

Make-Ahead Meals for a Long, Lazy Weekend

Cook up a storm on Friday and spend the rest of your long weekend relaxing ... and eating!

Why spend all of your leisure time in the kitchen? Make a Friday night date with your kitchen and prepare some simple to make-and-refrigerate dishes that you can reheat and eat all weekend. These recipes by Chef Hari Nayak are perfect for easy entertaining. 🌿



East Indian Chili With Red Beans

Serves 6

- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 4 dried red chilies
- 1 teaspoon black mustard seeds
- 1 large onion, finely chopped
- ½ cup coconut, grated
- 1 tablespoon fresh ginger, minced
- 1 clove garlic, minced
- 1 tablespoon ground coriander
- ¼ teaspoon ground turmeric
- 1 teaspoon garam masala
- Salt, to taste
- 1 pound lean beef, ground
- 8 ounces canned kidney beans, rinsed and drained
- 1 medium tomato, chopped
- 1 cup water
- 1 cup coconut milk
- ½ cup fresh cilantro, chopped

Heat the oil in a large saucepan over medium-high heat and add the cumin, red chilies, and mustard seeds. They should splatter on contact with the hot oil.



Use lite coconut milk to save 69 calories, 18 grams of fat, and 6 grams of saturated fat.

Add the onion and sauté, stirring constantly until softened, about 2 minutes. Mix in the coconut, ginger, garlic, coriander, turmeric, garam masala, and salt. Stir until the mixture is golden, about 5 minutes.

Add the ground meat. Cook stirring until the meat is slightly brown, about 10 minutes. Add the beans, tomato, and water and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the sauce is thick, about 10 minutes. Add the coconut milk and half the cilantro and simmer for another 5 minutes. Cool, cover, and refrigerate to reheat and serve later or serve hot, garnished with fresh cilantro.

TD&N Nutrient Analysis: Calories: 327; Total Fat: 23 g; Saturated Fat: 14 g; Polyunsaturated Fat: 4 g; Monounsaturated Fat: 3 g; Cholesterol: 40 mg; Sodium: 172 mg; Carbohydrates: 14 g; Fiber: 5 g; Protein: 19 g



Red Lentil Soup

Serves 4

- 3 tablespoons olive oil
- 1 onion, finely diced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon cumin, ground
- 2 carrots, peeled and grated
- 1 cup red lentils
- 4 cups water or vegetable stock
- 2 red onions, finely sliced
- 1 bunch cilantro, with roots attached

Put 1 tablespoon of olive oil into a large saucepan and add the onion, ginger, and cumin. Cook over a medium heat until the onion is soft and transparent. Add the carrot, lentils and stock. Bring the soup to a boil, then reduce to simmer. Cook for 30 minutes, or until the lentils have completely disintegrated.

Meanwhile, heat the remaining olive oil in a frying pan over medium heat and add

the red onions. Thoroughly wash the cilantro. Finely chop the roots and stems, leaving the top leafy section for garnishing later. Add the chopped cilantro roots and stems to the onions and continue to cook, stirring occasionally, until the onions are caramelized.

Cool, cover, and refrigerate to reheat and serve later or serve garnished with a generous sprinkling of cilantro leaves. Top with a spoonful of the caramelized onions.

Note: Any available lentils can be substituted for red lentils.

TD&N Nutrient Analysis: Calories: 312; Total Fat: 11 g; Saturated Fat: 2 g; Polyunsaturated Fat: 2 g; Monounsaturated Fat: 8 g; Cholesterol: 0 mg; Sodium: 41 mg; Carbohydrates: 40 g; Fiber: 6 g; Protein: 14 g

Note: Calculated using water as stock.



Lamb and Bean Casserole

Serves 6

- 1 pound dried northern beans, rinsed well
- 2 tablespoons olive oil
- 3 pounds boneless lamb stew meat, cut into 2-inch cubes (can be replaced with beef if you prefer)
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 3 cups chopped onions
- 1 cup chopped celery
- 1 tablespoon fennel seeds

- 10 sprigs fresh thyme, tied with kitchen twine
- 3 bay leaves
- ½ teaspoon paprika
- ½ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ cup minced garlic
- 1 cup peeled whole tomatoes, coarsely chopped
- 8 cups chicken stock or canned low-sodium chicken broth
- 2 tablespoons chopped fresh parsley leaves
- 1 cup dried bread crumbs
- ½ cup freshly grated Parmesan
- 3 tablespoons extra-virgin olive oil

Preheat the oven to 400°F. Combine the beans and 8 cups of cold water in a large saucepan or soup pot and bring to a boil. Cover the pot and remove from the heat. Let it sit for 1 hour or overnight. Drain the beans in a colander and discard the soaking liquid. Set the beans aside.

Meanwhile, heat the oil in a large saucepan. Season the lamb with the salt and pepper and cook the lamb in batches until very brown on all sides, 8 to 10 minutes per batch. Using a slotted spoon, transfer the lamb to a bowl and set aside.

Add the onions, celery, fennel, thyme, bay leaves, and seasonings and cook, scraping up any browned bits from the bottom of the pan, until the vegetables are soft, about 4 minutes. Remove the sprigs of thyme.

Add the garlic and cook for 2 minutes. Add the tomatoes and chicken stock and return the meat to the pot. Bring to a boil, reduce the heat to a simmer, and cook for 30 minutes.

Add the beans to the pot and continue cooking until the beans are tender but not mushy, 1 to 1½ hours. The cooking liquid should be slightly thickened, just enough to coat the beans and lamb. Add the parsley, taste, and season if necessary with additional salt and pepper.

At this stage, this dish can be refrigerated until use. When you are ready to serve, transfer the bean mixture to a 9- X 13-inch casserole and top with the bread crumbs and Parmesan. Drizzle the top with the olive oil and bake, uncovered, until the casserole is golden brown on top and bubbly around the edges, about 30 minutes. Serve warm.

TD&N Nutrient Analysis: Calories: 913; Total Fat: 32 g; Saturated Fat: 9 g; Polyunsaturated Fat: 4 g; Monounsaturated Fat: 15 g; Cholesterol: 164 mg; Sodium: 1,797 mg; Carbohydrates: 76 g; Fiber: 16 g; Protein: 78 g



To lower the sodium intake, use reduced- or low-sodium broth.



Moussaka

Serves 6

- 3 large eggplants
- Kosher salt and freshly ground black pepper
- Extra-virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- ½ lemon, sliced in thin circles
- 1 handful fresh oregano leaves, chopped
- 2 handfuls fresh flat-leaf parsley, chopped
- 2 pounds ground lamb
- 1 cinnamon stick
- 2 bay leaves
- 3 tablespoons tomato paste
- 1 (16-ounce) can whole tomatoes, drained and crushed
- 8 ounces feta cheese, crumbled

- 1 cup freshly grated Parmesan
- 1 cup fresh bread crumbs

To prepare the eggplants, cut off the stems, remove the skin with a vegetable peeler, and cut lengthwise into ½-inch thick slices. Season all the pieces of eggplant with salt and pepper on both sides. Coat a large skillet with oil and heat over medium flame. Fry the eggplant in a single layer, turning once, until brown on both sides—you will need to do this in batches, adding more oil, as necessary. Drain the eggplant as they cook on a paper towel-lined platter.

Add a little more oil to the pan and toss in the onion, garlic, lemon slices, oregano, and parsley. Cook and stir until soft and fragrant, about 3 minutes. Add the ground lamb, stirring to break up the meat; season with salt and pepper and toss in the cinnamon stick and bay leaves. Stir in the tomato paste and crushed tomatoes. Simmer until

the liquid has evaporated, stirring occasionally. Remove from the heat. Remove the cinnamon stick and bay leaves.

Cover and refrigerate, and when you're ready to serve it, preheat the oven to 350°F. Line the bottom of a 9- X 13-inch glass or ceramic baking dish with a third of the eggplant slices; they should completely cover the bottom with no gaps. Spread half of the meat sauce evenly over the eggplant. Sprinkle with half of the feta and Parmesan. Repeat the layers again, ending with a final layer of eggplant. Cover the top with an even layer of bread crumbs. Bake the moussaka for 30 to 40 minutes or until the top is golden. Let cool 10 minutes before serving.

TD&N Nutrient Analysis: Calories: 664; Total Fat: 42 g; Saturated Fat: 18 g; Polyunsaturated Fat: 3 g; Monounsaturated Fat: 15 g; Cholesterol: 124 mg; Sodium: 640 mg; Carbohydrates: 33 g; Fiber: 10 g; Protein: 39 g