of the pakora. Once you start to see bubbles forming at the bottom of the pan, your oil should be hot enough to add the batter.
4. Add batter, 1 heaping spoonful at a time. Cook about 1-2 minutes or until golden brown on the edges. Flip and cook on other side for another 1-2 minutes. Transfer to a paper-towel lined plate. Repeat process until batter is gone.
5. Serve hot with your favorite chutney, yogurt sauce, Sriracha, or sweet chili sauce.



## SLOW COOKER ALOO GOBI

Recipe adapted from [The Perfect Pantry](#)

Serves 6-8

### *Ingredients:*

- 1 large cauliflower, cut into 1-inch pieces
- 2 large russet potatoes, peeled and diced
- 1 medium onion, peeled and diced
- 2 medium tomatoes, diced
- 1 2-inch piece of fresh ginger root, peeled and grated
- 2 cloves garlic, peeled and grated
- 2 jalapeño peppers, stemmed, deseeded, and chopped
- 1 Tbsp cumin seeds
- 1 pinch cayenne pepper
- 1 Tbsp garam masala
- 1 Tbsp kosher salt
- 1 tsp turmeric
- 3 Tbsp canola or vegetable oil
- 1 Tbsp fresh parsley or cilantro, roughly chopped

### *Directions:*

1. In a 4- or 5-quart slow cooker, combine all ingredients except the cilantro. Stir well to distribute the spices.
2. Cook on LOW for 4 hours, stirring once or twice, if you're around.
3. Add the parsley or cilantro just before you're ready to serve. Pairs nicely with rice or naan bread.



## KUNG PAO MEATBALLS

Recipe from [Made With Lev](#)

Serves 3-4

### *Ingredients:*

- 1 lb ground beef
- 1 tbs dried minced onion
- 1 egg
- 1/2 cup gluten free breadcrumbs or cooked quinoa
- 1 tbs Sriracha
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tsp minced garlic
- 1/4 cup tamari (or gluten free soy sauce)
- 2 tbs Sriracha
- 2 tbs honey
- 2 tbs chopped green onions
- 1 tbs sesame seeds

### *Directions:*

1. Preheat oven to 400°F. Mix beef through garlic in a large mixing bowl and combine with hands until all ingredients have been incorporated. Roll into balls and transfer to a baking sheet and cook for 25-30 minutes, or no longer pink inside.
2. While the meatballs are cooking, combine soy sauce or tamari, Sriracha, and honey in a small mixing bowl and whisk to combine.
3. Once the meatballs are done, pour sauce over meatballs and garnish with green onions and sesame seeds.



# SLOW COOKER AUTUMN MINESTRONE SOUP

Recipe from [Real Food Whole Life](#)

Serves 6-8

## *Ingredients:*

- 1 large butternut squash, chopped into 1-inch pieces (about 8 cups)
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 15-oz can chickpeas
- 1 15-oz Great Northern or other white beans
- 1 15-oz can diced tomatoes
- 1 32-oz box vegetable stock
- 2 tsp salt
- 1 tsp Italian seasoning
- 1 4-oz box baby spinach

## *Directions:*

1. Place the butternut squash, onion, garlic, chickpeas, white beans, tomatoes, stock, salt, and Italian seasoning in a 6-quart slow cooker. Cook on high for 4 hours or on low for 6 hours or until the soup is bubbling and the squash is cooked through.
2. Carefully ladle 4 cups of the soup (broth, veggies, and beans) into a blender and blend until smooth. Add the blended mixture back to the slow cooker and stir to combine. Alternatively, use an immersion blender to blend the soup for just a few seconds (you want a creamy consistency, but with plenty of beans and veggies left unblended).
3. Add the spinach to the slow cooker and stir to combine.
4. Ladle the hot soup into bowls.



## SHOPPING LIST

### From the store:

- Baby Spinach, 2 bags
- Broccoli, 1 head
- Butternut Squash (whole or pre-cut)
- Cannellini or Great Northern Beans x2 15-oz cans
- Cauliflower, 1 head
- Chickpeas (garbanzo beans), 15-oz can
- Chickpea Flour
- Diced Tomatoes, 15-oz can
- Eggs
- Garlic (if not using minced)
- Ginger Root (if not using paste)
- Gluten-free Bread Crumbs or Quinoa
- Green beans
- Green Onions
- Ground Beef, 1lb (80/20)
- Jalapeño peppers x2
- Large tomato (plus more for salads)
- Onions x3
- Parsley (or cilantro)
- Rice (Jasmine, Basmati, Long Grain)
- Russet Potatoes x2
- Salad stuff*: Lettuce, tomatoes, carrots, cucumbers, etc.
- Sandwich stuff*: your favorites here
- Sweet Potatoes x2
- Vegetable Broth, 32-oz box

### From the pantry:

- Canola Oil
- Cayenne Pepper
- Cumin
- Dried Minced Onion
- Garam Masala
- Ginger Paste
- Honey
- Italian Seasonings
- Minced Garlic
- Olive Oil
- Pepper
- Red Pepper Flakes
- Salt
- Sesame seeds
- Sriracha
- Tamari (gluten-free soy sauce)
- Turmeric