

GROCERY LIST

14.0 oz andouille sausage
2.0 bay leaves
0.5 cup breadcrumbs
0.5 cup brown sugar
0.25 tsp cayenne pepper
3.0 rib celery
0.25 cup chopped parsley
2.0 tbsp cooking oil
2.0 tbsp corn starch
1.0 tsp dried oregano
1.0 tsp dried thyme
1.0 lb dry red beans
1.0 large egg
0.25 tsp freshly cracked black pepper
1.0 lb frozen broccoli florets
6.0 clove garlic
0.5 tsp garlic powder
1.0 clove garlic, minced
2.0 tsp grated fresh ginger
1.0 green bell pepper
5.0 green onions
2.0 green onions, sliced
1.0 lb ground pork
1.0 cup jasmine rice
1.5 cup long grain white rice
0.5 tsp onion powder
1.0 tbsp salt, or to taste
1.0 tbsp sesame seeds
2.0 tsp smoked paprika
0.5 cup soy sauce
8.0 cup water
1.0 yellow onion

Louisiana Style Red Beans And Rice

Servings	Prep Time	Cook Time	Total Time
6	0 hours 15 mins	2 hours 0 mins	10 hours 15 mins

INGREDIENTS

1.0 lb dry red beans
2.0 tbsp cooking oil
14.0 oz andouille sausage
1.0 yellow onion
1.0 green bell pepper
3.0 rib celery
4.0 clove garlic
2.0 tsp smoked paprika
1.0 tsp dried oregano
1.0 tsp dried thyme
0.5 tsp garlic powder
0.5 tsp onion powder
0.25 tsp cayenne pepper
0.25 tsp freshly cracked black pepper
2.0 bay leaves
6.0 cup water
0.25 cup chopped parsley
1.0 tbsp salt, or to taste
1.5 cup long grain white rice
3.0 green onions

INSTRUCTIONS

1. The night before, add the dry beans to a large bowl with double their volume in water. Allow the beans to soak in the refrigerator overnight.
2. When you're ready to start cooking, slice the sausage into rounds. Add the cooking oil and sliced sausage to a large pot and cook over medium until the sausage pieces are browned. Remove the cooked sausage with a slotted spoon to a clean bowl. Place the cooked sausage in the refrigerator while you prepare the rest of the dish.
3. While the sausage is cooking, dice the onion, bell pepper, and celery. Mince the garlic.
4. After removing the cooked sausage, add the onion, bell pepper, celery, and garlic to the pot. Sauté the vegetables over medium heat until the onions are soft, allowing the moisture from the vegetables to help dissolve any browned bits off the bottom of the pot as you stir.
5. Add the smoked paprika, oregano, thyme, garlic powder, onion powder, cayenne, black pepper, and bay leaves to the pot. Stir and cook for one minute more.
6. Drain and rinse the soaked beans. Add them to the pot along with 6 cups water and give the pot a brief stir to combine the ingredients.
7. Place a lid on the pot, turn the heat up to medium-high, and bring it up to a boil. Once boiling, turn the heat down to medium-low, and let the pot boil for one hour, stirring occasionally. Replace the lid every time you stir.
8. After boiling for one hour, the beans should be tender. Begin to smash the beans with the back of a spoon against the side of the pot. Continue smashing the beans and letting the pot simmer without a lid for 30 minutes to thicken the pot.
9. While the beans are simmering for their final 30 minutes, cook the rice. Add the rice and 3 cups water to a sauce pot. Place a lid on top, turn the heat on to high, and bring it up to a boil. Once boiling, turn the heat down to low and let the rice simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest for

5 minutes without removing the lid. Fluff the rice with a fork before serving.

- 10.** Once the red beans have thickened, add the cooked sausage back to the pot along with 1/4 cup chopped fresh parsley. Stir to combine. Taste the red beans and add salt to your liking. Start with 1 tsp and add more as needed. I used 1 Tbsp total (3 tsp).
- 11.** Serve the red beans in a bowl topped with a scoop of rice and a sprinkle of sliced green onions.

Teriyaki Meatball Bowls

Servings	Prep Time	Cook Time	Total Time
4	0 hours 20 mins	0 hours 20 mins	0 hours 40 mins

INGREDIENTS

1.0 lb ground pork

1.0 large egg

0.5 cup breadcrumbs

1.0 clove garlic, minced

2.0 tsp grated fresh ginger

0.5 cup soy sauce

2.0 green onions, sliced

0.5 cup brown sugar

2.0 clove garlic

2.0 cup water

2.0 tbsp corn starch

1.0 cup jasmine rice

2.0 green onions

1.0 tbsp sesame seeds

1.0 lb frozen broccoli florets

INSTRUCTIONS

1. Preheat the oven to 400°F. Begin with the meatball mixture. Add the ground pork, egg, breadcrumbs, minced garlic, ginger, soy sauce, and sliced green onions to a bowl. Use your hands to mix the ingredients until evenly combined.
2. Divide and shape the meatball mixture into 16 ping pong sized balls. Place the shaped meatballs on a baking sheet lined with parchment paper. Bake the meatballs for about 20 minutes, or until they are golden brown and have reached an internal temperature of at least 160°F.
3. While the meatballs are cooking, begin the rice. Add the jasmine rice and water to a sauce pot. Place a lid on top and turn the heat onto high. Bring the pot up to a full boil, then turn the heat down to low and allow it to simmer, undisturbed for 15 minutes. After simmering for 15 minutes, turn the heat off and let it sit, with the lid still in place, for an additional 5 minutes. Fluff with a fork before serving.
4. While the rice and meatballs are cooking, prepare the teriyaki sauce. Combine the soy sauce, brown sugar, minced garlic, grated ginger, water, and cornstarch in a medium sauce pot. Stir to dissolve the cornstarch. Place the pot over medium heat. Stir and cook the sauce until it begins to simmer, at which point the sauce will thicken and turn from opaque to a shiny sauce. Remove the sauce from the heat.
5. Finally, if serving the meatball bowls immediately, cook the frozen broccoli florets according to the package instructions. If you're packing the bowls as meal prep, the broccoli florets can be added in their frozen state.
6. Once the meatballs have finished baking, add them to the sauce pot with the teriyaki sauce and stir to coat.
7. To build the bowls, divide the cooked rice and broccoli florets between four bowls or containers. Add four meatballs to each bowl, then drizzle the extra sauce overtop. Finish the bowls by adding sliced green onion and sesame seeds to each bowl.