One Pan Meals

The Gluten Free Homestead

One-Pan Roast Chicken and Potatoes

Click here to see the recipe on the blog.

Prep time: 15 minutes + 1 hour for marinating
Cook time: 50 minutes
Serves 4

Ingredients

- **For Marinade:**
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon gluten free balsamic vinegar
- 1 tablespoon gluten free Dijon mustard
- 4 garlic cloves chopped
- **Assemble in Roasting Pan:**
- 2-3 pounds bone-in chicken thighs
- 1 12-ounce package fully cooked gluten free pork sausage, sliced
- 5 russet potatoes, peeled and cut up
- 1 large onion, cut into chunks
- 4 large carrots, sliced
- ¼ cup extra-virgin olive oil + 1 tablespoon to drizzle over chicken
- ½ teaspoon salt
- ½ teaspoon garlic powder
- parsley
- salt and pepper to taste

One-Pan Roast Chicken and Potatoes

Instructions:

- **Marinate Chicken:** Stir together 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 tablespoon Dijon mustard and 4 chopped garlic cloves. Toss chicken in marinade, cover and place in the refrigerator for an hour.
- When you are ready to begin cooking: **Preheat the oven to 425℉** Stir together ¼ cup of olive oil, ½ teaspoon of salt and ½ teaspoon of garlic powder in a bowl. Toss potatoes, onions and carrots with the oil mixture and transfer to your roasting pan. Sprinkle with parsley. Add marinated chicken thighs with the garlic to the pan, Drizzle about 1 tablespoon of olive oil over the chicken and season with salt and pepper.
- Place pan in the oven for 40-50 minutes, rotate the pan halfway through. Add sausage 15 minutes before chicken is done. When the chicken juices run clear when pierced your one pan meal is ready to enjoy.

Quick And Easy Beef Ragoût

Click here to see the recipe on the blog.

Prep time: 15 minutes
Cook time: 15 minutes
Serves: 3

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 pound ground beef
- 1 tablespoon *Red Boat sauce* or Worcestershire sauce
- ¾ teaspoon of salt, divided
- 1 teaspoon pepper, divided
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 3 scallions, sliced (separate the white root slices from the sliced green leaves)
- ½ cup pearl onions
- 5 Roma tomatoes, cut into chunks
- 1 tablespoon tomato paste
- 1 cup gluten free chicken stock

Quick And Easy Beef Ragoût

Instructions:

- Heat oil in a skillet and brown the beef breaking it up with a spatula into large chunks (the size of beef stew chunks). This will take about 5 minutes.
- Add Red Boat, ½ teaspoon of salt, ½ teaspoon of pepper, garlic powder, onion powder and the sliced white bulb of the scallions. (we'll garnish with the green leaf part of the scallions later) Cook for 2 more minutes. Transfer to a dish and set aside.
- Now add your pearl onions to the same pan and cook for about 2 minutes.
- Add tomato chunks and tomato paste and cook for 3 more minutes.
- Then add chicken stock, ½ teaspoon of salt, ½ teaspoon of pepper. and cook for 3 more minutes.
- Turn off your flame and stir in your beef mixture. Toss with the sliced green leaf part of the scallions and serve.

Spanish Style Chicken With Cauliflower Rice

Click here to see the recipe on the blog.

Prep time: 10 minutes
Cook time : 30 minutes
Serves: 5

Ingredients;

- ¾ pound cauliflower florets
- 2 pounds of boneless, skinless chicken breasts, tenderized
- 3 tablespoons avocado oil, divided
- 1 cup diced Spanish onion
- 3 cloves garlic, sliced
- Salt and pepper to taste
- 2 teaspoons smoked paprika
- 1 teaspoon oregano
- ⅛ teaspoon cayenne pepper, optional
- ½ cup gluten free marinara sauce
- 2 Roma tomatoes, diced
- ½ cup pitted Spanish green olives, sliced
- 2 scallions, sliced
- ¼ cup fresh cilantro, chopped
- extra-virgin olive oil

Spanish Style Chicken With Cauliflower Rice

Instructions:

- Pulse a few cauliflower florets at a time in your food processor until the cauliflower pieces are the size of rice. Transfer to a dish and set aside.
- Tenderize chicken with a mallet-type meat tenderizer. Pat dry and season with salt and pepper.
- Heat 1 tablespoon of oil in a large skillet. Sear the chicken breasts for about 4 minutes on one side. Transfer them to a dish.
- Add 2 more tablespoons of oil to the pan and sauté the onion with a teaspoon of salt in that same pan for 5 minutes.
- Add sauce, garlic, paprika, oregano, and cayenne pepper(optional). Season with salt and pepper.
- Stir it around scraping up all those little brown bits.
- Stir in the ground cauliflower incorporating the sauce and spices throughout.
- Tuck the chicken breasts seared side up into the pan with the cauliflower. Pour the juices from the chicken into the pan, as well. Now reduce the flame to medium-low, cover, and cook about 10-12 minutes until the inside temperature of the chicken registers 160℉ with a meat thermometer.
- Transfer chicken to a cutting board and let it cool a little before slicing.
- Finally, add your tomatoes, scallions, and olives to the cauliflower in the pan and cook uncovered for 5 more minutes.
- Slice each chicken breast in half and serve over the cauliflower rice. Drizzle with extra virgin olive oil and garnish with cilantro.

Jambalaya

Click here to see the recipe on the blog.

Prep time: 15 minutes
Cook time: 35 minutes
Serves: 5

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 stalks of celery, sliced
- 1 onion, diced
- 3 bell peppers, diced (I used red, yellow, and green for color)
- 1 jalapeño pepper, seeded and finely chopped, optional
- 3 cloves garlic, minced
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 1 package gluten-free andouille sausage, thinly sliced
- 1 14.5 ounce can fire roasted crushed tomatoes
- 2 teaspoons Cajun seasoning
- 1 bay leaf
- 1 teaspoon thyme
- ¼ teaspoon cayenne pepper, optional
- 1 pound of shrimp, peeled, deveined with tails removed
- ½ cup okra, sliced
- salt and pepper to taste

Jambalaya

Instructions:

- Heat 2 of the tablespoons of olive oil in a large skillet over medium-high heat. Add celery, onion, bell peppers, garlic and (jalapeño, optional). Sauté for 5 minutes, stirring until the vegetables are soft. Add the remaining tablespoon of olive oil, chicken and sausage, and stir to combine. Continue sautéing for an additional 5 minutes.
- Add the tomatoes, bay leaf, Cajun seasoning, thyme, and (cayenne, optional) and stir to combine. Reduce heat to medium-low, cover and simmer for 20 minutes, stirring occasionally. Then add shrimp and okra and stir to combine. Continue to simmer, stirring occasionally, until the shrimp are cooked and no longer pink, 5 minutes. Remove bay leaf, season with salt and pepper and enjoy.

Savory Chicken Stir-Fry

Click here to see the recipe on the blog.

Prep time: 10 minutes
Cook time: 25 minutes
Serves: 5

Ingredients:

- 4 tablespoons avocado oil, divided
- 2 pounds of chicken breasts cut into bite size pieces
- 5 ounces baby spinach
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2 pounds mushrooms, cleaned and sliced
- 1 red onion, thinly sliced
- 2 tomatoes, diced or a 14-ounce can of diced tomatoes
- 1 teaspoon *garam masala* seasoning
- 2 teaspoons salt
- ¼ cup fresh cilantro, chopped
- 2 tablespoons fresh lemon juice
- ⅛ teaspoon cayenne pepper, optional

Savory Chicken Stir-Fry

Instructions:

- In a large frying pan or wok, heat 2 tablespoons of the avocado oil over a medium flame, but not smoking.
- Add chicken and cook, stirring continuously until the chicken is tender, about five minutes. Remove the chicken to a plate and set aside. Drain the pan juices from the wok. Wipe the wok clean so it will be ready for cooking your vegetables
- Heat the remaining 2 tablespoons of oil. Add spinach and season with turmeric, cumin, and coriander. Cook for 1 minute. Add mushrooms, tomatoes, and onions. Stir and cook for 15 minutes.
- Add garam masala and salt. Stir and continue cooking for another minute.
- Stir in lemon juice, cilantro, and cayenne pepper (optional).
- Toss the chicken back in. Stir until well combined and serve.

One-Pan Chicken and Peppers

Click here to see the recipe on the blog.

Prep time: 15 minutes
Cook time: 50 minutes
Serves: 4

Ingredients:

- 2 pounds bone-in chicken thighs
- 4 russet potatoes, peeled and cut up
- 1 large onion, cut into chunks
- 3 bell peppers, sliced (I used red, green, and yellow for a colorful dish)
- 5 garlic cloves, chopped
- ¼ cup extra-virgin olive oil + 1 tablespoon to drizzle over chicken
- ½ teaspoon salt
- ½ teaspoon garlic powder
- parsley
- salt and pepper to taste

One-Pan Chicken and Peppers

Instructions:

- Preheat the oven to 425℉
- Stir together ¼ cup of olive oil, ½ teaspoon of salt and ½ teaspoon of garlic powder in a large bowl. Toss potatoes, onions and peppers with the oil mixture and transfer to your roasting pan. Sprinkle with parsley.
- Tuck the chicken thighs into the pan with the vegetables. Scatter chopped garlic among the chicken thighs, as well. Drizzle about 1 tablespoon of olive oil over the chicken and season with salt and pepper.
- Place pan in the oven for 40-50 minutes. Halfway through the cooking time, rotate the pan. When the chicken juices run clear when pierced your one pan meal is ready to enjoy.