

SUNDRIED TOMATO SAUSAGE AND ROAST VEGGIES

Note: This meal isn't as much a true recipe, but just a fast meal that you can tailor to your family's preferences. I feel as though every week I need one fast meal that I can throw together without much thought. You can use whatever vegetables you have left. You should have some green beans, potatoes, sweet potatoes, and brussels sprouts left from the shopping list.

Ingredients:

1 package of sun dried tomato and chicken sausage
Green Beans
Brussels Sprouts
Sweet Potatoes
Olive oil or Coconut Oil
Salt and Pepper to taste

Instructions:

Preheat the oven to 400 degrees. Slice the sausage lengthwise and trim and cut your vegetables of choice. Drizzle olive oil and season. Cook for 10-15 minutes.

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CLEAN EATING VEGGIE SOUP

Ingredients:

1/2 onion (chopped finely)
5 small yellow potatoes (cubed)
8 oz of fresh green beans (trimmed and cut into thirds)
1 can of fire roasted tomatoes
1 box of organic chicken broth (32oz)
1 teaspoon of kosher salt
1 teaspoon of fresh garlic (minced)
1 teaspoon of onion powder
Dash of pepper to Taste
Fresh Parmesan for serving (omit if you aren't doing dairy)

Instructions:

Pour olive oil into a large pot over medium heat. While it heats up, cut all your veggies. When oil is warm, take a break from chopping and throw in your onions. Sauté for one minute by themselves and then add in the potatoes.

Add in your salt, pepper, and onion powder but wait on the garlic. Sauté for another five minutes or until the edges of your potatoes are golden (the majority of the potato will still be white).

Add in garlic, tomatoes, broth, and green beans. Bring to a rolling boil and cover. Let simmer for five minutes.

Serve with fresh parmesan on top!

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ONE PAN MEAL: ROASTED CHICKEN, POTATOES, AND PARMESAN BRUSSELS SPROUTS

Ingredients:

3 tablespoons of olive oil (you can also use a heat safe oil like avocado oil or a neutral flavor coconut oil)
2 tablespoons of apple cider vinegar
1 teaspoon of paprika
1 teaspoon of parsley
1/2 teaspoon of onion powder
2 cloves garlic or 1 teaspoon minced fresh garlic
Kosher salt and pepper to taste
6 small yellow potatoes cut into small hash brown size
Brussels sprouts 8 oz (trimmed and cut into halves)
1 1/2 lbs of chicken tenders

Instructions:

Preheat oven to 400 degrees. Combine two of the three tablespoons of olive oil with apple cider vinegar. Whisk in paprika, parsley, onion powder, and garlic. Set aside. Trim brussels sprouts and cut into half. If you have any small sprouts, leave whole so they don't overcook. Cut potatoes into about half inch cubes. No need to peel. Line up potatoes, chicken and sprouts on a large ungreased cookie sheet. Generously coat the potatoes and the chicken with the marinade. Next, coat the sprouts with the olive oil. Shake sea salt and pepper over the entire pan. Sprinkle parmesan directly over sprouts. Cook for 15 minutes and then 3-5 minutes on broil (watching closely).

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GRAIN FREE ENCHILADA PIE

Ingredients:

2 tablespoons of olive oil
1/2 red onion (chopped finely)
2 sweet potatoes (cut into small cubes)
1 cup of crushed tomatoes
1 teaspoon of onion powder
1 teaspoon of cumin
2 teaspoons of chili powder
1 teaspoon of salt
1/2 teaspoon of pepper
2 cloves of garlic (minced)
1 1/2 lean ground beef
1- 1/2 cup of sharp cheddar cheese (However much it takes to cover the top of your pie. It will depend on the size of your pan)

Instructions:

Preheat oven to 350. Cut up veggies. Heat olive oil over medium heat in an oven proof skillet. Sauté onions and sweet potatoes until onions are translucent and fragrant. Add beef and seasonings. Crumble beef with spoon and cook. When beef is cooked through, add tomatoes. Stir well. Cover with cheese. Bake at 375 for 7 minutes or until cheese is bubbly and starting to brown.

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