



The

Weatherly Asset Management

Cook

Book

Contents

- 3 Cinnamon Peanut Butter Maca Power Balls
- 5 Toby's Overnight Oats
- 7 LightHouse Hummus (Harper's hummus)
- 9 Marcella Hazan Tomato Sauce
- 11 Thai Red Curry with Vegetables
- 13 Birra de Res (Mexican Beef Stew)
- 15 Karen Ruby's Chicken Paprikash
- 17 Italian Meatballs
- 19 Slow Cooker Texas Pulled Pork
- 21 PF Chang's Chicken Lettuce Wraps
- 23 Pumpkin Bread IV
- 25 Perfect Blueberry Muffins
- 27 Paleo Banana Cake

Cinnamon Peanut Butter Maca Power Balls

From: Aubrey Brown

Recipe by: thkitchenpaper.com

prep time

3 mins

cook time

No cooking
required!

yields

6-8 balls

things you need

1 cup

Quick oats (uncooked)

1/2 cup

Peanut butter

3 oz

Dark or milk chocolate,
finely chopped

1/2 tsp

Cinnamon

1/4 tsp

Salt

1/3 cup

Honey

2 tbsp

Maca powder (optional)

here's how

- 1 Mix together the oats, cinnamon, maca powder, salt and chocolate. Then add the peanut butter and honey.
- 2 Stir with a wooden spoon until everything is mixed together and forms a hard "dough" that isn't sticky. If you need to, add more oats.
- 3 Roll the dough into small balls, and refrigerate in an airtight container.

Add your own helpful notes

Toby's Overnight Oats

From: Chase Hayhurst

Recipe by: Family recipe

prep time

2 mins

cook time

8 hours

servings

1

things you need

1/2 cup

Rolled oats

2 tbsp

Peanut butter

1 tbsp

Chia seeds

1 cup

Milk or almond milk

1 tbsp

Maple syrup

1

Sprinkle of raisins or raisins

here's how

- 1 Mix everything in a jar and shake.
- 2 Chill in refrigerator overnight.

Add your own helpful notes

LightHouse Hummus (F/K/A Harper's hummus)

From: Lindsey Fiske-Thompson

Recipe by: Family recipe (from Egypt!)

prep time

2 mins

cook time

5 mins

servings

4

things you need

1 1/2 cans

Garbanzo beans

1/4 cup

Extra virgin olive oil

2-6 cloves

Garlic, to taste

1/2 cup

Tahini

1/8 cup

Water, to taste

1/4-1/2 cup

Lemon juice, to taste

here's how

- 1 Blend all ingredients in food processor.
- 2 Enjoy!

Add your own helpful notes

Marcella Hazan Tomato Sauce with Onion and Butter

From: Sally Eisenberg

Recipe by: "Essentials of Classic Italian Cooking" book

prep time

5 mins

cook time

45 mins

servings

6

things you need

2 lbs

Fresh, ripe tomatoes, prepared

OR

2 cup

Canned imported Italian plum tomatoes, cut up, with their juice

5 tbsp

Butter

1

Medium onion, peeled and cut in half

Dash

Salt, to taste

1-1 1/2 lbs

Pasta

To taste

Freshly grated Parmigiano-Reggiano cheese for the table

here's how

- 1 Put either the prepared fresh tomatoes or the canned in a saucepan, add the butter, onion and salt, and cook uncovered at a very slow, but steady simmer for 45 minutes, or until the fat floats free from the tomato. Stir from time to time, mashing any large piece of tomato in the pan with the back of a wooden spoon.
- 2 Taste and correct for salt.
- 3 Discard the onion before tossing the sauce with pasta.

Add your own helpful notes

May be frozen when done. Discard the onion before freezing.

Thai Red Curry with Vegetables

From: Kylie Toy

Recipe by: cookieandkate.com

prep time

10 mins

cook time

30 mins

servings

4

things you need

1 1/4 cup

Brown jasmine rice or long-grain brown rice, rinsed

1 tbsp

Coconut oil or olive oil

1 tbsp

Finely grated fresh ginger (about a 1-inch nub of ginger)

1

Red bell pepper, sliced into thin 2-inch long strips

3

Carrots, peeled and sliced on the diagonal into 1/4-inch thick rounds (about 1 cup)

1 can

(14 ounces) regular coconut milk**

1 tbsp

Tamari or soy sauce

2 tsp

Rice vinegar or fresh lime juice

garnishes/sides

Handful

Chopped fresh basil or cilantro

1

Small white onion, chopped (about 1 cup)

Pinch

Salt, more to taste

2 cloves

Garlic, pressed or minced

1

Yellow, orange or green bell pepper, sliced into thin 2-inch long strips

2 tbsp

Thai red curry paste*

1/2 cup

Water

1 1/2 cup, packed

Thinly sliced kale (tough ribs removed first), preferably Tuscan/lacinato/dinosaur

1 1/2 tsp

Coconut sugar or turbinado (sugar in the raw)

Optional

Red pepper flakes, sriracha and/or chili garlic sauce

here's how

- 1 To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.
- 2 To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
- 3 Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
- 4 Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.
- 5 Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added ¼ teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add ½ teaspoon more tamari, or for more acidity, add ½ teaspoon more rice vinegar.
- 6 Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

Add your own helpful notes

***RED THAI CURRY PASTE:** Look for it in the Asian section of the grocery store. I like Thai Kitchen brand, which is vegetarian. Not all brands are (they can contain fish sauce and/or shrimp paste).

****COCONUT MILK:** For rich and creamy curry, you need to use regular (not light/reduced fat) coconut milk that contains guar gum. My favorite is Native Forest Classic. The varieties without guar gum (which are becoming more widely available) aren't nearly as creamy, even though their fat content is the same.

*****MAKE IT GLUTEN FREE:** Be sure to use gluten-free tamari instead of regular soy sauce.

IF YOU WANT TO ADD TOFU: I'd suggest [baking it first](#) and adding it with the coconut milk in step 4. If you add raw tofu, it will soak up too much of the liquid, and baking it greatly improves the texture, anyway.

Birra de Res (Mexican Beef Stew)

From: Brent Armstrong

Recipe by: The Armstrong family

prep time

20 mins

cook time

3 hours
30mins

servings

4-6

things you need

1
Dried guajillo chile, stemmed and seeded

6
Tomatillos, husked and cored.

1
Medium white onion, halved (one half minced)

1
Serrano chile, stemmed

1 pinch
Ground cinnamon

1/2 tsp
Freshly ground black pepper

2 tbsp
Canola oil

To taste
Kosher salt

1/2 cup
Cilantro, roughly chopped

1 cup
Boiling water

3 cloves
Garlic

1/4 cup
Apple cider vinegar

1 tsp
Dried oregano, preferably Mexican

1/4 tsp
Ground cumin

1"
Piece of ginger, peeled and thinly sliced

1 1/2 lb
Beef stew meat

2-3 cup
Chicken stock

3-4
Limes, wedged for serving

here's how

- 1 Heat a large Dutch oven over med-high. Add guajillo chile; cook, flipping once, until toasted, 3-4 minutes. Transfer to a blender, add boiling water, and let sit for about 30 minutes.
- 2 Return pot to med-high; cook tomatillos, garlic, whole onion half, and serrano, until blackened all over, about 15 min. (Alternatively, roast vegetables in a 400 degree oven for about 20 mins). Peel garlic and transfer to blender with other charred vegetables. Add vinegar, oregano, cinnamon, cumin, pepper and ginger; puree until smooth.
- 3 Add oil to pot; heat over med-high. Season beef with salt and cook, turning as needed, until browned, about 10 minutes. Transfer beef to a bowl, set aside.
- 4 Add minced onion; cook until soft. Add the blended sauce; simmer until thickened, 4-6 minutes. Return beef to pot and add stock; boil. Reduce heat to medium; simmer, covered and stirring occasionally, until beef is tender, about 2 hours.
- 5 Using a slotted spoon, remove beef, shred, and return to pot. Stir in cilantro.
- 6 Serve with lime wedges.

Add your own helpful notes

Karen Ruby's Chicken Paprikash

From: Kelli Ruby

Recipe by: Kelli's mom, Karen Ruby

prep time

5 mins

cook time

2 hours

30 mins

servings

6

things you need for the sauce

1

Yellow onion, finely chopped

4 tbsp

Butter

8 pieces

Chicken

Ex: 4 thighs/4 legs and 4 breast tenders

3 tbsp

Paprika (add more to taste)

1

Large can chicken broth

16 oz

Sour cream

3 tbsp

Flour

To taste

Water, optional

To taste

Corn starch, optional

things you need for the dumplings

2 cup

Flour

Pinch

Salt

To taste

Water

here's how

- 1 Make your chicken and sauce. Cook onions in butter in a Dutch oven. Add your 8 pieces of chicken. Brown on top of onions. Once browned, start out with 3 T paprika on chicken and turn to coat.
- 2 Then add one large can of chicken broth. If chicken isn't covered by liquid, add enough water to cover chicken and continue to cook. Put lid on loosely, simmer for 1.5 hours.
- 3 Take chicken out of Dutch oven – you can add more paprika and stir (sauce should be a orange-pink shade).
- 4 Add sour cream and flour to a bowl, mix well. Then add a small amount of hot broth (small ladle) and stir.
- 5 Put sour cream and flour mixture into the sauce in Dutch oven – whisk. Bring back to simmer and put chicken back in. If you like thick sauce, add corn starch and water.
- 6 Make your dumplings. Whisk flour and salt. Add water slowly and whisk until dough forms.
- 7 Boil water. Scoop dough with teaspoon, boil in water until floats to top.
- 8 Serve chicken and sauce over dumplings. Enjoy!

Add your own helpful notes

TO MAKE VEGETARIAN: Use veggie broth and whatever fresh vegetables sound good in place of chicken!

TO MAKE VEGAN: Replace sour cream with coconut milk

Italian Meatballs

From: Chrissy Rhamy

Recipe by: "Let's Talk Let's Cook" book by
Chrissy's grandma, May Alesi

prep time

10 mins

cook time

45 mins

yields

30 meatballs

things you need

2 cup

Italian bread crumbs

1/2 cup

Grated parmesan cheese

1 cup

Milk

1 cup

Fresh parsley

1 cup

Fresh basil

1 tbsp

Extra virgin olive oil

To taste

Salt and pepper

1 lb

Ground beef

1/2 lb

Ground pork

2 cloves

Garlic minced

1

Small onion

4

Eggs

2 cloves

Garlic minced

here's how

- 1 Preheat oven to 350° F.
- 2 In a large mixer (ideally a Kitchen Aid) place meat and all other ingredients and mix well.
- 3 Remove mixture from machine. With a #16 ice cream scoop (about 1/4 cup) shape meatballs and put on baking sheet.
- 4 Bake for 45 mins.
- 5 Serve with fresh marinara sauce and homemade pasta.

Add your own helpful notes

Slow Cooker Texas Pulled Pork

From: Cole Hansen

Recipe by: [allrecipes.com](https://www.allrecipes.com)

prep time

15 mins

cook time

5-6 hrs

servings

8

things you need

1 tsp

Vegetable oil

1 cup

Barbeque sauce

1/2 cup

Chicken broth

1 tbsp

Prepared yellow mustard

1 tbsp

Chili powder

2 cloves

Garlic, crushed

8

Hamburger buns, split

1 (4 lbs)

Pork shoulder roast

1/2 cup

Apple cider vinegar

1/4 cup

Light brown sugar

1 tbsp

Worcestershire sauce

1

Extra large onion, chopped

1 1/2 tsp

Dried thyme

2 tbsp

Butter, or as needed

here's how

- 1 Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar, and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.
- 2 Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.
- 3 Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.

Add your own helpful notes

The pork can also be cooked on Low for 10 to 12 hours.

PF Chang's Chicken Lettuce Wraps

From: Yoshi Brownlee

Recipe by: damndelicious.net

prep time

10 mins

cook time

10 mins

servings

4

things you need

1 tbsp

Olive oil

2 cloves

Garlic, minced

1/4 cup

Hoisin sauce

1 tbsp

Rice wine vinegar

1

8 oz. can whole water chestnuts, drained and diced

1 tbsp

Sriracha, optional

1 lb

Ground chicken

1

Onion, diced

2 tbsp

Soy sauce

1 tbsp

Finely grated ginger

2

Green onions, thinly sliced

To taste

Freshly grated Kosher salt and black pepper

1

Head butter lettuce

here's how

- 1 Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
- 2 Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.
- 3 Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
- 4 To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

Add your own helpful notes

Pumpkin Bread IV

From: Ryan Richardson

Recipe by: [allrecipes.com](https://www.allrecipes.com)

prep time

15 mins

cook time

1 hr

Yields

3 9x5" loaves

things you need

3 cup

Canned pumpkin puree

4 cup

White sugar

4 3/4 cup

All-purpose flour

1 1/2 tsp

Baking soda

1 1/2 tsp

Ground cinnamon

1 1/2 tsp

Ground cloves

1 1/2 cup

Vegetable oil

6

Eggs

1 1/2 tsp

Baking powder

1 1/2 tsp

Salt

1 1/2 tsp

Ground nutmeg

here's how

- 1 Preheat the oven to 350° F (175° C). Grease and flour three 9x5 inch loaf pans.
- 2 In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended.
- 3 Divide the batter evenly between the prepared pans.
- 4 Bake in preheated oven for 45 minutes to 1 hour. The top of the loaf should spring back when lightly pressed.

Add your own helpful notes

Variations: Add raisins, mini chocolate chips (the best), pecans, or walnuts.

Perfect Blueberry Muffins

From: Carolyn Taylor:

Recipe by: smittenkitchen.com

prep time

15 mins

cook time

25-30 mins

+ 10 mins to
cool

Servings

9 standard muffins

things you need

5 tbsp

Unsalted butter

1/2 cup

Sugar

1/2 lemon

Finely grated zest

3/4 cup

Plain unsweetened yogurt or sour cream

1 1/4-1 1/2 cup

Blueberries, fresh or frozen (no need to defrost)

1 1/2 tsp

Baking powder

1/4 tsp

Baking soda

1/4 tsp

Fine sea or table salt

1 1/2 cup

All-purpose flour

3 tbsp

Turbinado (sugar in the raw) sugar

1

Large egg

here's how

- 1 Preheat oven to 375° F. Line a muffin tin with 9 paper liners or spray each cup with a nonstick spray.
- 2 Melt butter in the bottom of a large bowl and whisk in sugar, zest, yogurt and egg until smooth.
- 3 Whisk in baking powder, baking soda and salt until fully combined, then lightly fold in flour and berries. Batter will be very thick, like a cookie dough.
- 4 Divide between prepared muffin cups and sprinkle each with 1 teaspoon turbinado sugar, which will seem over-the-top but I promise, will be the perfect crunchy lid at the end.
- 5 Bake for 25 to 30 minutes, until tops are golden and a tester inserted into the center of muffins comes out clean (you know, except for blueberry goo).
- 6 Let cool in pan for 10 minutes then the rest of the way on a rack.

Add your own helpful notes

Paleo Banana Cake

From: Yoshi Brownlee

Recipe by: madaboutfood.com

prep time

10 mins

cook time

38 mins

servings

9

things you need for the cake

3

Large ripe bananas

2

Eggs

1/4 cup

Coconut oil, melted

1/4 cup

Coconut sugar

1 tsp

Vanilla extract

1 3/4 cup

Almond flour

1 tsp

Baking powder

1/2 tsp

Baking soda

1 tsp

Salt

things you need for the icing

1 cup

Cooked and cooled mashed sweet potato

3/4 cup

Cocoa powder

1/2 cup

Maple syrup

3 tbsp

Almond milk

here's how

- 1 Preheat oven to 350°F and grease an 8×8 baking pan. Peel and cube sweet potato and steam on the stovetop until soft, about 20 minutes.
- 2 Mash ripe bananas in a large mixing bowl. Then, add eggs, vanilla extract, coconut oil, and coconut sugar to the bowl and mix again.
- 3 Mix almond flour, salt, baking soda, and baking powder in a separate bowl and fold into wet ingredients.
- 4 Pour batter into the baking pan. Then, bake at 250°F for 38 minutes.
- 5 Remove the sweet potato from the heat and mash.
- 6 Add 1 cup cooled mashed sweet potato to a bowl with cocoa powder and maple syrup. Mix with a hand mixer or food processor until combined. Then, add almond milk to the frosting and mix again until smooth and creamy.
- 7 Remove the cake from the oven and allow it to cool fully.
- 8 Spread the frosting over top, decorate with sprinkles and cut into squares.

Add your own helpful notes

Once baked, store this paleo banana bread in an airtight container in the refrigerator for up to 5 days. Please do not store this on the counter. It is made with fresh ingredients and will perish quickly.

Oh So Good

From: Brooke Boone Kelly

Recipe by: Family recipe

prep time

5 mins

cook time

10 mins

4 hours to set

servings

12

things you need

1 1/4 cup

Chopped walnuts

1 cup

Melted butter

1 cup

Powdered sugar

1

Package of chocolate instant pudding

1

Package of vanilla instant pudding

1 cup

Flour

1

Large tub of Cool Whip

1

8 oz package cream cheese, softened

2 1/2 cup

Milk

1

Handful of chocolate shavings

here's how

- 1 Make your crust: Combine 1 cup chopped walnuts, flour and melted butter to a baking dish.
- 2 Bake for 10 mins and let cool.
- 3 Make your second layer: Add powdered sugar, cream cheese and 1/2 of your Cool Whip to a large mixing bowl. Mix together with a hand mixer on level 7. Spread on cooled crust.
- 4 Make your third layer: Mix together chocolate pudding package, vanilla pudding package and milk. Spread over second layer.
- 5 Add toppings: Top with remaining Cool Whip, chopped walnuts and chocolate shavings.
- 6 Refrigerate for at least 3 hours.

Add your own helpful notes

