



# WELCOME!

Let's start the week with a taco salad, which is one of the most versatile dinners to keep in your recipe library. Use leftover grilled proteins, vegetable scraps, and pre-made salsas to have dinner ready in minutes. Don't forget the guac!

There are a lot of spices on this week's shopping list, mostly because of the homemade taco seasoning. You can buy a prepared one, if you like, but buying small amounts of spices in bulk is pretty inexpensive, if you have that option.

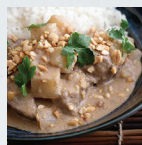
## PREP AHEAD

*To make your week easier, check through this quick prep list on Sunday to get ahead of the game.*

1. Make the taco seasoning for Monday's salad.
2. Make Tuesday's curry all the way through. The beef will be even tastier after a few days in the fridge.
3. Cook the barley for Friday's stuffed peppers. Cool it, then refrigerate in a zip-top bag.



**MONDAY**  
Tempeh Taco Salad



**TUESDAY**  
Beef in Mussaman Curry Sauce



**WEDNESDAY**  
Grilled Focaccia Sandwich with Bacon and Avocado



**THURSDAY**  
Spaghetti Cacio e Pepe



**FRIDAY**  
Sausage and Barley-Stuffed Peppers





## TEMPEH TACO SALAD

**Tempeh is a product made from fermented soybeans. It browns nicely and crumbles easily, making it a great salad topping or substitute for ground meat in dishes like tacos or sloppy Joes. If you prefer, you can use cooked black beans, shredded chicken, leftover steak, or grilled shrimp in this recipe, as well.**

### INGREDIENTS:

- Three (6-inch) corn tortillas, cut into 1/8-inch strips
  - 1 lime, cut in half
  - 1 tbsp plus 2 tsp canola oil
- 2 3/4 tbsp Dry Taco Seasoning (recipe follows)
- One (8-ounce) package three-grain tempeh, cut into 1/4-inch dice
- 1 red or green bell pepper, chopped
  - 1/2 onion, chopped
  - 1 small jalapeño, minced
  - 1 garlic clove, minced
- One 14.5-ounce can diced tomatoes
  - 1/2 cup water
  - 1 tbsp tomato paste
  - 2 tsp brown sugar
  - 1/2 tsp kosher salt
- 1 1/2 cups cilantro leaves, chopped
  - 6 cups mixed greens
- 3 oz sharp Cheddar, shredded

1. Preheat the oven to 350°F. Bake the tortilla strips until lightly brown and crispy, about 25 minutes. Set aside.

2. Juice half the lime. Whisk in 1 tablespoon of the canola oil and 1/4 teaspoon of the taco seasoning. Set aside.

3. Heat the 2 teaspoons remaining canola oil in a skillet. Add the tempeh and cook until browned. Add the green and red peppers and onion and sweat until the vegetables begin to soften. Add the jalapeño, garlic, and the remaining taco seasoning and continue to sweat until the vegetables are soft. Splash in some of the liquid from the canned tomatoes if ingredients are starting to stick to the bottom of the pan.

4. Once the vegetables are completely soft, add the tomatoes, the water, tomato paste, brown sugar, and salt. Simmer, allowing the flavors to blend, 15 to 20 minutes. Stir in 1 cup of the cilantro. Toss the mixed greens with the reserved dressing and top with tempeh mixture, toasted tortilla strips, shredded cheese, and the remaining cilantro.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## TACO SEASONING

Epazote is an herb used in Mexican cooking. It is similar to oregano, so you can increase the oregano in the mix if epazote is not available.

### INGREDIENTS:

- 3/4 tsp kosher salt
- 1 tsp onion powder
  - 1 tsp paprika
  - 1 tsp sugar
- 1/4 tsp ground chipotle pepper
  - 1/4 tsp cayenne
- 1 tbsp ground cumin
- 1 tbsp dried cilantro, crushed
  - 1 tsp dried epazote
- 1 tsp oregano (preferably Mexican)
  - 1 tsp garlic powder
- 1/2 tsp freshly ground black pepper

1. Mix all the ingredients together and store in an airtight container.

MAKES 1/4 CUP



**DISH**  
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## BEEF IN MUSSAMAN CURRY SAUCE

**Mussaman curry paste is the most mild of the Thai-style curries. You can buy the curry paste (as well as tamarind pulp and palm sugar) at Asian markets, but if you have trouble finding it, substitute green or red curry paste, which you can find in most grocery stores.**

### INGREDIENTS:

- 5 cups coconut milk
- 2 lb boneless beef chuck, cut in 2-inch chunks
- 1/3 cup Mussaman curry paste
- 4 cups large-dice yellow potatoes
- 3 tbsp fish sauce plus as needed
  - 3 tbsp tamarind pulp
- 2 tbsp palm sugar or brown sugar, plus as needed
  - 6 cinnamon sticks
  - 1 tsp ground cardamom
- 3/4 cup large-dice yellow onion
  - 1/2 cup roasted peanuts
- 2 tsp lime juice or as needed

1. Heat the coconut milk in a large saucepot over medium heat until it comes to a gentle boil, about 10 minutes. Skim off any cream that rises to the surface and transfer it to a small, heavy bottomed saucepan or skillet.

2. Add the beef chunks to the coconut milk in the saucepot and continue to simmer until the beef is tender, about 1 hour.

3. Bring the coconut cream to a gentle boil over medium heat. Adjust the heat to maintain a gentle boil and cook, stirring occasionally, until the coconut cream becomes thick and fragrant and tiny pools of oil glisten on the surface, 6 to 8 minutes. Add the curry paste and stir to dissolve it in the coconut cream. Simmer the mixture until it has a rich aroma, 3 to 4 minutes.

4. Add the curry paste mixture to the beef and coconut milk; stir well. Add the potatoes, fish sauce, tamarind, palm sugar, cinnamon, and cardamom, and simmer until the potatoes are par-cooked, about 10 minutes. Add the onion and peanuts and simmer until the potatoes are tender, about 5 minutes more. Season to taste with additional fish sauce, palm sugar, and lime juice. It should have a pleasing, sweet, sour, and salty balance.

SERVES 4 TO 6



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## GRILLED FOCACCIA SANDWICH WITH BACON AND AVOCADO

This is a simple BLAT sandwich, but it's easy to jazz up if you aren't in the mood for classic. Add basil pesto, chipotle mayo (stir a few dashes of chipotle hot sauce into the mayo before you spread it), or even a layer of coleslaw.

### INGREDIENTS:

- 1/4 cup extra-virgin olive oil,  
or as needed
  - 1 tbsp balsamic vinegar
- 3 beefsteak tomatoes, sliced thin
  - 2 ripe Haas avocados, sliced
    - 1 tsp lemon juice
    - 1 tbsp minced garlic
      - 1 tsp salt
  - 1/4 tsp ground black pepper
- 6 onion or plain focaccia squares  
or two 8-inch round focaccia
  - 1/4 to 1/2 cup mayonnaise
- 6 lettuce leaves, rinsed and dried
  - 12 slices cooked bacon

1. Combine 2 tablespoons olive oil and the vinegar. Add the sliced tomatoes and toss gently to coat them. Set aside.

2. Slice the avocados and sprinkle with the lemon juice to keep them from turning brown. Set aside.

3. Heat a griddle or cast iron skillet over medium heat or preheat the broiler to high. Combine the remaining olive oil with the garlic. Season with salt and pepper.

4. Cut the focaccia in half horizontally and brush with the garlic oil mixture. Griddle or broil, oiled sided facing down, until toasted, about 4 minutes

5. Spread the mayonnaise on the toasted focaccia and then layer the sandwich filling on top of the bread: lettuce leaves, sliced tomatoes, bacon, and finally, sliced avocado. Close the sandwich and serve at once.

SERVES 6



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## SPAGHETTI CACIO E PEPE

This continues to be our all-time favorite busy-night meal, so if Thursday isn't your super busy night, swap meals to make sure this pays off. If you feel like you want to add a little protein, serve the pasta tossed with sautéed shrimp or cooked white beans.

### INGREDIENTS:

- Kosher salt, as needed
  - 1 lb spaghetti
- 1 cup grated Pecorino Romano (4 oz)
- 1/2 cup extra-virgin olive oil
- 1 tbsp freshly ground black pepper

1. Bring a large pot of salted water to a rolling boil over high heat; covering the pot will help it come to a boil more quickly.
2. Add the spaghetti all at once and stir a few times to separate the pasta. Cook uncovered at a boil until the pasta is just tender to the bite, 10 to 12 minutes. Transfer a few ladlefuls of pasta water from the pot to a bowl or cup to have ready for finishing the sauce. (You may need up to 1/2 cup.)
3. Drain the spaghetti immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the spaghetti back into the pot. Add the cheese, olive oil, and black pepper. Stir the pasta until the cheese and pepper are evenly distributed. Add about 1/4 cup of the pasta cooking water to the spaghetti to moisten the pasta slightly. It should appear creamy, not oily. If necessary, add a bit more of the pasta water until a light sauce forms.
4. Serve at once, passing additional cheese on the side.

SERVES 4 TO 6



**DISH**  
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## SAUSAGE AND BARLEY STUFFED PEPPERS

These peppers are hearty, but not heavy, so serve them on their own or alongside a light green salad. If you like some spice, you can add a pinch of red pepper flakes to the stuffing mixture, or finish with a few dashes of your favorite hot sauce before serving.

### INGREDIENTS:

- 2 cups low-sodium chicken broth
  - 1 cup water
  - 1 cup pearl barley
  - 2 tsp olive oil
- 1/2 pound sweet Italian-style turkey sausage, casings removed
- 1 medium yellow onion, diced
  - 2 garlic cloves, minced
  - 2 tsp Italian seasoning
- 1/2 tsp freshly ground black pepper
  - One (8-oz) package sliced mushrooms
- One (5-oz) package spinach leaves, roughly chopped
  - 2 cups marinara sauce (if using jarred, choose low-sodium)
  - 2 oz Parmesan cheese, grated
  - 4 red bell peppers, cut in half and blanched

1. Preheat the oven to 400°F.

2. Bring the broth and water to a boil. Add the barley, cover, and reduce the heat to a simmer. Cook the barley until soft but not mushy, about 55 minutes. Set aside.

3. Heat the olive oil in a sauté pan over medium high heat. Add the sausage and brown. When the sausage is partially cooked, add the onion, garlic, Italian seasoning, and black pepper. Cook until the onion is soft and sausage is fully cooked, about 2 minutes. Remove from skillet and set aside and keep warm.

4. Add the mushrooms to the pan and sweat until they release most of their liquid. Add the spinach to the pan and cook just until wilted but still bright green. Add the mushroom mixture to the sausage mixture. Add the marinara sauce, barley, and half of the cheese.

5. Stuff each pepper half with 1 cup of the filling. Cover the stuffing of each pepper with a square of foil coated in cooking spray. Place the pepper foil side down in a baking pan. Bake until the juices are bubbling, about 30 minutes.

6. Turn peppers over and remove foil. Sprinkle remaining cheese on top and serve.

SERVES 4 TO 6



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# DINNER SHOPPING LIST

## PROTEINS

- 2 lb boneless beef chuck
- 1/2 lb sweet Italian turkey sausage
- 12 slices bacon
- 8 oz package three-grain tempeh

## SPICES

- 1 tbsp dried cilantro
- 2 tsp Italian seasoning
- 1 tsp dried epazote
- 1 tsp dried oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cardamom
- 1 tsp paprika
- 1/4 tsp ground chipotle pepper
- 1/4 tsp cayenne
- 6 cinnamon sticks

## PANTRY

- 3/4 cup cup olive oil
- 2 tbsp canola oil
- 1 tbsp balsamic vinegar
- 2 cups low-sodium chicken broth
- 5 cups coconut milk
- 1/4 cup Mussaman curry paste
- 3 tbsp fish sauce
- 3 tbsp tamarind pulp
- 1 (14.5 oz) can diced tomatoes
- 2 cups marinara sauce
- 1 tbsp tomato paste
- 1 lb spaghetti
- 1 cup pearl barley
- 2 tbsp palm sugar (or brown sugar)
- 2 tsp brown sugar
- 1 tsp sugar
- 1/2 cup roasted peanuts
- 6 onion or plain focaccia squares or 2 (8-in) rounds
- 3 (6-in) corn tortillas
- Kosher salt
- Black pepper

## PRODUCE

- 3 medium yellow onions
- 1 head garlic
- 3 beefsteak tomatoes
- 3 large yellow potatoes
- 2 Haas avocados
- 4 red bell peppers
- 1 red or green bell pepper
- 1 small jalapeño
- 1 (8 oz) package sliced mushrooms
- 1 bunch cilantro
- 6 cups mixed greens
- 1 bunch green lettuce
- 5 oz spinach leaves
- 3 limes
- 1 lemon

## DAIRY

- 2 oz Parmesan cheese, grated
- 3 oz shredded Cheddar
- 1 cup grated Pecorino



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