

THE

CrossFit

KITCHEN



PASTEL DE PAPA

by Nick Massie

overview

Cook a large batch of pastel de papa, then divide it up and freeze individual servings for Zone-balanced meals later in the week.

ingredients

Protein (About 60 Blocks)

- 4 lb. ground grass-fed beef
- 12 hard-boiled eggs, chopped

Carbohydrates (About 60 Blocks)

- 8 large sweet potatoes, peeled and cut into uniform cubes of 2-3 in.
- 1 large onion, small dice
- ¼ c. fresh garlic, minced
- 2 28-oz. cans tomato product (crushed, purée or sauce)
- 2 cups raisins

Fat (About 60 Blocks)

- 3 tbsp. olive oil
- 1 18.5-oz. can sliced green olives

Other Ingredients

- Kosher salt, to taste
- Black pepper, to taste
- ¼ c. Italian seasoning

directions

For the sweet-potato purée

1. Place sweet potatoes in a large soup pot and add cold water until the highest potato is covered by 2 in. of water. Place over high heat and simmer until fork tender.
2. While potatoes are cooking, prepare the meat mixture described on Page 2.
3. After the potatoes are cooked, strain them in a colander for 5-10 minutes to allow all excess moisture to drain. Then return the potatoes to the pot and beat with a whisk until smooth, or purée them in a food processor.





For the meat mixture

1. Heat olive oil in a large sauté pan over high heat. Once oil shimmers, add garlic and stir for 30-60 seconds, then add onion and continue to stir.
2. Season beef with salt and pepper and add it to onion/garlic mixture. Break up meat with a wooden spoon or rubber spatula and cook until browned and well chopped, approximately 15-20 minutes.
3. Add tomato product, olives and raisins and stir until uniform, then gently fold in eggs. Taste the mixture and adjust seasoning to your liking.

Assembly instructions

1. Portion meat mixture into 12 storage containers.
2. Top mixture with sweet-potato purée and spread evenly.
3. Cool completely without lids in refrigerator, then add lids and freeze portions you will not eat within 3 days.