

# Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

# Main Course

## Crockpot Beef Barley

This is a satisfying and wholesome one pot meal. The red wine is a unique twist on the standard broth. Once you get the hang of the base, switch up the veggies as you see fit.

### You'll Need

- 3 pounds beef (shoulder, or roast), cubed
- 1/2 red bell pepper, chopped
- 1 small onion, diced
- 1 package frozen lima beans
- 1 can white beans (great northern), drained
- 1 can whole kernel corn, drained
- 1 cup uncooked barley
- 1 large can diced tomatoes
- 1 small can tomato paste
- 1, 32 ounce carton, beef broth
- 1 cup red wine
- 3 cloves garlic
- Salt and pepper



### Directions

- Into the crock pot, add all ingredients.
- Cover and cook on low setting for 8 to 14 hours (or keep on high setting for 5 to 7 hours).

### Play with Your Food

- Switch up the veggies as you see fit. Try green beans, carrots, or zucchini.
- If you need this dish to be gluten-free replace the barley with brown rice or some potatoes.

Medwell Kitchen Tested

# Starters, Sides, and Complements

## Buttermilk Corn Bread

*\*Vegetarian*

Who doesn't like a good piece of corn bread? Well look no further because you've found a winner that is sure to be a crowd pleaser! And the bonus is it's so easy to make!

### You'll Need

- 1 1/2 cups cornmeal
- 1/2 cup flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1 1/3 cups buttermilk
- 1- 2 tablespoons olive oil

### Directions

- Preheat oven to 450 degrees.
- Stir together the dry ingredients and set aside. Add egg, buttermilk, and 1 tablespoon olive to bowl. Mix together until all ingredients mixed evenly.
- Pour mixture into the baking pan or iron skillet. Bake for approximately 18 minutes. Check the cornbread. If the cornbread begins to pull away from sides of pan it's done. If you do not notice this, let the cornbread bake for a few more minutes.



### Play with Your Food

- Consider adding some chopped chilies or jalapenos.
- Serve with a honey butter
- For a crispier bottom, pour a tiny bit of oil in iron skillet, turn stove top on, and heat pan. Add mixture and let cook for 1-2 minutes. Then put in the oven.

Medwell Kitchen Tested

# Main Course

## Crockpot Tomatillo Pork Roast

*\*Gluten-Free*

Give your pork a different flavor. This recipe incorporates tomatillo into the pork roast. It's easy to make and tasty, what more could you ask for?

### You'll Need

- 2-3 pound pork roast
- 2 cups tomatillo salsa
- 1/4 cup white wine vinegar
- Salt and pepper

### Directions

- Into the crock pot, add all ingredients.
- Cover and cook on low setting for 8 to 14 hours (or keep on high setting for 5 to 7 hours).

### Play with Your Food

- Garnish with fresh sliced red onion.
- Top with a drizzle of hot sauce.



Medwell Kitchen Tested

# Starters, Sides, and Complements

## Quick Refried Beans

*\*Vegan, Gluten-Free*

Beans are one of the healthiest foods on the planet. They can be prepared in so many ways and experiment with this recipe by mixing in cheese, hot peppers, or hot

### You'll Need

- 2 cups cooked pinto beans, divided
- 1/2 cup water
- 2 cloves garlic, minced
- 1/2 teaspoon to 1 teaspoon chili powder
- 1 teaspoon salt
- 2 tablespoons olive oil
- 3/4 cup diced onion



### Directions

- In a small bowl, mash up 2/3 cups of beans to a smooth paste.
- In skillet, sauté onions in oil until soft.
- In a medium saucepan over medium heat, combine the remaining beans with water.
- When the beans are heated through, stir in garlic, onion, and oil that onion was sautéed in, chili powder, and salt.
- Stir the bean paste into the bean mixture and mix well. Cook for 10 minutes. Mash the beans and onions up a bit more while cooking.

### Play with Your Food

- Add some cheese, hot peppers, or hot sauce

Medwell Kitchen Tested

# Salad

## Avocado and Tomato Salad

*\*Vegan, Gluten-Free*

This is a quick and easy salad to make and it's a great way to incorporate the heart healthy monounsaturated fat into your diet.

### You'll Need

- 1 avocado
- 1 tomato
- Salt and pepper
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra virgin olive oil

### Directions

- Chop 1 avocado and 1 tomato and add to bowl.
- Add salt and pepper to taste.
- Add olive oil and vinegar and toss.



### Play with Your Food

- Sprinkle some feta cheese on top.
- Use lime juice instead of balsamic vinegar
- Add some chopped red or white onion

Medwell Kitchen Tested