



SHEET PAN MEALS

BEEF AND PORK



Full Bloom 2021 Bonus eBook

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01

Vietnamese Sirloin' Steak Fajitas

Serves 4

Prep Time: 15 minutes (+2 hours marinating time)

Cook Time: 30 minutes

Ingredients:

3 cloves garlic, peeled
3 teaspoons freshly grated ginger
1 small bunch cilantro
2 limes, juiced
2 tablespoons rice vinegar
1 medium jalapeno, seeded and chopped
5 to 8 basil leaves
5 mint leaves
sea salt and freshly ground black pepper to taste
1 cup low sodium beef broth
4 tablespoons olive oil, divided
1 cup low sodium beef broth
2 to 3 pounds beef skirt steak, fat trimmed and sliced
1 medium green bell pepper, seeded and sliced
1 medium yellow bell pepper, seeded and sliced
1 medium red bell pepper, seeded and sliced
1 medium large onion, halved and sliced

Instructions:

In a food processor, combine first 10 ingredients (garlic through broth) and 2 tablespoons of olive oil. Puree until smooth.

Place sliced skirt steak in a large zipper topped plastic bag, pour mixture over the top, make sure it's fully saturated, then seal and place in refrigerator to marinate for at least 2 hours or overnight.

At time of cooking, preheat oven to 350 degrees and remove beef from refrigerator.

In a large bowl, toss together remaining ingredients (bell peppers, onion, and 2 tablespoons of olive oil). Season the mixture with salt and pepper to taste.

Line large baking sheet with parchment paper. Place marinated skirt steak on center of the pan (make sure slices aren't piled on top of each other, otherwise they won't cook evenly). If there is any marinade left in the bag, add it to the bowl of veggies and toss to combine.

Scatter peppers and onion all around the steak and place in the oven. Roast for 20 to 25 minutes, or until the beef is cooked through and veggies are tender.

02

Rosemary Balsamic Sirloin with Roasted Purple Potatoes and Bacon Brussels

Serves 4

Prep Time: 15 minutes (+1 hour marinating time)

Cook Time: 30 minutes

Ingredients:

4 cloves garlic, minced
1 small shallot, chopped
1/4 cup balsamic vinegar
2 tablespoons olive oil
2 tablespoons chopped fresh rosemary (or 1 teaspoon dried)
sea salt and freshly ground black pepper to taste
1 cup red wine, (or use beef broth)
4 (8 ounce) sirloin steaks
1 pound purple potatoes, washed and chopped
3 tablespoons ghee, melted
1 teaspoon herbs de provence
1 pound Brussels sprouts, trimmed and halved
8 strips nitrate free bacon, chopped
1/4 cup pine nuts

Instructions:

In a food processor, combine first 7 ingredients (garlic through red wine). Puree until smooth, place steaks in a zipper topped plastic bag, pour mixture all over the top, make sure it's fully saturated, seal and place in refrigerator.

Marinate for at least 1 hour or overnight.

At time of cooking, preheat oven to 375 degrees.

In a large bowl, toss together potatoes, ghee, herbs de provence, and season with salt and pepper to taste.

In a separate large bowl, toss together Brussels, bacon, pine nuts, and season with salt and pepper to taste.

Line a large baking sheet with parchment paper. Remove steak from refrigerator, place in center of the pan, scatter potatoes on one side and Brussels on the other.

Place in oven and roast for 25 to 30 minutes, or until the steak is cooked through and veggies are tender.

03

Spaghetti Squash and Meatballs with Roasted Tomato Marinara

Serves 4

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

1 pound lean ground beef
1 pound ground Italian sausage
1 large egg
1/3 cup almond meal
1/4 cup parsley, minced
8 cloves garlic, 3 minced, 5 whole and peeled
1 small shallot, minced
1 teaspoon cumin
1 teaspoon dried oregano
sea salt and freshly ground black pepper to taste
4 tablespoons olive oil, divided
1 large spaghetti squash, halved and seeded
12 to 14 Roma tomatoes, halved
1 medium yellow onion, quartered
1 (10 ounce) can tomato sauce
2 tablespoons tomato paste

Instructions:

Preheat oven to 350 degrees.

In a large bowl, combine first 11 ingredients (beef through 2 tablespoons olive oil). Mix together with your hands and form 1 to 2 inch meatballs.

Line a large baking sheet with parchment paper. Place halved spaghetti squash on one side, brush with 1 tablespoon of olive oil. Line up meatballs next to squash, then toss tomatoes and onion on the other side of the meatballs. Brush the tomato and onion with the remaining olive oil and season lightly with salt and pepper.

Place the sheet pan in oven and roast for 30 minutes, or until the meatballs are cooked through and spaghetti squash is tender.

Allow the mixture to cool for about 10 minutes, and then transfer roasted tomatoes and onion to a food processor. Add in tomato sauce and paste, puree until smooth. Heat in a medium skillet over medium high heat, season with salt and pepper to taste.

Serve meatballs over spaghetti squash "noodles" with meatballs and marinara on top.

04

Roasted Not Fried Mongolian Beef

Serves 4

Prep Time: 10 minutes (+30 minutes marinating time)

Cook Time: 20 minutes

Ingredients:

2 pounds flank steak, cut into strips

1 cup shredded carrots

6 green onions, chopped

1/4 cup low sodium beef broth

1/3 cup coconut aminos

2 tablespoons honey

1 tablespoon apple cider vinegar

4 cloves garlic, minced

2 tablespoons olive oil

sea salt and freshly ground black pepper to taste

1 teaspoon red pepper flakes

Instructions:

Preheat oven to 350 degrees.

In a large bowl, toss together all ingredients until fully combined. Cover and let sit for about 30 minutes.

Line a large baking sheet with parchment paper, spread beef mixture all over the sheet and roast for 20 minutes or until cooked through. Serve hot.

Deconstructed Beef Stew

Serves 4

Prep Time: 15 minutes (+1 hour marinating time)

Cook Time: 40 minutes

Ingredients:

1 1/2 pounds beef stew meat
1 large red onion, cut into eighths
4 cloves garlic, minced
1 large sweet potato, peeled and diced
2 large carrots, peeled and chopped
1 medium butternut squash, seeded and diced
1/2 cup low sodium beef broth
2 tablespoons red wine vinegar
2 tablespoons olive oil
sea salt and freshly ground black pepper to taste
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon ground white pepper
1/4 teaspoon dried oregano

Instructions:

In a large bowl, toss together all ingredients until well combined. Seal and place in refrigerator to marinate for at least 1 hour or overnight.

At time of cooking preheat oven to 375 degrees.

Line a large baking sheet with parchment paper. Spread contents of bowl all over and place in oven to roast for 35 to 40 minutes or until beef is cooked through and veggies are tender. Serve hot.

06

Irish Bangers and Sweet Potato Home-fries

Serves 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

6 to 8 pork sausages

2 large sweet potatoes, peeled and diced

1 medium onion, chopped

sea salt and freshly ground black pepper to taste

1 teaspoon dried thyme

5 tablespoons ghee, melted

Instructions:

Preheat oven to 375 degrees.

Line a large baking sheet with parchment paper. Place sausage on center on pan. In a large bowl, combined remaining ingredients (potatoes through ghee).

Scatter potato mixture all around sausages, and place in oven and roast for 40 minutes or until sausages are cooked through and potatoes are tender. Serve hot.

07

Garlic Butter Pork Chops with Dijon White Wine Sauce, Smashed Herby Purple

Serves 4

Prep Time: 20 minutes

Cook Time: 45 minutes

Ingredients:

4 (6 to 8 ounce) boneless pork chops
2 tablespoons olive oil, divided
1 teaspoon garlic powder
sea salt and freshly ground black pepper to taste
8 to 12 purple potatoes, washed and boiled whole till tender
6 tablespoons ghee, divided (3 melted)
1 teaspoon herbs de provence
1/2 teaspoon onion powder
1 pound asparagus, trimmed
1 tablespoon balsamic vinegar
3 cloves garlic, minced
2 tablespoons Dijon mustard
1/2 teaspoon ground mustard
1/2 teaspoon dried rosemary
1/2 cup low sodium chicken broth
1 cup dry white wine (or use more chicken broth)
1 to 2 teaspoons arrowroot powder

Instructions:

Preheat oven to 350 degrees.

Line a large baking sheet with parchment paper. Brush all sides of chops with 1 tablespoon of olive oil. Season with garlic powder, salt and pepper to taste. Place chops on one side of baking sheet.

Line potatoes next to pork chops, lightly smash boiled potatoes down, brush generously with the 3 tablespoons of melted ghee. Season with salt, pepper, herbs de provence and onion powder.

In a large bowl, toss asparagus with remaining olive oil and balsamic vinegar. Season with salt and pepper and line up next to potatoes.

Place in oven to roast for 25 to 30 minutes, or until chops are cooked through.

While everything cooks in the oven, prepare the sauce. Heat remaining 3 tablespoons of ghee in a medium skillet over medium high heat. Add garlic, Dijon, ground mustard, rosemary, broth, wine, salt and pepper. Whisk together well and once mixture boils, reduce to low. Simmer for 5 minutes then whisk in 1 (or 2) teaspoons of arrowroot powder (only add second teaspoon if the first doesn't thicken it enough). Continue to simmer on low until sauce reduces by nearly half.

Serve sauce over pork when you're ready to serve.

Cauli-Rice Jambalaya

Serves 4

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients:

1 large yellow onion, halved and sliced
1 large yellow bell pepper, seeded and sliced
1 large red bell pepper, seeded and sliced
12 to 15 cherry tomatoes, halved
4 cups riced cauliflower
1 pound kielbasa sausage, sliced
1/2 pound medium shrimp, peeled and deveined
2 tablespoons olive oil
1/4 cup low sodium chicken broth
2 tablespoons white wine (or use more chicken broth)
1 teaspoon paprika
1/2 teaspoon cayenne pepper
1/2 teaspoon garlic powder
sea salt and freshly ground black pepper to taste

Instructions:

Preheat oven to 375 degrees.

In a large bowl, toss together all ingredients. Once fully combined, spread out over a large baking sheet that's lined with parchment paper.

Place in oven to bake for 20 to 25 minutes or until all veggies are tender and shrimp are pink and opaque. Serve hot.

Italian Breaded Tenderloin with Shallot Roasted Butternut Squash and Garlic Green Beans

Serves 4

Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients:

1/3 cup almond meal
3 tablespoons parsley, minced
sea salt and freshly ground black pepper to taste
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 large egg
1/2 cup unsweetened canned coconut milk
3 pound pork tenderloin
4 tablespoons olive oil, divided
1 medium butternut squash, seeded and diced
1 large shallot, chopped
1 pound green beans (fresh or frozen)
3 cloves garlic, minced

Instructions:

Preheat oven to 350 degrees.

On a large plate, mix together first 7 ingredients (almond meal through oregano).

In a large bowl, whisk together egg and coconut milk.

Submerge tenderloin in the egg mixture, make sure it's fully saturated. Then roll on almond meal mixture. Once fully covered, transfer to a large baking sheet lined with parchment paper.

In a large bowl, toss together squash, shallot, 2 tablespoons of olive oil, salt and pepper to taste. Spread out on baking sheet next to tenderloin.

In another large bowl, toss together green beans with garlic, 2 tablespoons of olive oil, salt and pepper to taste. Spread out on remaining space on baking sheet.

Place in oven and roast for 30 to 40 minutes or until tenderloin is cooked through and squash is tender. Serve hot.

Sheet Pan Cabbage and Brats

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 small head cabbage, shredded
1 medium onion, halved and sliced
2 tablespoons ghee, melted
1 teaspoon ground nutmeg
1 teaspoon fennel seed
sea salt and freshly ground black pepper to taste
6 to 8 bratwursts

Instructions:

Preheat oven to 375 degrees.

In a large bowl, combine all ingredients except brats. Toss together well then transfer to a large baking sheet lined with parchment paper. Line brats on top of cabbage mixture and place in oven to roast for 30 minutes or until brats are cooked through and cabbage is tender.

Serve all together!