

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

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