



COOKING 101

REAL FOOD MADE SIMPLE

*with Olivia Borer*

**WEEK 6: STOVETOP & SKILLET**

# WEEK 6 PLAN

## **VIDEO: Introduction to Stovetop & Skillet Meals**

Using the stovetop for skillet meals is my favorite way to cook. Heat a pan, throw everything in, and done! In this video, we discuss why skillet meals might become your new favorite, as well as how to choose the best pan for cooking.

## **VIDEO: Pizza Saute Recipe Demo**

In this video, I walk you through how to make the Pizza Saute recipe from start to finish. We will also discuss the various modifications you can use to make this recipe customized to your preferences.

## **PDF: Stovetop & Skillet Recipes**

This collection of skillet meals includes ten simple skillet meals. I also give you my base recipe for creating amazing skillet meals and side dishes that can be ready in as little as 10 minutes!

## **PDF: Stovetop & Skillet FAQs**

Learn more about which pans to use, what cooking fats work best, and how to season skillet meals.



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**STOVETOP & SKILLET  
RECIPES**

# SKILLET MEALS BASE RECIPE

*Cook Time: 20-30 minutes*  
*Servings: 3-4*

## INGREDIENTS

- 1-2lb Ground Meat (Beef, Pork, Chicken, or Turkey) OR 1-2lb Pre-Cooked Sausage (Chicken, Beef, or Pork) OR Leftover Cooked Meat (see note)
- 2-4 Cups Diced or Sliced Vegetables (see note)
- 1 Tbsp Sea Salt, Divided
- 1 Tsp Garlic Powder
- 1/2 Tsp Black Pepper
- 2 Tbsp Butter, Ghee, or Coconut Oil

Don't fear the beef! It gives any meal such amazing flavor. Also, do NOT choose super lean cuts of meat. The fat makes all the difference.

## DIRECTIONS

1. Heat a large skillet over medium-high heat and add the cooking fat of choice.
2. Add in the vegetables, garlic powder, pepper, and 1 1/2 Tsp sea salt.
3. Cover and cook until the vegetables are slightly tender, about 5-8 minutes, stirring occasionally.
4. Add in the ground meat and the remaining sea salt.
5. If using pre-cooked meat, wait another 2-4 minutes until the vegetables are fully cooked before adding the meat to heat through.
6. Cover and cook, stirring occasionally, until the meat is cooked through, about 8-10 minutes.
7. Serve or portion out for meals later in the week.

## NOTES

- Ground Meat - using ground meat allows the meal to come together in 20 minutes or less as ground meat cooks up fairly quickly and usually is very affordable.
- Pre-Cooked Sausages - look for a brand that has no sugar added if possible. Sugar is often used in the curing process, so if it is added, make sure there is less than 1 gram of sugar per serving on the nutrition facts label.
- Leftover Meat - use any leftover shredded chicken, beef or pork roast, or leftover ham that you have on hand. See the Instant Pot recipes from week 5 for more on cooking shredded chicken or week 8 for base meat recipes.
- Vegetables - make sure your vegetables are cut about the same size with denser vegetables like carrots and potatoes cut smaller because they will take longer to cook. See the FAQs PDF for ideas on vegetables to use.
- These meals are easy to stretch by adding in more meat or vegetables to feed a crowd or prep for later.

# PIZZA SAUTE

*Cook Time: 20-25 minutes*

*Servings: 4-6*

## INGREDIENTS

- 1.5-2lb Ground Beef
- 1/2lb Green Beans, trimmed
- 1/2lb Brussels Sprouts
- 8oz Cherry Tomatoes
- 8oz Sliced Bella Mushrooms
- 1 Can Sliced Olives
- 1 Tbsp Sea Salt, divided
- 2 Tbsp Butter, Ghee, or Coconut Oil



Buy pre-shredded Brussels sprouts to save yourself time!

## DIRECTIONS

1. Heat the cooking fat of choice in a large pan over medium heat.
2. Prepare the vegetables and add them to the skillet: cut the green beans into 1" pieces, slice the Brussels sprouts, and slice the bella mushrooms (if not pre-sliced).
3. Add a layer of salt to the vegetables, about 1 Tsp.
4. Cover and saute, stirring occasionally, for 7 minutes or until the vegetables are tender.
5. Add the ground beef to the skillet and remaining salt and cover and saute, continuing to stir occasionally until the meat is mostly browned.
6. Rinse the olives and set aside.
7. Once the meat is mostly browned, add the olives and cherry tomatoes and continue to cook, gently stirring, until the tomatoes start to soften.
8. Remove from the heat and serve immediately or store in the fridge for up to 5 days.

## NOTES

- I prefer to keep the seasonings on this saute (and most of my skillet meals) very simple, but feel free to add any other spices of choice such as black pepper and garlic powder.
- This recipe works very well as a meal-prepped lunch or dinner for the entire week. It also can be cut in half or doubled to feed more or less people.

# BEEF, BACON, & BRUSSELS SAUTE

*Cook Time: 20 minutes*  
*Servings: 4*

## INGREDIENTS

- 1lb Ground Beef
- 8 Slices Bacon
- 1lb Brussels Sprouts
- 1 Tbsp Sea Salt, divided

Buying pre-shredded Brussels sprouts will save you lots of time!

## DIRECTIONS

1. Heat a large skillet over medium heat.
2. Cut the bacon into 1" pieces with kitchen scissors over the pan.
3. Cook, uncovered, until the bacon starts to release some fat.
4. Meanwhile, slice the Brussels sprouts by cutting parallel to the stem, discarding the stems.
5. Add the Brussels to the skillet along with half the salt.
6. Cover and cook until tender, about 8-10 minutes.
7. Add in the ground beef and remaining salt and cook until the beef is no longer pink, about 8 minutes.
8. Serve or portion out for meals later in the week.

## NOTES

- Stretch this meal further by adding diced or shredded potatoes or sweet potatoes.
- Think you don't like Brussels sprouts? Think again! With this recipe, your mind is sure to be changed especially with the bacon and cooking method.
- Don't have bacon? No problem! Simply add 2 Tbsp of ghee, butter, or coconut oil to the pan.
- Feel free to switch up the ground beef to ground pork, turkey, or chicken, or a combination of two.
- Black pepper and garlic powder would be a simple addition or you can make the meal more spicy with chili powder, cumin, paprika, and red pepper flakes.

# CHICKEN CURRY

*Cook Time: 35-40 minutes*

*Servings: 4-6*

## INGREDIENTS

- 2lbs Cooked, Shredded Chicken
- 3 Carrots
- 2 Peppers
- 1 Zucchini
- 1/2lb Green Beans
- 1 Onion
- 1 Cup Broccoli
- 1 Tbsp Minced Garlic
- 1/2 - 1 Tsp Grated Fresh Ginger or 1/2 Tsp Dried Ginger
- 2 Tbsp Green Curry Paste
- Sea Salt to taste
- Additional Vegetables (see note)
- 1-2 Tbsp Coconut Oil
- 2 Cans Full Fat Coconut Milk
- 1-2 Cups Bone Broth (see week 5)

## DIRECTIONS

1. In a large soup pot, heat the coconut oil over medium heat.
2. Prepare and add the vegetables to the pot: peel and slice the carrots, dice the peppers, medium dice the zucchini, cut the green beans into 1" pieces, dice the onion, and chop the broccoli. Prepare any other vegetables as needed.
3. Cover and cook on medium-high heat, stirring occasionally, about 10-12 minutes.
4. Add the garlic to the pan after the other vegetables are tender and cook 2 minutes.
5. Add in coconut milk, broth, ginger, and curry paste.
6. Stir to combine and bring to a boil. Then, reduce the heat and simmer until the vegetables are cooked through, adding salt as desired. Add the cooked chicken.
7. Serve as a "soup" or over cauliflower rice. If you like it thicker, only use one can of coconut milk.

## NOTES

- This recipe works well with almost any vegetables you have on hand, so feel free to add in frozen peas (with the cooked chicken), sliced Brussels sprouts, chopped kale, or any others.
- I prefer to use Thai Kitchen brand of curry paste, found in the ethnic section of most stores.
- Find recipes for precooking the chicken and bone broth in week 5.
- You can also add the chicken (cut into 1" pieces) to the pot with the broth and simmer until cooked through.

# CRISPY POTATOES

*Cook Time: 5-15 minutes*  
*Servings: 2*

## INGREDIENTS

- 2 Russet, Golden, or Red Potatoes Baked or Raw (see note)
- 1 Tbsp Sea Salt
- 2 Tsp Spice Blend of Choice (if desired)
- 1/4 Cup Butter, Ghee, or Coconut Oil

Using baked potatoes makes this recipe an 8 minute or less side dish and uses up leftovers.

An Adobe seasoning blend or BBQ blend (no sugar added) would be great options.

## DIRECTIONS

1. Heat the cooking fat of choice in a skillet.
2. If using raw potatoes, dice the potatoes into 1/2" pieces.
3. Add to the pan with the seasonings and cook, covered for 8-12 minutes or until tender.
4. If using cooked potatoes (my favorite), slice them into 1/8" pieces. They will crumble and the skin will fall, but that is okay. It is part of what makes these potatoes amazing!
5. Add to the skillet with the spices and cook uncovered until crispy, about 5-8 minutes.
6. Serve with eggs, bacon, or any meal as a side dish.

## NOTES

- This recipe can be made with any number of potatoes. Just make sure the pan isn't too crowded.
- To bake potatoes in the oven, heat the oven to 400 degrees. Wash and dry the potatoes and place them (no foil needed) on the oven rack for 1 hour.
- To bake potatoes in the microwave, wash the potato and semi-dry with a paper towel. Pierce several times with a fork or knife. Place the potato wrapped in the damp paper towel on a plate and microwave 5-6 minutes. Cook as directed.
- My favorite spice blends to use are from either Primal Palate (Amazon or primalpalate.com) or Balanced Bites Spices (balancedbites.com).

# ROASTED CAULIFLOWER & PEA SKILLET

*Cook Time: 15 minutes*

*Servings: 4-6*

## INGREDIENTS

- 1.5-2lbs Ground Beef
- 2 Cups Roasted Cauliflower (see note)
- 1 Cup Frozen Peas
- 1 Tsp Sea Salt
- 2 Tbsp Butter, Ghee, or Coconut Oil

## DIRECTIONS

1. Heat the cooking fat in a large skillet.
2. Add the roasted cauliflower and half the salt.
3. Cook about 5 minutes.
4. Add in the ground beef and remaining salt.
5. Cover and cook about 8 minutes or until the beef is cooked through.
6. Add in the peas to heat through.
7. Serve or portion out for meals later in the week.

## NOTES

- To roast cauliflower, see week 3 or directions here: line a pan with parchment paper. Place cut cauliflower florets across the pan and drizzle with 1/4 cup melted butter, ghee, or coconut oil. Season with sea salt. Cook at 400-425 until tender and lightly browned, about 25-35 minutes.
- This meal might seem a bit odd, but it really comes together nicely! Peas are my favorite addition to any skillet meal.
- If desired, roast the cauliflower a day or two in advance and refrigerate until cooking.

# PALEO PHILLY SKILLET

*Cook Time: 20-30 minutes*

*Servings: 4-6*

## INGREDIENTS

- 1.5-2lbs Ground Beef OR Cooked, Shredded Chicken
- 3 Bell Peppers
- 1 Yellow Onion
- 8oz Sliced Bella Mushrooms
- 1 Tbsp Sea Salt
- 1 Tbsp Minced Garlic or 1 Tsp Garlic Powder
- 2 Tsp Chili Powder
- 2 Tsp Cumin
- 1 Tsp Paprika
- 1/4 Tsp Red Pepper Flakes (optional)
- 2 Tbsp Butter, Ghee, or Coconut Oil

Choose any combination of red, green, yellow, or orange peppers.

## DIRECTIONS

1. Heat a large skillet or soup pot over medium heat and add the cooking fat of choice.
2. Prepare and add the vegetables to the pan: slice the peppers, onions, and mushrooms (if not pre-sliced).
3. Add a layer (about half) of the spices and salt.
4. Cover and cook about 8-10 minutes or until slightly tender.
5. Add the ground beef and the remaining spices.
6. Cover and cook until the beef is cooked through, about 8 minutes.
7. If using precooked chicken, cook the vegetables until tender, about 12 minutes, and then add the chicken.
8. Add in the remaining spices and heat through.

## NOTES

- I like to use a combination of red, orange, and yellow peppers, but green peppers work well too.
- To precook the chicken, see week 5 for Instant Pot directions, grill, or cook in the slow cooker with 2 cups of water and salt for 4 hours on high or 8 hours on low. I always like to have precooked chicken on hand in the freezer or ready to use.

# SIMPLE BREAKFAST HASH

*Cook Time: 20-30 minutes*

*Servings: 4-6*

## INGREDIENTS

- 1lb Ground Pork
- 1 Large Potato
- 1 Bell Pepper
- 1 Yellow Onion
- 8oz Bella Mushrooms
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1 Tbsp Butter or Coconut Oil
- Fresh Eggs for Serving (optional)

Use any ground meat, fresh sausage, or precooked sausages to switch it up!

See below for more vegetable options to try!

## DIRECTIONS

1. Heat a skillet over medium heat with the cooking fat of choice.
2. Prep and add the vegetables to the skillet: small-medium dice the potato of choice, dice the bell pepper and onion, and cut the mushrooms into quarters.
3. Add a layer of salt (about half) to the skillet; cover and cook until the vegetables are just tender, stirring occasionally, about 8 minutes.
4. Add in the ground pork and remaining salt and spices.
5. Cover and cook until the meat is no longer pink, about 8 minutes.
6. If desired, for serving, fry an egg(s) and serve over each serving.
7. If portioning out for later in the week, while the hash is reheating, fry your egg up fresh!

## NOTES

- This recipe is super versatile! Simply throw what you have together in a skillet, add an egg on top, and breakfast is done! Not feeling the egg? Just leave it off and add 1/2 an avocado.
- Starchy Vegetables (pick 1): potatoes, sweet potatoes, butternut squash, parsnips, turnips, etc
- Non-Starchy Vegetables (pick 2-3): bell pepper, onion, mushrooms, Brussels sprouts, green beans, spinach, kale, carrots, zucchini, etc
- Meat (pick 1-2): ground pork, ground beef, ground chicken, ground turkey, fresh ground sausage, precooked chicken sausage (no sugar added), bacon, leftover diced meat, etc

# SWEET POTATO BREAKFAST HASH

*Cook Time: 20-30 minutes*

*Servings: 4-6*

## INGREDIENTS

- 1lb Ground Pork
- 1 Large Sweet Potato
- 1 Red Bell Pepper
- 1 Yellow Onion
- 8oz Bella Mushrooms
- 1 Cup Spinach
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1 Tbsp Butter or Coconut Oil
- Fresh Eggs for Serving (optional)

Ground chicken or  
precooked chicken  
sausage works  
great too!

## DIRECTIONS

1. Heat a skillet over medium heat with the cooking fat of choice.
2. Prep and add the vegetables to the skillet: small-medium dice the sweet potato (can peel if desired), dice the red bell pepper and onion, and cut the mushrooms into quarters. Do not add the spinach at this time.
3. Add a layer of salt (about half) to the skillet; cover and cook until the vegetables are just tender, stirring occasionally, about 8 minutes.
4. Add in the ground pork and remaining salt and spices.
5. Cover and cook until the meat is no longer pink, about 8 minutes.
6. Add in the spinach with a layer of salt. Cover and cook until wilted, stirring often, about 2 minutes.
7. If desired, for serving, fry an egg(s) and serve over each serving.
8. If portioning out for later in the week, while the hash is reheating, fry your egg up fresh!

## NOTES

- If you aren't in the mood for an egg on top, serve this hash with 1/2 an avocado.
- Switch up the spices and make it spicier if desired by adding 1/2 Tsp each of chili powder, cumin, and paprika along with 1/4 Tsp red pepper flakes.

# CREAMY BROCCOLI & BACON SKILLET

*Cook Time: 20-30 minutes*

*Servings: 4-6*

## INGREDIENTS

### Sauce

- 1 Cup Full Fat Canned Coconut Milk
- 1/2 Cup Chicken Bone Broth (see week 5)
- 2 Tsp Arrowroot Starch (can omit if needed)
- 1 Tsp Sea Salt
- 1/2 Tsp Lemon Juice

Arrowroot starch is a thickener from the yuca root and can be found in the baking section of some stores. Omitting yields a thinner sauce.

### Skillet

- 1 Package Bacon (sugar free if possible)
- 1lb Ground Pork
- 1lb Broccoli (can use the stems - see below)
- 1 Bunch Kale (lacinato or dino kale is great)
- 1 Sweet Potato (Japanese sweet potatoes preferred)
- 2 Tbsp Butter, Ghee, or Coconut Oil
- 2 Tsp Sea Salt
- 1 Tsp Garlic Powder
- 1/2 Tsp Dried Parsley

You can use almost any vegetables in this skillet. See below for other options.

## DIRECTIONS

1. In a large skillet over medium heat, cut the bacon into 1" pieces with kitchen scissors and add to the pan with the ground pork. Add a layer of sea salt.
2. Cook until no longer pink. Remove to a plate lined with paper towels to drain
3. Add the butter or coconut oil to the pan.
4. Prep and add the vegetables to the skillet: cut the broccoli into small florets and add to the pan (see below about adding the stems), chop kale (see below for tip), and small-medium dice the sweet potato.
5. Add another layer of sea salt, cover, and cook the veggies until tender, about 8 minutes.
6. Add the protein back in and make the sauce by combining all the ingredients in a bowl.
7. Add sauce to the pan and cook 2-3 minutes or until it starts to thicken slightly.

## NOTES

- For the broccoli - if desired, take the stems and cut the tough sides off. Cut the core of the stem into 1/2" pieces and add to the skillet. This helps stretch your dollar a little further and uses all of the broccoli!
- For the kale - Take the stem in one hand and use the other to curl your fingers along the leaves, pulling them away and off of the stem. Place the leaves on a cutting board and cut crosswise into small strips.
- Other vegetables to try: parsnips, mushrooms, regular potatoes, asparagus, and/or spinach.

# COLORFUL CHICKEN SAUSAGE SKILLET

*Cook Time: 15-20 minutes*

*Servings: 4*

## INGREDIENTS

- 3-4 Links Precooked Spinach Chicken Sausage
- 1lb Carrots
- 1 Yellow Squash (or Zucchini)
- 8oz Sugar Snap Peas or Snow Peas
- 1 Purple Sweet Potato (any variety works as well)
- 1 Tbsp Sea Salt
- 1/2 Tsp Black Pepper (optional)
- 1/2 Tsp Garlic Powder (optional)
- 2 Tbsp Coconut Oil, Ghee, or Butter

Whole Foods & Natural Grocers have a great selection of sweet potato varieties.

## DIRECTIONS

1. Heat a large skillet over medium heat and add the cooking fat of choice.
2. Prep and add the vegetables to the skillet: peel and slice the carrots into 1/8-1/4" pieces, cut the squash in half and slice into half moons, and small-medium dice the sweet potato.
3. Add the sugar snap peas to the skillet as well (no prep needed) with the seasonings.
4. Cover and cook until tender, about 8-10 minutes.
5. Slice the chicken sausage links into 1/2" pieces. Add to the skillet and heat through.

## NOTES

- Having different varieties of sweet potatoes increases the nutrients you are exposed to! You can find Japanese, garnet, white, and purple at select stores.
- I like Coleman Organic, Applegate Farms, or Bilinski's for brands of precooked chicken sausages. Any brand that doesn't have sugar added or 0 grams of sugar listed on the nutrition facts will work.

# SKILLET MEALS FAQs

## What Pan Do I Use?

- I prefer to use pans that are ceramic, not teflon. My favorite brand is The Green Pan which you can find in stores or online. Teflon can flake off into the food you are cooking and add unwanted chemicals to your food.
- I alternate between using a large skillet and a soup pot depending on how much food I'm cooking.

## Season in Layers

- When it comes to seasoning skillet meals, I generally don't measure, but rather I season in layers. This allows me to ensure each ingredient gets equal amounts of seasoning.
- When cooking with real, whole food, do not be afraid of salt. It adds such flavor! Start with a sprinkle across each vegetable that is added, then the meat, and the finished meal if it needs another sprinkle.

## What Meats & Vegetables Work Best?

- Meat - Ground meat works best (beef, chicken, turkey, or pork). Do not use super lean cuts; the fats from the meat help make the meal complete. You can also use leftover precooked meat (chicken, beef, turkey, pork, etc). Do not add until near the end of the recipe so it can be heated through. Uncooked shrimp can be added about 2-3 minutes before finished cooking, and cooked shrimp can be added right before serving. Other seafood options work well; just be careful not to overcook.
- Vegetables - Most vegetables work very well in skillet meals: peppers, onions, mushrooms, broccoli, cauliflower, kale, spinach, carrots, potatoes, sweet potatoes, parsnips, butternut squash, zucchini, jalapeno, green beans, Brussels sprouts, cherry tomatoes, peas, sugar snap peas, celery, etc. Cut them into slices or dices as desired.