

# Recipe Book

*Brian J. Smith*

*January 19, 2019*

## Contents

Chicken Thighs	2
Chili	4
Fajitas	5
Lentils	6
Mexican Shredded Beef	7
Pot Roast	9

## Chicken Thighs

---

# Chicken Thighs



---

### Ingredients

Ingredient	Amount	Unit
Olive Oil	2	tbsp
Chicken Thighs	6	pieces
Salt	to taste	
Pepper	to taste	
Broth	4	cups
Water	2 cups	
Garlic	5	cloves
Kale	1	bunch
Orzo Pasta	1	lb
Parmesan Cheese	to taste	

### Steps

1. Heat olive oil in a Dutch oven on medium-high heat. Meanwhile, preheat the oven to 400°F.
2. Season chicken thighs with salt and pepper. Place skin side down in the Dutch oven and crisp the skin.
3. Chop the garlic coarsely and add to the Dutch oven when you flip the chicken. Cook another 3 or 4 minutes on this side.
4. Add half the broth to the Dutch oven, cover, and place in the oven for 20 minutes or until the chicken is 160°F.
5. Take the Dutch oven out of the oven and return to a burner. Remove the chicken and set aside. Add remaining 2 cups of broth plus 2 cups of water. Bring to a boil.

6. Chop the kale coarsely, and add that to the Dutch oven and cover for about 3 minutes to wilt it into the boiling liquid.
7. Add pasta, cook as directed, until al dente.
8. Let cool. Serve pasta in a bowl and top with parmesan. Float a chicken thigh on top and serve.

## Chili

---

# Chili

---

### Ingredients

Ingredient	Amount	Unit
Ground Turkey	1	lb
Onions	2	whole
Green Pepper	1	whole
Jalapeño	1	tbsp
Crushed Tomatoes	28	oz
Cumin	2	tbsp
Chili Powder	2	tbsp
Salt	1	tsp
Cayenne Pepper	1	tsp
Kidney Beans	14	oz
Black Beans	14	oz
Water	1	cup
Sour Cream	to top	
Green Onion	to top	

### Steps

1. Heat olive oil in a large pot over medium heat.
2. Slice onions radially into thin strips and add to pot to brown. While the onion browns, slice bell peppers, then add to pot and brown along with onions.
3. As the bell peppers start to brown, add ground turkey to the pot and brown.
4. Add tomatoes, seasonings, and water. Bring to a boil.
5. Add beans, cover, and simmer 1-2 hours.
6. Serve with green onions and sour cream as toppings.

## Fajitas

---

# Fajitas

---

### Ingredients

Ingredient	Amount	Unit
Olive Oil	2.0	tbsp
Lime Juice	1.0	tbsp
Garlic	2.0	cloves
Chili Powder	1.0	tsp
Cumin	0.5	tsp
Crushed Red Pepper	0.5	tsp
Black Pepper	0.5	tsp
Salt	0.5	tsp
Sweet Onion	1.0	whole
Bell Peppers	2.0	whole

### Steps

1. Combine all dry ingredients, lime juice, and 1 tbsp olive oil in a medium bowl.
2. Slice meat into thin strips and toss in mixture to coat. Refrigerate.
3. Slice onions and peppers into thin strips. Heat 1 tbsp olive oil over medium-high heat in a large pan. Add the onions first, then the peppers, and saute until browned and softened.
4. Serve in small flour tortillas with sour cream, guacamole, and cheese.

## Lentils

---

# Lentils

---

### Ingredients

Ingredient	Amount	Unit
Thick-Sliced, Peppered Bacon	0.5	lb
Green Lentils	2.0	cups
Yellow Onion	1.0	whole
Sweet Potato	1.0	whole large
Crushed Tomatoes	28.0	oz
Vegetable Broth	32.0	oz
Cumin	1.0	tsp
Cinnamon	1.0	tsp
Chili Powder	1.0	tsp
Bay	4.0	leaves

### Steps

1. Cut bacon slices into 1 cm strips. Heat large pot on medium-high and add bacon to brown.
2. Slice onion into strips and add to browning bacon.
3. Dice the sweet potato into bite-sized pieces. Add to the browning bacon and onion and caramelize the edges.
4. Once the bacon is browned, the onions are clear, and the sweet potatoes are seared, add vegetable broth to deglaze.
5. Add a full can of crushed tomatoes, along with the spices.
6. Add the lentils with enough time for them to cook. Sprouted lentils may only take 5 minutes, so add them once the sweet potato has softened. Other lentils may take longer, so adjust time accordingly.

## Mexican Shredded Beef

---

# Mexican Shredded Beef



---

### Ingredients

Ingredient	Amount	Unit
Chuck Roast	2	lb
Olive Oil	3	tbsp
Sweet Onion	0.5	whole
Garlic	4	cloves
Beef Stock	4	cups
Tomato Paste	1	tbsp
Bell Pepper	1	whole
Jalapeno	1	whole
Cumin	1	tbsp
Cinnamon	1	tsp
Bay Leaves	2	leaves
Chili Powder	1	tbsp
Coarse Salt	to taste	
Black Pepper	to taste	

### Steps

1. Preheat the oven to 275°F
2. Heat 2 tbsp olive oil in Dutch oven over medium-high heat. Add diced onions and garlic. Lightly brown.
3. Generously rub the roast with coarse salt, black pepper, and chili powder to create a crust.
4. Remove the onions and garlic when browned. Add the remaining 1 tbsp olive oil to the Dutch oven. Add the roast and sear for about a minute on all sides.

5. Remove the roast to the bowl with the onions and garlic. Add 1 cup of beef stock to deglaze, gently scraping the bottom with a wooden spoon.
6. Return the roast to the Dutch oven and add enough beef broth to cover at least half way, about 1 to 2 cups.
7. Return the onions and garlic, add the peppers and spices, and cover with the lid. Place into the warm oven. It should roast for about an hour per pound, or until the meat is fall-apart tender.
8. Remove the roast from the Dutch oven to a large bowl. Strain the remaining onion, peppers, etc. from the broth and set aside for toppings. Heat the remaining broth to a boil and reduce by half.
9. Using two forks, pull the beef apart until it is shredded. Once the broth has reduced, use a ladle to pour it over the shredded beef until the moisture and beef are the right consistency.

## Pot Roast

---

# Pot Roast



---

## Ingredients

Ingredient	Amount	Unit
Chuck Roast	3 to 5	lb
Olive Oil	3	tbsp
Sweet Onion	2	whole
Baby Carrots	1	lb
Beef Broth	4	cups
Red Wine	1	cup
Fresh Thyme	3 to 4	sprigs
Coarse Salt	to taste	
Black Pepper	to taste	

## Steps

1. Preheat the oven to 275°F
2. Heat 2 tbsp olive oil in Dutch oven over medium-high heat. Add quartered onions and lightly brown.
3. Remove the onions to a large bowl. Add the carrots to the Dutch oven and brown.
4. Remove the carrots to the bowl with the onions. Add the remaining 1 tbsp olive oil to the Dutch oven. Add the roast and sear for about a minute on all sides.
5. Remove the roast to the bowl with the onions and carrots. Add 1 cup of red wine to deglaze, gently scraping the bottom with a wooden spoon. Let the wine boil for a minute.
6. Return the roast to the Dutch oven and add enough beef broth to cover at least half way, about 1 to 2 cups.

7. Return the onions and carrots, add the fresh thyme, and cover with the lid. Place into the warm oven. It should roast for about an hour per pound, or until the meat is fall-apart tender.
8. Serve over potatoes or with egg noodles.