

Run Your Way.

COOKING CLASS SERIES

Class 4 Shopping List

- Onion (½)
- Bell pepper (1)
- Ground meat or meat alternative of choice (1 lb)
- Ground chicken (1 lb)
- Ginger, fresh (1 Tbsp)
- Garlic, minced (1 Tbsp)
- Sweet potatoes, frozen (10 oz)
- Broccoli, frozen (10-16 oz)
- Avocado oil (2 Tbsp)
- Soy sauce (¼ cup)
- Rice vinegar (1 Tbsp)
- Sesame oil (1 Tbsp)
- Sriracha (1 tsp)
- Corn starch (1 tbsp)
- Tomato paste (1 Tbsp)
- Brown sugar (⅓ cup)
- Taco seasoning (2 Tbsp)
- Black beans (15 oz can)
- Corn (15 oz can)
- Fire roasted diced tomatoes (15 oz)
- Diced green chilies (4 oz can)
- Broth (4 cups)
- Rice, precooked bag (2 - 8.8 oz) or 4 cups cooked
- *Optional: avocado, jalapeno, cilantro, shredded cheese, sour cream, tortilla chips, hot sauce*



TACO SOUP



SESAME CHICKEN SKILLET

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Taco Soup

MAKES 6 SERVINGS

Serv: 1 serving (Approx 2 cups) | 300 kcal | 4g fat | 33g carb | 9g fiber | 30g protein
*using 99% fat free ground turkey, no toppings included

Ingredients

- 1 Tbsp avocado oil
- 1 pound ground meat or meat alternative of choice
- ½ large onion, diced (approx 1 cup)
- 1 bell pepper, diced
- 1 (10 oz) bag frozen sweet potatoes, steamed
- 1 Tbsp tomato paste
- 2 Tbsp taco seasoning
- 1 (15 oz) can black beans, drained & rinsed
- 1 (15 oz) can corn, drained
- 1 (15 oz) can fire roasted diced tomatoes
- 1 (4 oz) can diced green chilies
- 4 cups broth
- Optional toppings: avocado, jalapenos, cilantro, cheese, sour cream, tortilla chips, hot sauce



Directions

1. In a large soup pot, heat oil and cook ground meat or meat alternative over medium heat until partially cooked through.
2. Add onions, peppers, sweet potatoes, tomato paste and taco seasoning. Cook until veggies are soft and protein is cooked through, around 2 - 4 minutes.
3. Add beans, corn, tomatoes, chilies and broth. Bring the soup to a slow boil and cook for 20 minutes.
4. Top with your favorite toppings & add more carbs on the side if needed.

Substitutions

Meat: Make this your own - use whatever ground meat or plant-based protein you enjoy most.

Sweet Potatoes: You could add rice instead, if you prefer. Or, also add rice for more carbs in heavier training.

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Sesame Chicken Skillet

MAKES 4 SERVINGS

Serv: 1 serving | 475 kcal | 12g fat | 60g carb | 31g protein

Ingredients

1 Tbsp avocado oil
1 pound ground chicken
10 - 16 oz frozen bag of broccoli
2, 8.8 oz bags precooked rice (or approx. 4 cups cooked rice)

Sauce

¼ cup soy sauce
⅓ cup brown sugar
1 Tbsp rice vinegar
1 Tbsp ginger, fresh
1 Tbsp garlic, minced
1 Tbsp sesame oil
1 tsp sriracha
1 Tbsp corn starch
2 Tbsp water



Directions

1. Heat a skillet over medium high heat. Add avocado oil.
2. Add ground chicken and cook until brown and cooked through.
3. In the meantime, cook broccoli in the microwave. Drain any water.
4. Add cooked broccoli to cooked chicken.
5. Add cooked rice. Stir to combine all ingredients. Remove from heat.
6. In a microwave safe bowl, combine sauce ingredients. Mix water and cornstarch in a separate bowl & whisk into the other ingredients.
7. Microwave sauce ingredients for 2 - 3 minutes, whisking every minute until bubbly and thick.
8. Pour sauce over the skillet. Reheat if needed and enjoy!

Substitutions

Garlic & ginger: Buy the paste in the veggie section at the grocery to save a lot of time.

Ground chicken breast: If you can find ground chicken breast, grab it. It's high in protein, low in fat and the perfect addition to this recipe. If not, use whatever ground meat you prefer.

Frozen broccoli: If you prefer fresh broccoli, do it. Just roast or steam it before adding to the dish.

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