

5 Meal Ideas

and suggestions for what to make with leftovers



By:
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Pork:

Homemade Breakfast Sausage

Ingredients

2 lbs ground pork
4 garlic cloves, minced
zest of one lemon
2 T of fresh thyme leaves
2 T chopped green onions or chives
2 tsp of ground sage
1/4 tsp nutmeg
1/2 tsp cayenne pepper
1/2 tsp crushed red pepper
1 1/2 tsp fresh ground pepper
2 tsp salt
Touch of maple syrup (optional)

Instructions

Stir all ingredients together except meat. Mix with the ground pork until thoroughly and evenly seasoned. Form into golfball sized balls flatten into patties. Fry in a pan (you shouldn't need any extra fat) until cooked through. Serve with your favorite waffles, pancakes or eggs.

Left overs? Make this:

Breakfast Casserole

Ingredients

2 small Sweet Potatoes
3 T coconut oil
4 homemade sausage patties (from recipe above)
1/2 Yellow Onion
4 Eggs
1/2 C coconut milk or milk of choice
1/4 tsp fresh sage
Sea salt and black pepper (to taste)

Instructions

Grease a glass 8×8 inch baking dish. Preheat the oven to 350F. Grate sweet potatoes and then place them in the bottom of the greased dish. Heat 2 T oil over medium heat. Dice the onion and break up the sausage. Add the onion to the oil. Season with coarse sea salt and black pepper and cook until translucent. Add broken up sausage to warm over. Layer the sausage and onion on top of the sweet potatoes. Place the eggs, roughly-chopped sage, coconut milk, 1/2 tsp coarse sea salt and 1/2 tsp black pepper into a blender and pulse until incorporated. Pour the egg mixture on top of the sausage and onions. Bake uncovered for 45 minutes or until a toothpick comes out clean. Let stand for about 5-10 mounts before cutting & serving.

Or try this:

Sausage Egg Sandwiches

Ingredients

2 eggs
1 homemade sausage
2 slices tomato
1/4 of an avocado, sliced
Salt & pepper to taste
Coconut oil for cooking

Instructions

Melt coconut oil in a small skillet on medium heat. Crack egg in center and allow it to cook 2-4 minutes flipping once. You can crack eggs into a stainless steel biscuit cutter as a mold in the pan to make it neater, if desired. Sprinkle with salt and pepper. Repeat with other egg. Place eggs on a paper towel to absorb some of the moisture. Warm the sausage patty through. Place 1 egg on a plate. Stack sausage, tomato, and avocado adding any additional salt & pepper, if desired. Then place other egg on top.

Pork:

Crock Pot Pork Loin

Ingredients

1 3 lb pork loin
1/4 C coconut aminos
1/2 tsp ground mustard seed
3 T pure maple syrup or raw honey
2 T coconut oil, melted
1/8 C onion, diced
2 cloves garlic, minced
salt & pepper to taste

Instructions

Place the pork loin in the bottom of the crock pot. Whisk the remaining ingredients together in a **small** bowl. Pour mixture over pork. Cover & cook on low for 6-8 hours. Let rest for 10-15 minutes before serving. Serve with sautéed broccoli or steamed carrots.

Left overs? Make this:

Pork Fried "Rice"

(using leftover crock pot pork loin)

Ingredients

1 small head cauliflower
2 carrots, diced
3/4 C frozen peas
2 eggs, beaten
1-2 T sesame oil
1-2 garlic cloves, minced
1 C leftover pork loin chopped into small pieces
salt & pepper to taste

Instructions

Process into small "rice-sized" pieces, set aside. In a large skillet or wok, heat sesame oil. Sauté garlic for about 2 minutes. Add in carrots & cook until they start to get soft, stirring frequently. Add in cauliflower & cook until softened. Add in peas, cooking until warmed through. Add in pork loin & stir to distribute. Make a well in the middle of the mixture & add in beaten eggs. Scramble eggs, then incorporate into rest of mixture. Add salt & pepper to taste. Enjoy! mounts before cutting & serving.

Or try this:

Salad Greens with Pork Loin Slices

Take mixed baby greens, red pepper slices, cucumbers, and tomatoes (or any veggies you like) and top with slices of pork loin. Drizzle with your favorite dressing or try this one:

Creamy Avocado Dressing

Ingredients

1 large (or 2 small) ripe avocado
1/4 cup olive oil
1 handful fresh cilantro
1 jalapeño, stem and seeds removed
2-3 garlic cloves
juice from 1 lime
1 T honey (or maple would work also)
2 T apple cider vinegar
1/4 C water (more if you want it thinner)

Instructions

Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if you would like. I like to let it sit a bit in the fridge before eating, the flavors really come together. Store in an air tight container or jar in the fridge. Keeps for about 5 days. Great with chicken or shrimp, too!

Chicken

Roasted Apricot Chicken with Herbs de Provence

Ingredients

1 6 lb roasting chicken
10 small new potatoes, scrubbed & left whole
10 carrots, peeled and cut into 2-3 inch pieces
10 shallots, peeled (if small leave whole, if large cut in half)
2 stalks celery, thinly sliced
2 oranges, 1 sliced thinly, the other juiced
12 dried apricots, rough chopped
1/4 to 1/3 C dried cranberries or cherries (unsweetened or fruit juice sweetened, if possible)
2 T apricot or peach preserves (with no HFCS)
Coconut oil, melted
Sea salt & ground pepper
Herbs de Provence (Simply Organic makes this blend)

Instructions

Preheat oven to 350F and place rack in bottom third of oven. Remove giblets from chicken and trim fat around cavity. Place chicken in roasting pan. In a small bowl whisk 2T coconut oil, apricot preserves and juice from half an orange. Brush all sides of chicken with coconut oil/juice/preserve mixture then generously sprinkle all sides of chicken with sea salt, pepper and Herbs De Provence. Place potatoes, carrots and shallots in the pan around the chicken. Squeeze juice from half an orange over vegetables and season with sea salt, pepper and Herbs de Provence. Toss in dried cherries or cranberries and apricots. Cut one orange into thin slices and place in roasting pan. Place roasting pan, lid on, in oven for 2 hours. After 2 hours, remove lid to brown chicken and baste every 4-5 minutes for fifteen minutes. Remove from oven and let rest for 10 minutes before carving. Reserve 1 1/2 C chicken & 1/4 C fruit for leftover recipe below.

Left overs? Make this:

Chicken Patties

Ingredients

1 1/2 C shredded chicken (from above recipe)
1/4 C chopped dried fruit (from above recipe)
1 egg
1 tsp onion powder
1/4 tsp garlic powder
1/4 tsp paprika
Sea salt & pepper to taste
1/2 C + 1/3 C almond flour
1/2 C coconut oil
Salt and pepper to taste

Instructions

In a large bowl, combine the chicken, fruit, almond flour, onion powder, garlic powder, paprika, sea salt, pepper and egg. Mix well until all the ingredients are incorporated. In a sauté pan, melt coconut oil over medium heat. Take about 1/4 C of the chicken mixture, roll into a ball and flatten slightly into a patty. Repeat with remaining mixture. In small batches, place the patties into the heated coconut oil and cook on each side (carefully flipping) for 3-4 minutes or until browned and firm. Serve immediately.

Or try this:

Chinese Chicken Salad

Salad

1 small head napa cabbage, finely shredded
1 lg carrot, julienned
3 scallions, trimmed and julienned
2 radishes, julienned
1/4 cup fresh cilantro, chopped
2 cups cooked chicken (from above recipe)

Vinaigrette

2 T rice wine vinegar
3 T coconut aminos
2 T sesame oil
Juice of 1/2 a lime
1 chipotle pepper or 1/2 tsp hot sauce your choice
1 clove garlic, crushed
1 tsp fresh ginger, grated
1 tsp raw honey

Salad

Combine cabbage, carrots, scallions and radishes. Top with chicken & cilantro and set aside.

Vinaigrette

If using a chipotle pepper, remove seeds, place it in small bowl, & cover it with warm water for 30 minutes to rehydrate. Once rehydrated, pulse it a few times in a food processor. Combine with the rest of the vinaigrette ingredients. Taste to see if it needs any adjustments. If it is too spicy, you can add more lime juice to counteract it. Drizzle salad with vinaigrette & enjoy!

Chicken

Crockpot Chicken with Butternut Squash

Ingredients

1 butternut squash (about 2 1/2 lbs.), cubed
1 sm to medium sweet onion, sliced
2 1/2 - 3 lbs boneless, skinless chicken breasts (cut into quarters)
1 1/2 C chicken broth
2 bay leaves
1 tsp sea salt
1 tsp pepper
2 tsp garlic powder
2 tsp cinnamon

Instructions

Combine spices in a small dish, set aside. Arrange squash cubes in a layer at the bottom of the crockpot. Put half of the onions on top. Add 1 bay leaf and some spices. Arrange a layer of chicken on top of the spices. Add another layer of spices and the second bay leaf on top of the chicken. Add the remaining onion. Pour the broth over the mixture. Cook on low for 6-8 hours. Reserve 2 C squash & about 1 C of chicken for recipes below.

Left overs? Make this:

Butternut Squash Soup with Bacon Topping

Ingredients

2 C cooked butternut squash (from recipe above)
3 whole carrots, peeled and chopped
1/2 lb raw bacon, chopped
1 small onion, chopped
1 apple, chopped
1 1/2 C chicken stock
1 C full fat coconut milk
1 T cinnamon (or to taste)
1 tsp nutmeg
Sea salt & pepper to taste

Instructions

In a large stock pot or dutch oven over medium heat, cook bacon until crisp. Remove bacon with a slotted spoon and set aside. Add the onion, apples, & carrots to the pot and sauté in bacon fat over medium heat for about 10 minutes. Add the chicken broth & continue to cook until veggies are tender. Add in roasted butternut squash & coconut milk & bring to a boil stirring often. Remove from heat. Use an immersion blender to blend your soup or working in several small batches, blend soup in food processor or blender until smooth. Return to pot, bring to a simmer and season with salt, pepper, cinnamon, and nutmeg. Serve soup in large bowls garnished with bacon or you can freeze and save for later.

Or try this:

Chicken Salad

Ingredients

1 C cooked chicken, chopped
2 hard boiled eggs, mashed
1/2 avocado, mashed
1/4 C chopped pecans
1/4 C red grapes, halved
Salt and pepper to taste
Bibb (or romaine) lettuce leaves

Instructions

Combine first six ingredients together in a bowl. Season to taste with salt and pepper. Spoon onto lettuce leaves. Roll up and enjoy!

Ground Beef :

Mini Vegetable Meatloaves

Ingredients

3 lbs ground beef
1/2 lb bacon (for slices on top of each loaf)
1 lg carrot, diced
1 handful baby spinach, chopped
3 large cloves garlic, crushed and chopped
1/2 lg onion, diced
1 14oz can tomatoes
1 large pinch parsley
1 large pinch thyme
coconut oil
salt & pepper

Instructions

Preheat oven to 400F. In a small pot, heat some coconut oil over medium heat – just enough to coat bottom of pan. Add garlic and cook for a minute or two. Add the carrots, spinach, onion, tomatoes, parsley, thyme, salt, and pepper. Cover and simmer for about 20 minutes until the vegetables are cooked through and are starting to break down. Once veggies are cooked through, remove from heat and let cool. Pour the veggies into a bowl and, using your stick blender, blend the vegetables into a thick sauce. Add beef to the sauce. Use your hands and mix the meat into the sauce very thoroughly. The mixture will be a bit wet. Shape meat into 8-10 mini loaves and place them in a large glass baking dish, leaving room between each loaf. They will release a lot of liquid when they cook, so you want the space to let them drain a bit and not turn to mush. You could also place them on a wire rack in the dish to help drain. Top each loaf with half a slice of bacon. Bake until cooked through, about 45 minutes. Serve with your favorite sides. Reserve 2 or 3 for recipe below.

Left overs? Make this:

Meatloaf Stuffed Peppers

Ingredients

6 peppers
2 - 3 leftover mini meatloaves, mashed, bacon removed & chopped
1 sm onion, chopped
1 jar fire-roasted tomatoes (14 oz), drained
1/2 C of cooked white rice or cauliflower rice
1 garlic clove, pressed or finely minced
3 T Italian seasoning
Pinch of chili flakes (more if you like it spicier)
Salt and pepper to taste

Instructions

Preheat oven to 350F. Cut tops off peppers and remove seeds. Keep tops and chop (without stem) then set aside. Chop onion & press or mince garlic. In a saucepan over medium heat, sauté onion and pepper tops in a little avocado oil about 5 minutes until onions are tender. & add in garlic. In the same saucepan, add meatloaf & bacon to the mix. Add can of tomatoes and stir. Add dry seasonings and rice or cauliflower rice. In baking dish, spread a little of the sauce across the bottom and set pepper shells inside. Taste your stuffing mixture & add any more seasoning, if needed. Spoon stuffing mix into peppers & bake at 350F uncovered to heat through about 30-40 minutes. Enjoy! mounts before cutting & serving.

Or try this:

Meatloaf BLT

Ingredients

2 cold slices of leftover meatloaf
Freshly sliced tomato
Large crisp lettuce leaves, Boston or Romaine work well
3 strips of bacon, you can use the ones on top of the meatloaf (crisping in the toaster oven or pan for a minute or 2)
Mayo
Pickles for garnish

Instructions

Spread mayo on lettuce leaf. Layer on meatloaf, bacon, & tomato. Or you could use your slices of meatloaf as if they were bread.