

Round Four - Worksheet

1. Get your broth going, if making homemade. The veggies aren't even chopped for this, so it doesn't take long to get it going. (You can do all of this a day or two before, if you prefer. It won't take a lot of work, as it's mostly just simmer time, so it's perfect for hanging out with your family or letting it go during dinner, if you don't want to do the morning of your lunch-making. Otherwise ...)
2. Slice your bagels for your chips, and get them going in the dehydrator.
3. Grind your rolled oats in the Food Processor with the regular blade attachment, and set aside.
4. Shred your cheese with the fat [Food Processor](#) grating attachment, cover with saran wrap, and set in the fridge. (see what I'm doing there? I'm ensuring that you don't have to wash your Cuisinart more than absolutely necessary, by starting with dry neutral ingredients, then moving to the cheeses, and then moving to the frankly moist veggies. Because I love you, that's why.)
5. Again, use your handy-dandy Food Processor and spend the next ten minutes slicing and dicing for our Freeze-Ahead Soup and Mac-and-Cheese Muffin Bites: use your French Fry attachment for the onion (cut it into large blocks so you can feed it to the Cuisinart first), then without emptying the bowl of the Processor, switch out to the thin (2mm) slicing attachment and feed your machine the fennel bulbs (also cut into big wedges or blocks so they fit into the mouth of the Cuisinart) and fennel stalks (if using). Empty the Cuisinart into a bowl, and use the French Fry attachment again for the red bell peppers, and then the slicing attachment for the celery.
6. Check on your broth, if making, because it's probably ready to skim the top and lower the temperature.
7. Mince the garlic by hand. Because it keeps you humble, that's why. Throw it in with the fennel and onion.
8. Chop your greens into pieces roughly 1x2 inches, and set aside.
9. Crack all your eggs: five into one bowl, two dozen into another bowl. Cover and place back in the fridge.
10. Slice your kielbasa, if using, lengthwise, and then into half coins, or quarter coins (remember, the smaller your pieces, the better they are distributed into your silicone cups). Place those back in the fridge as well.
11. Start up your Mac and Cheese in your [Dutch oven](#). Butter, and cream, and cheeses, and temper the five eggs.
12. Preheat your oven to 400 degrees.
13. Cook your pasta, and add to the Dutch Oven. Portion out into your baking cups, and start baking'em off. I have four normal-sized [muffin tins](#), so needed to do this twice.
14. Start up your [waffle iron](#), and mix your waffles.
15. Check on your broth, which is probably done by now. Add in the cheese rinds, if using, or strain it into a large pitcher or two if not using, and throw the pitcher into the fridge to cool.
16. Check on Bagel Chips, which should be done by now, and pack.
17. Get your pears sliced (Cuisinart will need to be washed at the point, if using). If using your [spiralizer](#), it's kind of perfect, but make sure your pear isn't soft or the butt end will sink into the

Menu

1. The-Best-Freeze-Ahead-Soup-Known-To-Man
2. BONUS how-to: Chicken Stock/Vegetable Stock
3. Mini Mac-and-Cheese Muffins
4. Pumpkin Spice Waffles
5. BONUS SNACK: Ridiculously-Easy-And-Totally-Worth-It (yes, it's a theme) Bagel Chips (three ways, people!)
6. BONUS SNACK: Chewy Dried Pears

spiralizer and you'll have the slice the last bit by hand anyway. Which totally didn't happen to me, because I'm super smart and would never make that mistake. I'm just sayin'. Throw the pears in the [dehydrator](#) trays (wipe them down with a paper towel to grab any seasoning from the bagel chips).

18. As the muffin bites are done, throw on a rack to cool, then onto a [parchment paper](#)-lined [jelly roll pan](#) to Flash Freeze while you finish the rest of your lunch things.
19. If using the cheese rinds in the broth, it's probably done by now, and should be cooled. [Strain](#) and throw in a [large pitcher](#), and put that in the fridge.
20. Start actually cooking the waffles. If you have a 4-waffle iron, the entire process won't take too long – account for the extra time if you have a 2-waffle iron. Keep waffling for a little. Like, the good kind of waffling. Remember, oat waffles will be a little softer than you're used to, and that's okay at this stage. Cool on a wire rack.
21. Start sauteeing your veggies and herbs and kielbasa.
22. Arrange your waffles on a [parchment paper](#)-lined [jelly roll pan](#), and Flash Freeze.
23. Spoon off any solidified fat at the top of your broth (or use a [turkey baster](#), if it's not cooled enough to have solidified. The fat will be a completely different color than the underlying broth, and even if you remove more than you want, put it in a separate glass bowl, and then place your turkey baster against the bottom of the glass bowl to only remove broth and put that back into the pitcher).
24. Pour broth into soup recipe, per recipe, bring to simmer, and add cannellini and greens, simmering until wilted.
25. Portion off your soup into muffin tins with [silicone liners](#), and Flash Freeze as is.
26. Pack Mac-And-Cheese Muffin Bites, removing all your air from the bag. Move on to do the same with your waffles.
27. Put your feet up. Go take a nap. Hell, go on vacation. You already even made dinner, and it's nowhere near dinner time, right? Better yet, now's the perfect time to drop me a note with a pic or two of your gorgeous masterpieces to feature in the Hall of Glory!
28. At some point, you're going to be five or six hours out and you can take out your pear chips and pack. Same goes for your soup cups – pop those suckers out of the silicone cups before freezing in the [heavy-duty freezer bags](#).
29. Now you DEFINITELY have to take a picture of your freezer and send it to me. Or Instagram it. Or Tweet it. Because we've already established that food is way better than duck-face selfies.