



Summer Menu: Week 1

Sunday: Slow-Cooker Carnitas with Avocado Salsa

Monday: Carnitas Taco Salad

Tuesday: Turkey Burgers

Wednesday: Sweet Potato Bean Burritos

Thursday: Grill-Roasted Red Snapper

Friday: Spaghetti

Saturday: BBQ Chicken with Mexican Bean Salad



Grocery List

PRODUCE

6 limes
1 lemon
5 large tomatoes
2 red onions
1 yellow onion
2 red or orange bell peppers
2 jalapeno peppers
1 bunch cilantro
4 avocados (good price @ Costco)
1 head of lettuce
1 medium sweet potato
Garlic

DRY/CANNED FOODS

2 cups chicken broth
Bread crumbs
2 cans black beans
1 can kidney beans
1 can cannellini beans
1 can fire-roasted green chilis
1 box of spaghetti
1 jar of spaghetti sauce
Tortilla chips (optional)

BREAD

Burrito-sized wheat tortillas
Hamburger buns (optional)

CONDIMENTS/SAUCES

Garlic powder
Ground cumin
Chili powder
Dried oregano
Ground coriander
Ground cinnamon
Bay leaves
Crushed red pepper
Worcestershire sauce
Red wine vinegar
Olive oil
Spicy salsa
BBQ sauce

DAIRY/DELI

Cheddar cheese
1 egg
Shredded parmesan cheese
Sour cream (optional)

MEAT/FISH

4 lb boneless pork shoulder roast
1 package ground turkey (1.5 lbs)
1 pound red snapper
1 large package chicken legs

FROZEN

1 bag frozen corn

OTHER GROCERIES NEEDED



Food of Bliss

Find bliss in every bite

Slow-Cooker Carnitas

2 teaspoons salt
2 teaspoons garlic powder
2 teaspoon ground cumin
1 teaspoon crumbled dried oregano
1 teaspoon ground coriander
1/4 teaspoon ground cinnamon
1 (4 pound) boneless pork shoulder roast
2 bay leaves
2 cups chicken broth
2 limes, sliced in wedges
Tortillas

Mix together the salt, garlic powder, cumin, oregano, coriander, and cinnamon in a shallow bowl. Cut the pork roast into a few large chunks and trim off any large areas of fat. Coat the pork with the spice mixture. Put the bay leaves and chicken broth in the Crockpot and then place the pork on top.

Cover and cook on Low for about 10 hours (or on High for about 5 hours). When the pork is tender, remove it from slow cooker and shred using two forks. Serve with lime wedges, warm tortillas, and Avocado Salsa.

Refrigerate 1-2 cups of leftover carnitas for tomorrow's meal and freeze the rest for later.



Avocado Salsa

½ cup frozen corn, thawed
1 ½ cups diced tomato
½ cup diced red onion
1 small red bell pepper, diced
2 jalapeno peppers, diced (remove seeds & membranes for less heat)
¼ cup chopped cilantro
1 teaspoon salt
1 lime
2 chopped avocados

In a large bowl, mix together the corn, tomatoes, onion, bell pepper, jalapenos, cilantro, and salt. Add the juice from the lime. An easy way to do this is to "fork" the lime: cut the lime in half and stick a fork into the cut side of one of the lime halves, then squeeze the lime against the fork as you move the fork in a circle around the inside of the lime (repeat with the other half of the lime). Gently fold in the avocado and refrigerate until serving.

Carnitas Taco Salad

Lettuce, chopped
Tomato, diced
Leftover carnitas
1 avocado, chopped
Shredded cheddar cheese
Salsa
Sour cream (optional)
Tortilla chips, crushed (optional)

Add all ingredients to individual bowls and toss lightly. I use the salsa as my "dressing", but you can add additional salad dressing, if desired.



Food of Bliss

Find bliss in every bite

Turkey Burgers

- 1 package ground turkey (1.5 lbs)
- 2 tablespoons bread crumbs
- 2 tablespoons diced red onion
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1/4 cup shredded parmesan
- 1/8-1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- Oil for frying
- Lettuce and tomatoes for garnish
- Hamburger buns (optional)



In a large bowl, mix together the ground turkey, bread crumbs, onion, egg, Worcestershire sauce, garlic powder, parmesan, crushed red pepper, salt, and black pepper (don't over-mix or your burgers will be tough).

Heat about one tablespoon of oil in a large skillet over medium heat (cast iron works well, if you have it). When the skillet is ready, take a handful of the turkey mixture, form it into a patty and place it directly into the hot skillet. (Note: the turkey mixture is loose and can be hard to keep in a patty-shape, so I don't bother pre-forming the patties. It's easier just to make the patties, as needed, and put them directly in the skillet.) Put as many patties into the skillet as will fit easily (give them some room, so they can brown).

Cook the patties, turning once, until cooked thoroughly. Resist the urge to press them down with the spatula or move them around too much. They should develop a lovely dark brown crust on each side.

Serve with your favorite burger toppings.

Sweet Potato Bean Burritos

- 1 medium sweet potato
- 1 tablespoon olive oil
- 3/4 cup chopped yellow onion
- 1 garlic clove, pressed
- 1 can black beans, drained and rinsed
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon dried oregano
- Salt and pepper to taste
- 3-4 large wheat tortillas
- Salsa (spicy is best)
- Shredded cheese
- Fresh cilantro



Wash the sweet potato and poke it several times with a fork. Put the sweet potato in the microwave and cook until soft. Let cool.

Heat the oil in a skillet over medium-high heat and cook the onion until soft. Remove the skin from the sweet potato and add it to the skillet, using a spatula to break it up into small pieces. Add the garlic, black beans, cumin, chili powder, oregano, salt and pepper. Cook, stirring frequently with a spatula, until combined and heated through. Remove from heat.

Heat another skillet over medium heat and coat with a small amount of oil. Add a tablespoon or two of salsa to the bottom of a tortilla. Spoon some of the bean mixture on top (don't spread it all the way to the edge), then sprinkle with cheese and a few cilantro leaves. Fold the sides of the tortilla in, and then snugly roll into a burrito shape.

Lay the burrito, seam-side down, into the pre-heated skillet. Cook until golden brown and crisp, then flip and cook the other side. Repeat for the remaining burritos.



Food of Bliss

Find bliss in every bite

Grill-Roasted Red Snapper

- 1 pound red snapper fillets
- Salt
- Black pepper
- 1 medium onion, sliced
- 2 small tomatoes, sliced
- 1 lime, sliced
- 1 lemon, sliced
- 1 whole fire-roasted green chili, sliced (I used canned)
- 2 cloves garlic, sliced
- 3 sprigs fresh cilantro
- 1 bay leaf
- Olive oil

Preheat your grill to about 450 degrees. While the grill is heating, place a pizza stone on top of the grill rack and then place a wire rack, or another grill rack on top of the pizza stone (the pizza stone should be sandwiched between two wire racks).

Line a metal baking pan (I used the bottom of a broiler pan) with aluminum foil. Place the snapper fillets in the baking pan. Sprinkle with salt and pepper to taste. Scatter the remaining ingredients, except for the olive oil, over the fish. Drizzle the olive oil on top.

Place the baking pan on the grill and grill-roast until the fish is fully cooked and flakes easily with a fork (the time will depend on the temperature of your grill and the thickness of the fish).



Spaghetti

- 1/2 box spaghetti
- 1 jar spaghetti sauce
- Parmesan cheese

Fill a large pot with cold water and add 1/2 teaspoon of salt. Heat over high heat until boiling. Add the pasta to the pot and cook until al dente (just under-done), stirring twice to prevent sticking.

Drain the pasta, making sure to retain about 1/2 cup of the cooking liquid in the pot. Return the pasta to the pot and reduce the heat to medium-low.

Dump the spaghetti sauce into the pot and stir to combine. Continue cooking for about 2 minutes, or until the sauce is hot.

Serve immediately with parmesan cheese sprinkled over the top.



Food of Bliss

Find bliss in every bite

BBQ Chicken

1 large package chicken legs
Salt and pepper
BBQ sauce

Preheat the grill over medium-high heat. Sprinkle the chicken with salt and pepper.

When the grill is hot, put the chicken legs on the rack, directly over the heat. Grill for about 20-25 minutes, turning every 5 minutes. If the chicken begins to burn, move it away from the direct heat.

Brush the bbq sauce over the chicken during the last 2 minutes of cooking. Let rest for about 10 minutes before serving.



Mexican Bean Salad

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 orange bell pepper, diced
1/3 cup diced red onion
1 cup frozen corn, thawed and drained
1/4 cup olive oil
1/4 cup red wine vinegar
2 limes, juiced
2 tablespoons white sugar
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1/2 teaspoon chili powder
1 avocado, diced

In a large bowl, combine beans, bell pepper, red onion, and corn.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, sugar, salt, garlic, cilantro, cumin, black pepper, and chili powder. Pour olive oil dressing over vegetables; mix well.

Chill thoroughly, and serve cold. Add a tablespoon or two of diced avocado to each individual plate when serving.