



8 *FIXED* Recipes You Need to Make During Lent

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FIX-ed Grilled Cheese



Serves 2 (2 sticks each)

Ingredients

- 2 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
- 1 tsp. ghee (organic grass-fed, if possible)
- 1 dash sea salt (or Himalayan salt)
- 2 slices Muenster cheese (approx. 2 oz.)

Instructions

1. Spread each slice of bread with $\frac{1}{2}$ tsp. ghee. Season with salt.
2. Top dry slice of bread with cheese and second slice of bread. Make sure buttered sides of bread are on the outside of the sandwich.
3. Grill sandwich in small skillet, over medium-low heat, for 4 minutes on each side, or until bread is golden brown and cheese is melted. Press down on sandwich to seal. Remove from heat.
4. Cut off crusts; cut sandwich into four sticks.

Creamy Tomato Soup



Serves 4 (1 cup each)

Ingredients

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| 1 Tbsp. olive oil | 1½ cups unsweetened almond milk |
| ½ cup chopped onion (approx. ¾ medium onion) | 1 Tbsp. + 1 tsp. coconut sugar |
| 2 cloves garlic, finely chopped | ¼ tsp. sea salt (or Himalayan salt) |
| 1 (28-oz.) can whole peeled tomatoes, pureed | 1 sprig fresh basil, leaves and stem attached |

Instructions

1. Heat oil in medium saucepan over medium heat for 1 minute, or until fragrant.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 2 minutes.
4. Add tomatoes, almond milk, sugar, salt, and basil. Bring to a boil. Reduce heat to medium low; gently boil for 10 minutes.
5. Remove basil. If you want a smooth soup, place soup in a blender or food processor, in small batches; cover with lid and kitchen towel. Blend until smooth.

Shrimp Gumbo



Serves: 8

(approx. 1 1/3 cups each)

Ingredients

2 Tbsp. ghee (organic grass-fed, if possible)
1 cup chopped celery (approx. 2½ medium stalks)
2 cups chopped onion (approx. 2⅔ medium)
1 cup chopped green bell pepper (approx. 1½ medium)
5 cloves garlic, chopped
2 cups tomato puree
8 cups low-sodium organic chicken broth

2 cups sliced, frozen okra
2 Tbsp. Cajun Rub
(see separate recipe for Cajun Rub)
3 bay leaves
1 Tbsp. Worcestershire sauce
½ tsp. sea salt (or Himalayan salt)
1½ tsp. instant espresso powder
¼ cup cornstarch (preferably GMO-free) +
¼ cup water
(combine to make a slurry)
1 lb. raw shrimp, peeled, deveined

Instructions

1. Heat ghee in large soup pot over medium-high heat, until fragrant.
2. Add celery, onion, bell pepper, and garlic to pot; cook over medium-high heat, stirring frequently, for 8 to 10 minutes, or until vegetables are very soft and brown.
3. Add tomato puree; cook, stirring occasionally, for 8 to 10 minutes, or until it becomes very thick and darkens. (Don't worry if it sticks and browns on the bottom of the pan, just don't let it turn black.)
4. Add broth, okra, Cajun Rub, bay leaves, Worcestershire sauce, salt, and espresso powder. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 30 minutes.
6. Remove bay leaves. Add cornstarch slurry and shrimp. Bring back to a boil, stirring occasionally. Remove from heat. Cover and let sit for 10 minutes.

Red Beans and Rice



Serves 1

Ingredients

¼ cup low-sodium organic chicken broth	1 tsp. dried thyme
¼ tsp. unflavored gelatin (preferably from grass-fed cows)	1 pinch sea salt (or Himalayan salt)
1 tsp. olive oil	1 pinch ground black pepper
¼ cup chopped onion (approx. ⅓ medium onion)	¼ tsp. ground smoked paprika
2 Tbsp. chopped red bell pepper	1 pinch ground cayenne pepper (optional)
2 Tbsp. chopped celery	¼ cup canned red beans, drained, liquid reserved
1 clove garlic, finely chopped	¼ cup cooked brown rice
	1 tsp. chopped parsley (optional)

Instructions

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat until fragrant.
3. Add onion, bell pepper, and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic, thyme, salt, black pepper, paprika, and cayenne pepper (if desired); cook, stirring frequently, for 2 minutes.
5. Add beans, rice, broth mixture, 2 Tbsp. reserved liquid from beans, and parsley (if desired); cook, stirring frequently, for 3 to 4 minutes, or until pan is almost dry and liquid has reduced to a thick sauce.
6. Place in a serving bowl and enjoy!

Potato-Crusted Salmon Filets



Serves 4

Ingredients

- 2 small russet potatoes (about 1 lb.) washed, shredded
- ½ medium leek washed, sliced thin
- ¼ tsp. sea salt (or Himalayan salt)
- 2 tsp. ground white pepper
- 2 tsp. olive oil
- 1 tsp. unsalted butter
- 4 (4-oz) raw salmon fillets skinless

Instructions

1. Drain potatoes in a colander; pat them as dry as possible with paper towels or a clean kitchen towel.
2. Combine potatoes, leek, salt, and pepper in a medium bowl; mix well.
3. Heat oil and butter in large nonstick skillet over medium-high heat.
4. Place four ⅓ cup mounds of potato mixture in skillet. Press a salmon fillet into each mound. Top evenly with remaining potatoes; cook for 6 to 7 minutes on each side, or until potatoes are nicely browned and fish flakes easily when tested with a fork.

Shrimp Stir Fry



Serves 4 (1 1/2 cup each)

Ingredients

1 Tbsp olive oil
2 medium red onions
sliced in wedges
1 clove garlic finely chopped
1 thin slice fresh ginger peeled,
thinly chopped
3/4 cup broccoli florets
1 Tbsp reduced-sodium soy sauce
2 tsp rice vinegar

4 Tbsp low sodium organic chicken
broth divided use
3 cups mushrooms cut in half
1 yellow bell pepper cut into cubes
1/2 cup sliced water chestnuts drained
2 1/2 cups snow peas trimmed
1 lb raw shrimp peeled, deveined

Instructions

1. Heat oil in medium saucepan over medium-high heat.
2. Add onions; cook, stirring frequently, for 4 to 5 minutes, or until onions are translucent.
3. Add garlic, ginger, and broccoli; cook, stirring frequently, for 1 minute.
4. Add soy sauce, vinegar, and 2 Tbsp. chicken broth; cook, stirring frequently, for 1 to 2 minutes.
5. Add mushrooms, bell pepper, water chestnuts, and remaining 2 Tbsp. broth; cook, stirring frequently, for 2 to 3 minutes.
6. Add snow peas and shrimp; cook, stirring frequently, for 2 to 3 minutes, or until vegetables are tender-crisp and shrimp is opaque and firm.

Macaroni and Cheese



Serves 8 (1 1/2 cup each)

Ingredients

4 oz. dry whole wheat elbow macaroni (or pasta)
4 tsp. organic grass-fed butter (or organic coconut oil)
2 Tbsp. unbleached whole wheat flour
1½ cups unsweetened almond milk
1¼ cups freshly grated extra-sharp cheddar cheese

6 cups chopped broccoli florets, steamed
1 tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

Instructions

1. Cook macaroni according to package directions. (Do not use salt or oil if suggested in directions.) Set aside.
2. Melt butter in large saucepan over medium heat.
3. Add flour; cook, whisking constantly, for 1 minute, or until brown (don't let it burn).
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.

Tuna Casserole



Serves 6 (1 cup each)

Ingredients

4 oz. dry small whole-wheat pasta shells
3 tsp. olive oil, divided use
1 medium onion, chopped
1 cup chopped kale
8 oz. sliced mushrooms
2 Tbsp. whole-wheat flour
1 cup reduced-fat (2%) milk

1 cup low-sodium organic vegetable broth
½ tsp. sea salt (or Himalayan salt), divided use
½ tsp. ground black pepper, divided use
1½ cups frozen green peas
2 cans (6-oz. each) chunk light tuna, packed in water, drained
½ cup whole-grain panko bread crumbs

Instructions

1. Cook shells according to package directions; drain. Set aside.
2. Preheat oven to 375° F.
3. Heat 2 tsp. oil in large nonstick skillet over medium heat.
4. Add onion and kale; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until mushrooms are soft and most of the liquid has evaporated.
6. Add remaining 1 tsp. oil; cook, stirring frequently, for 1 minute.
7. Add flour; cook, stirring frequently, for 1 to 2 minutes, or until flour and oil form a paste.
8. Slowly add milk, broth, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat to medium-low.
9. Add peas, tuna, and shells; cook, stirring frequently, for 2 minutes.
10. Place tuna mixture in a 2-quart baking dish. Top evenly with bread crumbs. Bake for 30 to 32 minutes, or until casserole is bubbling and brown. Serve immediately.