



**Sexy Buncha Cavemen**

**Recipe Swap**

**Fall 2010**

## **Braised pork short ribs**

\*recipe called for 6 lbs of short ribs-yes 6, but for Wes Syd and I we use about 3-4, which serves us for a few days

2 Tbsp olive oil

1 Medium onion (I tend to use half the amount based upon the amount of pork I make)

4-5 cloves of garlic-minced

4-5 strips of bacon

28 oz can crushed tomatoes

1 ½ cups of red wine (omit for this challenge, but adds to depth of dish)

2 tsp salt

1 tsp black pepper

1 tsp dried thyme

1 ½ tsp dried rosemary

1/8 cup almond flour

Sear meat and soften vegis above. Add almond flour. Put in crock pot w/spices, tomatoes and wine. Put foil over crock pot and then lid. Cook on low for 4-6 hours.

\*Pairs well with cauliflower mash and brussel sprouts

Powers Family

### **Pesto flank steak roll ups**

7 garlic cloves

1/3 cup olive oil

1/3 cup pine nuts

½ bunch parsley

1 cup arugula

1 ½ lb flank steak

In blender puree garlic, pine nuts and olive oil. Add parsley, arugula and continue to blend until creamy paste forms. Cut steak 2-3 inches wide. Lay on plate, top each steak with pesto. Roll meat starting at small end. Shove toothpick through rolled meat and hold tight. Sear in pan for 3 mins on each side until done to desire.

\*Pairs well with salads

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## **Curried Turkey-Green Apple Burger w/Chipotle Mayonnaise**

1 lb ground turkey breast

1 granny smith apple-cored and diced (1/8 in pieces)

1 tsp poultry seasoning

1 tsp curry powder

2 tsp olive oil

4 Tbsp mayo

1 tsp minced chipotle chilis in adobo sauce (most have sugar in the sauce, so rinse the chilis well)

In a large bowl combine turkey, apple, poultry seasoning & curry powder. Mix well & shape mixture in 4 patties. 1 inch thick. Heat oil in pan over medium-high heat. Add burgers & cook 3 to 4 mins per side. Whisk together mayonnaise & chipotle chilis.

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**Meatza: (better than almond meal pizza)**

1 lb ground beef

1 lb ground pork

¼ cup finely diced onion

1 clove garlic, minced

1 egg

½ cup parmesan cheese (if you're feeling frisky)

¾ tsp finely ground salt

¼ tsp freshly ground black pepper

Preheat the oven to 450F

Crust: Combine the pork, beef, onion, garlic, egg, cheese, salt and pepper. Mix well.

Pat out evenly into 16 in rimmed pizza pan. Bake for 10 mins. Remove from the oven and carefully pour out the juices that have accumulated in the pan. The meat will have shrunk to 12 inches.

Toppings: Anything you want! I typically use tomato sauce, red/yellow bell peppers, if you like mushrooms, add em and spinach.

Ideas: one of our favorite pies is spinach, sundried tomatoes and sprinkled bacon, prociutto or other handy meats

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## **Dry Rub for Pork Shoulder**

I just pick up a pork shoulder from the market-not specific to size:

Dry rub:

1 Tbsp paprika

1 Tbsp Thyme

1 Tbsp Oregano

1 Tbsp Cumin

Chop two onions-cover bottom of crock pot w/cut onions/2 garlic cloves and 2-4 carrots. Pat the shoulder with the dry rub and place the shoulder atop the onions/carrots. I place a little bit of stock in the crock pot but leave the meat on low until it's at a tender

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### **Skinless Dumplings**

Garlic-4 cloves (1/2 for meat use the rest for the special sauce)

½ head cabbage-shredded (I shred and then add to the meat as it makes sense, usually use less than ½ head)

1 Tbsp ginger-minced

1 jalapeno-diced

2 Tbsp Tamari Soy

2 Tbsp Sesame oil

1 LB ground pork

Special Sauce: Tbsp Tamari/Tbsp balsamic/Tbsp water/add tsp ginger, garlic green onions

Add garlic, jalapeno, ginger, cabbage, tamari and sesame oil with ground pork. Mix ingredients and form palm sized dumplings. Heat olive oil in a pan and sear dumpling on each side until done.

\*I typically serve this with kale chips that are sprinkled with smoked paprika

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## **Slow cooked Asian Pepper Steak**

2 lbs sirloin steak

2 Tbsp coconut oil

1-2 cloves of garlic-minced

¼ cup tamari soy

1 16 oz can bean sprouts, drained

1 16 oz can diced tomatoes

1 large green pepper-sliced thin

1 small onion-sliced thin

Salt and pepper

On chopping board cut steak thinly on an angle to make strips ½ inch thick. In frying pan add oil and heat. Saute steak until slightly brown. Drain excess fat

Liberally coat meat w/ground pepper and put meat in crock pot. Add garlic and tamari, mix so steak is thoroughly coated. Cook in crock pot for 4-6 hours.

One hour before serving add sprouts, tomatoes, green peppers and onions. Turn crock pot on high and cook for another hour at high.

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## **Apple Stuffed Roasted Chicken w/Sweet Potato Chips**

Whole chicken

Apples

Sweet potatoes

Bacon fat

Pepper

Cardamom

Lemon

Preheat oven to 425. Rinse chicken and remove organs. After patting dry, coat chicken inside and out with salt and pepper. Set aside for a few minutes.

Chop 3 medium apples into cubes. Sprinkle cardamom and lemon juice on apples and toss. Stuff chicken with  $\frac{1}{2}$  apple mixture.

Coat chicken with bacon fat-approx. 3 dollups. Put chicken breast up into the oven and cook .

In the meantime, slice potatoes thinly, lay them down on a paper towel. Sprinkle w/salt and cover with paper towel.

After 30 mins turn oven to 375-take the apple mixture out of the bird and replace with new apples. Cook until juices run clear. For my oven and normal bird it's about 60 mins total, sometimes a little more.

Chips, cook in hot olive oil till crispy.

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## **Tuna Bowl**

5oz of tuna (can or packet) the non light ones work best because they have some more water

2-4 hard boiled eggs

Handful of Almonds / Walnuts

Fruit

Avocado

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Take the Tuna put it in a bowl or tupperware container, chop 2-4 hard boiled eggs (depending on how many eggs you want) and toss them over the tuna, add a handful of your nut of choice (approx 1/4th cup, walnuts or almonds work best). Chop a couple wedges of apple and toss them over that. Shake up the creation and place in the refrigerator. When you are ready to eat them you can slice 1/4th to 1/2 avocado and mix it in, avoid adding the avocado early cause it will brown. You can also add some olive oil if the tuna is too dry. You can pre-make a couple bowls and have them lying around in the refrigerator and just add the avocado when you want it, it is a good to go meal.

Modifications I've made include removing the nuts or fruit depending on how much I've had that day, but the fruit does add some crunchy sweetness that people like.

**Roy Levkovitz**

## ROASTED VEGETABLE MEATLOAF

### Ingredients

- 3 small zucchini, diced
- 3 red bell peppers, diced
- 2 medium-size red onions, diced
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh rosemary, divided
  
- 2 pounds ground beef chuck (you could use leaner cuts such as bison, or leaner beef cuts such as sirloin or you could even do turkey)
- 2 cups coarsely grated whole-milk mozzarella cheese (about 8 ounces) – *Eliminate for Paleo*
- 1 1/2 cups panko\* (Japanese breadcrumbs) – *for paleo you could either eliminate or use approx a 1/2 cup of almond meal*
- 1 cup thinly sliced fresh basil
- 1 tablespoon chopped fresh marjoram
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried crushed red pepper
- 1 cup ketchup, divided - *you can find paleo versions of ketchup that do not have sugar or preservatives – check whole foods and trader joes*
- 2 large eggs – *if you eliminate the panko crumbs and do not use almond meal – add 1 extra egg to keep the loaf together*
- 1/4 cup dry red wine – *Here replace with beef broth – organic versions available at all grocery stores*

### Preparation

Preheat oven to 450°F. Combine zucchini, peppers, and onions in medium bowl. Add oil and 1 tablespoon rosemary; toss to coat. Spread evenly on rimmed baking sheet;

sprinkle with salt and pepper. Roast until vegetables are tender, about 25 minutes. Remove from oven; cool.

Preheat oven to 375°F. Mix ground beef, almond meal (if desired), basil, marjoram, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, dried crushed pepper, 1 tablespoon rosemary, and 1 cup roasted vegetables in large bowl. Whisk 1/2 cup ketchup, eggs, and wine in medium bowl. Add to beef mixture; stir with wooden spoon until well incorporated; spoon into 9x5x3-inch loaf pan, forming rounded top.

Spoon 1/2 cup ketchup over top of loaf. Bake meatloaf until cooked through, juices run clear, and top is browned, about 1 hour 10 minutes. Remove pan from oven; let meatloaf rest 20 minutes.

Rewarm remaining vegetable mixture in large nonstick skillet. Turn meatloaf out; cut into 1-inch-thick slices. Top with warm roasted vegetable mixture; serve with mashed potatoes.

Kristine Sickels

## **SWEET POTATO AND SAUSAGE SOUP**

- 3 tablespoons extra-virgin olive oil, divided
- 1 10- to 11-ounce fully cooked chorizo sausage, cut crosswise into 1/4-inch-thick slices – *Organic, no nitrate all natural versions available at Whole Foods and Trader Joes*
- 2 medium onions, chopped
- 2 large garlic cloves, minced
- 2 pounds red-skinned sweet potatoes (yams; about 2 large), peeled, quartered lengthwise, cut crosswise into 1/4-inch-thick slices
- 1 pound white-skinned potatoes, peeled, halved lengthwise, cut crosswise into 1/4-inch-thick slices – *For Paleo just add another pound of Sweet Potatoes*
- 6 cups chicken stock – *organic, all natural available at all grocery stores*
- 1 9-ounce bag fresh spinach

### *Preparation*

Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add sausage; cook until brown, stirring often, about 8 minutes. Transfer sausage to paper towels to drain. Add onions and garlic to pot and cook until translucent, stirring often, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes. Add broth; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes. Using potato masher, mash some of potatoes in pot. Add browned sausage to soup. Stir in spinach and simmer just until wilted, about 5 minutes. Stir in remaining 1 tablespoon oil. Season with salt and pepper. Divide among bowls and serve.

Kristine Sickels

## FRESH WILD MUSHROOM SOUP

### Ingredients

- 6 tablespoons (3/4 stick) butter – *For Paleo use 4-6 tbs of olive oil*
- 2 cups finely chopped onions
- 6 ounces crimini (baby bella) mushrooms, chopped
- 6 ounces fresh oyster mushrooms, chopped
- 6 ounces fresh shiitake mushrooms, stemmed, caps chopped
- 1 tablespoon chopped fresh thyme
- 3 tablespoons brandy – *For paleo eliminate – could use cooking sherry*
- 2 tablespoons all purpose flour – *For Paleo – I eliminated this...and it was fine*
- 4 cups beef broth

*\*If you would like to have this for a meal and would like to include a protein – I have added Bacon or Pancetta (cooked ahead and just dropped in when ready to serve)*

### Preparation

Melt butter in large pot over medium-high heat. Add onions; sauté until golden, about 5 minutes. Add all mushrooms and thyme; sauté until mushrooms begin to brown, about 8 minutes. Add brandy; stir 30 seconds, then mix in flour. Slowly stir in broth; bring soup to boil. Reduce heat; simmer uncovered 10 minutes. Season with salt and pepper. Ladle into bowls.

Kristine Sickels

## **BEEF AND LEEK STEW**

### *Ingredients*

- 3 tablespoons olive oil
- 2 pounds beef stew meat, cut into 1 1/2-inch chunks
- Kosher salt and cracked black pepper
- 1/2 large Spanish or sweet onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 large leek, cut into thick rounds, washed well in cold water, drained
- 2 tablespoons tomato paste – *For paleo make sure you get a tomato past with no sugar or preservatives added - organic*
- 1/2 cup red wine
- 2 tablespoons red wine vinegar
- 3 to 5 cups water
- 1 fresh bay leaf or 2 dried leaves
- 1 large sprig rosemary
- 1 sprig thyme
- 1 sprig sage
- 2 cinnamon sticks
- Extra-virgin olive oil
- Grated orange zest
- 1 tablespoon roughly chopped parsley

### *Preparation*

Place a large, heavy pot or Dutch oven over medium-high heat and add the blended oil. Season the beef aggressively with kosher salt and pepper. When the oil is hot, add the beef and sear on all sides, 5 to 6 minutes. Add all the chopped vegetables to the pan with the beef and sauté for 2 minutes. Add the tomato paste and stir for 1

minute. Deglaze the pan with the red wine and red wine vinegar, and let them reduce completely away.

Add 3 cups of the water, 2 teaspoons salt and a generous grinding of pepper, the bay leaves, rosemary, thyme, sage, and cinnamon. Bring to a boil, then reduce the heat to low and partially cover the pan. Simmer gently for about an hour. Check and, if the mixture is dry, add another cup or two of water. Keep simmering for 15 to 40 minutes more, until the meat is tender and the braising liquid has reduced to a saucy consistency. Remove the bay leaves and cinnamon sticks. Transfer to a platter and drizzle with a little extra-virgin olive oil, and scatter with a little orange zest and the parsley.

Kristine Sickels

## **AUTUMN APPLESAUCE**

### Ingredients

- 8 assorted apples (i.e., Rome, McIntosh, Royal Gala, Golden Delicious, Granny Smith, and Red Delicious)
- 1 tablespoon fresh lemon juice
- 1 cup fresh apple cider – *For Paleo – ensure you find a sugar free – organic version – check out Trader Joes*
- 1/2 cup sugar – *For Paleo Eliminate – you won't miss it!*
- 1 cinnamon stick (3 inches long)

### *Preparation*

1. Peel, core and cut the apples into large chunks, tossing them with the lemon juice to prevent discoloration.
2. Place the apples and remaining ingredients in a large, heavy pot; bring to a boil. Reduce heat to a simmer, cover partially and cook until apples are very tender, about 15 minutes. Uncover the pot and cook 5 minutes more.
3. Remove the pot from the heat and discard the cinnamon stick. Coarsely mash the apples with the cooking juices. Cool to room temperature, then refrigerate, covered, until ready to use, up to 5 days.

Kristine Sickels

## **EGG CUPCAKES**

6 eggs  
1 small zucchini (chopped)  
Handful of chopped spinach  
½ onion or 2-3 green onions, chopped  
Olive oil  
Chopped cilantro and/or rosemary  
Ground pepper

Heat oven to 350

Grease a large cupcake tin (holds 12) or two small ones with olive oil

Beat eggs

Add your ingredients and mix well. It will look like the mixture is a little 'light' on eggs, but that's OK.

Scoop ¼ cup of mix into tins. This will make between 10-12 'cupcakes'.

Bake 15-20 minutes. Things will rise; you'll see the middle set. Err on the side of cooking too little, as the eggs will keep cooking after you pull from the oven.

I originally cooked for 25 minutes, and they were a bit chewy.

Good with salsa for breakfast.

**John Slaughter**

## **Tomato Basil Dressing**

1 (14-ounce) can diced tomatoes, drained

1/4 cup packed fresh basil leaves

1 teaspoon garlic powder

1 tablespoon red wine vinegar

2 teaspoons olive oil

Blend all the ingredients together in a food processor.

**Ashley Cork**

## **Red Pepper Dressing**

3 garlic cloves, peeled

1/2 cup mayonnaise

1/2 t salt

1/4 t crushed red pepper

1 (7 ounce) bottle roasted red bell peppers, drained

Mince garlic in a food processor. Add the remaining ingredients and process until well combined.

**Ashley Cork**

## **Spiced Pecans**

- 2 T coconut oil
- 1 t ancho chili powder
- 1 t kosher salt
- 1/2 t smoked paprika
- 1/2 t ground cumin
- 1/4 t cayenne papper (optional)
- Freshly cracked black pepper
- 1 cup pecan halves

Melt the coconut oil in a large skillet over med-high heat. Stir in all the spices and the pecans. Stir and toast the pecans for about 5 minutes. Transfer to a plate or paper towel to cool.

**Ashley Cork**

## **Paleo "Sandwiches"**

Take some sliced meat and use it as the "wrap bread" to make a sandwich. I like to take turkey, lay it out and then put lettuce, tomato, onion, peppers, sprouts and a little mayo or avocado in the middle. I then wrap it up and put plastic wrap around it to hold it in place.

You can carry it to work and eat it just like a wrap sandwich!

**Ashley Cork**

## **Brussels Sprout Hash (rough copy of Leon's)**

1 pound Brussels sprouts

1/2 small apple

1/2 medium yellow onion

2 strips of bacon

Cut the stems off the Brussels sprouts and remove the outer leaves that may come loose afterwards. Halve each sprout. Slice the onion and apple to a medium size, pieces about 1.5" long. If you want larger pieces, add the onion and apple earlier, for smaller pieces, add later.

In a large saute pan, heat the bacon over medium heat until cooked, remove and chop into pieces about 0.5" on each side. Add the Brussels sprouts and continue to cook, stirring occasionally, over medium heat until the sprouts become bright green, about ten minutes. Add the apples and onions and cook until the sprouts turn tender, but not floppy; a little bit of crispness really adds to the texture of this dish. Remove from heat, add bacon pieces and serve.

**Joe Chiles**

## **Super Yummy Butternut Squash Soup**

1 large butternut squash (approx 3 lbs)

12 oz chicken broth

14oz coconut milk (one can)

½ tsp coriander

½ tsp allspice

¼ tsp cayenne (or less for less spicy)

1 tsp garlic salt

½ tsp salt

¼ tsp pepper

¼ tsp paprika

### Directions:

Cut butternut squash in half – lengthwise. Place cut-side down onto an olive oil greased pan and bake for 45 minutes in a 400 degree oven. (It might take longer to good the middle part of the squash.)

Scoop out the squash and place into a food processor. Process the squash until it is smooth. Pour the squash into a large pot. Add the chicken stock, the coconut milk, and the spices. Heat until it is warm.

Note: If you want your soup more “soupy”, just add more chicken broth.

Another note: I found it hard to cook the butternut squash evenly. Part of the squash were done, but the middle was still hard to scoop out. It might help if you cut the squash into more pieces before you cook it, but it is very hard to cut the squash.

**Reynolds DeLisle**

## **Dessert Caveman crumble**

ingredients:

fruit of your choice (I used one can of apricots canned in juice and about 1/2 cup frozen raspberries)

1/4 cup prunes or dates

1/2 cup almond flour

1 cup walnuts or pecans

1/2 tsp cinnamon

Preheat the oven to 350 degrees Fahrenheit. Place your fruit of choice in an oven safe dish of the appropriate size and sprinkle with the arrowroot powder (this will make the filling more syrupy/cohesive, but is optional).

Puree the prunes or date in a food processor along with the almond flour. Add the whole nuts and cinnamon and pulse briefly to combine. The mixture should hold together when you squeeze it, but be crumbly if you rub it between your fingers; if it's too dry add a little splash of juice, if it's too wet add some more nuts.

Press the nut mixture down firmly over the fruit. Place in the oven and bake for 30 min. Let cool for 15 minutes before eating.

This refrigerates well for at least one day and is excellent reheated for breakfast.

Lauren Sandoval

## **Delicious Red Pepper Sauce for Chicken, Beef EVERYTHING!**

2 Red Bell Peppers

3 Cloves of Garlic

1 Tomato

½ Large onion or 1 medium

½ Tbs Salt

½ Tbs Pepper

½ a lemons juice

½ limes juice

1.5 lbs ground turkey/beef

Boil bell peppers 15-20 mins until skin is loose

Chop Garlic and Onion, brown in pan with some EVOO

Cut Tomato into 8 pieces

Start browning ground meat

Once Bell peppers are done cut open remove seeds (very hot be careful) and slice

Add onion, garlic, bell peppers, tomato, salt, pepper, lemon and lime juice in to blender and blend until sauce consistency. (less then a min) It should not be chunky .

Once meat has brown add bell pepper sauce to meat and simmer for 10-15 minutes.

This makes a lot of sauce be careful not to over fill skillet.

I make almond flour shell for tacos/tostadas

Also good on fried eggs and salad. Enjoy!

Lauren Sandoval

# Curry Chicken

## Ingredients (serves 4):

- 4 chicken thighs & legs (still in tact), skin on
- 1 cauliflower (to make the rice) or 2 zucchini shredded
- 1 Tbsp coconut oil
- 1 Onion – finely chopped
- 5 garlic cloves – smashed and roughly chopped
- Lemon Juice
- 1 red chili pepper – seeds removed, chopped (I used a Scotch Bonnet pepper) [optional]
- 1 can coconut milk
- 2 Tbsp curry powder

## Directions:

1. In a large skillet, heat coconut oil to a med-high heat
2. Put chicken pieces into the skillet and cook until each side golden-browned (about 3 min per side)
3. Remove chicken and set aside.
4. Add onion, garlic and chili – saute for about 3 min or until soft
5. Add the coconut milk and curry powder – mix together thoroughly
6. Add back the chicken and simmer at medium heat covered for about 15-20 minutes or until the chicken is cooked through. You can use a meat thermometer to check and it should be about 155 before you stop cooking it (it will continue to cook up to 160 which is the perfect internal temp). The coconut milk that the chicken is simmering in should cover about 1/2 of the chicken – if yours' doesn't you can add more coconut milk or some chicken stock.
7. For the cauliflower rice, either use your food processor to chop the cauliflower to a rice consistency or use a cheese grater. If you have a microwave you can cook it in the microwave for 3 minutes and it'll be good to go. Otherwise you can steam it for a few minutes. I always cook my cauliflower after I've grated it.
8. Serve the chicken on a bed of cauliflower rice or zucchini
9. Enjoy!

Lauren Sandoval

### **Taco Seasoning (you will never go back to the packs!)**

- 2 teaspoons [paprika](#)
- 1 1/2 teaspoons [salt](#)
- 1 teaspoon [onion powder](#)
- 1 teaspoon [chili powder](#)
- 1 1/2 teaspoons [cumin](#)
- 1/2 teaspoon [garlic powder](#)

Lauren Sandoval

### **Pumpkin Paleo Pancakes (get creative, I use applesauce too)**

2 eggs

1/2 cup canned pumpkin

1/2 cup almond butter

1/2 tsp cinnamon

1/2 tsp vanilla

1/4 tsp nutmeg

Mix together and cook like normal pancakes. Mmmm... nummers. This made about 8-9 small pancakes and I ate three of them. I put blackberries in a pot with a little water and heated them over medium to make a thick syrup-type thing out of just blackberries and put cinnamon on top.

Lauren Sandoval

## Simple Bread

2/3 C flax meal

1/3 C almond meal

1.5 tsp Baking Powder

3 tsp unrefined coconut oil

2 eggs

coconut milk to texture desired (thick, just able to flow) (if needed)

Salt to taste

Mix dry ingredients together well. Gently beat eggs together before adding (optional, but it blends better that way). Add coconut oil & milk.

The recipe will work for a regular sized pie tin or small loaf pan. Double the recipe for a more normal sized bread loaf pan. Don't forget to oil the pan well before pouring the batter in.

Cook at ~375 degrees for 20-25 minutes or until golden brown on top. Toothpick or butter knife should come out clean if you insert it into the center of the bread. Enjoy fresh out of the oven or at room temperature for a nice sandwich.

I like to add bananas, cinnamon, nuts (make it a breakfast bread)

Lauren Sandoval

## **Bacon Wrapped Dates**

Bacon

Dates

I like to cut each strip of bacon into 4 equal pieces. Pit your date and wrap bacon around it. Place in oven at 385 til bacon is done 20-25 mins depending on how you like your bacon. Super hot like lava when they come out do not eat them yet let them rest for about 5 mins so as not to burn your mouth =)

Lauren Sandoval

## **Kale Chips**

Kale

EVOO

Salt

Buy organic kale (don't skimp here people) chop into chip size pieces. Place in pan make sure it is a loose layer and not stacked on itself to much. Drizzle EVOO over kale. Sprinkle with salt. Bake at 385 for 10-15 mins. Warning do not burn will not taste good. I like to check ever 5 mins or so they should be crispy but not burn. Great if you have a salty chip itch.

Lauren Sandoval