

WEEKLY MEAL PLAN

Mon

Minestrone Soup

1 yellow onion
2 carrots
3 stalks celery
2 red potatoes
6 cloves garlic
1 teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon dried thyme
½ teaspoon ground sage
2 (14.5-ounce) cans Diced Tomatoes
6 cups low sodium vegetable or chicken broth
½ cup dry quinoa
1 (14-ounce) can kidney beans
1 (14-ounce) can cannellini beans
1 (14.5-ounce) can cut green beans
1 rind parmesan cheese

Tues

One Pot Mexican Quinoa

1 medium size butternut squash (apprx. 2 and 1/2 pounds, can also buy precut and cubed)
1 yellow onion
1 green bell pepper or poblano pepper
2 jalapenos
1 cup baby spinach leaves (optional),
1/2 cup cilantro
2 avocados
1 (15 ounce) can black beans
16 ounces salsa or enchilada sauce
2 teaspoons cumin powder
8 small or 6 large corn tortillas
1 and 1/2 cups shredded Mexican cheese

Wed

Butternut Squash, Bacon, and Gruyere Pasta

1 butternut squash, peeled and diced (about 2 lbs)
1 yellow onion, sliced
3 tbsp olive oil, divided
½ tsp cinnamon
⅛ tsp ground nutmeg
16 oz spaghetti (I used whole wheat)
3 slices bacon, chopped
¼ cup milk
½ cup Gruyere cheese

Thurs

Sweet Potato and Black Bean Pizza

¾ of a small sweet potato
½ of a small red onion
Cilantro, for serving
Sliced avocado, for serving
2 cloves garlic
1 can black beans
1 to 2 chipotle peppers in adobo sauce
¼ teaspoon smoked paprika
¼ teaspoon cumin
¼ cup low sodium vegetable broth
1 cup grated manchego cheese
1 ball (1 lb) refrigerated pizza dough