



FALL MEAL PLAN: WEEK 4



How to Use This Meal Plan

Recipe quantities and instructions are included in this meal plan. You will also find other relevant information, like substitutions and tips for success. The recipes below can also be used as shopping lists.

For complete information, including step-by-step photos and videos, I encourage you to check out the recipe post on urbanfarmandkitchen.com.

Disclaimer: The information, recipes, and tips provided in this meal plan are for general informational purposes only. While every effort has been made to ensure accuracy, completeness, and reliability, no guarantees are made regarding the results you may achieve when following these recipes or suggestions. Ingredient availability, equipment differences, and individual cooking skills can all affect outcomes.

The nutritional information in this meal plan is approximate. If you have food allergies, dietary restrictions, or health concerns, please consult with a qualified healthcare provider or nutritionist before preparing or consuming any recipe.

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Fall Meal Plan: Week 4

Monday



White Chicken Chili

Tuesday



**Pasta with Sausage /
Broccoli**

Wednesday



Spiced Lamb and Rice

Thursday



Greek White Bean Soup

Friday



Pasta alla Vodka with Shrimp

Salad/App



Greek Butter Bean Salad

Baking



Focaccia Muffins

Dessert



Limoncello Tiramisu

URBAN FARM & KITCHEN

Mediterranean White Chicken Chili

This Mediterranean White Chicken Chili is creamy, hearty and comforting, with tender shredded chicken, white beans, corn, and just the right amount of heat. A little cream cheese gives the broth richness, while lemon, fresh cilantro, feta and a drizzle of good extra virgin olive oil brighten everything up.



Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Appetizer, Side Dish, Soup Cuisine: American, Mediterranean Servings: 4 Servings

Author: Luay Ghafari Cost: \$15

☆☆☆☆☆
No ratings yet

Ingredients

- 2 tbsp Olive oil
- 1 Medium onion (finely diced)
- 1 Poblano pepper (diced)
- 1 Jalapeño pepper (finely diced) - See note
- 4 Garlic cloves (minced)
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 1 tsp Dried oregano
- ¼ tsp Aleppo pepper flakes - Or red pepper flakes
- 2 cans Cannellini or Great Northern beans (drained and rinsed) - Use 14 or 15oz cans
- 4 cups Chicken broth
- 2 cups Shredded cooked chicken
- 1 cup Fresh or frozen corn
- 4 oz Cream cheese (softened)
- 1 tbsp Lemon juice
- ¼ cup Chopped cilantro
- Salt and pepper to taste
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For Serving

- Crumbled feta, sliced jalapeño, chopped cilantro and extra virgin olive oil.
- Lemon wedges on the side.

Instructions

1. **Fry the Aromatics.** Heat **2 tbsp Olive oil** in a Dutch oven or heavy-bottomed pot over medium heat. Add **1 Medium onion (finely diced), 1 Poblano pepper (diced), 1 Jalapeño pepper (finely diced)** and cook for 5–7 minutes, until the vegetables have softened. Add **4 Garlic cloves (minced), 1 tsp Ground cumin, 1 tsp Ground coriander, 1 tsp Dried oregano,** and **¼ tsp Aleppo pepper flakes**. Cook for about 30 seconds, stirring constantly. You want the garlic and spices to become fragrant without burning.
2. **Simmer the Beans.** Add **2 cans Cannellini or Great Northern beans (drained and rinsed)** and **4 cups Chicken broth**. Bring the mixture to a boil, reduce the heat and simmer uncovered for 20 minutes.
3. **Blend for Body and Simmer.** Transfer about 2½ cups of the chili to a blender and carefully blend until smooth. Pour it back into the pot and stir to combine. You can also use an immersion blender directly in the pot, giving the chili just a few quick pulses. Don't completely puree it; you want plenty of whole beans remaining. Simmer for 10 minutes, or until the chili has thickened slightly.
4. **Add Chicken, Corn and Cream Cheese.** Stir in **2 cups Shredded cooked chicken, 1 cup Fresh or frozen corn** and **4 oz Cream cheese (softened)**. Simmer gently for another 8–10 minutes, stirring occasionally, until the cream cheese has completely melted into the broth. If the chili feels too thick for you, add a bit more broth until it reaches the consistency you like.
5. **Brighten.** Turn off the heat and stir in **1 tbsp Lemon juice** and **¼ cup Chopped cilantro**. Season with **Salt and pepper to taste**.

6. **Serve.** Ladle into bowls and finish with **Crumbled feta, sliced jalapeño, chopped cilantro and extra virgin olive oil.**
Serve with **Lemon wedges on the side.**

Notes

KeyIngredient Notes:

- **Poblano Pepper:** Adds a mild chile flavor without making the chili overly spicy. A green bell pepper can be substituted for an even milder option.
- **Fresh Jalapeño Pepper:** Adds fresh heat. Remove the seeds and membrane for a milder chili, or use less jalapeño if you prefer. If you are planning to feed this to kids, I would replace both the poblano and jalapeño with a sweet green bell pepper.
- **Cooked Chicken:** Shredded cooked tender chicken makes this recipe especially quick. Leftover roast chicken or rotisserie chicken works perfectly.
- **Cream Cheese:** Adds creaminess and richness without turning the chili into a heavy cream-based soup. I actually prefer this over using cream, sour cream or yogurt.

Tips for Success:

- **Start with 4 cups of broth.** It's much easier to thin chili than it is to thicken it. The beans will release starch as they simmer, and blending some of them thickens the broth even more.
- **Be conservative with the added salt.** The chicken broth and cooked chicken will add salt to the chili, and so will the feta garnish. Remember, you can add salt; you can't take it out.
- **Blend the beans instead of adding more dairy.** Partially blending white beans is one of my favorite ways to create a creamy chili while keeping plenty of texture. You get a thicker, velvety broth without needing a large amount of cream cheese.
- **Don't blend the whole pot.** This is chili, not bean soup! You want to keep plenty of whole beans, corn and shredded chicken in every spoonful.

Nutrition

Calories: 519kcal | Carbohydrates: 52g | Protein: 35g | Fat: 23g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 86mg | Sodium: 1493mg | Potassium: 502mg | Fiber: 13g | Sugar: 4g | Vitamin A: 617IU | Vitamin C: 36mg | Calcium: 211mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-white-chicken-chili/>



Creamy Orecchiette with Sausage, Broccolini and White Beans

This Creamy Orecchiette with Sausage, Broccolini and White Beans is hearty, comforting and packed with flavor. Italian sausage, tender broccolini and creamy cannellini beans come together in a silky Parmesan cream sauce, with lemon and chili flakes adding just the right amount of brightness and heat. And it's ready in under 40 minutes!

Prep Time

10 mins

Cook Time

25 mins

Total Time

35 mins

Course: Main Course

Cost: \$25

Cuisine: Mediterranean

Servings: 4 Servings

Author: Luay Ghafari



No ratings yet

Ingredients

- 12 oz Orecchiette Pasta - Or other small pasta shape
- 2 tbsp Olive oil - Divided
- 1 lb Italian sausage (casings removed) - About 4 sausages
- 1 bunch Broccolini (trimmed and cut into 1.5 inch pieces)
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- 3 Garlic cloves (minced)
- ½ tsp Chili flakes - Use more or less to taste
- 1 can Cannellini beans (drained and rinsed) - Use a ~15oz can
- ¾ cup Heavy cream
- ½ cup Parmesan (grated)
- 1 tsp Lemon zest
- 1 tbsp Lemon juice
- Garnish with parmesan, fresh parsley, lemon zest and more chili flakes
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Instructions

1. **Cook the Pasta.** Bring a large pot of generously salted water to a boil. Add the orecchiette and cook until al dente according to the package directions. Before draining, reserve 2 cups of the starchy pasta water. Drain the pasta and set aside.
2. **Brown the Sausage.** While the pasta cooks, heat half the olive oil in a large skillet over medium-high heat. Add the Italian sausage meat and cook for 5-7 minutes, breaking it into bite-sized pieces as it cooks. Once browned and cooked through, transfer the sausage to a plate, leaving the rendered fat in the skillet.
3. **Cook the Broccolini.** Add the remaining olive oil and broccolini to the same skillet. Season with salt and black pepper and sauté for 3-4 minutes. Add the minced garlic and red pepper flakes and cook for another minute, just until fragrant. Transfer the broccolini to a plate.
4. **Build the Creamy White Bean Sauce.** Reduce the heat to medium-low. Add the cannellini beans, heavy cream and some of the reserved pasta water. Simmer gently for 2-3 minutes, stirring occasionally. Use a fork or the back of a wooden spoon to mash some of the beans directly in the skillet. Leave most of them whole for texture.
5. **Finish the Sauce.** Return the browned sausage and broccolini to the skillet and add the grated Parmesan. Toss everything together, then taste and season with salt and black pepper as needed.
6. **Add the Orecchiette.** Add the drained pasta directly to the skillet and toss until every piece is coated in the creamy sauce. Add more reserved pasta water, a splash at a time, until the sauce is silky and coats the pasta nicely.
7. **Brighten and Serve.** Turn off the heat and stir in the lemon zest and fresh lemon juice. Taste one last time and adjust the seasoning. Serve immediately with extra Parmesan, chopped parsley, lemon zest and red pepper flakes.

Notes

Key Ingredient Notes:

- **Orecchiette:** These small, cup-shaped pasta noodles are perfect for catching the creamy sauce, sausage and beans. Another short pasta such as shells, cavatelli or rigatoni will also work.
- **Italian Sausage:** Sweet, mild or hot Italian sausage will all work, so choose based on your heat preference. Pork sausage is common, but chicken or turkey Italian sausage can also be used.
- **Broccolini:** Adds freshness, color and a slightly bitter note that balances the rich sauce. Regular broccoli or broccoli rabe can be substituted.
- **Cannellini Beans:** I like adding beans to my pasta sauces and pasta salads. They add heartiness, protein and fiber. Creamy white beans add texture and help thicken the sauce when lightly mashed. Great Northern beans are a good substitute.
- **Heavy Cream:** Forms the base of the rich, creamy sauce. I personally would not use half-and-half, but you can if you want a lighter version. Note that when testing, half-and-half resulted in a runnier sauce so you may have to cook the sauce longer to thicken it.
- **Parmesan Cheese:** Use the real stuff only. Make sure you grate **Parmigiano-Reggiano** yourself; it's much nicer and will meld into the sauce better this way. Don't use the shelf-stable fake Parmesan. Pecorino Romano can work as a sharper substitute.

Tips for Success:

- **Don't overcook the orecchiette.** Cook the pasta until just al dente. It will continue to soften slightly when tossed with the hot sauce, so you want it to retain some bite.
- **Save more pasta water than you think you'll need.** Starchy pasta water is one of the easiest ways to control the consistency of a pasta sauce. I recommend reserving 2 cups before draining, even if you don't end up using all of it.
- **Get some color on the sausage.** Let the sausage brown rather than constantly stirring it around the pan. Those caramelized bits add a lot of flavor to the finished sauce.
- **Mash only some of the beans.** The goal isn't to turn the cannellini beans into a puree. Mashing a small portion releases enough starch to give the cream sauce more body while leaving whole beans throughout the pasta.

Nutrition

Calories: 1067kcal | Carbohydrates: 85g | Protein: 41g | Fat: 63g | Saturated Fat: 26g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 27g | Cholesterol: 145mg | Sodium: 1742mg | Potassium: 660mg | Fiber: 10g | Sugar: 4g | Vitamin A: 2310IU | Vitamin C: 17mg | Calcium: 349mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/creamy-orecchiette-with-sausage-broccolini-and-white-beans/>



Qidreh (Palestinian Spiced Lamb and Rice Recipe)

Qidreh (also pronounced Idreh) is a Palestinian Spiced Lamb and Rice Recipe that is hearty, comforting, and filling. It does take some time to prepare, but the work and cooking time is well worth it. Prepare it on a weekend or for a special occasion.

Prep Time

30 mins

Cook Time

2 hrs 30 mins

Total Time

3 hrs

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Mediterranean, Palestinian

Cost: \$25

Servings: 4 Servings



5 from 4 votes

Ingredients

Ground Spices (used in both the broth and rice)

- 4 tsp Baharat (7-spice blend), Divided - Or equal parts cumin, coriander and cinnamon
- 1 tsp Turmeric, Divided

Lamb Broth

- 3-4 lbs Lamb shanks - See note
- Salt and black pepper
- 1 tbsp Olive Oil
- 1 Onion - Peeled and halved
- 4-5 Garlic cloves - Smashed roughly
- 2 Cinnamon sticks
- 3 Bay leaves
- 5-6 Cardamom pods - lightly cracked
- 5-6 cups Water

Seasoned Rice

- 1 tbsp Butter
- 1 tbsp Olive oil
- 1 Onion - Chopped
- 3-4 Garlic cloves - Finely minced
- 1 can Chickpeas - Drained and rinsed
- 1 ½ cups Basmati Rice - Rinsed
- ¼ tsp Saffron - Optional

Garnish

- 1 tbsp Olive Oil
- ¼ cup Slivered almonds
- 2-4 tbsp Fresh parsley - Roughly chopped

Instructions

Sear the lamb and make the broth

1. **Season the lamb.** Liberally season the lamb with salt and black pepper.
2. **Sear the lamb.** In a large Dutch oven set on medium-high heat, add 1 tablespoon olive oil and sear the lamb on all sides, 2 to 3 minutes per side. The lamb should get golden brown. Lower the heat if the oil begins to scorch.
3. **Add aromatics and water.** To the pot with the lamb shanks, add the onion halves, smashed garlic cloves, and the water. Add the whole spices (cinnamon sticks, bay leaves and cardamom pods) with a big pinch of salt.
4. **Bring to a simmer and skim.** Bring the pot to a boil and then lower the heat to medium-low and simmer. Skim the foam that comes up to the surface, being careful not to pick up any spices in the process.
5. **Add ground spices.** Once you see that there's no more foam forming on the surface, add 2 teaspoons baharat and ½ teaspoon turmeric. Cover the pot slightly, making sure there's room for steam to escape.

6. **Simmer.** Simmer for 1 ½ to 2 hours, or until the meat is tender. If your meat is not covered fully by the broth, turn it over about halfway through. Avoid adding more water unless the water level really gets low.
7. **Remove meat.** Remove the lamb shanks and place them on a baking tray.
8. **Strain the broth.** Using a fine mesh strainer set over a bowl, strain the broth. Discard the aromatics and whole spices. Set the bowl aside to cool.
9. **Skim the fat.** Using a spoon, carefully skim the fat off the broth. Alternatively, you can cool the broth completely in the fridge and remove the solidified layer of fat that forms.

Prepare the rice

1. **Fry the rice aromatics.** In a pot, add butter, 1 tablespoon of olive oil, chopped onions, minced garlic, 2 teaspoons baharat, ½ teaspoon turmeric and a pinch of salt. Don't add too much salt, as the broth will be used to cook the rice is already salted. Fry on medium until the onions have softened.
2. **Add the chickpeas.** To the same pot, add the drained chickpeas.
3. **Add the rice and saffron.** To the same pot, add the rinsed rice. Add the saffron threads, if using.
4. **Add broth.** Add 3 cups of the broth to the pot, bring it to a boil, and then turn down to low heat. Cover and steam the pot for 20 minutes, until the rice is tender. See note on rice to water ratio.

Broil the lamb and prepare the garnish

1. **Broil the lamb.** While the rice cooks, broil the lamb for a few minutes to get some charring. The charring will amplify the flavor.
2. **Toast the almonds.** To a frying pan or small skillet, add 1 tablespoon of olive oil and the almonds. Fry on medium heat until the almonds brown lightly, 2-3 minutes. Drain the almonds on a paper towel-lined plate.
3. **Serve.** On a large serving platter, layer the rice with the fried almonds. Lay the cooked lamb on top of the rice. You can also shred the lamb and place the pieces of meat over the rice if you prefer. Garnish with fresh chopped parsley.

Notes

Refer to the post above for step-by-step recipe photos! I highly recommend you do this!

Ingredient notes:

- **Lamb:** This recipe will work with any tougher cut of bone-in lamb because of the long cooking time (which will slowly break down the meat and make it tender). I think lamb shanks are best but you can use cubed lamb pieces.
- **Oil:** feel free to use vegetable oil such as avocado oil if you prefer it.
- **Whole Spices:** For the lamb broth, I recommend using a combination of bay leaves, cinnamon sticks and whole cardamom pods. Make sure to crack the cardamom pods before adding them to the pot, this will help release the seeds and flavor.
- **Ground Spices:** Like many other Levantine recipes, this one will also rely heavily on baharat (7-spice). In a pinch, substitute for equal parts cumin, coriander, and cinnamon.
- **Rice:** Basmati rice is my go-to rice for any Middle Eastern rice recipes. It's commonly available, flavorful and easy to cook. Make sure to give it a good rinse before using it in this recipe.
- **Chickpeas:** Chickpeas give this recipe an added boost of protein. Use as much of as little as you like. You don't have to use chickpeas at all if you prefer.

Other additions: red pepper flakes or green chillies for heat.

Rice to Water Ratio. Basmati rice usually needs 2 cups of liquid for every 1 cup of rice. This recipe uses 1 ½ cups of rice. Therefore, you need to use 3 cups of liquid.

Serve with Jerusalem chopped salad, authentic Fattoush or Tabbouleh. A dollop of plain yogurt adds a cooling effect, or try my mint yogurt sauce or Cacik (Turkish cucumber yogurt sauce).

Nutrition

Calories: 742kcal | Carbohydrates: 93g | Protein: 44g | Fat: 21g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 12g | Trans Fat: 0.01g | Cholesterol: 95mg | Sodium: 165mg | Potassium: 846mg | Fiber: 11g | Sugar: 8g | Vitamin A: 202IU | Vitamin C: 10mg | Calcium: 160mg | Iron: 7mg

Fasolada (Greek White Bean Soup)

This easy Fasolada(Greek White BeanSoup)is hearty, comforting and packed with simple Mediterranean flavors. White beans are simmered with onion, carrots, celery, tomato paste and herbs until the broth is rich and flavorful, then finished with lemon, parsley and a generous drizzle of extra virgin olive oil.



No ratings yet

Prep Time

15 mins

Cook Time

45 mins

Total Time

1 hr

Course: Appetizer, Side Dish, Soup

Cuisine: Greek

Diet: Vegetarian

Servings: 4 Servings

Author: Luay Ghafari Cost: \$10

Ingredients

For the Soup

- 2 tbsp Extra virgin olive oil
- 2 Carrots (diced or sliced thin)
- 2 Celery stalks (diced)
- 1 Onion (diced) - Yellow or white onion
- 1 tsp Kosher salt
- ¼ tsp Black pepper
- 4 Garlic cloves (minced)
- 4 tbsp Tomato paste
- 1 tsp Dried oregano
- 2 Bay leaves
- ¼ tsp Red pepper flakes - Optional
- 2 cans White beans (drained and rinsed) - Use 14 or 15 oz cans of white kidney, cannellini or great northern beans
- 4 cup Vegetable broth - You may need more, see note
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For Finishing and Garnish

- Chopped parsley
- Lemon wedges
- Drizzle of extra virgin olive oil
- Grated Parmesan - Optional

Instructions

1. **Sauté the Vegetables.** Heat **2 tbsp Extra virgin olive oil** in a large Dutch oven or heavy-bottomed soup pot over medium heat. Add **2 Carrots (diced or sliced thin), 2 Celery stalks (diced), 1 Onion (diced), 1 tsp Kosher salt** and **¼ tsp Black pepper**. Cook for 6-8 minutes, stirring occasionally, until the vegetables have softened but not browned. Stir in **4 Garlic cloves (minced)** and cook for another minute.
2. **Build the Flavor.** Add **4 tbsp Tomato paste** and cook for about 2 minutes, stirring constantly. Don't rush this part. Cooking the tomato paste until it darkens slightly helps add depth to the soup. Stir in **1 tsp Dried oregano** and **2 Bay leaves**, along with **¼ tsp Red pepper flakes** if you're using them.
3. **Simmer.** Add **2 cans White beans (drained and rinsed)** along with **4 cup Vegetable broth**. Bring everything to a gentle boil, then reduce the heat and simmer uncovered for about 30 minutes. This gives the beans time to absorb all those flavors while the broth reduces slightly.
4. **Blend Lightly.** Remove the bay leaves. Using an immersion blender, blend the soup for just a few seconds. Alternatively, mash about 1-2 cups of the beans against the side of the pot with a wooden spoon. You aren't trying to purée the soup. The goal is simply to break down enough beans to give the broth some body while leaving plenty of whole beans intact. If your soup becomes too thick, stir in some additional vegetable broth.
5. **Season and Serve.** Taste the soup and adjust the salt and pepper as needed. Ladle the fasolada into bowls and finish each serving with a squeeze of fresh lemon juice, a drizzle of extra virgin olive oil and chopped fresh parsley. Serve with additional lemon wedges at the table and optional grated Parmesan.

Notes

Key Ingredient Notes:

- **Tomato paste:** Adds concentrated tomato flavor, color and richness without turning this into a heavily tomato-based soup. This soup should not be thick. It's more of a tomato broth situation.
- **White Beans:** Great Northern, white kidney, navy beans, butter beans or Cannellini beans all work well here. You could even use chickpeas. Canned beans make my version especially quick and convenient. The beans make this soup hearty and filling, but not heavy.
- **Vegetable Broth:** I am using vegetable broth here, but you can totally use chicken broth if that's what you prefer or what you have on hand.

Tips for Success:

- **Take your time with the aromatics.** Onion, carrot and celery provide much of the flavor in such a simple soup, so give them the full 8 minutes to soften. Starting fasolada by sautéing the vegetables in olive oil also helps create a richer, more concentrated base.
- **Cook the tomato paste.** Adding tomato paste directly to the broth works, but frying it briefly with the vegetables concentrates its flavor and takes away some of its raw acidity.
- **Keep extra broth nearby.** Different brands and varieties of canned beans can behave a little differently. The soup also continues to thicken as it sits, so don't be afraid to add another splash of broth until you get the consistency you want.

Nutrition

Calories: 291kcal | Carbohydrates: 44g | Protein: 14g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 1827mg | Potassium: 1028mg | Fiber: 10g | Sugar: 7g | Vitamin A: 5898IU | Vitamin C: 8mg | Calcium: 150mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/fasolada-greek-white-bean-soup/>



Pasta alla Vodka with Cherry Tomatoes and Shrimp

This Pasta alla Vodka with Cherry Tomatoes and Shrimp is rich, creamy, a little spicy and seriously satisfying. Tender shrimp are served over pasta coated in a silky tomato vodka sauce made with Calabrian chili paste, heavy cream, Parmesan and butter. Ready in under 45 minutes.

Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Italian, Mediterranean

Cost: \$25

Servings: 4 Servings



5 from 1 vote

Ingredients

For the Shrimp

- 1 lb Large shrimp (peeled and deveined)
- 1 tbsp Extra virgin olive oil
- ½ tsp Smoked paprika
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Sauce

- 2 tbsp Extra virgin olive oil
- 1 Shallot (minced)
- 3-4 Garlic cloves (minced)
- 1-2 tbsp Calabrian chili paste
- 4 tbsp Tomato paste
- ¼ cup Vodka
- 1 can Cherry tomatoes - 14-15 oz can
- ¾ cup Heavy cream
- 12 oz Short pasta - Rigatoni, Penne or other
- ½ cup Parmesan
- 2 tbsp Butter
- Basil for garnish

Instructions

1. **Season the Shrimp.** Toss the shrimp with extra virgin olive oil, kosher salt, black pepper and smoked paprika. Refrigerate the seasoned shrimp while you prepare the sauce.
2. **Fry the Aromatics.** Set a large saucepan over medium heat and add the olive oil. Once the oil is hot, add the minced shallot and sauté for 2-3 minutes, until softened and fragrant. Add the garlic, Calabrian chili paste and tomato paste. Continue cooking for another 2-3 minutes, stirring frequently, until everything is fragrant and the tomato paste has deepened in color.
3. **Add the Vodka.** Carefully pour in the vodka to deglaze the pan. Scrape up any browned bits from the bottom with a wooden spoon or spatula and allow the vodka to cook briefly.
4. **Add the Tomatoes.** Reduce the heat to medium-low and add the canned tomatoes. Simmer for 15-20 minutes, stirring occasionally. If you're using whole cherry tomatoes or larger pieces, crush them with the back of a spoon or fork as they soften.
5. **Make it Creamy.** Stir the heavy cream into the pasta sauce and simmer for another 10-15 minutes, until the sauce has thickened and become creamy. **Note: Taste the sauce. It should be just seasoned enough. Adjust with salt and pepper.**
6. **Cook the Pasta and Shrimp.** While the sauce simmers, bring a large pot of well-salted water to a boil. Cook the pasta according to the package directions until al dente. Before draining, reserve some of the pasta cooking water. Meanwhile, heat a frying pan or large skillet over high heat and cook the seasoned shrimp until opaque and just cooked through. The exact time will depend on their size, but properly cooked shrimp should curl into a loose C shape.

7. **Finish the Pasta.** Add the drained pasta to the vodka sauce along with the Parmesan and butter. Toss everything together until the pasta is thoroughly coated and the butter and cheese have melted into the sauce. If the sauce is too thick, loosen it with a splash of reserved pasta water. The sauce should cling to the pasta but not be too thick or too runny.
8. **Garnish and Serve.** Divide the creamy pasta between serving bowls and top with the fried shrimp. Finish with fresh basil and, if you like, a little more freshly grated Parmesan.

Notes

KeyIngredient Notes:

- **Shrimp:** Use raw, peeled and deveined shrimp. Large or jumbo shrimp are my preference because they're less likely to overcook and look great served over the pasta.
- **Smoked Paprika:** Gives the shrimp a subtle smoky flavor and beautiful color. Sweet paprika can be substituted.
- **Shallot:** Adds a mild, sweet onion flavor to the sauce. You can substitute with a small yellow or red onion.
- **Calabrian Chili Paste:** This is where the heat comes from! Calabrian chilies have a wonderful fruity, spicy flavor. You'll find other vodka sauce recipes use red pepper flakes, which is totally fine too. I tested the recipe both ways, but I like jarred Calabrian chilis. Use less if you prefer a milder sauce.
- **Vodka:** A splash of vodka helps deglaze the pan and is the signature ingredient in pasta alla vodka. Many delicious flavor compounds in tomatoes and garlic dissolve only in fat or alcohol, not in water. Vodka dissolves these alcohol-soluble molecules and blends them with the water. If you prefer to cook without alcohol, you can omit it.
- **Canned Cherry Tomatoes:** Canned cherry tomatoes are fantastic here, but crushed tomatoes work just as well.
- **Heavy cream:** Gives the vodka sauce its signature creamy texture and balances the acidity of the tomatoes.
- **Pasta:** Use your favorite shape. Rigatoni, penne and other tubular pasta shapes with ridges are especially good at holding onto the creamy sauce. I used a small gnocchi-shaped pasta in the photos in this recipe, but really use what you like or have on hand.

Tips for Success:

- **Cook the tomato paste properly.** Don't rush the tomato paste step. Frying it with the aromatics until it turns a deeper brick-red color concentrates its flavor and takes away some of its raw, acidic edge.
- **Let the vodka cook off.** After deglazing, give the vodka a chance to reduce before adding the tomatoes. You want it to contribute to the sauce without leaving behind a harsh alcohol flavor.
- **Cook the shrimp separately.** I prefer cooking the shrimp separately instead of simmering them in the sauce. You have much more control over their doneness, and frying gives the paprika-seasoned shrimp some extra flavor before they're added to the finished dish.

Nutrition

Calories: 812kcal | Carbohydrates: 70g | Protein: 41g | Fat: 3g | Saturated Fat: 18g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 14g | Trans Fat: 0.2g | Cholesterol: 257mg | Sodium: 961mg | Potassium: 743mg | Fiber: 4g | Sugar: 6g | Vitamin A: 1297IU | Vitamin C: 5mg | Calcium: 283mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-alla-vodka-with-cherry-tomatoes-and-shrimp/>



Greek Butter Bean Salad (Hearty and Filling)

This Greek-Style Butter Bean Salad has it all! Tangy feta, crunchy veggies, creamy butter beans in a lemon and olive oil vinaigrette. Perfect as a light lunch, a side or an appetizer. And best of all, it comes together in 20 minutes!

Prep Time
20 mins

Total Time
20 mins

Course: Salad, Side Dish Cuisine: Greek Diet: Vegetarian Servings: 4 servings
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 2 votes

Ingredients

Salad Dressing

- 4 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper

Salad Ingredients

- 1 can Butter beans (drained and rinsed) - 14oz (400ml) can
- 3 Roasted red peppers (diced)
- 3 Persian cucumbers (diced)
- 2 Tomatoes (diced)
- ½ Red onion (finely diced)
- 1 cup Greek feta (crumbled)
- ¼ cup Black olives (pitted and diced)
- 2 tbsp Fresh dill (finely chopped)
- 2 tbsp Fresh parsley (finely chopped)
- 2 tbsp Fresh mint (finely chopped)
- Extra herbs for garnish

Instructions

1. **Prepare the dressing.** In a small bowl, combine **4 tbsp Extra virgin olive oil**, **2 tbsp Lemon juice**, **1 tsp Dried oregano**, **1 tsp Kosher salt** and **½ tsp Black pepper**.
2. **Assemble.** To your large serving bowl, add **1 can Butter beans (drained and rinsed)**, **3 Roasted red peppers (diced)**, **3 Persian cucumbers (diced)**, **2 Tomatoes (diced)**, **½ Red onion (finely diced)**, **1 cup Greek feta (crumbled)**, **¼ cup Black olives (pitted and diced)**, **2 tbsp Fresh dill (finely chopped)**, **2 tbsp Fresh parsley (finely chopped)**, and **2 tbsp Fresh mint (finely chopped)**.
3. **Mix and adjust the seasoning.** Add the dressing to the serving bowl, toss the salad, taste and adjust the seasoning. Garnish with more fresh herbs.

Notes

Refer to the post above for step-by-step recipe photos and meal pairing ideas.

Ingredient Notes:

Beans: I am using **canned butter beans** (also known as lima beans). They are creamy, they are soft, they are delicious! This recipe can be made with any other canned bean. White navy beans, white kidney beans, black beans, and even chickpeas.

Roasted red bell peppers: I always have a jar of roasted red bell peppers in my pantry. They add a pop of flavor to so many different dishes. You can roast your own red peppers if you like, but I just prefer jarred.

Olives: I like using black cured olives or classic Greek kalamata olives in this recipe.

Cheese: Creamy Feta is recommended for this Greek-style salad.

https://urbanfarmandkitchen.com/wprm_print/greek-butter-bean-salad-hearty-and-filling#

Pair it with Chicken Souvlaki, Harissa Chicken Skewers, or keep it vegetarian and enjoy it with crusty bread.

Nutrition

Calories: 382kcal | Carbohydrates: 30g | Protein: 14g | Fat: 24g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Cholesterol: 33mg | Sodium: 1823mg | Potassium: 786mg | Fiber: 7g | Sugar: 3g | Vitamin A: 1191IU | Vitamin C: 30mg | Calcium: 307mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-butter-bean-salad/>



Small Batch Focaccia (Muffin Pan Recipe)

A small-batch version of my very popular overnight no-knead focaccia recipe. This recipe does take some time to prepare (mostly hands-off) but the final baked focaccia in a jumbo muffin tin will be worth the wait. The base recipe needs just 5 ingredients that you probably have in your pantry right now!



5 from 1 vote

Prep Time	Cook Time	Rise time	Total Time
15 mins	15 mins	18 hrs	18 hrs 30 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Italian Servings: 6 Servings
 Author: Luay Ghafari Cost: \$5

Equipment

- Jumbo Muffin Pan - [Affiliate Link](#)
- Kitchen Scale - [Affiliate Link](#)

Ingredients

For the Dough

- 2 cups All-purpose flour - 260 grams - Bread flour can also be used
- 1 tsp Kosher salt - 5 grams
- 1 tsp Instant yeast - 4 grams
- 1 tbsp Extra virgin olive oil - 14 grams (Plus extra for drizzling)
- 1 cup Lukewarm water - 235 grams
- Extra olive oil for drizzling

For Baking and Garnish

- 1 tsp Butter - For greasing the muffin pan
- 2 tbsp Extra virgin olive oil, divided - for greasing the muffin pan and for oiling the dough
- 1-2 tbsp Fresh rosemary
- Flaky salt

Instructions

1. **Mix.** To a medium bowl, add **2 cups All-purpose flour, 1 tsp Kosher salt, 1 tsp Instant yeast, 1 tbsp Extra virgin olive oil** and **1 cup Lukewarm water**. Mix with a wooden spoon or fork until all the flour is hydrated. The mix should be shaggy but not sloppy.
2. **Rise.** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight-fitting cover and refrigerate overnight at least 18 hours.
3. **Deflate and portion.** At least 1 hour before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands or a dough scraper deflate the dough slightly and transfer the dough to a floured work surface. You may need to fold it over itself like a letter so that you get a neat rectangular piece of dough. Divide the dough into 6 pieces (if using a 6-hole muffin tin).
4. **Tuck, roll, and place in the tin.** Butter and then add 1-2 teaspoons of olive oil to each hole in your muffin tin. Lightly oil your hands. Take a piece of dough, carefully roll it, and tuck the edges in to form a loose ball. It doesn't have to be perfect. Place the formed dough balls in the muffin tin. Cover the tray with a towel and set aside for 1 hour.
5. **Dimple and dress.** Preheat your oven to 425F/220C. The dough should now have filled the muffin tin and inflated slightly. Drizzle more olive oil over the dough and start dimpling with your fingers. Add a pinch or two of flaky salt and the rosemary to each compartment. Press in. Optional: At this point you can also add any other toppings you like.
6. **Bake.** Bake in the preheated oven for 16-20 minutes, until golden brown. Every oven is different, so your focaccia may need more time. Let the focaccia cool for 30 minutes before enjoying it.

Notes

See the blog post above for a detailed step-by-step with photos.

Some important tips:

- **Don't rush the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 1-2 hours for the second rise. The timing will depend on the temperature in your kitchen and how active the dough is. That being said, plan ahead!
- **This recipe uses Instant yeast.** But if you only have active dry yeast, you can bloom it in lukewarm water for 5 minutes before adding it to the dry ingredients.
- This recipe is tested with a **jumbo-sized muffin tin**. If you use a standard-size muffin tin, the bake time may be reduced by a few minutes. Keep an eye on the oven. You can also use a loaf pan, quarter sheet pan or other smaller baking dish.

Short on time? Make the dough in a stand mixer with a dough hook and knead on medium speed for 6-8 minutes. Let the dough rise for 1 hour and then proceed with the preparation and baking steps (starting at step 3).

Check out my other Focaccia recipes:

- Tomato Focaccia
- Jalapeno Cheddar Focaccia
- Za'atar Olive Focaccia
- Fig and Cheddar Focaccia
- French Onion Focaccia

Nutrition

Calories: 226kcal | Carbohydrates: 33g | Protein: 5g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.03g | Cholesterol: 2mg | Sodium: 397mg | Potassium: 66mg | Fiber: 2g | Sugar: 0.1g | Vitamin A: 31IU | Vitamin C: 0.1mg | Calcium: 10mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/small-batch-focaccia-recipe/>



Limoncello Tiramisu (with Jarred Lemon Curd)

If you love classic tiramisu but want something a little sunnier and brighter, this Limoncello Tiramisu is it. It's creamy, light, and layered with lemony goodness in every bite. It's basically an Italian dessert meets lemon meringue pie without ever turning on the oven. No added eggs, no bake and it uses jarred lemon curd.



★★★★★
5 from 2 votes

Prep Time	Cook Time	Chill time	Total Time
45 mins	10 mins	6 hrs	6 hrs 55 mins

Course: Dessert Cuisine: Italian, Seasonal Diet: Vegetarian Servings: 12 Portions
Author: Luay Ghafari Cost: \$25

Equipment

- 2 quart baking dish - 9-inch square or 11"x8"

Ingredients

For the Lemon Soak

- 1/3 cup Lemon juice - 67 grams
- 1/4 cup Water - 57 grams
- 2 tbsp Lemon zest - 10 grams
- 1/2 cup Granulated sugar - 100 grams
- 1/2 cup Limoncello liqueur - 118 grams

For the Tiramisu

- 7 oz Ladyfinger cookies - 200 grams
- 16 oz Mascarpone cheese (room temperature) - 454 grams
- 1/2 cup Lemon curd - 160 grams
- 1/4 cup Limoncello liqueur - 59 grams
- 3 tbsp Lemon juice - 39 grams
- 2 cups Heavy whipping cream - 463 grams
- 1/3 cup Powdered sugar - 40 grams

Decoration

- 1/2 cup Lemon curd - 160 grams

Optional Whipped Cream Topping and Garnish

- 1 cup Heavy whipping cream - 234 grams
- 2 tbsp Powdered sugar - 15 grams
- 1/4 tsp Cream of tartar - Optional
- Lemon zest for garnish

Instructions

1. **Prepare the Soak.** In a small saucepan, combine **1/3 cup Lemon juice**, **1/4 cup Water**, **2 tbsp Lemon zest**, and **1/2 cup Granulated sugar**. Cook over medium heat, stirring occasionally, until the sugar dissolves and the mixture begins to simmer. Remove from heat, stir in **1/2 cup Limoncello liqueur**, and let cool completely.
2. **Make the Mascarpone Filling.** In a large bowl, combine **16 oz Mascarpone cheese (room temperature)**, **1/2 cup Lemon curd**, **1/4 cup Limoncello liqueur**, and **3 tbsp Lemon juice**. Mix slowly with an electric mixer until smooth and creamy. If it begins to split, refrigerate for 15–30 minutes and mix again gently.
3. **Whip the Cream.** In a separate bowl, beat **2 cups Heavy whipping cream** and **1/3 cup Powdered sugar** on medium-high speed until stiff peaks form.
4. **Fold.** Gently fold the whipped cream into the mascarpone mixture, about one-third at a time, until fully incorporated and light.

5. **Soak the Ladyfingers.** Dip each ladyfinger into the cooled lemon soak for 2–3 seconds per side. Don't oversoak as they will soften quickly. Arrange them in a single layer in your baking dish, cutting as needed to fit.
6. **Add the First Cream Layer.** Spread half of the mascarpone cream mixture evenly over the soaked ladyfingers using an offset spatula.
7. **Repeat the Layers.** Add the second layer of soaked ladyfingers, then spread the remaining mascarpone mixture on top. Discard any leftover soak.
8. **Add Lemon Curd.** Dollop **½ cup Lemon curd** over the top and gently swirl it into the cream layer using the back of a spoon for a decorative effect.
9. **Chill.** Cover tightly with plastic wrap and refrigerate for at least 6 hours (overnight is even better).
10. **Decorate Before Serving (Optional).** Whip **1 cup Heavy whipping cream** with **2 tbsp Powdered sugar** and optional **¼ tsp Cream of tartar** until firm peaks form. Pipe using a piping bag or spread over the chilled tiramisu. Finish with a sprinkle of fresh **Lemon zest for garnish**. Slice and serve (**Image 16**).

Notes

Refer to the post above if you need step by step photos (they are helpful!).

Key Ingredient Notes:

- **Citrus:** You will need both **freshly squeezed lemon juice** and **freshly zested lemons** for this recipe. Try not to use bottled, but if you have to, it'll work just fine.
- **Limoncello liqueur:** This Italian lemon liqueur is what gives this dessert its name and punchy flavor. If you don't drink, then no problem, replace the limoncello with lemon juice.
- **Ladyfinger Cookies (Savoardi):** These are the traditional tiramisu cookies. You will find them at most grocery stores, online or Italian or Mediterranean markets.
- **Mascarpone Cheese:** This Italian soft cream cheese is the base for tiramisu. If you don't have access to Mascarpone, cream cheese will do in a pinch. Mascarpone can be found in most grocery stores and, of course, Italian markets.
- **Lemon Curd:** This is where I am taking a small shortcut. **Jarred lemon curd** is accessible, spreadable, and delicious. There is no need to make your own lemon curd if you can find jarred, which will work perfectly in this recipe.
- **Cream of Tartar (Optional):** Stabilizes the whipped cream for longer storage. If you don't have it, don't worry about it.

Other Key Information:

- This recipe is enough for a 2 quart baking dish (9-inch square or 11x8). If you want to use a 9x13-inch pan, you will need to double the recipe.
- This recipe needs one 12-ounce jar of prepared lemon curd and 3-4 lemons.
- The cream of tartar is added to the decorative whipped cream to keep it from deflating when the leftover dessert is stored in the fridge. If you don't plan to store the dessert later, you can omit it from the mix.

Nutrition

Calories: 584kcal | Carbohydrates: 43g | Protein: 7g | Fat: 42g | Saturated Fat: 26g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.04g | Cholesterol: 142mg | Sodium: 118mg | Potassium: 98mg | Fiber: 0.3g | Sugar: 27g | Vitamin A: 1497IU | Vitamin C: 6mg | Calcium: 102mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/limoncello-tiramisu-with-jarred-lemon-curd/>



Thank you

I hope you enjoy these recipes. If you make them and love them, please go back to the recipe post and leave a review. It's such a help to others who may want to try the recipes.

– Luay –



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