



Breakfast Hash Freezer Meals: Grocery List

Serves 4

1. Hash 1: Southwestern Hash (chorizo, peppers, jicama, garlic, corn, black beans & cilantro)
2. Hash 2: Fall Hash (ground lamb, butternut squash, celeriac (or celery), onions, spinach)
3. Hash 3: Asian Hash (ground turkey thigh, carrots, green onion, spinach, water chestnuts, ginger)
4. Hash 4: Spring Hash (finely diced chicken, peas, carrots, green onion, asparagus)
5. Hash 5: Hearty Hash (bacon, red potatoes, onions, mushroom, parsley)
6. Hash 6: Moroccan Hash (chick peas, cauliflower, onions, sweet potato, raisins)



Herbs

- 1 bulb garlic (1,3,5)
- 1 bunch cilantro (1)
- 1 knob ginger (3)
- 1 bunch green onion (4)
- 1 bunch parsley (5)



Meats

- 1/2# ground chorizo (1)
- 3/4# ground lamb (2)
- 3/4# ground turkey thighs (3)
- 3/4# boneless, skinless chicken breast (4)
- 1/2# thick sliced bacon (5)



Dried Fruit

- 1/2c raisins (6)



Pantry

- 1 can black beans, optional (1)
- 1 can water chestnuts (3)
- 1 can chick peas, optional (6)
- 2T low-sodium tamari (or coconut aminos for Paleo) (3)



Veggies

- 2 bell peppers, mixed colors (1)
- 1 jicama (1)
- 1 ear corn, optional (1)
- 1 large butternut squash (2)
- 1 celeriac (or 2 stalks celery) (2)
- 3 carrots (3,4)
- 1 bunch asparagus (4)
- 2 yellow onions (2,5,6)
- 1/2# red potatoes (5)
- 8 oz sliced mushrooms (5)
- 1 head cauliflower (6)
- 2 sweet potatoes, large (6)



Frozen

- ~2 doz eggs (omega-3)
- **Note: eggs are optional and not needed until "Dish Day"



Frozen

- 10oz English peas (4)
- 10oz spinach (2,3)



Oils

- Olive or coconut oil for sautéing
- 1T toasted sesame oil (3)



Spices

- 1 tsp Italian seasoning or herbs de Provence (2)
- 1 tsp coriander (6)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



Breakfast Hash Freezer Meals: Prep Day

Pre-heat oven or grill to 350 F. (4)



Spinach: Remove 10oz bag spinach from freezer and allow to defrost slightly (2,3)



Corn: Cut corn from ear. (1)

Bell Peppers: Finely dice 2 bell peppers. (1)

Jicama: Peel & cut into small (1/4") cubes. (1)

Cilantro: Pick leaves from stems & finely chop to yield 1-2T. (1)

Garlic: Chop 7-10 cloves garlic for ~4T total for Southwestern (1), Asian (3), Hearty (5) and Moroccan (6). (1,3,5,6)

Onions: Chop 2 yellow onions & divide into thirds for Fall (2), Hearty (5), & Moroccan (6). (2,5,6)

Celeriac: Peel & cut celery root (or dice 2 celery stalks) into small (1/4") cubes. (2)

Butternut Squash: Peel & cut into small (1/4") cubes. (2)

Water Chestnuts: Open & drain 1 can water chestnuts. Slice into bite-sized pieces. (3)

Ginger: Peel and grate for a yield of ~1T ginger. (3)

Carrots: Peel & cut 3 carrots into small (1/4") cubes. Set aside half for Asian Hash (3) & half for Spring Hash (4). (3,4)

Green Onions: Thinly slice 1 bunch. Set aside half for Asian Hash (3) & half for Spring Hash (4). (3,4)

Asparagus: Cut into small (1/4") pieces. (4)

Parsley: Pick leaves from stems & finely chop to yield 1-2T. (5)

Sweet Potatoes: Peel & cut 2 large sweet potato into small (1/4") cubes. (6)

Red Potatoes: Chop 1/2# red potatoes into small (1/4") cubes. Set aside to boil. (5)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (6)

Bacon: Cut into 1/2" cubes. Store separately. [*] (5)



Chicken: Season 3/4# chicken breast w/ S&P. Grill chicken ~10 minutes/ side or bake at 350 F 20-30 minutes. Allow to cool. Finely dice into bite-sized pieces. Set aside. (4)



Raisins: Boil 1c water, remove from stove, add 1/2 c raisins & soak ~10 min. Drain & set aside. (6)

Red Potatoes: Bring pot of water to boiling, add potatoes & blanch for 10 minutes. Drain and spread flat on a baking sheet to cool. (5)



Cauliflower: Place chopped cauliflower in food processor. (May require multiple batches). Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy. Set aside. (6)



Southwestern Hash (1)

Toss the following together and store in a labeled container in the freezer:

- 2 chopped bell peppers
- 1 chopped jicama
- 1-2 chopped garlic cloves (~1T)
- 1 ear corn (kernels removed from cob)
- 1 can black beans, drained & rinsed
- 1-2T chopped cilantro [*] (1)

Label and store ½# chorizo in freezer, separately. [*] (1)

Fall Hash (2)

Toss the following together and store in a labeled container in the freezer:

- 1 butternut squash, peeled & chopped
- 1 celeriac (or celery), peeled & chopped
- ½ chopped yellow onion
- ½ bag frozen spinach (~5oz)
- 1 tsp Italian seasoning or herbs de Provence [*] (2)

Label and store ¾# ground lamb in freezer, separately. [*] (2)

Asian Hash (3)

Toss the following together and store in a labeled container in the freezer:

- ½ chopped carrots (1-2 carrots)
- ½ bunch green onion, chopped
- 1 can water chestnuts, chopped
- ½ bag frozen spinach
- 1-2T fresh grated ginger
- 1T toasted sesame oil
- 1T chopped garlic
- 2T gluten-free tamari OR coconut aminos [*] (3)

Label and store ¾# ground turkey thigh in freezer, separately. [*] (3)

Spring Hash (4)

Toss the following together and store in a labeled container in the freezer:

- Finely diced/ cooked chicken (1 breast)
- ½ chopped carrots (1-2 carrots)
- ½ bunch green onion, chopped
- 10oz frozen peas (~2c)
- 1 bunch asparagus, diced [*] (4)

Hearty Hash (5)

Toss the following together and store in a labeled container in the freezer:

- ¾# chopped red potatoes, blanched
- ½ chopped yellow onion
- 8oz sliced mushrooms
- 1T chopped garlic
- 1-2T chopped parsley [*] (5)

Label and store ½# diced bacon in freezer, separately. [*] (5)

Moroccan Hash (6)

Toss the following together and store in a labeled container in the freezer:

- 1 large can chickpeas, drained & rinsed (optional)
- 1 head cauliflower, riced (see instructions for ricing on Prep Day)
- ½ chopped yellow onion
- 1T chopped garlic
- 2 large sweet potatoes, diced
- ½c re-hydrated raisins
- 1tsp coriander [*] (6)



Breakfast Hash Freezer Meals: Dish Day

Hash Re-Heating Instructions:

1. Place container + coordinating ground meat (if applicable) in fridge 24-48 hours before cooking, allowing all ingredients to thaw.*
2. Heat a large skillet and add ground meat/ bacon/ chicken. Cook 5-10 min, breaking into pieces.
3. Push meat to side (or remove from pan if needed for space) and add veggies. May need to add 1-2T olive, coconut or avocado oil. Cook veggies for ~15 minutes if hash contains sweet potatoes, otherwise, cook veggies 5-10 minutes.
4. Stir veggies to combine with meat.
5. Season to taste with S&P and additional seasonings as desired. Remember these were not salted on Prep Day so will need salt!

*Note: if meat or veggies are not completely thawed, try placing a lid on saute pan when cooking for a quicker defrost time.

Poached Eggs:

I love serving hashes with 1-2 fried or poached eggs on top. Here's my method for poaching eggs:

1. Fill pot with water and add a splash of vinegar (I use apple cider, but distilled white works, too).
2. Bring to a boil, then lower to where water is just beginning to bubble at sides, keep at this low temp.
3. Carefully crack eggs directly into simmering water.
4. Brook first cracks his eggs into a ramekin, I skip this step and avoiding the extra dirty dish ;).
5. Set timer for 4 minutes (or preferred doneness). This step is KEY!
6. Carefully remove after 4 minutes. Season to taste w/ sea salt.