

ten quick and easy

30 Minute Real Meals



by
a community of real food bloggers

Copyright & Credit

© The book as a whole is copyrighted by Karen Lee; all rights reserved to the individual recipe creator. Individual recipes used by permission of the copyright holder.

Credit: Book Design and Content Formatting by Karen Lee www.drkarenslee.com

We get it. We are moms, just like you.

Soccer practice, baseball games, PTA meetings, doctor's appointments, dance classes, so on, and so on. By the time you rush home, your family is hungry but you have no idea what to cook for dinner.

Well, we've been there, done that.

You want to avoid eating fast food and serve nutritious meals to your family but you don't have time and you are running out of recipe ideas. How many times can you serve hamburgers and hot dogs? Besides the fact that processed meats are unhealthy, you want to provide more nutritionally dense food to your family.

Don't worry. We got your back.

Ten real food bloggers created this “**Ten Quick and Easy 30 Minute Real Meals**” so you won't have to stress. We are sharing these nutritious recipes with you because we know they will help you get started on your real food journey. These recipes will provide healthy meals without spending a fortune and you only need 30 minutes or less in the kitchen with a little bit of planning. This collection includes everything from a refreshing salad to hearty meats to decadent dessert. These recipes will also give you a glimpse of what these foodies share on their sites so you can visit and get more healthy meal ideas.

So don't stress over what to serve for dinner while you're running around. Let us help you! We've got this!

From our kitchens to yours,

Karen Lee

www.drkarenslee.com

Contributors

A Girl Worth Saving	www.agirlworthsaving.net
A Real Food Journey	www.arealfoodjourney.com
Dr. Karen S. Lee	www.drkarenslee.com
Eat Beautiful	www.eatbeautiful.net
Loveurbelly	www.loveurbelly.com
Prepare and Nourish	www.prepareandnourish.com
Raia's Recipes	www.raiasrecipes.com
Raising Generation Nourished	www.raisinggenerationnourished.com
Recipes to Nourish	www.recipestonourish.com
The Organic Kitchen	www.theorganickitchen.org

What is Real Food?

Whole Foods

-food in its most natural original state.

Fruits and Vegetables

-local and/or organic as whole.

Dairy: Milk, Yogurt, & Cheese

-organic, whole, unsweetened & pasture-raised.

100% Whole Grains

-not processed. sprouted preferred.

Seafood

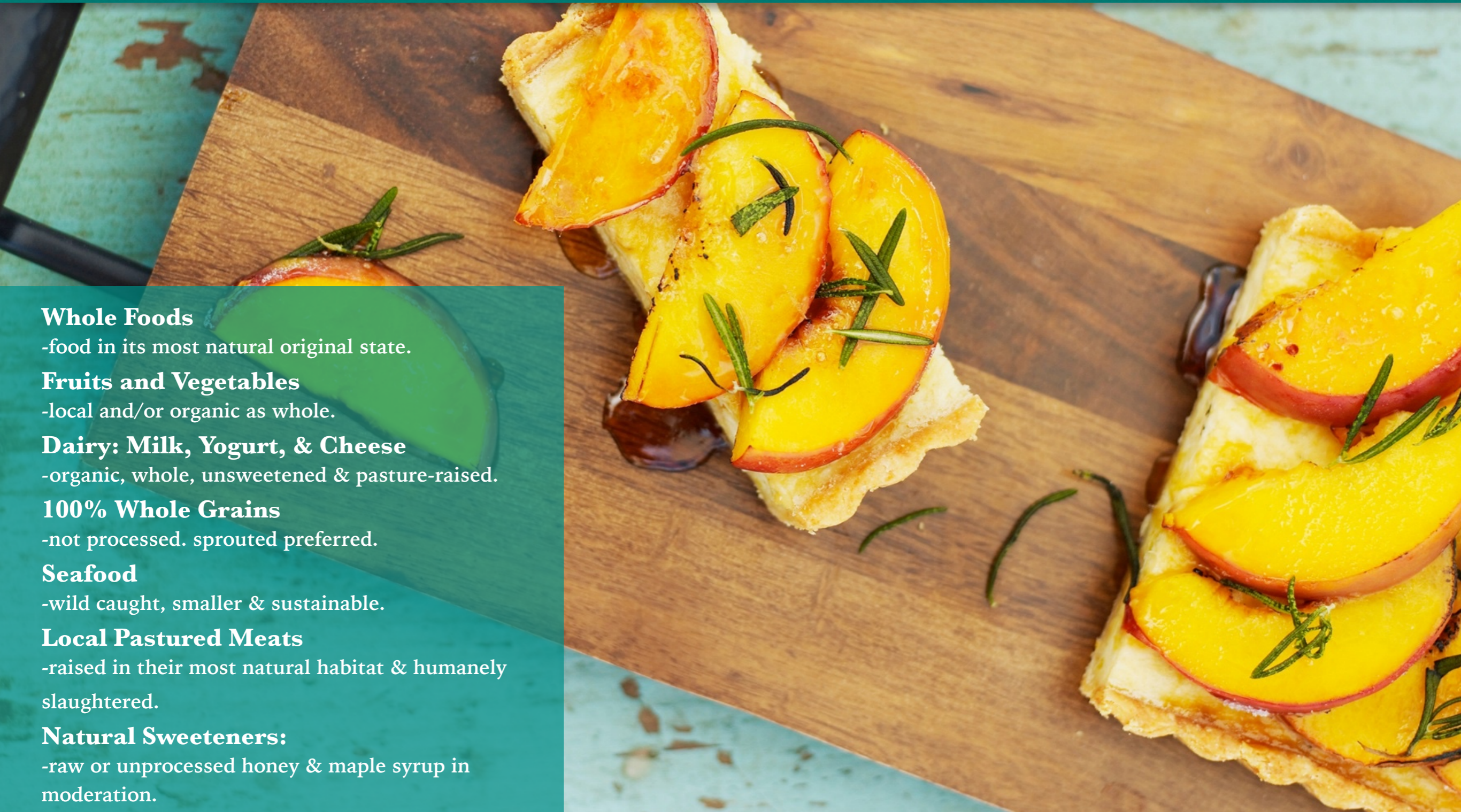
-wild caught, smaller & sustainable.

Local Pastured Meats

-raised in their most natural habitat & humanely slaughtered.

Natural Sweeteners:

-raw or unprocessed honey & maple syrup in moderation.



The Harvest Salad

from **The Organic Kitchen**



INGREDIENTS:

The Apple Vinaigrette:

- ¼ C extra virgin olive oil
- 3 Tbsp frozen organic apple juice concentrate
- 2 Tbsp apple cider vinegar
- 1½ Tbsp white balsamic vinegar
- ½ tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 tsp honey
- 1 pinch sea salt
- ½ tsp freshly ground pepper

The Couscous:

- ½ C Israeli Couscous cooked to package instructions

The Salad:

- 5 oz bag of mixed baby greens
- 2 C leftover rotisserie or roasted chicken, diced small
- 1 small red apple, diced
- 1 small shallot, diced (small)
- ¼ C dried cranberries,
- ¼ C dried apricots, diced (small)
- ¼ C roasted pecan halves, roughly chopped
- 2 Tbsp chopped parsley
- 2 Tbsp chopped mint leaves
- Sea salt and freshly ground pepper

DIRECTIONS:

1. Make apple vinaigrette by placing all ingredients in a bowl and whisking until emulsified.
2. Set aside.
3. Cook couscous to package instructions.
4. While couscous cooks dice apple, chicken and apricots, chop pecans, mint, shallot and parsley.
5. When couscous is ready, pour into a colander and rinse with cold water.
6. Place couscous in a large bowl, add nuts, apples, dried fruit, shallots, parsley and mint to bowl. Sprinkle with sea salt and freshly ground pepper.
7. Pour some salad dressing over couscous and toss.
8. Place greens on a platter. Dress lightly with apple vinaigrette, toss.
9. Pour couscous and chicken mixture over greens and toss.
10. Sprinkle with sea salt and pepper to taste.

Zucchini and Chorizo Butter Stew

from **Eat Beautiful**



INGREDIENTS:

- 2 lbs. zucchini, (always buy organic with this crop to avoid GMO)
- 4 C bone broth
- 1 lb. chorizo, sustainably-sourced
- 3 bell peppers, 1 yellow, 1 orange, 1 red
- 6 Tbsp. grass-fed butter

www.eatbeautiful.net

DIRECTIONS:

1. Cut zucchini into 1/2" slices.
2. Place in medium-large size saucepan.
3. Add bone broth.
4. Heat broth over high heat; then reduce heat to low and cover.
5. Simmer zucchini 30 minutes.
6. Slice peppers thinly.
7. Add peppers and chorizo to pot.
8. Break up meat with a spatula into simmering broth.
9. Mix peppers in as well.
10. Continue to break up all meat into small pieces.
11. Replace lid and simmer 20 minutes.
12. Stir the stew at this point, making sure all meat is broken up, allowing zucchini to break up and fall apart.
13. Cook, covered, an additional 10 minutes over low heat, stirring occasionally.
14. Stir in butter, allowing it to melt and mix in completely.
15. Serve immediately.

Borsch - Classic Russian Beet Soup

from *Prepare & Nourish*



INGREDIENTS:

- 1 Tbsp lard, tallow, ghee, or butter
- 1 onion, diced
- 2 carrots, julienned
- 1 Lg beet, julienned
- 1 C tomato sauce OR ½ tomato paste combined well with ½ cup of hot water
- 3 Qt. bone broth
- 2 bay leaves
- 3 russet potatoes, peeled and chopped
- 1 C cooked beans
- 1 C cooked leftover chicken, beef or pork
- 1 green bell pepper, sliced
- 2 C shredded cabbage (1/4 head of small cabbage)
- 1 bunch parsley or dill, chopped
- salt & pepper to taste

DIRECTIONS:

1. Sauté onions on medium-high heat in the fat in a large heavy-bottomed pot until the edges start turning brown, about 5 minutes.
2. Add the julienned carrot and beet to the onions and cook for about 5 more minutes.
3. Pour in the tomato sauce or paste and combine well.
4. Pour in your prepared bone broth, chopped potatoes and bay leaves.
5. Cover the pot and turn to high heat to bring to a boil.
6. Add cooked beans and meat, bell pepper, cabbage, and parsley or dill, and season to taste.
7. Give your borsch a stir and immediately turn off the heat and close the lid again.
8. Allow to stand for 5 minutes so all flavors are integrated.
9. Enjoy your borsch with a dollop of sour cream and toast. And with fresh garlic on the side.

NOTES:

- Forgot to take out the cooked beans and/or meat out of the freezer this morning? No worries, just run it under lukewarm water to release it from its container and throw the frozen chunk into the pot during step 4. It will defrost and warm the contents along with cooking the potatoes.
- I turn the heat off immediately after throwing in the last of the ingredients because I prefer the crunch of the bell peppers and cabbage. Besides, the leftover portion of the Borsch when reheated will generate fully cooked vegetables. This way, you can enjoy different textures from the same pot of soup.
- Dip the garlic clove in salt. Take a small bite. Then, take a bite of the toasted sourdough bread. Heaping tablespoon of borsch. Garlic clove. Bread. Spoon of borsch. Garlic. Bread. Borsch. Garlic. Bread. Borsch. Repeat until bowl is empty.

Easy, One-Pot Mac 'n Cheese

from Raia's Recipes



INGREDIENTS:

- 16 oz. gluten-free pasta (I used Tinkyada Brown Rice Elbows)
- 1/4 C butter
- 2 Tbsp tapioca starch
- 2 C chicken broth, or whole milk
- 2 C cooked carrots
- 1 1/2 C shredded cheddar cheese
- Salt to taste

DIRECTIONS:

1. Bring water to boil in large pot.
2. Cook pasta according directions.
3. Meanwhile, puree cooked carrots and chicken broth in a blender until smooth.
4. Shred cheese, if not using pre-shredded. (I buy a brick and shred it myself - saves money!).
5. When the pasta is done, turn off the heat, drain the pasta, and return it to the pot.
6. Stir in the butter until melted, then sprinkle with tapioca starch.
7. Stir in until pasta is coated, then pour in the sauce. Stir to coat, then add cheese.
8. Stir until cheese is melted, then serve!

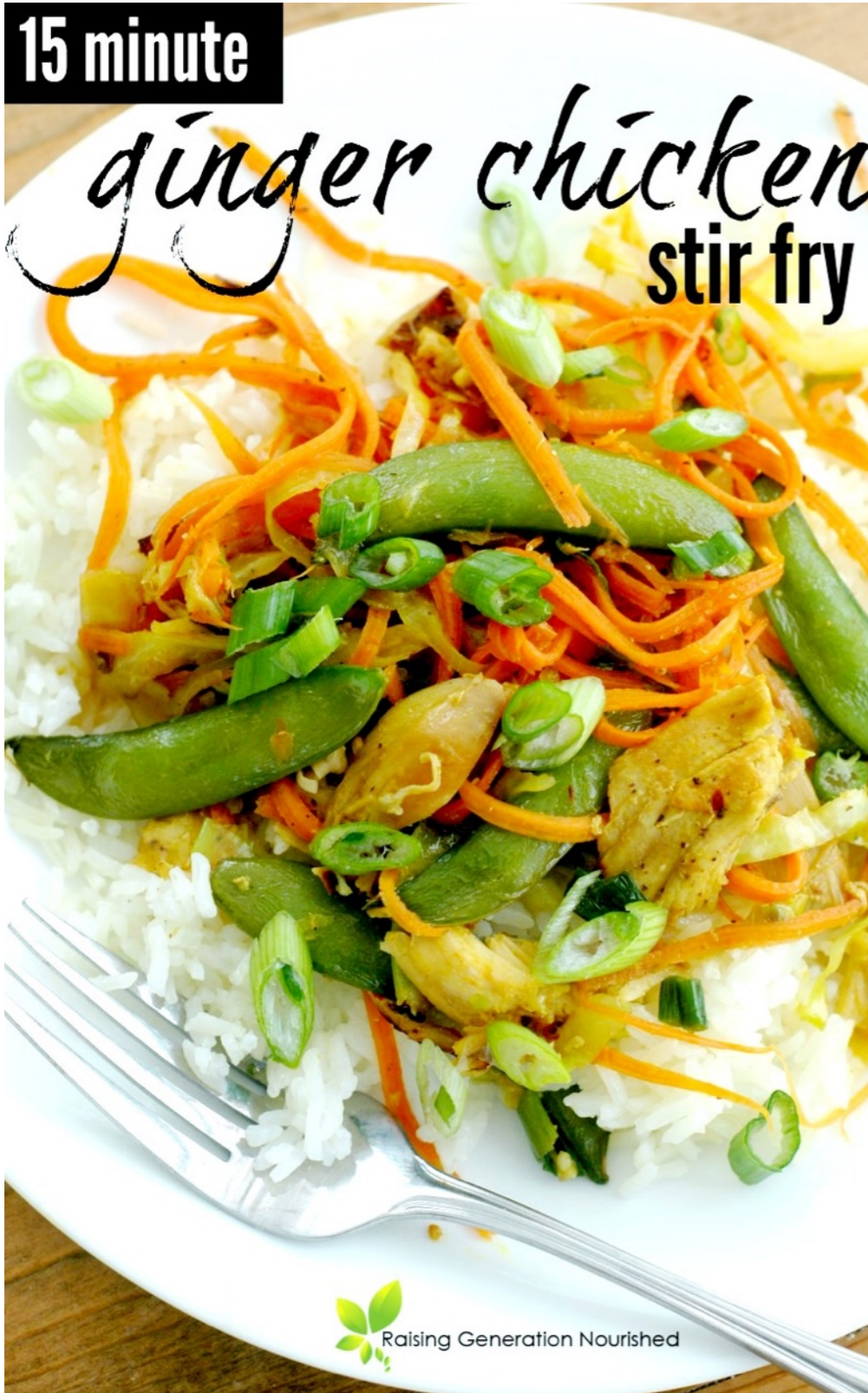
Makes 6 servings

15 Minute Ginger Chicken Stir Fry

from *Raising Generation Nourished*

15 minute

ginger chicken
stir fry



 Raising Generation Nourished

INGREDIENTS:

- ¼ C (divided) friendly fat to cook in such as butter, pastured lard or tallow, avocado oil, or coconut oil
- 2-3 C leftover cooked chicken, cubed
- ½ tsp sea salt
- ¼ tsp pepper
- ¼ head cabbage, sliced thin
- 3-4 C sugar peas (sliced broccoli works well too)
- 1 bunch green onions, chopped
- 2-3 inch piece of ginger, peeled and finely chopped
- 3 large cloves of garlic minced
- 3 large carrots sliced with a julienne peeler or just sliced thin
- ¼ C coconut aminos (this replaces soy sauce - it tastes just like it without soy!)
- ¼ tsp turmeric
- ⅓ C bone broth (or water)
- Sea salt & pepper to taste
- Extra sliced green onion and/or chopped nuts for garish if you wish
- 3 C cooked long grain white rice for serving

DIRECTIONS:

1. Melt a few tablespoons of butter in a large skillet and add the cubed chicken along with the sea salt and pepper. Cook the chicken over medium/high heat for a few minutes to brown and crisp up the outside and then set the chicken aside to add later.
2. Melt another 3-4 tablespoons of butter in the skillet and add in the cabbage, sugar peas, green onions, ginger, and garlic along with a big pinch of sea salt and cook 5 minutes over medium/medium-high heat stirring occasionally.
3. Add the cooked chicken, carrots, coconut aminos, turmeric and bone broth, stir to combine and low simmer over medium heat for 3-4 minutes.
4. Serve over white rice and garnish with green onions and chopped nuts.

Cubed Korean Kalbi

from [drkarenslee](#)



INGREDIENTS:

- 1 lb. Sirloin or rib roast, cut into 1-2 inch cubes.
- ½ C Tamari (Coconut Aminos for Paleo)
- 1 Tbsp Sesame oil
- 1 Tbsp Brown Sugar (Honey for Paleo)
- 2 Cloves of garlic, minced
- ¼ C Rice Wine or White Wine
- 1 Tbsp Avocado Oil
- 1 tsp Sesame Seeds for garnish
- 1 Scallion, chopped for garnish

DIRECTIONS:

1. In a small bowl, mix all the ingredients, except the meat.
2. In a medium size bowl, mix the marinade and meat with your hands.
3. Cover the bowl and refrigerate for an hour.
4. After about 50 minutes, take out the meat and set aside.
5. Turn the heat on HIGH and heat the cast iron pan until it starts to smoke.
6. Add avocado oil and heat the pan until very hot.
7. With tongs, place the meat on the pan without crowding them.
8. Cook for 2 minutes on one side or until brown.
9. Turn over onto the other sides and cook each side for 1 minute or until all the sides are brown.
10. Serve immediately with vegetables and hot rice.

Turmeric Stir Fry Mince with Vegetables

from [loveurbelly](#)



INGREDIENTS:

- 500 gms (1 pound) ground beef or pork
- 2 large carrots finely diced
- 1 large brown onion finely diced
- 1 small head of broccoli finely chopped including top part of stem
- 3 large cloves of garlic minced
- 2 tsp natural sea salt
- 1 tsp ground black pepper
- 1 tsp ground turmeric
- 1 tsp ground ginger
- olive oil for frying or fat of choice

DIRECTIONS:

1. Dice your vegetables into small even sized pieces.
2. Heat a large frypan with 2 tbsp olive oil to medium high.
3. Cook in 2 batches if you don't have a large frypan, or halve the recipe, my pan is about 32cm / 12 in - otherwise it will produce too much juice and you will end up with a boiled dish!
4. The heat of the pan should be high enough to evaporate the juices and slightly caramelized the vegetables without burning, I have my electric stove set on 8 out of 9.
5. Add all the vegetables and spices and stir fry for about 10 minutes or until the onions are golden brown.
6. If the pan dries out, add a little more olive oil or fat of choice.
7. Once the onions are golden brown and the vegetables are cooked through, add the mince and break the clumps up evenly.
8. Brown the mince evenly and taste, adjust seasoning if needed.
9. Serve on it's own, in lettuce cups or wraps, in cucumber boats.
10. If you don't eat it all at once, divide into portions and store in the fridge for 2 days.

Spiced Apple, Pumpkin, and Sausage One Pan Dinner

from *A Real Food Journey*



INGREDIENTS:

- 4 pork sausages
- 3 C chopped pumpkin skin off- you can sub butternut squash if you prefer.
- 4 C chopped apple skin on or off- about 2 large apples
- 1/2 C whole cranberries, frozen is fine.
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground clove
- 1 tsp smoked paprika
- 1/2 tsp smoked salt
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1/4 C olive oil

DIRECTIONS:

- Pre-heat oven to 400 degree.
- In a large bowl, mix the apples, pumpkin, cranberries, and olive oil.
- Mix all the spices into the bowl and toss to coat.
- Cut the sausage into bite sized chunks.
- On a large baking sheet covered with parchment, spread out all the apple mixture and add the sausage pieces.
- Cook at 400 degrees for 15-20 min, until the sausage is cooked through and the pumpkin is fork tender.
- Serve immediately.

Paleo Salmon Cakes

from *A Girl Worth Saving*



INGREDIENTS:

- One 6 oz. Can of Boneless and Skinless Salmon, drained
- ½ of a medium onion, peeled and diced
- 1 Tbsp + 1 tsp Coconut Flour
- 2 large eggs
- 1 rib celery, diced
- 1 Tbsp dried dill
- 1 tsp lemon pepper
- ¼ tsp Sea Salt
- 3 Tbsp coconut oil

DIRECTIONS:

- In a bowl, break the salmon up with a fork and add the diced onion, celery and spices.
- Mix in the coconut flour and combine thoroughly.
- Add the eggs and mix roughly for one minute.
- Shape the mixture in to 5 patties, roughly 2" wide.
- Set your burner to medium high and add your coconut oil to a large skillet.
- Add the patties to your pan and cook until the sides are golden brown, roughly 3 - 4 minutes on each side.
- Enjoy!

Smooth Chocolate Chia Pudding

from *Recipes to Nourish*



INGREDIENTS:

- 1 C chia seeds, preferably white chia seeds
- 2 1/2 C raw, organic, or grass-fed milk or full-fat coconut milk
- 1/3 C raw cacao powder
- 1/2 C raw light colored honey
- 1 tsp organic vanilla extract
- 1/4 tsp Celtic sea salt
- 1/4 tsp ground cinnamon - optional

DIRECTIONS:

1. Add all ingredients to a high-powered blender.
2. Blend until very smooth, about 1-2 minutes, scraping down the sides as needed.
3. Pour pudding into small glass bowls and allow to chill in the refrigerator or enjoy immediately.
4. For an extra special treat, top pudding with fresh diced fruit like berries or bananas and homemade whipped cream.

Notes

- Yield: About 5-6 servings.
- Storage: Keep in an airtight container in the refrigerator for up to 3 days

Grocery List

