



# ONE-POT WEEKNIGHT

Enjoy a complete dinner — minus the  
sinkful of dishes — with these  
low-fuss, high-protein recipes.

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**Photos: Terry Brennan; Food Styling: Betsy Nelson**

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**Creamy Chicken  
and Rice With  
Sun-Dried Tomato**



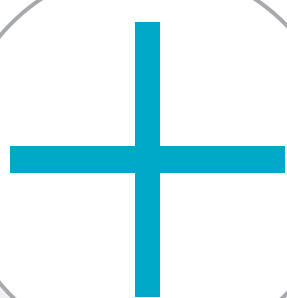
**Unstuffed Peppers**



**Greek Meatballs With  
Lemon Orzo**



**Sweet Potato and  
Chickpea Curry Soup**



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shopping lists for  
each recipe**





## Creamy Chicken and Rice With Sun-Dried Tomato

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Makes eight servings  
Prep time: 15 minutes  
Cook time: 50 minutes



## Chicken and Rice

- 1 tbs. butter
- 2 tbs. extra-virgin olive oil
- 3 lb. boneless, skinless chicken breasts
- ½ tsp. sea salt, plus more to taste
- ¼ tsp. freshly ground black pepper, plus more to taste
- 1 large yellow onion, sliced
- 16 oz. cherry tomatoes, halved
- 4 cloves garlic, minced
- 2 tsp. dried oregano
- 2 tsp. dried parsley
- 1 tsp. red-pepper flakes
- 1½ cups white rice, rinsed
- 3 cups chicken broth
- 4 cups baby spinach, chopped
- ¼ cup fresh basil leaves, thinly sliced

## Sauce

- 3 oz. Parmesan cheese, freshly grated
- 1½ cups cottage cheese
- ½ cup milk of choice
- ½ cup oil-packed sun-dried tomatoes, drained

## DIRECTIONS:

Place a large Dutch oven over medium heat, then add the butter and oil and heat until the butter has melted. Season the chicken breasts with salt and pepper. Sear the chicken until golden brown, about three to four minutes per side. Remove the chicken from the pot.

Add the onion and tomatoes to the pot and cook until the tomatoes have shrunk and the onion is tender, about six to seven minutes. Add the garlic, oregano, parsley, and red-pepper flakes, and cook until fragrant, about one minute more.

Add the rice, stirring to coat with the oil and seasonings. Pour in the broth, return the chicken to the pot, and bring the mixture to a steady simmer. Cover the pot, reduce the heat to low, and cook until the rice is tender, about 25 to 30 minutes.

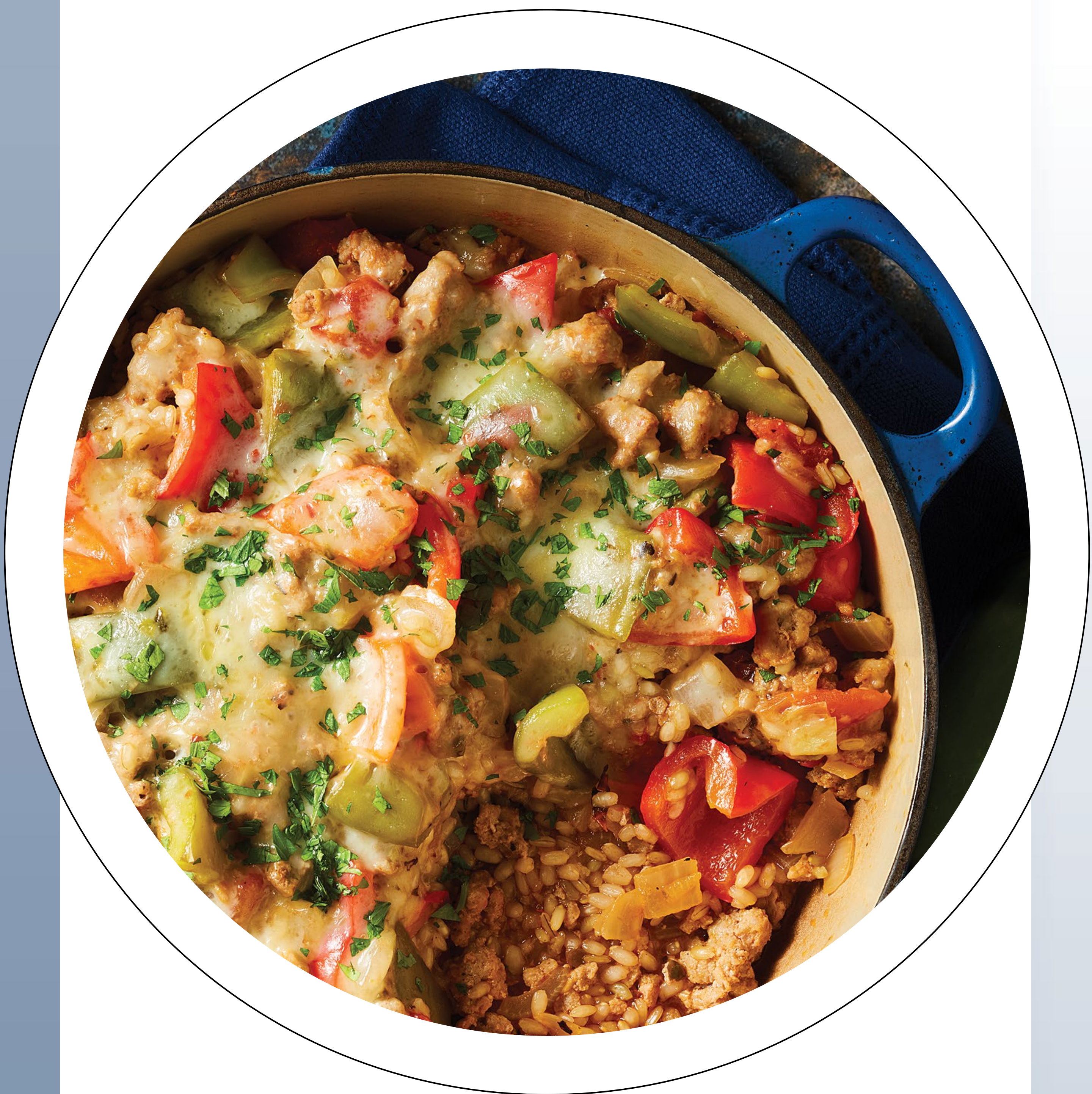
Meanwhile, make the sauce: Add the sauce ingredients to a blender and blend until smooth.

Once the rice is tender, remove the chicken breasts from the pot. Stir the spinach, basil, and sauce into the rice mixture, and cook until the sauce is heated through and the greens are wilted, about two more minutes.

Remove the pot from the heat, then taste and adjust seasoning as needed. Place the chicken breasts back on top of the rice and serve.

**View  
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## Unstuffed Peppers

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Makes eight servings

Prep time: 15 minutes active, plus 6–8 hours inactive

Cook time: 1 hour 10 minutes



- 1 cup brown rice
- 2 tbs. avocado oil
- 2 lb. ground turkey
- ½ tbs. Italian seasoning
- ½ tsp. red-pepper flakes
- ¼ tsp. freshly ground black pepper, plus more to taste
- 1 tsp. sea salt, divided, plus more to taste
- 2 tbs. tomato paste
- 2 red bell peppers, chopped
- 2 green bell peppers, chopped
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 2 cups chicken or vegetable broth
- 1 15-oz. can fire-roasted diced tomatoes
- 4 oz. pepper jack cheese, grated (optional)
- ¼ cup minced fresh parsley

## **DIRECTIONS:**

For best results, soak the brown rice in 2 cups of cold water in the refrigerator for six to eight hours (or overnight), then drain and rinse.

Place a large Dutch oven over medium-high heat, then add the oil and heat until shimmering. Add the ground turkey, Italian seasoning, red-pepper flakes, black pepper, and ½ teaspoon of the sea salt. Stir, and cook for about eight to 10 minutes or until the turkey is browned, using a spoon or spatula to break the meat into smaller pieces. Use a slotted spoon to remove the turkey from the pot, leaving the fat behind.

Lower the heat to medium and add the tomato paste. Cook for two to three minutes, stirring occasionally, until the tomato paste has caramelized and darkened in color. Add the peppers, onion,

and garlic, and stir to coat the vegetables in the tomato paste.

Return the turkey to the pot, then add the rice, broth, tomatoes, and remaining ½ teaspoon of salt. Bring the mixture to a simmer, then cover the pot and reduce the heat to low. Cook for 45 minutes or until the rice is tender (unsoaked rice may take longer).

Taste and adjust seasoning as needed. If using the pepper jack cheese, sprinkle it on top, cover the pot, and heat until the cheese is melted, about one to two minutes more. Garnish with fresh parsley and serve.

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## Greek Meatballs With Lemon Orzo

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Makes eight servings  
Prep time: 30 minutes  
Cook time: 45 minutes



## **Meatballs**

- ½ cup oat flour
- ½ cup milk of choice
- 2 lb. ground turkey
- 2 eggs
- 2 tbs. minced fresh mint
- ⅓ cup minced fresh parsley
- 4 cloves garlic, minced
- ¾ tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 tbs. extra-virgin olive oil
- 1 tbs. butter

## **Lemon Orzo**

- 1 medium shallot, diced
- 4 cloves garlic, minced
- 1 tsp. lemon zest
- ½ cup white wine
- 16 oz. orzo
- 4 cups chicken broth
- ½ tsp. sea salt, plus more to taste
- ¼ tsp. freshly ground black pepper, plus more to taste
- 6 oz. baby spinach, chopped
- 2 tbs. lemon juice, from about ½ lemon
- 4 oz. crumbled feta, for garnish

## **DIRECTIONS:**

In a large mixing bowl, combine the oat flour and milk, and set aside to soak for five minutes.

To the soaked oat flour, add the ground turkey, eggs, mint, parsley, garlic, salt, and pepper. Mix with clean hands until well combined. Lightly oil your hands and roll the mixture into 24 1½-inch meatballs.



Place a large Dutch oven over medium heat, then add the olive oil and butter and heat until the butter has melted. Working in batches, sear the meatballs until browned all over, about 10 to 12 minutes per batch. Remove the meatballs from the pot, leaving the fat behind.

Start the orzo: Add the shallot to the pot and cook until tender, about three to four minutes. Add the garlic and lemon zest and cook until fragrant, about one minute more. Add the wine to deglaze the pot, stirring to scrape up anything that has stuck to the surface. Cook until the wine has reduced by half, about two minutes. Add the orzo, broth, salt, and pepper, and bring the mixture to a simmer.

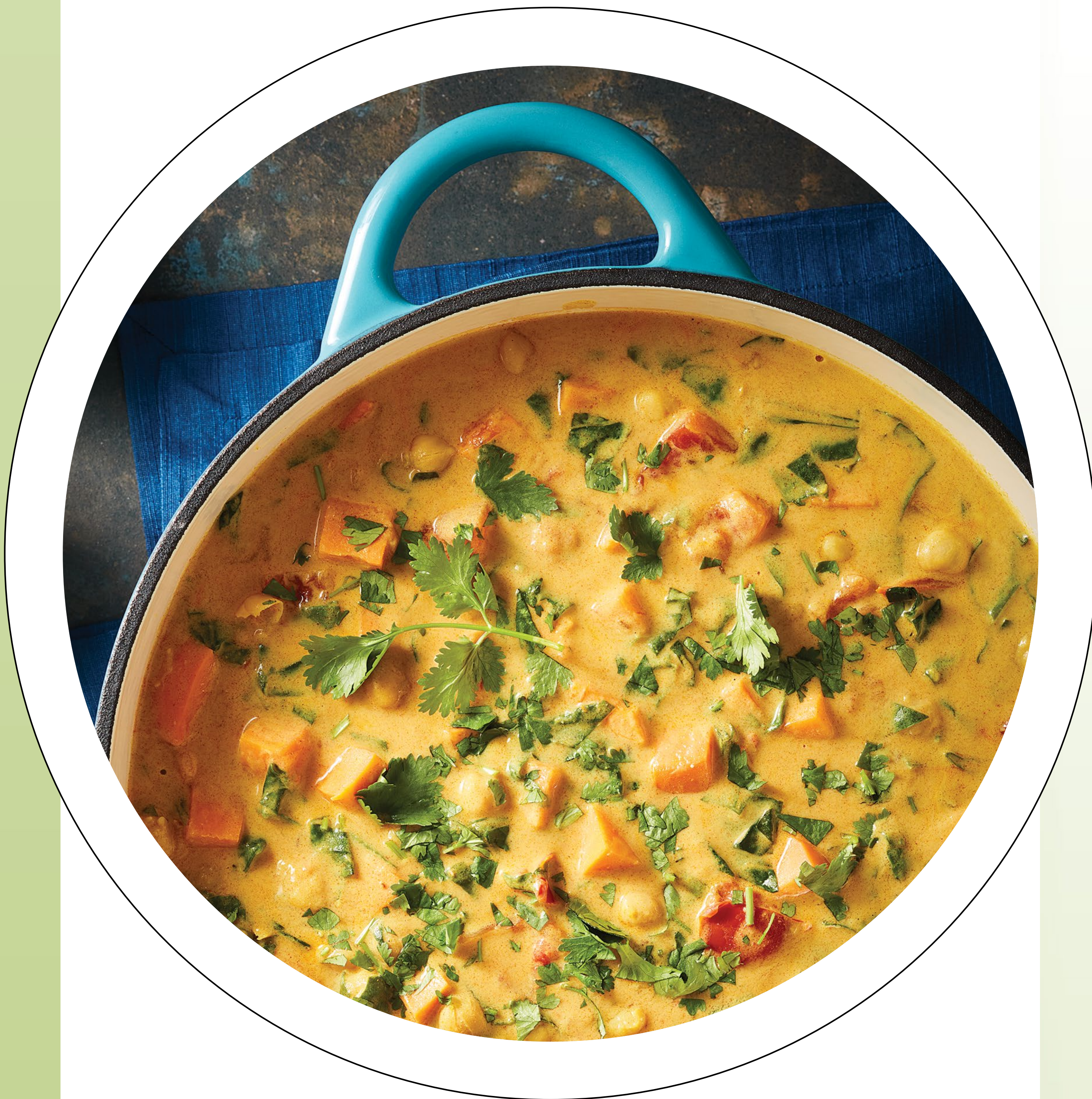
Return the meatballs to the pot, cover, and cook for 10 minutes.

Once more, scrape up anything that may be sticking to the bottom, then stir in the spinach, cover, and cook until the orzo is tender, about two minutes more.

Remove the pot from the heat, stir in the lemon juice, and taste; adjust seasoning as needed. Garnish with the crumbled feta and serve.

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## Sweet Potato and Chickpea Curry Soup

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Makes eight servings  
Prep time: 20 minutes  
Cook time: 35 minutes



## Curry Paste

- 6 cloves garlic, chopped
- 2-inch piece fresh ginger, peeled and chopped
- 1 small white onion, halved
- 2 Roma tomatoes, halved
- ¼ cup ghee
- ½ tbs. whole cumin seeds
- 2 bay leaves
- 5 green cardamom pods
- 2 tsp. sea salt
- ½ tsp. ground turmeric
- 1 tsp. Kashmiri red-chili powder (or 1 tsp. sweet paprika plus ¼ tsp. cayenne pepper)
- 1 tbs. ground coriander
- ½ tbs. ground cumin

## Soup

- 2 large sweet potatoes, diced
- 4 Roma tomatoes, diced
- 2 15-oz. cans chickpeas, drained and rinsed
- 2 14-oz. packages silken tofu
- 6 oz. baby spinach, chopped
- ¼ cup minced fresh cilantro

## DIRECTIONS:

Make the curry paste: Place the garlic and ginger in a high-speed blender and blend into a thick paste, adding a splash of water as necessary. Transfer the garlic-ginger paste to a small bowl, then add the onion and two Roma tomatoes to the blender and blend until puréed.

Place a large Dutch oven over medium-high heat, then add the ghee and heat until shimmering. Add the cumin seeds, bay leaves, and cardamom pods, and cook until aromatic, about two minutes. Reduce the heat to medium, add the garlic-ginger paste, and cook for one minute more. Add the salt, turmeric, chili powder, coriander, and cumin, and mix into a thick paste. Pour the blended onion-and-tomato mixture



into the pot, stir, and simmer until the tomato and onion are cooked and the oil begins to separate from the paste, about eight to 10 minutes.

Add the diced sweet potatoes to the pot and stir to coat them in the curry paste. Cook until the potatoes have begun to soften, about four to five minutes. Add the four Roma tomatoes, the chickpeas, and 4 cups of water, and bring the mixture to a steady simmer. Cover the pot, reduce the heat to low, and simmer for 10 to 12 minutes, or until the potatoes are nearly tender.

Use a ladle to scoop about 1 cup of the broth into a blender, then add the silken tofu and blend until smooth. Pour the blended tofu into the soup, add the spinach, and cook until the spinach is wilted and the tofu is completely dissolved, about five minutes more. Pluck out the bay leaves and cardamom pods. Garnish with fresh cilantro and serve.



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# Creamy Chicken and Rice With Sun-Dried Tomato

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## SHOPPING LIST

- ☐ 4 cups baby spinach
- ☐ 16 oz. cherry tomatoes
- ☐ ¼ cup fresh basil leaves
- ☐ 1 large yellow onion
- ☐ 4 cloves garlic
- ☐ 3 lb. boneless, skinless chicken breasts
- ☐ ½ cup milk of choice
- ☐ 1 tbs. butter
- ☐ 3 oz. Parmesan cheese, freshly grated
- ☐ 1½ cups cottage cheese
- ☐ 1½ cups white rice
- ☐ 3 cups chicken broth
- ☐ ½ cup oil-packed sun-dried tomatoes
- ☐ 2 tsp. dried oregano
- ☐ 2 tsp. dried parsley
- ☐ 1 tsp. red-pepper flakes
- ☐ 2 tbs. extra-virgin olive oil
- ☐ ¼ tsp. freshly ground black pepper,  
plus more to taste
- ☐ ½ tsp. sea salt, plus more to taste





# Unstuffed Peppers

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- ☐ 2 red bell peppers
- ☐ 2 green bell peppers
- ☐ ¼ cup minced fresh parsley
- ☐ 1 medium yellow onion
- ☐ 4 cloves garlic
- ☐ 2 lb. ground turkey
- ☐ 4 oz. pepper jack cheese
- ☐ 1 cup brown rice
- ☐ 2 cups chicken or vegetable broth
- ☐ 1 15-oz. can fire-roasted diced tomatoes
- ☐ 2 tbs. tomato paste
- ☐ 2 tbs. avocado oil
- ☐ ½ tbs. Italian seasoning
- ☐ ½ tsp. red-pepper flakes
- ☐ ¼ tsp. freshly ground black pepper,  
plus more to taste
- ☐ 1 tsp. sea salt, plus more to taste





# Greek Meatballs With Lemon Orzo

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- ☐ 6 oz. baby spinach
- ☐ 1/3 cup minced fresh parsley
- ☐ 2 tbs. minced fresh mint
- ☐ 2 tbs. lemon juice, from about 1/2 lemon
- ☐ 1 tsp. lemon zest
- ☐ 1 medium shallot
- ☐ 8 cloves garlic
- ☐ 2 lb. ground turkey
- ☐ 2 eggs
- ☐ 1/2 cup milk of choice
- ☐ 1 tbs. butter
- ☐ 4 oz. crumbled feta
- ☐ 16 oz. orzo
- ☐ 4 cups chicken broth
- ☐ 1/2 cup oat flour
- ☐ 1/2 cup white wine
- ☐ 1 tbs. extra-virgin olive oil
- ☐ 3/4 tsp. freshly ground black pepper,  
plus more to taste
- ☐ 1 1/4 tsp. sea salt, plus more to taste





# Sweet Potato and Chickpea Curry Soup

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## SHOPPING LIST

- ☐ 2 large sweet potatoes
- ☐ 6 Roma tomatoes
- ☐ 6 oz. baby spinach
- ☐ ¼ cup minced fresh cilantro
- ☐ 1 small white onion
- ☐ 6 cloves garlic
- ☐ 2-inch piece fresh ginger
- ☐ ¼ cup ghee
- ☐ 2 14-oz. packages silken tofu
- ☐ 2 15-oz. cans chickpeas
- ☐ ½ tbs. whole cumin seeds
- ☐ ½ tbs. ground cumin
- ☐ 1 tbs. ground coriander
- ☐ ½ tsp. ground turmeric
- ☐ 1 tsp. Kashmiri red-chili powder (or 1 tsp. sweet paprika plus ¼ tsp. cayenne pepper)
- ☐ 5 green cardamom pods
- ☐ 2 bay leaves
- ☐ 2 tsp. sea salt



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