

EAT GOD'S WAY

# 30-Minute Skillet Dishes



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**EAT GOD'S WAY**

# **30-Minute Skillet Dishes**

**a simple & delicious Traditional  
Cooking formula using ingredients  
and leftovers you already have to  
make dinner in 30 minutes... or less!**

**by Wardee Harmon**

*excerpted from "Eat God's Way" Fundamentals of Traditional Cooking  
online class at Traditional Cooking School*

## 30-Minute Skillet Dishes

Hi, I'm Wardee, lead teacher and owner at Traditional Cooking School. I'm so excited to share my simple meal formula for doable and delicious skillet dishes with you!



If you've ever been looking through cookbooks or online for what to make for dinner and skipped past recipe after recipe because you "can't eat that" or "don't have that" or "there's not enough time for that" ... then you'll love my 30-minute skillet dishes!

A Skillet Dish is a one-dish meal (usually) that incorporates healthy sources of protein, starches/grains, sauce (for flavor and moisture) and other add-ins. It doesn't have to be made in a skillet, though. You could use a slow cooker or a stew pot. But the idea is that you're making one dish that satisfies all the dietary needs of a given meal, while enjoying endlessly satisfying variety... in 30 minutes or less!

Most people enjoy Skillet Dishes frequently, but perhaps don't recognize them as such — nor do they realize how beneficial and enjoyable it might be to create them for their families on a regular basis. Did you know that a hearty stew or a stir-fry served over brown rice are examples of healthy Skillet Dishes?

Creating a Skillet Dish takes a little thinking and perhaps a little preparation ahead of time, but once you've done it a couple of times, the hurdle of getting your mind around the idea will come more naturally.

If you'd like to view the video where I explain how it all works, including a live example of making a skillet dish with you watching along in my kitchen, go here: [TradCookSchool.com/EatGodsWayVideos](https://TradCookSchool.com/EatGodsWayVideos)! Enjoy! — Wardee

### Why Skillet Dishes?

Sometimes my husband jokes that he doesn't think we've ever eaten the same meal twice. I have to admit, he's not too far off the mark.

Besides a couple of well-known dishes — like chili, tacos, burritos and spaghetti — our meals don't typically fall into boring repetition.

Long ago, we started enjoying the variety and freedom of what I call "Skillet Dishes." These are just a few of the benefits of Skillet Dishes:

- ▶ They allow for flexibility according to ingredients on hand.
- ▶ They encourage creativity in incorporating flavors and sauces enjoyed or desired by family members.
- ▶ They allow for flexibility in feeding individual members of a family differing amounts of protein and carbohydrates, as their individual needs require.
- ▶ They incorporate all necessary components of a well-balanced diet — healthy protein and starch/grain sources, in addition to other add-ins, such as vegetables.
- ▶ They can incorporate a varied rotation of healthy protein and carbohydrate sources without relying on a recipe.
- ▶ They keep meal preparation simple because they lend themselves to preparations made ahead of time or use up leftovers that would otherwise spoil... and can usually be served in 30 minutes or less!



## Make Your Own Skillet Dishes

Ready to give this a try? There are four steps — 1) select the components; 2) prepare the components; 3) choose the style; and 4) put it all together.

### 1. Select the Components

In order to create a Skillet Dish, you must start by choosing your main source of protein and starch (grain and/or bean). The following lists should give you some ideas.

#### Protein (All Grass-Fed, Pastured or Wild-Caught)

- ▶ Beef — shredded or cubed roast, cubed or thinly sliced steak, cubed and slowly simmered stew meat, etc.
- ▶ Whole chicken or parts — baked or slow-cooked and deboned, drumsticks, breasts, thighs
- ▶ Pork — ground, roast, chops, ham, sausage
- ▶ Lamb — stew, chops, roast
- ▶ Seafood such as salmon — canned or baked
- ▶ Buffalo — ground
- ▶ Venison — ground
- ▶ Egg — hard boiled, scrambled, custard, etc.



#### Grain/Bean\* — Starch

- ▶ White or brown rice
- ▶ Millet
- ▶ Quinoa
- ▶ Barley
- ▶ Other whole-grain berries — rye, buckwheat, kamut, wheat, spelt, einkorn
- ▶ Pasta — whole wheat, sprouted grain, brown rice, etc.
- ▶ Beans — pintos, kidneys, black beans, Great Northern, navy, lentils, etc.
- ▶ Potatoes



\*To make the grains and beans as nutritious and digestible as possible, I recommend soaking prior to cooking. These are fundamental and simple Traditional Cooking techniques that are worth doing and easier than you think! And I've got videos showing you how! Go to the **“Eat God's Way” Traditional Cooking video training series** right here: [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos).

Next, you should select a sauce. The sauce not only adds flavor to the dish, but adds moisture and texture. There are endless combinations for creating moisture and flavor.

Basically, you must have a liquid base, seasonings to add more flavor, and perhaps a thickener (although this is optional). The following list will give you some options.

## Sauce — Liquids

- ▶ Tomato paste mixed with water
- ▶ Tomato sauce
- ▶ Diced tomatoes
- ▶ Coconut milk
- ▶ Broth — beef, chicken, lamb or vegetable (see Lesson 6)
- ▶ Healthy teriyaki sauce
- ▶ Many of the sauce recipes from Lesson 8, such as BBQ sauce or enchilada sauce
- ▶ Aquafaba (bean cooking liquid from soaked and cooked beans — see Lesson 10)
- ▶ Water



## Sauce — Seasonings

- ▶ Seasoning blends — Italian, chili, taco seasoning blend (see Lesson 10), [za'atar](#) (pictured at right)
- ▶ Herbs and spices (fresh or dried) — basil, parsley, oregano, thyme, rosemary, sage, dill, cumin, paprika, curry, cayenne, ginger, etc.
- ▶ Garlic and onion
- ▶ Sea salt and pepper
- ▶ Soy sauce (fermented)
- ▶ Worcestershire sauce
- ▶ Red or white wine



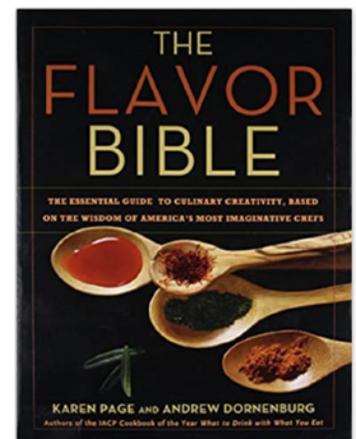
## Sauce — Thickening (optional)

- ▶ Arrowroot powder, cornstarch or flour
- ▶ Tomato paste
- ▶ Reduction technique (simmering to evaporate liquid until sauce thickens)

You may be thinking, “OK, this is a little overwhelming. I don’t know what to choose!” I would encourage you to create your very first Skillet Dish by taking cues from a recipe that your family loves. Every recipe has a signature flavor. Start with that. You may have to make adjustments, such as adding a bit more of one herb or spice, or by adjusting the amount of liquid.

Once you try a few Skillet Dishes this way, you’ll soon gain the confidence you need to branch out and test your own inspiration. However, it is always a good idea to cater to your family’s tastes when choosing flavors. For instance, I don’t know that I’ll ever cook with curry again because every time I have tried it, most members of my family didn’t like it. So that’s not a flavor that works for us. On the other hand, we love tomato and dill, so I do that often.

In my family, we have some tried-and-true sauces with good flavor that I frequently use in Skillet Dishes. I also recommend the book [The Flavor Bible](#) to learn more about what flavors and foods go together!



## Our Favorite Sauce Combinations

- ▶ Cheesy (Non-Dairy) — Coconut milk, nutritional yeast, extra-virgin olive oil, arrowroot powder (optional), onion or onion powder, sea salt and pepper
- ▶ Tomato-Dill — Diced tomatoes, dill, onion or onion powder, sea salt and pepper
- ▶ Tomato-Basil — Diced tomatoes, fresh or dried basil, onion or onion powder, sea salt and pepper
- ▶ Tomato-Italian — Diced tomatoes or tomato sauce/paste, Italian seasoning
- ▶ Tomato-Parsley-Basil — Diced tomatoes, fresh or dried parsley, fresh or dried basil, onion or onion powder, sea salt and pepper
- ▶ Chili — Diced tomatoes or tomato sauce/paste, cumin, paprika, thyme, oregano, cayenne, onion or onion powder, sea salt and pepper
- ▶ Creamy Italian — Coconut milk, Italian seasoning, nutritional yeast, onion or onion powder, sea salt and pepper
- ▶ Ginger Sauce — Fresh or dried ginger, soy sauce, onion or onion powder, sea salt and pepper

Finally, your Skillet Dish has room for add-ins, such as vegetables. If you didn't choose beans for the main grain/starch, you may wish to add some beans as an add-in. Beans are wonderful for stretching the meal and adding fiber.

### Add-Ins

- ▶ Vegetables (fresh or frozen) — broccoli, cabbage, onions, tomatoes, celery, carrots, green beans, kohlrabi, peas, bell peppers, etc.
- ▶ Beans\* — (soaked prior to cooking) pintos, kidneys, black beans, Great Northern, navy, lentils, etc.
- ▶ Nuts\* — (soaked) toasted sesame seeds, slivered almonds, toasted cashews, chopped walnuts, etc.
- ▶ Others — sliced or diced olives, grated cheese, chopped fresh herbs (cilantro, dill, basil, mint, etc.)



\*To make the beans and nuts/seeds as nutritious and digestible as possible, I recommend soaking prior to cooking or toasting/dehydrating. These are fundamental and simple Traditional Cooking techniques that are worth doing and easier than you think! To find out how, check out my free **“Eat God’s Way” Traditional Cooking video training series** right here: [TradCookSchool.com/free](https://TradCookSchool.com/free). If you already requested access, check your email and/or text messages for the view link!

## 2. Prepare the Components

Spend a little time thinking about how to prepare each component. As you get used to the idea of making Skillet Dishes, this will become easier. Two of the components may require preparation ahead of time — the protein and/or the starch, whether it be grain or bean.

You will thank yourself for preparing some meats ahead of time, such as roasts, stew meat (for tenderness) or whole chickens. Not only will the meat be more enjoyable because of being cooked properly, but you will put the dinner together much more quickly since the protein source is already prepared.

Often, I plan to have Skillet Dishes two nights in a row, in which case I prepare a double amount of the protein source and set aside half of it for the next night's dinner. No one in my family feels as though they are eating leftovers because I change some of the other components for the second night's Skillet Dish, giving it a different flavor, look and feel.

How far ahead of time you prep your grain/starch depends on which source you choose. Some of the grains can be started in the few hours before dinner. You may wish to prepare a double batch and set aside half of it for a Skillet Dish on a subsequent evening. If you've chosen beans for the grain/starch, they should be cooked ahead of time. Why not cook up a big batch, and freeze the excess so it will be ready to go for another Skillet Dish the following week?

The other two components — sauce and add-ins — lend themselves to being prepped and incorporated while you put together the Skillet Dish, so they require less thought and attention. However, it is always a time saver to wash and chop vegetables earlier in the day if time allows.

### **3. Choose the Style**

This will largely depend on the components you've chosen. The "style" of your meal will determine the kitchen hardware required for cooking the finished Skillet Dish. A good stockpot performs best for a hearty stew. A large cast-iron skillet works well for a stir-fry or meat in a thick sauce that will be served over rice or quinoa. And either a large cast-iron skillet or a casserole dish serves wonderfully for creating a casserole-type meal. The cast-iron skillet will keep it warm on the stovetop or the casserole dish with lid can be baked in the oven, bringing the whole meal to a bubbly and warm state. You choose what works best for the Skillet Dish you have in mind.

### **4. Put It All Together**

There is no hard and fast formula for how you'll put your Skillet Dish together. A bit of intuition will help you plan it out. But in general, you need to cook any raw ingredients (any vegetables and/or uncooked protein sources such as chicken) and then incorporate the cooked ingredients and the sauce ingredients.

In cooking Skillet Dishes, I might end up with a large cast-iron skillet full of mouth-watering, warm, flavorful, healthy food. Other times, the end result will be a stockpot full of hearty ingredients with a uniquely flavored broth. Sometimes in a lidded casserole dish, I will mix together cold, cooked ingredients with sautéed vegetables, then pour a sauce over the top and bake for about an hour at 350 degrees. The greatest benefit for me about a Skillet Dish is that I don't have to be a slave to a recipe or technique. Rather, the meal is the result of what works best for my cooking mood and what I have on hand. This frees me up to enjoy cooking because I don't feel limited.

I encourage you to start creating Skillet Dishes with ingredients you know well and have confidence using. Then branch out, incorporating a variety of flavors and ingredients. Your diet will be more healthy, you won't feel limited to following a recipe and your family will rarely be bored with the same old meals again.

## Beef and Rice Skillet Dish

Simple and savory, this easy skillet dish keeps my family coming back for more! Here's everything you'll need to follow along with the skillet dish I prepared with you (in the corresponding video right here:

[TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos).



- ▶ 1/2 onion, diced
- ▶ 3 cloves garlic, diced
- ▶ 1 pound grass-fed ground beef
- ▶ sea salt and pepper, to taste
- ▶ 1-1/2 cups soaked and cooked brown rice (see video at [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos))
- ▶ 1 cup soaked and cooked pinto beans (see video at [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos))
- ▶ 1 cup coconut milk
- ▶ 1 tablespoon lemon juice
- ▶ 1/16 teaspoon cayenne pepper
- ▶ 4 tablespoons fresh parsley, chopped

Serves 4.

In a medium to large cast-iron skillet over medium heat, add ground beef, onions and garlic. Season with salt and pepper. Cook until beef is browned. Add rice, beans, coconut milk, lemon juice and cayenne pepper. Mix gently. Allow to warm. Taste. Add more salt and pepper if needed. Turn off heat. Garnish with parsley and serve.

## Additional Links and Recipes

- ▶ [How To Season a Cast Iron Skillet The \\*BEST WAY\\* & How/When To Re-Season It #AskWardee 062](#)
- ▶ [The Flavor Bible by Karen Page and Andrew Dornenburg](#)
- ▶ How to Soak Beans & Legumes — see free video training: [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos)
- ▶ How to Soak Whole Grains — see free video training: [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos)
- ▶ How to Soak Nuts & Seeds — see free video training: [TradCookSchool.com/EatGodsWayVideos](http://TradCookSchool.com/EatGodsWayVideos)

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In our doable and delicious “Eat God’s Way” online group cooking class, I’ll help you move away from the Standard American Diet and get healthier and happier by cooking God’s way in 10 hours a week or less. I’ll also help you save at least 25% on your monthly grocery budget. I’ll give you everything you need to make all this happen... without any of the typical yucky tasting “health” foods your family won’t touch (plus you don’t need to spend all day in the kitchen, either). If you or anyone you know might want to learn more about cooking this way, reach out by text 1-317-434-1180 or email [help@traditionalcookingschool.com](mailto:help@traditionalcookingschool.com) for more info.

God bless you!

