

WEEKLY MEAL PLAN

Mon

Crock Pot French Onion Soup

4 large yellow onions
2 cloves garlic
1 bay leaf
8 cups low sodium beef broth
4 to 5 cups cubed crusty bread
6 tablespoons unsalted butter, shredded
gruyere cheese (to taste)

Tues

Butternut Squash Enchilada Casserole

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

Kimchi Fried Rice

2 tbsp diced green onions
1 cup Kimchi, plus 1-2 tbsp of Kimchi juice
2 cups rice (preferably day-old)
1 tbsp soy sauce
2 eggs

Wed

Baked Penne with Meat Sauce

1 large onion
2 cloves garlic
1 bay leaf
16 ounces baby bella mushrooms
1/2 box (6.5 ounces) dried penne pasta
1 tbl. dried basil
2 tsp. dried parsley
(2) 28 ounce cans crushed tomatoes
2 tbl. Worcestershire sauce
1 tbl. sugar
2 tsp. tomato paste
1/2 cup dry red wine
1 1/2 cups grated smoked mozzarella cheese
1.5 lbs. lean ground beef (omit for vegetarian)

Thurs

Crock Pot Chicken Tikka Masala

1 small yellow onion
5 cloves garlic
2 tablespoons fresh ginger
2 teaspoons fresh turmeric
1 jalapeño
1 14-ounce can crushed tomatoes
2 tablespoons tomato paste
1 tablespoon ground cumin
2 teaspoons ground coriander
1 tablespoon paprika
¼ teaspoon ground cinnamon
¼ teaspoon ground cardamom
2 tablespoons tapioca flour or corn starch
1 cup full-fat plain yogurt
¾ cup heavy cream
2.5 pounds boneless skinless chicken breasts

