

## Week 1: Paleo Batch Cooking the Vegetables:

### Roast Vegetables:

1. Turnip Hash; Sweet Potato Hash; Sweet Potato Fries, Cauliflower Florets on baking sheet.
2. Drizzle with Olive Oil; Season with Sea Salt and Black Pepper.
3. Put in 350 degree oven for 10 to 15 minutes; Check 10 minutes in.

### Green Beans:

1. Heat Sautee Pan.
2. Add Olive Oil.
3. Sautee Green Beans.

### Portabella Mushroom Strips:

1. Heat second pan for Portabella Mushroom Strips.
2. Add Olive Oil.
3. Add Portabella Mushroom Strips.
4. Add sea salt and crushed black pepper.

Back to Green Beans: Cook green beans to bright green color; should still have some “crunch” to them; remove and place on baking sheet.

### Onions and Bell Peppers:

1. In same pan that we cooked the green beans we are going to cook the onions and bell peppers. The pan should still be hot.
2. Add Olive Oil.
3. Add onions and bell peppers; Let onions and bell peppers brown and then:
4. Add the pre-minced garlic (1/3 teaspoon).

### Back to Portabella Mushroom Strips:

1. Remove and place on baking sheet with Green Beans.

### Portabella Mushroom Diced:

1. Using same pan that we used for Portabella Mushroom Strips, drizzle Olive Oil and add the Portabella Mushrooms Diced.
2. Add sea salt and crushed black pepper.

Back to Onions and Bell Peppers: Remove and place on baking sheet with the other vegetables.

#### Chili Vegetables:

1. In same pan we used for the Onions and Bell Peppers, wipe and drizzle Olive Oil. The pan should still be hot.
2. Add diced onions, carrots, celery and green bell peppers.
3. Add 1/3 teaspoon minced garlic.

#### Back to Portabella Mushroom Diced:

1. Remove and place on baking sheet with other vegetables.

#### Stuffed Tomato AND Meat Loaf:

1. In same pan we used for the Portabella Mushroom Diced, wipe and drizzle Olive Oil. The pan should still be hot.
2. Since the vegetables are the same for the Stuffed Tomato and for the Meatloaf, we will cook a double portion of diced carrots, onions and celery.
3. Add the double portion of diced carrots, onions and celery.
4. Toss and flip occasionally.

#### Back to Chili Vegetables:

1. Remove and place in mixing bowl and put aside for a couple of minutes.

#### Zucchini Lasagna:

1. In same pan we used for the Chili Vegetables, wipe and drizzle Olive Oil. The pan should still be hot.
2. Add diced carrots, onions, celery, green pepper and minced garlic.
3. Add sea salt and crushed black pepper.
4. Remove peppers and onions for the Zucchini Lasagna and place on baking sheet.

#### Cauliflower Rice:

1. In the same pan we used for the Zucchini Lasagna vegetables, wipe. The pan should still be hot.
2. Add water.
3. Add the Cauliflower Rice; will not take very long to cook...a minute or two.
4. Stir as needed.

#### Back to Stuffed Tomato and Meat Loaf Vegetables:

1. Once the vegetables are soft, remove and place in mixing bowl and put aside for a couple of minutes.

#### Back to Cauliflower for the Mashed Cauliflower:

1. Drain Cauliflower and place in mixing bowl and put aside for a couple of minutes.

Back to Cauliflower Rice:

1. When slightly soft, remove cauliflower to a drain pan.