

[PALEO & AIP FREEZER STASH SESSION]

2 SAVORY HERB SAUCES

CHIMICHURRI
PESTO



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making two Paleo and AIP-friendly, dairy-free savory herb sauces.

HOW MANY SERVINGS DO THESE MAKE?

Each sauce makes approximately 8 servings.

HOW LONG CAN THESE BE STORED?

These store well in an airtight container in the fridge for up to 1 week or they can be stored frozen for up to 6 months.

HOW LONG DOES THIS SESSION TAKE?

This session will take less than five minutes per sauce, so about 15 minutes total with the time it takes to prep for freezing.

CAN I USE THESE BEYOND AIP?

You sure can! Once you can successfully tolerate nuts or seeds you can add them to the pesto to give it a bit of a crunch. Pine nuts are traditional, but walnuts, almonds, pumpkin seeds, and even macadamia nuts are wonderful additions. Just add a handful of one into the pesto in the first step!

And for the chimichurri, if you can tolerate red pepper, the addition of a pinch of dried red pepper flakes give it a nice kick of heat.



SHOPPING LIST

FOR BOTH RECIPES

- 4 cloves of Garlic
- 3/4 teaspoon Sea Salt

ADDITIONAL INGREDIENTS FOR THE CHIMICHURRI SAUCE

- 1 peeled medium sized shallot
- 1/2 cup cilantro
- 1/4 cup Parsley - the leaves and stems are fine
- 1/2 cup Red. Wine Vinegar
- 3/4 cup Olive Oil

ADDITIONAL INGREDIENTS FOR THE PESTO

- 2-3 cups Greens (Basil, Arugula, Kale, Spinach, Carrot Tops, Green Onions, etc - or any combo of these)
- 1 Lemon (juice & zest)
- 1/2 - 1 cup Olive Oil

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your ingredients for easy access.

Gather the following equipment:

- Food processor or a sharp knife
- measuring spoons
- A medium jar (for storing in fridge) or ice cube trays (for storing in freezer)

2: PREP THE CHIMICHURRI SAUCE

Into a food processor, add:

- 1 peeled medium sized shallot
- 3 peeled garlic cloves
- 1/2 cup Cilantro
- 1/4 cup Parsley - leaves and stems are fine

Pulse the food processor until the pieces are all about the same size.

Alternatively, you can chop these up into fine pieces with a knife and place in a large bowl.

Then add the following to the chopped aromatics:

- 1/2 cup Red Wine Vinegar
- 3/4 cup Olive Oil
- 1/2 teaspoon Sea Salt

Process until fully mixed, about 15 seconds or so.

Spoon what you need for the week into a jar or container and store in the fridge. If you're freezing it for later, spoon into an ice cube tray.

ORDER OF OPERATIONS CONT.

5: PREP THE PESTO

Without washing the food processor, add:

- 2-3 cups Greens (Basil, Arugula, Kale, Spinach, Carrot Tops, Green Onions, etc – or any combo of these)
- 1 clove peeled Garlic
- 1/4 teaspoon Sea Salt
- 1 Lemon (juice & zest)

To a food processor and pulse until everything is roughly the same size, scraping down the sides as necessary.

And then with the processor running, add:

- 1/2 to 1 cup of olive oil

Add more oil if you like a runnier pesto and less if you like it chunkier. Process for about 15 seconds.

Spoon what you need for the week into a jar and store in the fridge. If you're freezing it for later, spoon into an ice cube tray.

6: FREEZE THE SAUCES

Reserve any sauce you want to eat this week into a small jar and then spoon the remaining sauces into ice cube trays to freeze.

You can also freeze larger amounts in a bag if you'd prefer

NOTE: if you don't have enough room to put all of the sauces in the trays, just put one of the sauces into a jar and then into the fridge. Once the first batch of sauces has frozen you can then freeze the other batch.

Once the sauces have frozen (4 hours to overnight), pop the sauce cubes out like ice cubes and place into a freezer safe bag or container for long term storage. Make sure to label the bag or container as these can look the same!

7: THAW AND REHEAT SAUCES

To thaw just remove the container from the freezer and thaw in the fridge overnight, quickly in the microwave, or in a pan on the stove.

MEAL IDEAS

USE THESE SAUCES TO ADD INSTANT FLAVOR TO A DISH

Chimichurri -

This is delicious drizzled over steak, chicken, pork, or fish to give it a tangy flavor.

It's also great drizzled over roasted or grilled veggies, like zucchini!



Pesto -

This is great tossed with pasta, spaghetti squash, zoodles (zucchini noodles), or sweet potato noodles as well as on sweet potato toast, drizzled over veggies, added as the sauce on a bliss bowl, or spooned over proteins (try it over meatballs!)



DISCLAIMER:

By using this book you are representing that you have read and agreed to the terms and conditions of Thriving On Paleo, LLC as listed on the website at thrivingonpaleo.com. The Autoimmune Collective is a property of Thriving On Paleo, LLC.

This recipe book is not intended to diagnose, treat, prevent or cure any illness or disease.

You are solely responsible for your health care and activity choices. Using this meal plan from Thriving On Paleo, LLC is at the reader's sole discretion and risk.

The information provided in this meal plan is for general inspirational purposes, and is not to be used as a dietary or nutrition plan for health goals.

This plan has not been reviewed nor approved by the FDA and is not intended to take the place of advice from your medical professional, licensed dietician or nutritionist.

Using this meal plan does not constitute a client-coach relationship.

COPYRIGHT:

No part of this publication may be copied, shared, or republished without express written permission of the author. Violations are investigated by the FBI and are punishable with up to five years in federal prison and a fine up to \$250,000.

Copyright Thriving On Paleo, LLC, 2022