



2023 MEAL PREP RECIPES

Ranch-Inspired Flavors and Foods



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MEAL PREP TIPS & TRICKS

Plan Your Meals

Before you start cooking, plan your meals for the week. Include a variety of foods to ensure you get all the necessary nutrients.

Create a Shopping List

After deciding on your menu, make a detailed shopping list. This will save you time at the grocery store and help you stick to your meal plan.

Embrace the Convenience of Packaged Foods

While you shouldn't rely solely on pre-made meals, incorporating packaged foods can save time and reduce waste. Think canned beans, lentils, jarred pasta sauce, and frozen fruits and veggies.

Choose a Cooking Day

Set aside a specific day for cooking and preparing your meals. Many people find Sunday to work best as it sets them up for a successful week ahead.

Cook in Batches

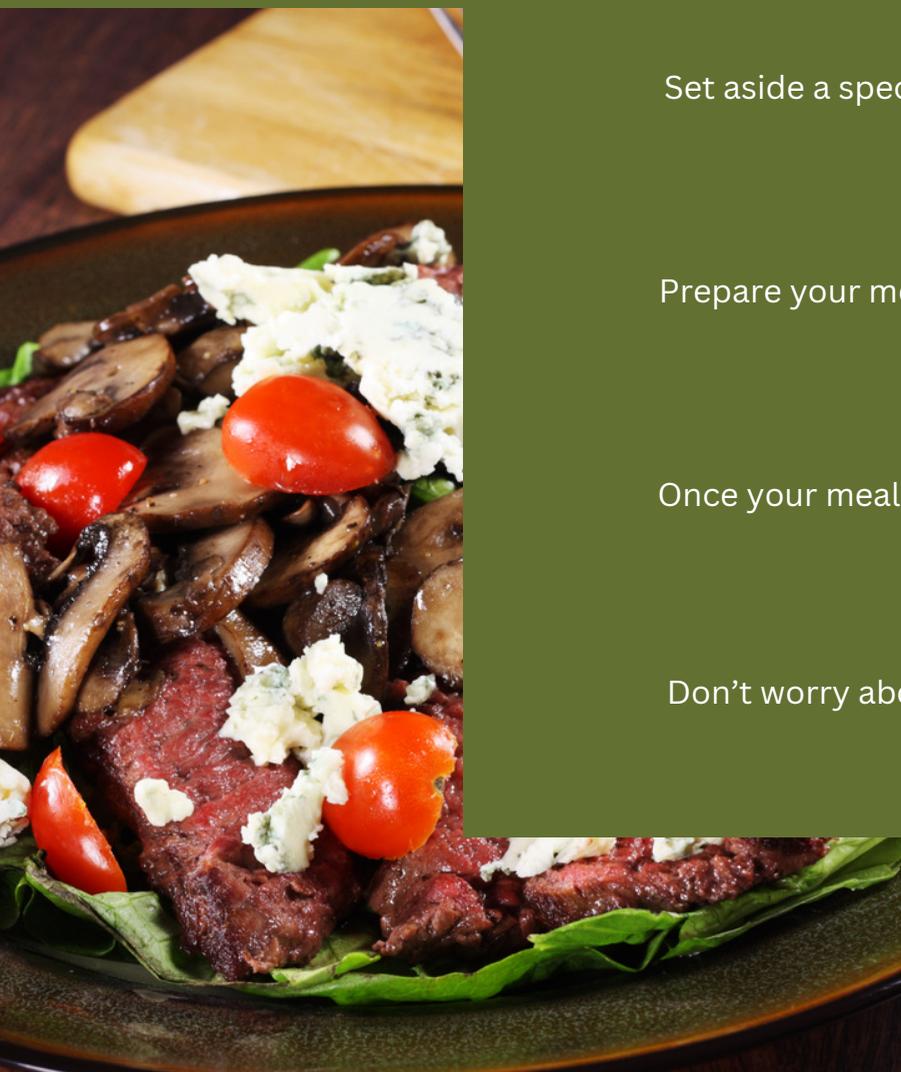
Prepare your meals in batches. Cook large quantities of proteins, grains, and vegetables that can be used in multiple dishes throughout the week.

Portion, Label, and Store

Once your meals are cooked, portion them into individual containers. This not only makes it easy to grab a meal on the go but also helps with portion control.

Stay Flexible

Don't worry about following a strict meal plan. Instead, prepare a create a variety of snacks and meals and snacks, and tune into your daily cravings.





MEAL PREP BREAKFAST SANDWICH

Ingredients

12 Carson Valley Meats eggs
1/4 cup whole milk
1 1/2 tsp Heart Rock Herb & Spice Co. salt
6 slices bacon*
A few handfuls of spinach
12 English muffins
Cheese (optional)
Butter (optional)

Method

1. Preheat oven to 300 degrees. Generously oil a rimmed half-sheet pan. Whisk the eggs, milk, and salt.
2. Cut the bacon into small pieces. Fry in a heavy skillet until crispy. Add the spinach and stir until wilted. Using tongs, let excess fat drip off for a few seconds before adding your bacon and spinach to the egg mixture.
3. Pour the egg mixture into the oiled half-sheet pan (13" x 18"). Bake for 15 minutes, until just set.
4. Remove, cool, and cut into rounds using a wide mason jar lid or round cookie cutter. Spread English muffins with butter (optional) and place an egg round on each one. Add cheese and wrap in foil.
5. Refrigerate (4-5 days) or freeze (no limit). To reheat, you can use the oven, microwave, or toaster oven.

**Available from Sinclair Family Farm with whole hog purchase if you're buying meat in bulk!
Adapted from Pinch of Yum*



GROUND BEEF FREEZER BREAKFAST BURRITOS

Ingredients

- 1 lb Sinclair Family Farm ground beef
- 2/3 cup red pepper, diced
- 2/3 cup zucchini, diced
- 1/3 cup scallions, sliced
- 1 cup kale, chopped
- 1/2 tsp Heart Rock Herb & Spice Co. Tahoe Seasoning Salt
- 1/4 tsp red pepper flakes
- 18 Carson Valley Meats eggs
- 1/2 cup milk
- 3 tbsp butter divided
- 1 tsp Heart Rock Herb & Spice Co. salt
- 1/2 tsp black pepper
- 18 tortillas medium
- 1 cup cheese

Method

1. Brown Ground Beef in a large skillet. Drain any excess grease, if necessary.
2. Add 1 tablespoon of the butter, vegetables, season salt, and red pepper flakes. Cook on medium-high heat until browned and slightly softened.
3. Remove from pan and set aside. Add the remaining two tablespoons of butter to the pan on medium-low heat.
4. Whisk together eggs and milk in a large bowl. Add melted butter to the pan. Scramble the eggs, adding in the salt and pepper when the eggs are almost done.
5. Combine eggs and beef and vegetable mixture. Divide among 16-18 tortillas (the amount will vary depending on the size of tortillas you use).
6. Eat right away or wrap them in parchment and then foil to freeze for later. To reheat from frozen, remove the foil and place parchment wrapped burrito in the microwave for 1-2 minutes, or until heated to 165°F.

Adapted from Long Bourn Farm



CROCKPOT HONEY GARLIC BBQ MEATBALLS

Ingredients

1 lb Sinclair Family Farm ground beef
1/3 cup breadcrumbs
1 Carson Valley Meats egg
1 yellow onion, grated
1 tsp garlic powder
1 tsp Heart Rock Herb & Spice Co. salt
1/2 tsp pepper
3/4 cup BBQ sauce
1/2 cup ketchup
1/4 cup Misbeehaven Farm infused garlic honey
2 cloves garlic, minced
2 cups cooked basmati rice or noodles

Method

1. Mix sauce together in a large bowl and set aside.
2. In another large mixing bowl, mix meatballs together until combined. Heat a large skillet over high heat then sear meatballs for 2-3 minutes each side until lightly cooked and browned.
3. Gently add meatballs to the crockpot with tongs, then cover with sauce. Cook on high for 2 hours, or on low for 4 hours.
4. Serve with toothpicks or in meal prep bowls with lightly steamed broccoli. Leftovers will last up to 5 days in the fridge, and meatballs can be frozen for up to 3 months. Enjoy!

Adapted from The Girl on Bloor



STUFFED BELL PEPPERS

Ingredients

3 bell peppers
2 tbsp cooking oil, divided
1 lb Sinclair Family Farm Italian sausage
1 yellow onion, diced
3 garlic cloves, minced
1 tsp Heart Rock Herb & Spice Co. Italian seasoning
1/2 tsp garlic powder
1 1/4 tsp Heart Rock Herb & Spice Co. salt, divided
1/4 tsp freshly cracked black pepper
1 cup marinara sauce
1/2 cup uncooked long grain white rice
3/4 cup chicken broth
1 cup shredded mozzarella

Method

1. Preheat the oven to 350°F. Wash and dry each bell pepper, then cut the bell peppers in half horizontally. Using a sharp paring knife, carefully cut and remove the stem from the top half of each pepper.
2. Place each bell pepper half in a 9×13-inch casserole dish. Brush the bell peppers with 1 Tbsp oil and season with ¼ tsp of salt and ¼ tsp cracked black pepper. Bake in a preheated oven for 20 minutes to soften. After 20 minutes remove from the oven and set aside.
3. While the bell peppers are baking, make the filling. Heat a large skillet over medium heat and add 1 Tbsp of oil. Brown the Italian sausage.
4. Once the sausage has browned, add the diced onion and minced garlic to the skillet. Continue to sauté over medium heat until the onion is translucent, and the garlic is fragrant.
5. Next add the uncooked rice, marinara sauce, Italian seasoning, garlic powder, 1 tsp of salt, and chicken broth to the skillet. Stir to combine.
6. Place a lid on the skillet, turn the heat up to medium-high, and allow the mixture to come to a full boil. Once boiling, reduce the heat to medium-low and allow the mixture to simmer, without lifting the lid or stirring, for 20 minutes. After 20 minutes, turn the heat off and let it rest for 5 minutes.
7. Next, remove the lid, fluff the rice, and stir the mixture again to redistribute the ingredients. Begin to fill each bell pepper with the meat filling. Stuff as much filling as you can into each, filling them all the way to the top.
8. Top each bell pepper evenly with shredded mozzarella cheese. Loosely place some tented aluminum foil over the top of the casserole dish and bake for 15 minutes. After 15 minutes the bell peppers should be tender but not mushy.
9. Now remove the foil and turn the heat on to broil. Broil the stuffed bell peppers for 2-3 minutes or just until the cheese gets a little brown on top. Store the peppers, in a freezer container with a lid, for up to 3 months in the freezer or in individual meal prep containers.

Adapted from Budget Bytes



STEAK COBB SALAD MEAL PREP

Ingredients

2 tbsp unsalted butter
1 lb Sinclair Family Farm Chuck Steak
2 tbsp olive oil
1 tsp Heart Rock Herb & Spice Co. salt
Freshly ground black pepper, to taste
6 Carson Valley Meats eggs
6 cups baby spinach
1 cup cherry tomatoes, halved
1 cup pecans, halved
½ cup crumbled feta cheese
Tillie's Nevada Balsamic Vinegar

Method

1. Melt butter in a large skillet over medium high heat.
2. Using paper towels, pat both sides of the steak dry. Drizzle with olive oil; season with salt and pepper, to taste.
3. Add steak to the skillet and cook, flipping once, until cooked through to desired doneness, about 3-4 minutes per side for medium-rare. Let cool before dicing into bite-size pieces.
4. Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and dicing.
5. To assemble the salad, place spinach into meal prep containers, top with arranged rows of steak, eggs, tomatoes, pecans and feta. Serve with balsamic vinaigrette, or desired dressing.

Adapted from Damn Delicious



SRIRACHA HOISIN GROUND PORK BOWLS

Ingredients

1 lb [Sinclair Family Farm](#) ground pork
2 tsp grated ginger
2 tsp minced garlic
1 tbsp soy sauce
1 tbsp sesame oil
1/3 cup hoisin sauce
2 tsp sriracha
2 tbsp water
3/4 cup julienne carrots
1/3 cup chopped scallions, white parts
1/4 cup chopped peanuts
Green parts of scallion for garnish
2 cups cooked basmati rice

Method

1. On medium heat, brown the pork until fully cooked and no pink remains.
2. In a small bowl, combine the ginger, garlic, sesame oil, soy sauce, hoisin sauce, sriracha and water. Whisk to combine the sauce until all incorporated.
3. In the final couple minutes of cooking, add in the carrots, white parts of the scallions, and the sauce to the pan. Cook until heated. The sauce will be absorbed. Remove from heat.
4. Garnish with peanuts and green parts of scallions.
5. For meal prep bowls: distribute the pork evenly into containers. Add 1/2 cup cooked rice to each bowl. Refrigerate for up to 4 days or freeze for up to 3 months.
6. To reheat, allow the meal to thaw overnight in the fridge, and microwave for 2 minutes until warm throughout.

Adapted from Meal Plan Addict

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to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

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