

FEBRUARY 2026



# Healthier Homemade



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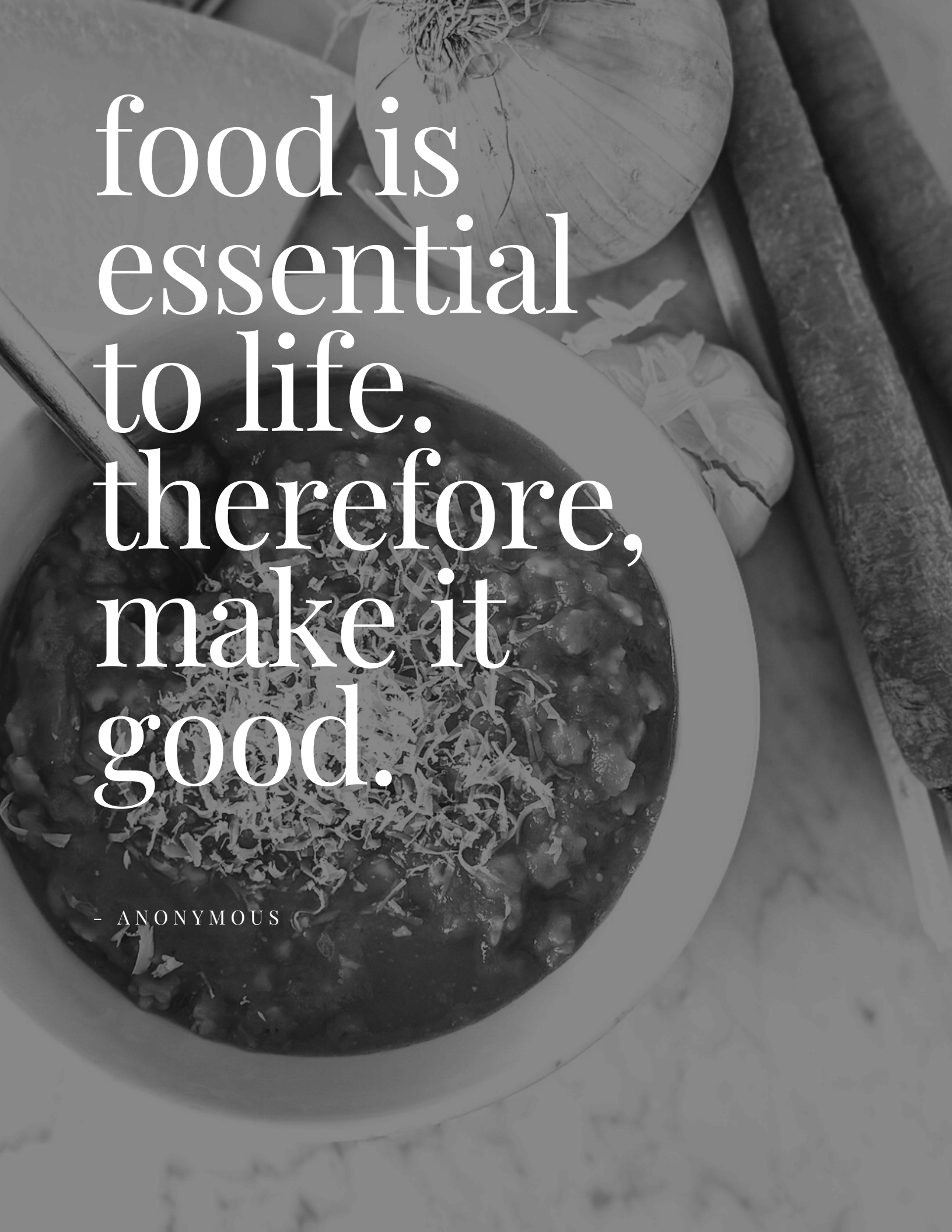
# Welcome!

I am so happy you are here! This month kicks off the new format for my membership, and I have to say—with all of the life changes this year, this feels authentic.

My goal has always been to help families get cleaner meals on the table without being overwhelmed. But to be honest, the system I once used got insanely overwhelming. Between health issues and my kids doing a million sports—including their latest obsession, go-kart racing (5 ½ hours away with a 12-race schedule!)—a large Sunday prep wasn't helping me anymore.

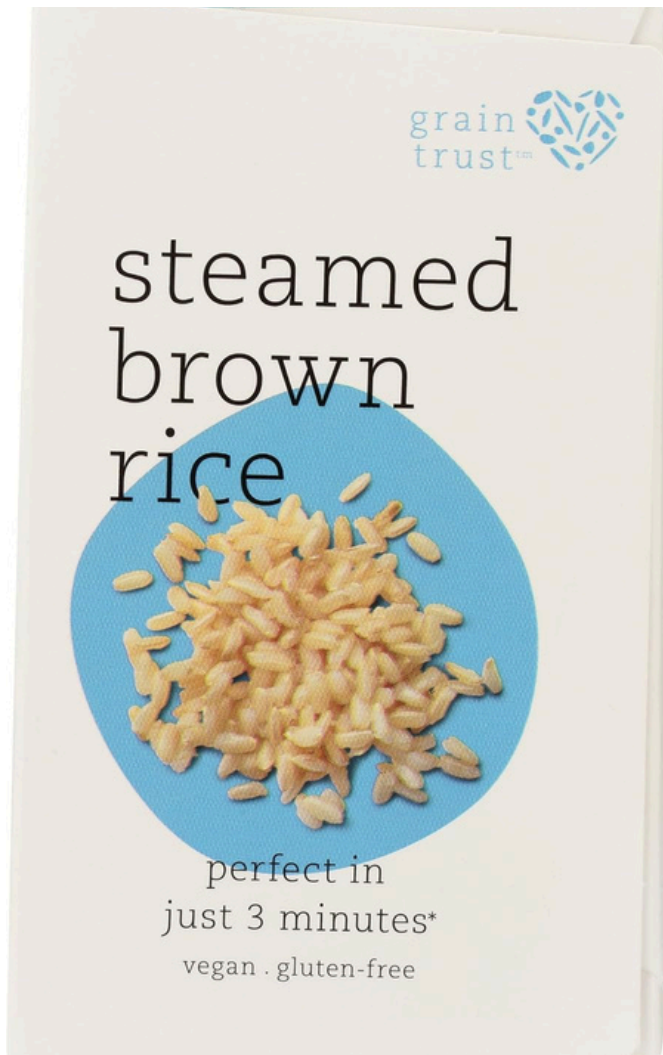
The other reality is my recent diagnosis of ankylosing spondylarthritis. I have a lot of good days! Anyone with an autoimmune disease will tell you to savor those good days and get done what you can, so on the tough days you can rest without guilt. But I realized this doesn't just hold true for autoimmune diseases—it holds true for families and all the moving parts of life too.

Finally, I realized how much I LOVE creating my weekly newsletters. Lately, everything feels so inauthentic. That's how I felt just popping out a meal plan every week. My goal here is to build a community of people trying to do their best, even on those tough days. Stay tuned—there's more to come.



food is  
essential  
to life.  
therefore,  
make it  
good.

- ANONYMOUS



# Easy Meal Tips

**BATCH YOUR GRAINS** These reheat easily and give you an instant foundation for any protein-and-veggie combination throughout the week. OR you can buy some really clean frozen grains now. The photo on the left is one of our go-to brands.

**“I am a better person when I have less on my plate.”**  
— Elizabeth Gilbert, **Eat, Pray, Love**

**MAXIMIZE YOUR WEEKLY PREP** Focus your energy on the time-intensive tasks: chop all your onions, garlic, and vegetables for the entire week, portion proteins into ready-to-cook servings, and prepare any marinades or sauces. Having garlic already minced and veggies pre-chopped can easily save 10-15 minutes on a busy Tuesday night. They look like a gimmick, but containers like the one to the left really do help preserve fruits and vegetables after you prep.





Hash Brown Crust Sausage Egg Cups

# 4 Breakfast 2 Hours

This is how I easily get a homemade breakfast on the table in just minutes. I love batch prepping breakfast when I have time.

Plus, if you have little ones you know how often they change their minds. This gives options without a fight!



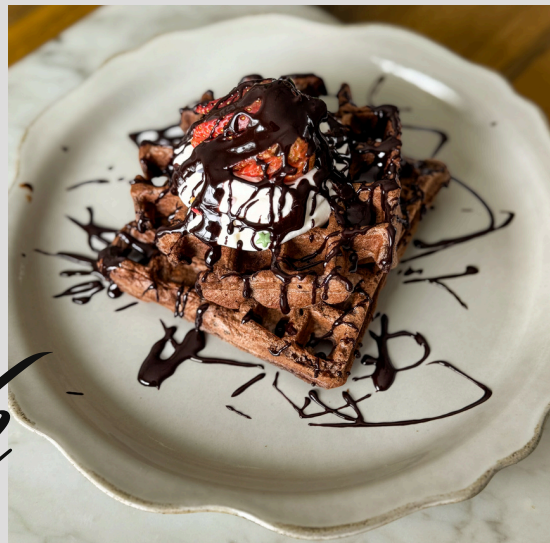
Strawberry Waffles



Boursin and Sausage Breakfast Burritos

SIMPLE INGREDIENTS USED ON  
REPEAT

MIX &  
*Match*



Chocolate Greek Yogurt Waffles

# Grocery List for Breakfast

## MEAT & SEAFOOD

- All-natural Breakfast Sausage - 32 oz

## DAIRY & EGGS

- Organic Whole Milk - 3 cups
- Organic Greek Yogurt - 2 cups
- Organic Butter - 0.66 cups
- Organic Eggs - 14 each
- Monterrey Jack Cheese - 0.5 cups
- Sharp Cheddar Cheese - 0.5 cups
- Organic Small Curd Cottage Cheese - 0.5 cups
- Boursin Shallot and Chive - 5.3 oz
- Mild Cheddar Cheese - 6 oz
- Organic Milk - 2.5 tbsp

## PANTRY

- All-purpose Einkorn Flour - 4 cups
- Cocoa Powder - 0.5 cups
- Organic Maple Syrup - 4 tbsp
- Extra virgin olive oil - 1 count
- Tortilla Shells - 6 each

## FROZEN FOODS

- Freeze Dried Strawberries - 1.5 cups
- Organic Tater Tots - 24 count

## SPICES & SEASONINGS

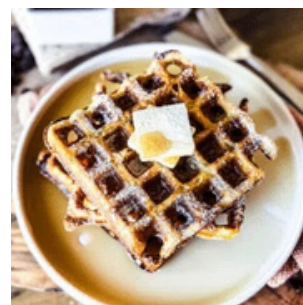
- Baking Soda - 1 tsp
- Baking Powder - 2 tbsp
- Organic Vanilla - 4 tsp
- Pink Himalayan Salt - 1.5 tsp
- Organic Black Pepper - 0.5 tsp

# Chocolate Greek Yogurt Waffles

Prep Time  
10 mins

Cook Time  
18 mins

Total Time  
28 mins



## Equipment

1 waffle maker  
1 large bowl  
¼ cup measure

## Ingredients

2 cup all-purpose einkorn flour  
½ tsp baking soda 1 tbsp  
baking powder  
½ cup cocoa powder  
1½ cup organic whole milk  
1 cup organic Greek yogurt  
⅓ cup melted organic butter 2  
tsp vanilla 3 large eggs 2 tbsp  
organic maple syrup

## Instructions

1. In a large bowl, whisk together **2 cup all-purpose einkorn flour**, **½ tsp baking soda**, **1 tbsp baking powder** and **½ cup cocoa powder**.
2. Once whisked, add in **1½ cup organic whole milk**, **1 cup organic Greek yogurt**, **⅓ cup melted organic butter**, **2 tsp vanilla**, **3 large eggs** and **2 tbsp organic maple syrup**.
3. Mix together well- it is okay if there are a few clumps.
4. Heat your waffle maker.
5. Pour a heaping ¼ cup of batter onto each waffle slot. Your serving might be different- be sure to check the size for your waffle maker.
6. Close the lid and cook about 6 minutes.
7. Repeat until all of the batter is gone.
8. Serve with your favorite toppings like butter, maple syrup, whipped cream, strawberries.

## Notes

Freeze- Lay the waffles on a single layer on a parchment lined baking sheet. Freeze for 2 hours. Remove and place in a freezer safe Ziploc or container. Freeze for up to 2 months.

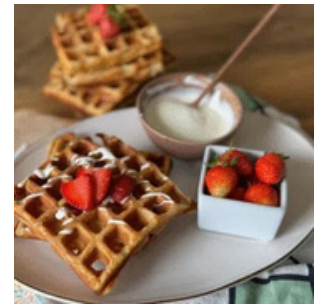
To reheat- there are 2 methods.

1. For crispy outer waffles. Place in a toaster and toast 45 seconds to 1 minute depending on the heat of your toaster.
2. For soft waffles. Wrap in paper towel and microwave 30-45 seconds.

# Strawberry Waffles

Prep Time  
10 mins

Cook Time  
18 mins



## Equipment

- 1 waffle maker
- 1 large bowl
- ¼ cup measure

## Ingredients

- 2 cup all-purpose einkorn flour
- ½ tsp baking soda
- 1 tbsp baking powder
- 1½ cup organic whole milk
- 1 cup organic Greek yogurt
- ⅓ cup melted organic butter
- 2 tsp vanilla
- 3 large eggs
- 2 tbsp organic maple syrup
- 1½ cup Freeze dried strawberries smashed up

## Instructions

1. In a large bowl, whisk together **2 cup all-purpose einkorn flour**, **½ tsp baking soda**, **1 tbsp baking powder**.
2. Once whisked, add in **1½ cup organic whole milk**, **1 cup organic Greek yogurt**, **⅓ cup melted organic butter**, **2 tsp vanilla**, **3 large eggs** and **2 tbsp organic maple syrup**.
3. Mix together well- it is okay if there are a few clumps. Add in the **1½ cup Freeze dried strawberries**.
4. Heat your waffle maker.
5. Pour a heaping ¼ cup of batter onto each waffle slot. Your serving might be different- be sure to check the size for your waffle maker.
6. Close the lid and cook about 6 minutes.
7. Repeat until all of the batter is gone.
8. Serve with your favorite toppings like butter, maple syrup, whipped cream, strawberries.

## Notes

Freeze- Lay the waffles on a single layer on a parchment lined baking sheet. Freeze for 2 hours. Remove and place in a freezer safe Ziploc or container. Freeze for up to 2 months.

To reheat- there are 2 methods.

1. For crispy outer waffles. Place in a toaster and toast 45 seconds to 1 minute depending on the heat of your toaster.
2. For soft waffles. Wrap in paper towel and microwave 30-45 seconds.

# Hash Brown Crust Sausage Egg Cups

Prep Time  
15 mins

Cook Time  
35 mins

Servings: 12 egg cups



## Equipment

- 1 muffin or cupcake tin
- 1 medium bowl

## Ingredients

- extra virgin olive oil
- 24 organic tater tots  
I like Roots Organic or Cascadian Farms
- 3 organic eggs
- 3 organic egg whites
- ½ tsp pink Himalayan salt
- ¼ tsp organic black pepper
- 4 oz natural breakfast sausage
- ½ cup Monterrey Jack Cheese
- ½ cup Sharp Cheddar Cheese
- 1 cup small curd cottage cheese

## Instructions

1. Preheat the oven to 400°F
2. Grease the muffin tins with **extra virgin olive oil**. Be sure to grease well- even the sides so the eggs don't stick.
3. Place 2 hash browns in each tin and place in the oven for 10 minutes.
4. Heat a skillet over medium heat. Place the **4 oz natural breakfast sausage** in the skillet. Chop it up as it cooks into small pieces. Cook all the way through
5. Remove the hash browns from the oven and reduce the heat to 350°F and with a spoon, smash the tots down to create a crust.
6. In a medium bowl whisk together **3 organic eggs, 3 organic egg whites, ½ tsp pink Himalayan salt, ¼ tsp organic black pepper, ½ cup Monterrey Jack Cheese, ½ cup Sharp Cheddar Cheese** and **1 cup small curd cottage cheese**.
7. Add in the sausage and give a good stir.
8. Use a large cookie scoop and scoop on top of the smashed tots. It is about 1/4 cup for each one. Fill just below the top.
9. Bake for 20-25 minutes at 350°F until the eggs are cooked through.
10. Remove from the oven and let rest 10-15 minutes before serving.

## Notes

These are one of my favorite freezer breakfasts. They reheat so easy. To freeze, line a baking sheet with parchment paper. After you have let the egg cups cool, remove them and place on the parchment lined baking sheet.

Freeze for 2 hours and then place in a freezer safe Ziploc bag or storage container.

TO reheat- either use your microwave in 30 second intervals or use an air fryer at 350f. for about 8-10 minutes.

# Boursin and Sausage Breakfast Burritos

Prep Time  
20 mins



## Equipment

- 1 medium skillet
- 1 medium bowl

## Ingredients

- 16 oz. all-natural breakfast sausage
- 8 organic egg whites
- 5.3 oz Boursin shallot and chive
- 6 oz mild cheddar cheese shredded from a block
- dash of salt
- dash of pepper
- dash of milk about 2-3 tablespoons
- 6 large tortilla shells

## Instructions

1. In a bowl, whisk together **8 organic egg whites**, **dash of salt**, **dash of pepper** and a **dash of milk**.
2. Break up the **5.3 oz Boursin shallot and chive** into bits or slice into squares.
3. In a skillet over medium heat, cook **16 oz. all-natural breakfast sausage** breaking into small bits. Once cooked through remove from heat.
4. In another skillet, prepare with olive oil and heat to low/medium heat. Pour in the egg white mixture. Use a spatula to stir. When the eggs are cooked about 50% of the way, add in the broken up Boursin and whisk.
5. Once cooked through (do not over cook) remove from heat. The key to eggs is low and slow.
6. Lay a tortilla flat, place a large scoop of the sausage in the middle and then place a large scoop of the eggs on top. Sprinkle with a few tbsp. of the **6 oz mild cheddar cheese** .
7. Fold in the sides of the tortillas so they almost touch and then roll. Continue this with all 6 tortillas.
8. Serve immediately or place on a parchment lined baking sheet and place in the freezer.
9. Once frozen transfer to a freezer safe container.

# 2 MEALS

Make and Freeze



The filling for the Skillet Chicken Pot Pie and Mini Chicken Pot Pies are the same.

So simply double the filling and while the Skillet Chicken Pot Pie is baking, assemble the Mini Chicken Pot Pies and freeze.

The grocery list below is for the recipe doubled.

# Grocery List

## MEAT & SEAFOOD

- Organic Chicken Breast - 3 pounds

## PRODUCE

- Onion - 2 count
- Organic Carrots - 4 count
- Organic Celery - 2 rib
- Potatoes - 6 count

## DAIRY & EGGS

- Organic Whole Milk - 3 cups

## PANTRY

- Extra Virgin Olive Oil - 4 tbsp
- Garlic Powder - 1 tsp
- All Purpose Einkorn Flour - 2 tbsp
- Organic Cream of Chicken Soup - 30 ounces

## FROZEN FOODS

- Organic Frozen Peas - 2 cups
- Puff Pastry - 8.5 ounces
- Organic Premade Pie Shells - 2 each

## SPICES & SEASONINGS

- Pink Himalayan Salt - 2 tsp
- Onion Powder - 1 tsp
- Poultry Seasoning - 0.5 tsp
- Black Pepper - 0.25 tsp

# Skillet Chicken Pot Pie

Prep Time  
10 mins

Cook Time  
30 mins

Course: dinner



## Equipment

1 large, deep skillet that is oven proof

## Ingredients

2 tbsp extra virgin olive oil  
1½ lb organic chicken breast cut into small cubes  
1 small onion finely chopped  
2 organic carrots washed, peeled and finely chopped  
1 rib organic celery finely chopped  
3 potatoes washed, peeled and finely chopped  
1 tsp pink Himalayan salt or sea salt  
½ tsp garlic powder  
½ tsp onion powder  
¼ tsp poultry seasoning  
⅛ tsp black pepper  
1 tbsp All purpose einkorn flour  
15 oz organic cream of chicken soup Pacific Foods  
1½ cup organic whole milk  
1 cup organic frozen peas  
8.5 oz puff pastry Sweet Loren's(gf) or Filo Factory

## Instructions

1. Heat the oven to 425 °F
2. In a large skillet, oven medium heat let get hot and then add in **2 tbsp extra virgin olive oil**.
3. Add in the **1½ lb organic chicken breast** cubed, **1 small onion** chopped, **2 organic carrots** chopped, **1 rib organic celery** chopped, **3 potatoes** chopped, **1 tsp pink Himalayan salt**, **½ tsp garlic powder**, **½ tsp onion powder**, **¼ tsp poultry seasoning** and **⅛ tsp black pepper**. Let cook stirring frequently until the chicken is cooked through (165°F) and the carrots, onions and celery are tender.
4. Stir in **1 tbsp All purpose einkorn flour** and coat.
5. Pour in **15 oz organic cream of chicken soup** and **1½ cup organic whole milk**. Give a good stir.
6. Add in **1 cup organic frozen peas**.
7. Remove from heat.
8. Slice **8.5 oz puff pastry** into squares.
9. Place on top and put the skillet in the oven for about 15 minutes until the puff pastry is browned.

# Mini Chicken Pot Pie

Prep Time  
10 mins

Cook Time  
30 mins



[Get the quiche pans here](#)

## Equipment

- 1 large, deep skillet that is oven proof
- 1 baking sheet
- 12 Paper Quiche Pans for tart, pie etc.

## Ingredients

- 2 tbsp extra virgin olive oil
- 1½ lb organic chicken breast cut into small cubes
- 1 small onion finely chopped
- 2 organic carrots washed, peeled and finely chopped
- 1 rib organic celery finely chopped
- 3 potatoes washed, peeled and finely chopped
- 1 tsp pink Himalayan salt or sea salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp poultry seasoning
- ⅛ tsp black pepper
- 1 tbsp All purpose einkorn flour
- 15 oz organic cream of chicken soup Pacific Foods
- 1½ cup organic whole milk
- 1 cup organic frozen peas
- 2 organic premade pie shells I like Wholly Wholesome

## Instructions

1. Let the frozen pie crust thaw while you put together the filling over the skillet. 2. Heat the oven to 425 °F 3. In a large skillet, oven medium heat let get hot and then add in **2 tbsp extra virgin olive oil**.
4. Add in the **1½ lb organic chicken breast** cubed, **1 small onion** chopped, **2 organic carrots** chopped, **1 rib organic celery** chopped, **3 potatoes** chopped, **1 tsp pink Himalayan salt**, **½ tsp garlic powder**, **½ tsp onion powder**, **¼ tsp poultry seasoning** and **⅛ tsp black**

- pepper.** Let cook stirring frequently until the chicken is cooked through (165°F) and the carrots, onions and celery are tender.
5. Stir in **1 tbsp All purpose einkorn flour** and coat.
  6. Pour in **15 oz organic cream of chicken soup** and **1½ cup organic whole milk**. Give a good stir.
  7. Add in **1 cup organic frozen peas**.
  8. Remove from heat.
  9. Place 12 pie pans on a baking sheet.
  10. Ladle into parchment paper mini pie pans.
  11. Roll the **2 organic premade pie shells** flat.
  12. Cut a circle the same size as the 4 " pie pans or at least close.
  13. Place the circular crust on top of each pie pan.
  14. Place in the oven for 13-15 minutes until the crust is flaky.
  15. Remove and let rest 5 minutes. Enjoy!

## **Notes**

Freezer instructions

If you want to prep this ahead do all of the instructions except the final bake.

Place in the freezer on the baking sheet for 2 hours.

Remove and wrap in parchment paper and then plastic wrap or foil.

To bake, preheat the oven to 425f. Bake for about 20-25 minutes until cooked through.



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## THE FREEZER RE-IMAGINED

# SOUPS

THERE WAS A TIME WHEN I DID MEAL PREP THE COMPLICATED WAY- SPENDING HOURS ON SUNDAY PREPPING FOR THE WEEK. NOT ANYMORE!  
NOW WHAT I DO IS MAKE SOUPS, CASSEROLES ETC. AND DOUBLE THEM. FREEZE HALF FOR

LATE IN THE MONTH WHEN I AM BUSY AND IT IS BARELY ANY EXTRA WORK.  
THE KEY TO HEALTHIER HOMEMADE IS WORKING SMARTER, NOT HARDER. HERE ARE 3 SOUP RECIPES THAT HAVE ALREADY BEEN DOUBLED!

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# Broccoli Cheddar Soup

Prep Time  
20 mins

Cook Time  
40 mins

Total Time  
1 hr



Course: lunch, Main Course    Cuisine: American

Keyword: broccoli, broccoli soup, cheddar, easy soups, soup

Servings: 12

## Ingredients

- 4 tbsp Butter
- 2 Onion (finely chopped)
- 2 carrot (julienned or chopped)
- 6 clove garlic (crushed)
- 0.5 cup einkorn flour
- 64 oz chicken broth
- 3 cup organic whipping cream
- 6 cup organic frozen broccoli
- 16 oz cheddar cheese (shredded from a block)
- 2 tsp pink Himalayan salt
- 0.5 tsp paprika
- 2 tsp onion powder

## Instructions

1. Place a Dutch oven or large pot on the stovetop over medium heat.
2. Add in the **4 tbsp Butter**, **2 Onion** chopped and **2 carrot** chopped. Cook until browned. About 5-10 minutes. Add in the **6 clove garlic** crushed and stir for 1 minute.
3. Add in the **0.5 cup einkorn flour** and stir to coat. Continue stirring about 1 minute.
4. Pour in the **64 oz chicken broth** and **3 cup organic whipping cream**. Bring to a soft boil.
5. Add in the **6 cup organic frozen broccoli**, **2 tsp pink Himalayan salt**, **0.5 tsp paprika** and **2 tsp onion powder** and simmer about 20 minutes until the broccoli is soft.
6. Use an immersion blender and puree leaving just slight chunky. Let simmer another 10 minutes.
7. Turn the burner off and add **16 oz cheddar cheese**. Stir until melted all the way through.

## Notes

This recipe can also be done in the slow cooker. Add all of the ingredients to a slow cooker and cook for 8 hours on low or 4 hours on high.

If you have an all in one cooker, saute the onion, carrot, garlic. Add everything else and simmer all day for 8 hours or 4 hours on high.

## Freezer Instructions

Let the soup cool to room temperature. Pour the soup into a freezer safe container (leave space for expansion)

# Classic White Bean Soup

Prep Time  
15 mins

Cook Time  
45 mins

Servings: 12



## Equipment

1 stock pot

## Ingredients

4 tbsp extra virgin olive oil  
2 onion chopped  
4 organic celery ribs (chopped) washed  
4 organic carrots (chopped) washed  
6 potatoes (peeled and chopped) washed  
2 tsp pink Himalayan salt  
1 tsp black pepper  
2 tsp organic garlic powder  
2 tsp organic onion powder  
2 tsp Italian seasoning  
128 oz organic chicken broth  
60 oz cannellini beans  
1 cup organic heavy cream  
2 ham bone

## Instructions

1. In a stock pot on a stove top over medium heat add in **4 tbsp extra virgin olive oil, 2 onion chopped, 4 organic celery ribs (chopped), 4 organic carrots (chopped),** and **6 potatoes (peeled and chopped)**.
2. Sauté about 10 minutes until the onions are caramelized and the celery, carrots and potatoes are softened.
3. Sprinkle in **2 tsp pink Himalayan salt, 1 tsp black pepper, 2 tsp organic garlic powder, 2 tsp organic onion powder,** and **2 tsp Italian seasoning.**
4. Pour in **128 oz organic chicken broth** and **60 oz cannellini beans** add in **1 cup organic heavy cream** and **2 ham bone**. Place the lid on.
5. Bring to a low boil, reduce the heat to slow and let simmer 45 minutes.
6. Remove the ham bone and slice off the ham meat and chop.
7. Add the ham into the soup.
8. Stir well and serve.

# Beef and Noodle Soup

Prep Time  
10 mins

Cook Time  
4 hrs



## Equipment

all in one slow cooker if you have just a slow cooker, you will need a pan

## Ingredients

4 tbsp extra virgin olive oil  
3 lb. sirloin cubed  
2 sweet onion chopped  
4 organic carrots chopped  
4 organic celery sticks chopped  
6 garlic cloves minced  
2 tsp pink Himalayan salt or sea salt  
0.5 tsp organic black pepper  
1 tsp organic onion powder  
1 tsp organic garlic powder  
2 tsp organic Italian seasoning  
16 oz organic tomato sauce  
96 oz organic beef broth  
2 tbsp Worcestershire sauce  
16 oz fusilli pasta  
1 organic bay leaf

## Notes

Freezer: To freeze, let come to room temperature. Place in a Ball jar or other freezer safe container. Store for up to 2 months.

To thaw, place in the refrigerator the night before you want to use. Reheat in the stove top or in the microwave.

## Instructions

1. In the all in one slow cooker, turn to sear and 350°F. If you don't have an all in one, place a large pan over medium heat.
2. Add in **4 tbsp extra virgin olive oil, 3 lb. sirloin** cubed, **2 sweet onion** chopped, **4 organic carrots** chopped, **4 organic celery sticks** chopped, **6 garlic cloves** minced, **2 tsp pink Himalayan salt, 0.5 tsp organic black pepper, 1 tsp organic onion powder, 1 tsp organic garlic powder, 2 tsp organic Italian seasoning.**
3. Stir frequently until sirloin is cooked through and onions are caramelized. At this point if you are using a pan and traditional slow cooker, add to the slow cooker from the pan and turn the slow cooker to high. If you are using an all in one, switch the temperature to slow cook and high.
4. Add to the slow cooker, **16 oz organic tomato sauce, 96 oz organic beef broth, 2 tbsp Worcestershire sauce** and **1 organic bay leaf.**
5. Place the lid on and let cook for 3½ hours.
6. Remove the lid, remove the bay leaf and stir.
7. Add on the **16 oz fusilli pasta** and put the lid on for 15 minutes.
8. Remove the lid and stir again. Place the lid on for another 15 minutes.
9. Enjoy!



# Valentine's Day

BETTER OPTIONS



## Make these glasses

We made these last year and they were a bigger hit than candy! Here is the list for supplies. Simply put a little dot of glue and press on the letters/shapes. To the left is the link for supplies/ all things Valentine.

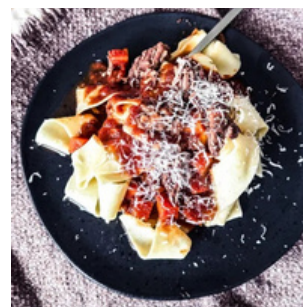
[Click Here](#)

# Short Rib Ragu

Prep Time  
20 mins

Cook Time  
6 hrs

Total Time  
8 hrs 20 mins



## Equipment

- 1 all in one cooker
- 1 skillet if you don't have an all in one cooker
- 1 slow cooker if you don't have an all in one cooker

## Ingredients

### Rub

- 2 tbsp extra virgin olive oil
- 3 lbs. short ribs
- 1/4 tsp. all spice
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. dried thyme
- 1/4 tsp. chipotle powder

### Sauce

- 1 onion chopped
- 3 carrots peeled and chopped
- 3 garlic cloves minced
- 1 cup red wine a heavier style like cab or zin
- 28 oz. canned organic whole peeled tomatoes or organic crushed if you want a smoother sauce.
- 6 oz. tomato paste
- 16 oz. organic beef broth
- 1 1/2 tsp. pink Himalayan salt can use sea salt
- 1 bay leaf

## Instructions

1. First, prep your ribs. Trim any excess fat. For this recipe and how we are using the ribs, you will want to remove the membrane (silver skin).
2. Turn your all in one cooker on to 325 f.
3. While that is heating up, combine the **1/4 tsp. all spice, 1 tsp. garlic powder, 1 tsp. onion powder, 1/4 tsp. dried thyme** and **1/4 tsp. chipotle powder**
4. Rub the ribs with the mixed seasoning.
5. Pour 2 tbsp. extra virgin olive oil into the slow cooker.
6. Sear the ribs on each side about 5 minutes.
7. Reduce the slow cooker to low and add in **1 onion** chopped, **3 carrots** chopped, **1 cup red wine, 28 oz. canned organic whole peeled tomatoes, 6 oz. tomato paste, 16 oz. organic beef broth, 3 garlic cloves** minced, **1 1/2 tsp. pink Himalayan salt** and **1 bay leaf**.
8. Give the ingredients a good stir.
9. Place the lid on and let cook for 6 hours.

10. Remove the bay leaf and the ribs from the slow cooker.
11. Take the bones off the ribs.
12. While the ribs are out if you want the sauce to be more pureed you can use an immersion blender. This step is optional
13. Add the rib meat back in.
14. Stir together and serve over your favorite pasta.

### **Notes**

If you do not have an all in one cooker, you can use a skillet and sear the ribs on a skillet first over medium heat.

# Double Chocolate Cheesecake Cookies

Prep Time  
1 hr 20 mins

Cook Time  
15 mins

Total Time  
50 mins



## Equipment

1 large bowl  
2 medium bowls  
2 baking sheets  
1 small cookie scoop  
1 large cookie scoop  
parchment paper

## Ingredients

2  $\frac{3}{4}$  cups Einkorn flour  
1 tsp baking soda  
1 tsp pink Himalayan salt or sea salt  
1 cup organic butter  
 $\frac{3}{4}$  cup organic brown sugar  
 $\frac{3}{4}$  cup evaporated sugar or organic cane sugar  
2 tsp vanilla extract  
2 eggs room temperature  
1 cup chocolate chips  
 $\frac{1}{3}$  cup organic cocoa powder

### cream cheese filling

8 oz package cream cheese room temperature  
 $\frac{1}{4}$  cup sugar  
1 egg  
1 tsp vanilla

## Instructions

1. Preheat oven to 350°F.
2. Set out 3 bowls. 1 large, 2 medium.
3. In one of the medium bowls combine **2  $\frac{3}{4}$  cups Einkorn flour, 1 tsp baking soda, 1 tsp pink Himalayan salt** and  **$\frac{1}{3}$  cup organic cocoa powder**.
4. In a large bowl combine **1 cup organic butter,  $\frac{3}{4}$  cup organic brown sugar,** and  **$\frac{3}{4}$  cup evaporated sugar**. Cream together with beater for 2 minutes.
5. Add in **2 tsp vanilla extract** and **2 eggs**. Beat together another 2 minutes.
6. Add in the flour mixture in  $\frac{1}{3}$ 's. Mix well between each addition.
7. Stir in **1 cup chocolate chips**.
8. In the final medium bowl, combine **8 oz package cream cheese,  $\frac{1}{4}$  cup sugar, 1 egg 1 tsp vanilla**. Mix together for 2 minutes.

9. Scoop the cheesecake mixture into 1 tsp. dollop on a parchment lined cookie sheet. Place in the freezer.
10. Place the chocolate cookie dough in the refrigerator while the dots freeze (about 45 minutes).
11. Before you remove the dough, use a large cookie scoop and scoop the chocolate cookie dough into balls. Press flat until about ½ inch thick.
12. Remove the cheesecake dots from the freezer. Work fast and wrap each dot with the pressed cookie dough until completely covered.
13. Place on a parchment lined baking sheet. Spread out so there are only 7-9 on a sheet.
14. Bake in the oven at 350°F for 15-17 minutes. Until the middle is done.
15. Remove and let cool. Place in the refrigerator to chill about 30-45 minutes. Enjoy!

### **Notes**

Having the cream cheese and eggs at room temperature make them combine better and be more fluffy.