

# BIG BATCH

## *Meal Prep Cookbook*

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**PRINTABLES + RECIPES TO NOURISH  
YOURSELF AND YOUR LITTLE ONES**

# Hey mama!



Get ready to feel nourished and organized!

These recipes are some of my personal favourites, tried-and-true meals you can find me making on any given Sunday. They're also some of the most popular recipes with our BB mamas and fans, and I think you'll find a few gems that you keep in your rotation forever.

At BB we focus on what we call #NoDietMealPrep, which means we remove all judgment, bad feelings or restriction from the concept of meal planning and prepping. Instead, think of meal prep as a way to 'borrow time.' By whipping up a couple of big batch recipes on Sunday you can save yourself time during the week.

You'll find many of these recipes make more than enough for a big dinner and leftovers for lunches. You can double batches to stock up your freezer or pass a batch onto a mama friend who needs some love.

I'd love to see your creations! Tag us [@bellybootcamp](https://www.instagram.com/bellybootcamp) when you make your own big batch recipes.

xo - Dara

# Weekly meal planner

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## BREAKFAST

MON

TUES

WED

THURS

FRI

## LUNCH

MON

TUES

WED

THURS

FRI

## DINNER

MON

TUES

WED

THURS

FRI

# Shop and prep plan

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SHOPPING LIST

PREP IN ADVANCE







# APPLE CINNAMON BUCKWHEAT MUFFINS

## INGREDIENTS

- 1 cup buckwheat flour
- 1 cup steel cut oats
- 2 tbsp ground flax seed
- 1 cup whole milk
- ½ cup unsweetened applesauce
- 1 medium-large apple, grated
- 1 egg
- ½ cup honey
- 1 tbsp cinnamon
- ½ tsp nutmeg
- 1 tsp baking powder
- ½ tsp baking soda
- pinch sea salt

## DIRECTIONS

1. Preheat oven to 400 degrees F. Spray or grease a muffin tin with coconut oil, or prepare paper liners.
2. Combine oats & milk; soak 15-20 minutes or longer.
3. In a large bowl, combine flour, flax, baking powder, baking soda, cinnamon, nutmeg, and salt
4. In a medium bowl, combine egg, apple, applesauce, honey, and milk & oats, once soaked.
5. Pour wet ingredients into dry, and stir until just mixed.
6. Bake 20 minutes; cool 5 minutes, then remove to wire rack to continue cooling.

**YIELDS 12**

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# FIVE INGREDIENT BREAKFAST CASSEROLE

## INGREDIENTS

- 1 - 1.5 lb natural sausage or breakfast sausage
- 1 large sweet potato, 1 cm diced
- 3 cups spinach, chopped
- 3-4 green onions, chopped
- 12 eggs, beaten
- salt & pepper

## DIRECTIONS

1. Preheat oven to 375 degrees.
2. Heat skillet over medium-high heat and grease 9x13" baking dish with coconut oil, olive oil, or butter.
3. Remove sausage from casing and cook thoroughly, breaking large chunks.
4. Remove sausage but retain fat; saute sweet potato 10-15 minutes until caramelized and soft.
5. Combine spinach, onions, sausage and sweet potatoes, and spread evenly in baking dish.
6. Season eggs generously with salt and pepper, then pour over casserole and gently tilt to spread evenly.
7. Bake 23-25 minutes until set but not browned. Cool, then slice.

**SERVES 8**

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# FRUITY OVERNIGHT OATS

## INGREDIENTS

- 1/2 cup rolled oats (not quick cooking)
- 1 cup plain yogurt (2% or more)
- 1/4 cup milk
- 2-3 tablespoons raisins or currants
- 1 tablespoon maple syrup
- 1 apple peeled and coarsely grated
- 1 1/2 cups frozen raspberries
- 1/4 tsp vanilla extract

## DIRECTIONS

1. Combine all ingredients except raspberries in a glass bowl or container with a tight fitting lid.
2. Pour raspberries over top.
3. Put the lid on and refrigerate overnight (at least 8 hours).
4. In the morning, stir in the raspberries. Serve on their own, or with additional maple syrup, sliced fruit, nuts, and/or granola.

**SERVES 1**

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# BAKED HAM & EGG CUPS

## INGREDIENTS

- 6-12 slices natural sliced ham
- 6 large eggs
- coconut oil, olive oil, or propellant-free cooking spray
- scallions, chives, cilantro, or parsley for garnish, if desired
- sea salt & pepper

## DIRECTIONS

1. Preheat oven to 425 degrees F. Spray muffin tin with propellant-free cooking spray or brush lightly with olive oil or coconut oil.
2. Lay 1-2 slices of ham in 4 muffin cups (very thin ham may have holes & tears, so an additional slice will help seal off the ham "cup," while 1 slice of thicker sliced ham will suffice).
3. Crack an egg gently into each ham cup; season with S & P.
4. Add a splash of water to each empty muffin cup to prevent scorching your pan, then bake 12-13 minutes until white is set but yolk is still soft.
5. Garnish & serve!

**SERVES 2-4**

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# FIVE INGREDIENT BLENDER PANCAKES

## INGREDIENTS

- 2 eggs
- 2 small, ripe or overripe bananas
- 1/2 cup gluten-free oats
- 1/2 tsp baking powder
- splash pure vanilla extract
- butter or coconut oil for frying

## DIRECTIONS

1. Combine all ingredients in blender or mini-blender; whirl until smooth and fully combined.
2. Heat butter or oil in a nonstick skillet over medium heat.
3. Drop batter 1/4 cup at a time without overcrowding and fry 2-3 minutes until brown around edges & bubbly on top. Flip & fry 30 seconds more.

**SERVES 1-2**

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# PERFECT HARD BOILED EGGS

## INGREDIENTS

- 6 large eggs, preferably 1 week old or older
- 1 tsp baking soda

## DIRECTIONS

1. Using a thumbtack or needle, poke a small hole in the base of each egg.
2. Place eggs in single layer of a large saucepan and cover with cold water so they are submerged at least 1" below surface.
3. Add baking soda.
4. Bring to a boil over high heat. Once at a rolling boil, boil exactly 1 minute. Remove from heat, cover and set timer for 10 minutes.
5. While eggs are sitting, prepare a bowl with ice & water.
6. After 10 minutes, immediately remove eggs to ice water and place in fridge to cool.

**SERVES 2-3**

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# WHITE BEAN, BACON & FENNEL SOUP

## INGREDIENTS

- 5-6 slices natural bacon, chopped
- 1 large bulb fennel, chopped
- 2 carrots, peeled & chopped
- 2 stalks celery, chopped
- 2 medium onions, chopped
- 3-4 cloves garlic, minced
- 1-2 sprigs fresh thyme and/or fresh rosemary
- 2-3 bay leaves
- 2 cans no-salt-added white navy/cannellini beans, not drained
- 6-8 cups no-salt-added chicken broth, homemade stock or water
- rind of parmesan wedge (optional)
- juice of 1 lemon
- sea salt & ground pepper

**SERVES 6-8**

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## DIRECTIONS

1. Over medium heat in a large pot, saute bacon until rendered but not burnt. Remove bacon with slotted spoon but retain bacon fat.
2. Add onion, celery, carrot & fennel, and saute about 10 minutes until a bit tender.
3. Add olive oil or butter if needed. Add garlic; saute another 1-2 minutes until fragrant.
4. Combine beans with liquid/starch from can, herbs, broth, and parmesan in pot. Return bacon to pot.
5. Bring to a boil, then reduce to a simmer over low heat and allow to cook, partially covered, for at least 20-30 minutes (longer for more flavour, up to 1-2 hours). Add water as needed if soup reduces too much.
6. Use a potato masher or immersion blender to partially mash/blend soup, leaving some chunks of bright orange carrot & whole beans (or blend entirely if you prefer a puree).
7. Taste & season as needed. Juice lemon & stir into soup before serving.



# CURRIED RED LENTIL SOUP

## INGREDIENTS

- 2 cups dried red lentils
- 2 L chicken broth (or vegetable broth to make it truly vegetarian)
- 2 large yellow onions, diced
- 2 large carrots, diced
- 2 medium white or yellow potatoes, diced
- 8-10 cloves garlic, coarsely chopped
- 2 tbsp olive oil
- 5 tbsp ground cumin
- 1 tbsp ground turmeric
- 2 tsp sea salt
- pinch ground cayenne
- fresh ground pepper to taste
- juice of one lemon
- handful fresh cilantro, finely chopped (to garnish; optional)

**SERVES 8**

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## DIRECTIONS

1. Heat olive oil over medium heat.
2. Saute onion, carrot & potato 5-10 minutes until softened.
3. Add garlic, cumin, cayenne, turmeric, and salt; saute 2-3 more minutes until fragrant but not burnt.
4. Add broth & lentils. Bring to a boil, then reduce heat and simmer about 20 minutes until very tender.
5. Use an immersion blender to puree partly, leaving some small chunks for texture. Add more broth or water if too thick.
6. Squeeze in lemon juice plus extra salt & pepper, if needed. Garnish with cilantro.



# CREAMY NO-CREAM BROCCOLI SOUP

## INGREDIENTS

- 1 large head broccoli (or 2 small heads), chopped
- 2 small onions, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 2-3 large potatoes, peeled & chopped
- 1 L sodium-free chicken stock
- 1/4 cup parmesan cheese
- 2 tsp dried thyme
- 2 bay leaves
- 2 tbsp extra virgin olive oil
- 1/2 cup fresh parsley, minced
- sea salt & fresh pepper

## DIRECTIONS

1. Heat oil in a large pot over medium heat.
2. Saute onion, celery, & garlic for 5-6 minutes, stirring, until softened but not browned.
3. Add broccoli & potatoes. Saute, stirring, 2-3 minutes.
4. Add broth, bay, & thyme.
5. Bring to a boil, then reduce to a simmer. Simmer 20-30 minutes until vegetables are fully softened.
6. Blend with an immersion blender until smooth. Add more stock if needed.
7. Add parsley & parmesan. Stir to combine and melt.
8. Season to taste. Serve hot or store in the fridge for up to 4-5 days, adding water or broth as needed to improve texture.

**SERVES 6**

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# MINI TURKEY MEATLOAVES

## INGREDIENTS

- 1 pound ground turkey
- 2 eggs
- 1 small zucchini
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup oats
- 1/3 cup parmesan, grated
- 1-2 tbsp fresh rosemary, finely chopped  
(or 2 tsp dried rosemary)
- 1 tsp dried oregano
- 1 tsp paprika
- 1 tsp sea salt
- fresh black pepper
- pizza sauce or pasta sauce (optional)

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Lightly beat eggs.
3. Grate zucchini.
4. Combine all chopped veggies, turkey, seasoning, oats and eggs. Mix with hands until well combined.
5. Spoon into 12-cup muffin tin & smooth down (don't "pack" down) with back of spoon.
6. Bake 30 minutes.
7. Remove tin from oven, top each with a dollop of pizza sauce or pasta sauce, if desired. Bake an additional 5 minutes. Cool 5 minutes in pan, then serve or store.

**SERVES 6**

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# TURKEY LENTIL TACOS

## INGREDIENTS

- 1 pound ground turkey or chicken
- 1 medium zucchini, grated
- 1 medium onion, grated
- 2-3 cloves garlic, finely chopped
- 1 cup canned green lentils, lightly rinsed
- 1/2 cup fresh cilantro, chopped
- 1/4 cup ketchup\*
- 1-2 tbsp low-sodium soy sauce\*\*
- 1/2 cup water
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tbsp paprika
- 1 tsp oregano
- 1 tsp thyme
- 2 tbsp olive oil
- sea salt + fresh ground pepper
- Taco shells
- Tomato, scallion, avocado, cilantro and/or favourite toppings

**SERVES 4**

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## DIRECTIONS

1. Heat olive oil in skillet over medium heat.
2. Saute grated onion and zucchini 4-5 minutes until reduced & texture is less watery.
3. Add garlic & lentils; saute an additional 1-2 minutes. Using a potato masher, lightly mash the mixture so lentils are less defined.
4. Add chili powder, cumin & paprika and saute 1 more minute to gently cook spices.
5. Push veggie mixture to sides & add turkey to pan, letting it sear a bit before turning/mixing. Saute about 4-5 minutes to brown lightly, mixing with veggies gradually.
6. Add oregano, thyme, ketchup, soy and water. Bring mixture to a simmer and cook, stirring frequently, until liquid is reduced to desired texture, about 10 minutes. Add more water if mixture seems too tight.
7. Finish with salt, pepper & fresh cilantro, adding more water/ketchup if needed to create a saucier mix.
8. Serve in warmed shells with cheese, sour cream or plain yogurt, avocado and salsa!



# HEALTHIER SWEET & SOUR MEATBALLS

## INGREDIENTS

- 1 lb ground lean pork
- 1 lb ground lean beef
- 2 eggs
- 1/3 cup almond meal
- 4 cloves garlic, minced
- 1 medium onion, grated or minced
- 2 tsp ground ginger
- 1 tbsp sesame oil
- generous pinch of salt

### **For sauce:**

- 3 cups tomato puree (1.5 glass bottles)
- 1 can (398 mL) pineapple chunks
- 1/3 cup honey
- 1/3 cup soy sauce
- 2-3 tbsp apple cider vinegar
- 2 tbsp dijon mustard
- 1/2 tsp ground ginger
- 1/2 tsp onion powder
- 1 garlic clove, minced
- 1-2 bell peppers, roughly chopped
- salt & pepper

**SERVES 6-8**

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## DIRECTIONS

1. Preheat oven to 375 degrees and line a baking sheet with aluminum foil.
2. Separate pineapple from juice and reserve both.
3. Combine sauce ingredients in large, wide pot, reserving pineapple chunks and bell peppers for later.
4. Bring sauce to a low boil; reduce to medium-low and simmer uncovered for 45 minutes until thick. Taste your sauce frequently; add more honey if needed.
5. Meanwhile, combine meatball ingredients and roll into 1" meatballs; place evenly on baking sheet.
6. Bake 12-15 minutes, flipping once.
7. Transfer meatballs (and drippings, if desired) to sweet and sour sauce.
8. Add pineapple chunks and peppers.
9. Season with salt and pepper as needed; simmer on low, covered, 5-10 minutes ,more.





# SLOW COOKER PORK CARNITAS

## INGREDIENTS

- 3-4 lb pork shoulder or pork butt (boneless, skinless)
- 1 tbsp oregano
- 1 tbsp cumin
- 1 tsp chili powder
- 1 bay leaf
- 1 cinnamon stick
- pinch red chili flakes (if desired)
- 6 cloves garlic, minced
- 1 large onion, coarsely chopped
- 2 tsp sea salt
- ground black pepper to taste
- juice of 2 oranges
- juice of 1 lime
- olive oil for frying after cooking

## DIRECTIONS

1. Rinse & pat roast dry.
2. Combine oregano, cumin, & chill powder and evenly rub roast; place roast in slow cooker insert.
3. Top with garlic, onion, bay leaf, cinnamon stick, and chill flakes, if using.
4. Squeeze citrus juices on top (really dig your fingers in to get all the juice out, or use a juicing tool).
5. Cook on low for 6-8 hours or high for 4 hours.
6. Save the juices from the slow cooker to spoon out and mix with the meat.
7. Serve as is, or use a bit of olive oil or butter to fry in pan over medium-high heat, searing and crisping, for extra yumminess. Serve in lettuce wraps, tacos, over rice or in sandwiches.

**SERVES 8-10**

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# TURKEY SPINACH MEATBALLS

## INGREDIENTS

- 2 lb ground turkey
- 1 package frozen, chopped spinach OR 1 large clamshell of baby spinach, sautéed & chopped
- 1 large slice whole grain bread (or whatever you've got)
- 1/3 cup milk or non-dairy milk
- 4-5 cloves garlic, minced
- 1/2 yellow onion, grated
- 2 eggs
- big handful fresh parsley, basil, and/or oregano
- 2 tsp each dried oregano, basil and thyme
- 2 tsp sea salt or kosher salt
- fresh pepper

**SERVES 6-8**

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## DIRECTIONS

1. Preheat oven to 450 degrees F. Line a large baking sheet or two regular baking sheets with parchment or aluminum foil.
2. Chop or tear bread into very small pieces and combine with milk. Mix and set aside.
3. Thaw spinach about 5-6 minutes in a microwave, breaking up with spoon periodically. Wrap spinach in clean kitchen towel and gently squeeze to remove excess moisture. Let cool slightly.
4. In a large bowl, lightly beat eggs.
5. To eggs, add grated onion, minced garlic, herbs, salt, pepper and spinach. Combine well.
6. Add turkey and bread. Using your hands, gently combine just until evenly distributed. Don't mix too roughly or meat will toughen.
7. Roll into balls or use an ice cream scoop and a spoon to help you create balls/mounds. Keep balls from touching each other.
8. Bake 15 minutes. Remove from oven, turn, and bake 10 minutes more. Cool slightly, then add to your sauce or refrigerate or freeze.



# BIG BATCH PULLED CHICKEN CHILI

## INGREDIENTS

- 3 pounds boneless skinless chicken thighs
- 1 medium onion, diced
- 3 tablespoons neutral-tasting cooking oil (like avocado or canola)
- 4 cloves garlic, crushed or minced
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- ½ teaspoon cayenne pepper (optional)
- 4 cups low sodium chicken broth
- 1 jar strained tomatoes (720 mL) or 1 large can crushed tomatoes (796 mL)
- 1 ½ tablespoons brown sugar
- 1 large can black beans (796 mL) drained and rinsed
- 3 cups frozen corn kernels
- Sea salt to taste
- shredded cheese, finely chopped cilantro and/or scallions to garnish (optional)

**SERVES 6-8**

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Heat oil in large dutch oven or large, heavy pot over medium heat.
3. When oil is shimmering, add chicken thighs; cook until lightly browned on both sides, 2-3 minutes per side.
4. Stir in onion and garlic and cook until they begin to soften.
5. Stir in chili powder, cumin and cayenne pepper, if using.
6. Add chicken broth, tomatoes, sugar, black beans and corn.
7. Bring mixture to a boil, then cover it and transfer to a 350° F oven for about 2 hours.
8. Lower the heat to 325 and cook for another 1 ½ to 2 hours, or until chicken is very tender and most of the liquid has been absorbed.
9. Remove chili from the oven and use two forks to shred the chicken thighs. Season with sea salt to taste. Garnish as desired!





# OVEN POACHED CHICKEN BREASTS

## INGREDIENTS

- 4-8 chicken breasts
- 2-3 tbsp olive oil
- 2-3 cloves garlic, minced
- fresh chopped herbs, dried herbs or salt-free seasoning of choice
- sea salt + pepper

## DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Line a baking dish with a double length (enough to cover the bottom twice) of parchment paper or aluminum foil.
3. Pat chicken breasts dry and season well on both sides with garlic, herbs, salt & pepper. Rub to really flavour the chicken.
4. Sprinkle parchment with olive oil. Place chicken breasts on top, then sprinkle tops of chicken breasts with olive oil. Fold remaining parchment over, tucking it to keep steam in.
5. Bake 25-35 minutes, depending on number and size of breasts, until opaque in the middle but still juicy. Rest before cutting.

**YIELDS 4-8**

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# TURKEY & BROWN RICE STUFFED PEPPERS

## INGREDIENTS

- 4 medium-large bell peppers
- 1 lb lean ground turkey
- 1 -2 cups cooked brown rice
- 1/2 cup salt-free chicken broth
- 1 cup passata (or tomato sauce)
- 1 zucchini, finely chopped or grated
- 1 cup mushrooms, finely chopped
- 1 small onion
- 3-4 cloves garlic, minced
- 2 tsp each: paprika, dried oregano, thyme
- 1 tsp fennel seeds, crushed
- pinch cayenne
- 1 tbsp olive oil
- sea salt & fresh pepper
- cheese of choice (optional)

### For sauce

- 1 cup passata (or tomato sauce)
- 1/2 cup water
- 1 tbsp each: apple cider vinegar, honey and paprika
- 1/2 small onion, grated
- sea salt & fresh pepper

**SERVES 4-6**

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## DIRECTIONS

1. Preheat oven to 350 degrees F. Spray or lightly grease a 9x13" baking pan.
2. In a large pan, warm oil over medium heat. Add onion, mushrooms, & zucchini, cook 5-6 minutes until softened & condensed in size.
3. Add turkey to pan and saute until browned. Add broth & scrape browned bits off bottom.
4. Add garlic, paprika, cayenne, & fennel; saute 1-2 minutes until fragrant. Add herbs and passata. Simmer over low heat 5-10 minutes.
5. Combine rice & turkey mixture. Taste and season. Add passata, if needed, to moisten.
6. Slice peppers lengthwise, remove seeds. Place in pan, face-up and season with S&P.
7. Fill peppers, packing slightly.
8. In a medium bowl, grate onion for sauce.
9. Add remaining sauce ingredients and whisk well. Add more vinegar/honey if needed.
10. Pour sauce into pan, alongside peppers. Cover pan with aluminum foil; bake 15-20 minutes.
11. Remove foil, top with cheese if using, and bake 10 more minutes. Cool 5 minutes before serving.



# TEX MEX QUINOA BLACK BEAN BOWLS

## INGREDIENTS

- 4 medium-large bell peppers
- 1 lb lean ground turkey
- 1 -2 cups cooked brown rice
- 1/2 cup salt-free chicken broth
- 1 cup passata (or tomato sauce)
- 1 zucchini, finely chopped or grated
- 1 cup mushrooms, finely chopped
- 1 small onion
- 3-4 cloves garlic, minced
- 2 tsp each: paprika, dried oregano, thyme
- 1 tsp fennel seeds, crushed
- pinch cayenne
- 1 tbsp olive oil
- sea salt & fresh pepper
- cheese of choice (optional)

### For sauce

- 1 cup passata (or tomato sauce)
- 1/2 cup water
- 1 tbsp each: apple cider vinegar, honey and paprika
- 1/2 small onion, grated
- sea salt & fresh pepper

**SERVES 4-6**

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## DIRECTIONS

1. Preheat oven to 350 degrees F. Spray or lightly grease a 9x13" baking pan.
2. In a large pan, warm oil over medium heat. Add onion, mushrooms, & zucchini, cook 5-6 minutes until softened & condensed in size.
3. Add turkey to pan and saute until browned. Add broth & scrape browned bits off bottom.
4. Add garlic, paprika, cayenne, & fennel; saute 1-2 minutes until fragrant. Add herbs and passata. Simmer over low heat 5-10 minutes.
5. Combine rice & turkey mixture. Taste and season. Add passata, if needed, to moisten.
6. Slice peppers lengthwise, remove seeds. Place in pan, face-up and season with S&P.
7. Fill peppers, packing slightly.
8. In a medium bowl, grate onion for sauce.
9. Add remaining sauce ingredients and whisk well. Add more vinegar/honey if needed.
10. Pour sauce into pan, alongside peppers. Cover pan with aluminum foil; bake 15-20 minutes.
11. Remove foil, top with cheese if using, and bake 10 more minutes. Cool 5 minutes before serving.





# POTATO & CAULI MASH SHEPHERD'S PIE

## INGREDIENTS

- 1.5 lb ground beef, pork, or lamb
- 1 large onion, finely chopped
- 2 carrots, finely chopped
- 2 stalks celery, finely chopped
- 1 bell pepper, finely chopped
- 1/2 cup frozen peas
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 1 cup chicken broth
- 1 tbsp all-purpose flour
- 2 tsp each dried oregano, thyme, and rosemary
- 1 tbsp extra virgin olive oil
- sea salt & fresh black pepper

### For topping

- 4-5 medium Yukon Gold potatoes, peeled and quartered
- 1 medium head cauliflower, chopped
- 1/4 cup full-fat yogurt
- splash chicken broth
- 2 tbsp butter
- pinch nutmeg
- sea salt & fresh black pepper

**SERVES 4-6**

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## DIRECTIONS

1. Combine cauliflower & potatoes in large pot. Cover with salted water and bring to a boil; reduce to medium & simmer 20-25 minutes. Drain & return to pot; allow to air dry slightly.
2. Add yogurt & butter; mash well by hand. Add chicken broth to moisten. Add nutmeg, S&P.
3. Meanwhile, heat olive oil in large skillet over medium-high heat. Brown meat well. Remove meat to a plate and drain all but 1 tbsp drippings; adjust heat to medium.
4. Sauté onion, celery, & carrot in drippings 2-3 minutes until softened; add garlic and sauté 1 minute more until fragrant.
5. Add broth and scrape pan well. Add meat, tomato paste, bell pepper, & herbs; mix well.
6. Dissolve flour into 1 tbsp cold water and add to pan. Bring to boil, reduce heat to low and simmer 15 minutes until thickened and reduced.
7. Add peas & stir to combine.
8. Preheat oven to 350 degrees F. Spray or grease a deep baking dish. Pour meat mixture into dish. Use a spatula to dollop potato-cauliflower mixture and spread evenly.
9. Bake 20-30 minutes until bubbling & lightly browned. Cool 5-10 minutes before serving.



# CHOCOLATE COCONUT BLISS BALLS

## INGREDIENTS

- 2 cups Medjool dates, pitted
- 1/4 cup warm water
- 1/2 cup unsweetened fine coconut + 1/4 cup reserved for coating
- 1/4 cup tahini
- 3 tbsp cocoa powder
- 1/4 cup raw cacao nibs
- 1 tbsp maple syrup (optional)
- 1/2 tsp pure vanilla extract
- pinch salt

## DIRECTIONS

1. Combine dates and water in bowl of food processor and process until very smooth.
2. Add all other ingredients except cacao nibs & pulse until well combined.
3. Add cacao nibs & pulse just until combined, without pureeing.
4. Using bare hands and a bit of water if needed to prevent sticking, form balls.
5. Roll bites in reserved coconut to coat; place on baking sheet.
6. Freeze 30 minutes and serve, or pack for freezing/refrigerating and later indulging. They are great room-temperature but really awesome chilled.

**YIELDS 20-25**

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