

## 3-Z Kosher Family Meal Pack #1

### Dairy/Pareve

Short lists below help you plan ahead and get things started, just follow the prep sheet for recipes or visit my [tradmama.com](http://tradmama.com) to print them individually.

Tonight	Freezer	Later this week
<b>Lentil Tacos</b>	<b>Lentil Shepherds Pie</b>	<b>Lentil Soup</b>
<i>Buffet Style, Serves 4-6</i>	<i>Casserole, Serves 4-6</i>	<i>Lentil Potato Soup, serves 4-6</i>
1.3 cups dry lentils 1 package taco shells, 1 cup shredded lettuce (checked) 2 TBSP Taco Seasoning 1-2 cups Shredded Cheese Sour Cream (optional) Salsa (optional)	1.3 cup dry lentils, cooked 2-3 lbs potatoes, mashed Butter/Milk 1 onion, chopped 1 clove garlic, minced Frozen Carrots & Peas Salt & Pepper, Paprika 2 cups Shredded Cheese	1.3 cup dry Lentils 1 Onion chopped 1 clove Garlic, minced Olive Oil 1 can diced or crushed tomato 2 lbs diced potatoes 1 TBSP Italian Seasoning Salt and Pepper

#### Shopping list:

- 2lbs/4 cups dry small brown lentils
- 1 package taco shells
- 1 lb Cheddar cheese/shredded
- Butter 1/2 cup
- Milk 1 cup
- 1 cup shredded lettuce (or enough to serve salad with other meals)
- 5 lbs Russet potatoes
- 1 can diced tomatoes
- 2 onions
- 2 cloves garlic
- Olive Oil
- Frozen Peas & Carrots mix (2-3 cups)

#### Seasoning/Spices etc:

- Taco Seasoning
- Italian Seasoning
- Salt & Pepper
- Paprika

#### Condiments/Options

- Ketchup
- Crackers
- Salsa
- Sour cream

Tips: Cook the lentils 1-3 days in advance for a quicker meal prep. Substitute Dairy options for non-dairy if desired.

## **Prep Sheet for 3-Z Kosher Family Meal Pack #1**

*You will need a large stock pot with a lid (or 6 qt Instant pot), a 9 x 13 casserole dish, a skillet and a baking sheet.*

### **LENTILS**

Rinse and check for stones, 2 lbs/4 cups small brown lentils.

**Instant pot:** Cook in 8 cups of water. 8 minutes, natural release for 10-15 minutes.

**Stovetop:** Cook in 9 cups of water. Bring to a boil, reduce heat to simmer for 20-30 minutes.

### **POTATOES**

Peel 5 lbs of potatoes, cube 1/3 of them for the soup and cover with water, quarter 2/3 for mashed potatoes.

**Instant pot:** Place the 2/3 potatoes plus 1 cup of water in the instant pot, close the lid and set to sealing position. Cook for 8 minutes, with quick or natural release. Mash in the pot with the liquid or remove to a mixer and mash with the whisk attachment.

**Stovetop:** In a large stock pot, cover potatoes with water and bring to a boil, reduce heat to a low boil and cook until tender 15-25 minutes (depends on the size you cut them, type of potato etc). Drain and reserve some of the liquid, mash and add some of the liquid back as needed.

**Note:** You can use real butter and milk in the mashed potatoes here for added flavour and nutrients. Salt to taste.

### **ONIONS/GARLIC**

Chop the 2 onions and 2 cloves of garlic finely in a blender or with a sharp knife. Saute in olive oil in the bottom of the soup pot or instant pot. Remove half of the onion mixture into the casserole dish and leave the other half in the soup pot.

### ***Putting it all together***

Drain the lentils and divide them 1/3 in the skillet, 1/3 in the soup pot or instant pot, and 1/3 in a 9x13 casserole dish.

### **Tacos**

Turn the skillet to medium, add 2 TBS taco seasoning mix or 1 packet. Stir occasionally and cook to reduce moisture (about 5-8 minutes). Place taco shells on a baking sheet and bake according to package instructions.

### **Shepherds Pie**

Mix the lentils and onion mixture to combine, and spread flat in the casserole dish. Salt to taste (1/2-1 tsp), Pepper if you like. Add 1-2 cups of Frozen Peas & Carrots in a layer on top of the lentil mixture, Spread all of the mashed potatoes on top. Use a fork to make a grid pattern or leave it fluffy if you like.

Sprinkle with paprika and cheese (optional). Cover with foil, double wrap and Freeze. Bakes 350 covered for 30 minutes thawed or 1 hour from frozen. Uncover for the last 10 minutes if using cheese.

### **Soup**

Dump the cubed potatoes in the pot with the onion mixture and lentils. Add 1 can of diced or crushed tomatoes, 1-2 cups frozen vegetables. 4 cups water or broth, 1-2 tsp Italian seasonings, and salt and pepper to taste. (1-2 tsp salt). Serve with Crackers.