



THE HEALTHY COACHES KITCHEN

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Day 3: Cubano Sandwiches with Tomato White Bean Soup

Servings: Four (4)

Diet: Vegan & Omnivore

RECIPES:

*In addition to the ingredients below, you will need the **Pork/Mushroom, Vegetable Broth & Herbed Oil from Day 1, as well as, Vegetable Ragu from Day 2.***

Tomato White Bean Soup

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

Ragu from Day 2, 2 cups or whatever remains

Vegetable Stock from Day 1, 2 cups

Steamed Vegetables from Day 1, 1-2 cups

Stock Pot

Instructions:

Take the remaining ragu and vegetable stock from your refrigerator.

Add ragu & stock to the stockpot and heat over medium heat.

Chop 1 - 2 cups of vegetables from Day 1 and add to the stockpot.

Add 2 cups of your vegetable stock.

Cook on medium heat for 10 min. Keep warm until the sandwiches are done.

Cubano Sandwiches

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Ingredients:

Sourdough Bread(1), 8 slices

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Pork or Mushroom, if vegan, 4 slices
Thinly sliced smoked deli ham (or meat substitute*, if using), 4 slices
Swiss cheese, vegan cheese if dairy free, 8 slices
Mustard, dijon, or traditional, ½-1 Tbsp per sandwich
Pickle (2), any type, the sliced flat is best
Leftover vegetables from Day 1, chopped, 1 ½ cup total, divided equally between sandwiches
1 Tbsp Herbed Oil Rub
Cast Iron or Stainless Steel skillet

Instructions:

Lay out enough bread for 4 sandwiches.

Spread mustard on 1 bread slice of each sandwich.

Place 1 slice of cheese on each side.

Add 1 slice of ham on one side, per sandwich.

Add 1 thin slice of ham on another side.

Top one side with leftover veggies.

Top another side with pickles.

Fold two sides together to make a full sandwich (Nom!).

Add Herbed Oil Rub to the bottom of your skillet.

Turn heat on medium-low heat, cook the sandwich for 3-5 minutes per side or until the cheese is melted or the sandwich is crispy.

Remove from heat, and place on a plate.

Let cool slightly, cut in half & serve along with a cup of Tomato White Bean Soup.

Eat & thoroughly ENJOY!

HCK Health Tips:

(1) Fresh Sourdough Bread is great for supporting a healthy gut due to it being a fermented food & contains more vitamins, minerals & nutrients than regular bread. And it's tasty!!!

(2) Fermented pickles are great for supporting gut health. Be sure to use fermented pickles & not pickles made from vinegar. Read labels carefully in the store or make your own fermented pickles at home...it's easy!

**Possible meat substitute: Vegan Ham or Seitan. Be mindful of gluten if you are GF. Seitan is not GF and some vegan ham products contain gluten. If in doubt, simply omit this ingredient.*