

Cornucopia Cool Chef Recipes



Week 5 – Main Meats

Meatloaf Cupcakes

Not meatloaf and not meatballs, but meatloaf cupcakes! A fun, quick way to serve up this all American comfort food. SERVINGS: 6-8.

Ingredients:

1.5-2 pounds	Grass-fed beef
3	Eggs
¼ cup	Almond flour or ground oats
1 tsp	Dried basil
1 tsp	Garlic powder
1 medium	Onion
2 Tbsp	Worcestershire Sauce or Balsamic Vinegar
To taste	Salt & Pepper

*adapted from www.wellnessmama.com

Directions:

1. Preheat oven to 375F.
2. Finely dice onion or puree in a blender or food processor.
3. In a large bowl, combine meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce or vinegar and salt and pepper. Mix by hand until incorporated.
4. Grease a muffin tin and divide mixture evenly into muffin tins (typically 16-18 cups).
5. Cook for approximately 15-20 minutes or until juices run clear when pierced and meat is no longer pink. Remove muffins from tin and enjoy!

Pork Lettuce Boats

Nothing beats eating dinner with just your hands. This handy entrée dishes up a tasty, speedy meal. Yields: 4 servings.

Ingredients:

¼ cup	Fresh lime juice
3 Tbsp	Canola oil
6	Garlic cloves, thinly sliced
1 pound	Ground pork
¼ cup	Low-sodium chicken broth
2 Tbsp.	Reduced sodium soy sauce
1 Tbsp	Fish Sauce (such as nam pla or nuoc nam – optional but recommended for Thai flavor)
2 tsp.	Light brown sugar
1 cup	Fresh basil leaves
½ cup	Fresh cilantro leaves
½ cup	Fresh mint leaves
2 heads	Bibb lettuce
To taste	Salt & fresh ground pepper
1	Lime

*adapted from www.bonappetit.com

Directions:

1. Toss basil, cilantro and mint in a medium bowl. Set aside.
 2. Cook brown rice according to package instructions and set aside.
 3. Cut several lime wedges and set aside.
 4. Heat oil in large pan over high heat. Add garlic and cook for about 30 seconds or until golden.
 5. Add pork and season with a sprinkle of salt and pepper. Cook, breaking the meat up with a spoon and pressing down firmly to help brown the meat. Cook for 6-8 minutes until cooked through, browned and crisp in spots.
 6. Add broth, soy sauce, fish sauce and brown sugar to pan. Cook for 2 minutes or until all the liquid has evaporated, scraping up any brown bits from the bottom of pan. Mix in lime juice and then empty into serving plate.
 7. Assemble lettuce “boats” by scooping some meat, along with rice and herbs, topped with lime juice.
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