







November 11 - 17

Menu Plan

Mon	 <p><u>Creamed Chipped Beef</u> In honor of Veterans Day, why not make this iconic military meal? It's more delicious than you might think!</p>	<p>BREAKFAST IDEAS</p> <ul style="list-style-type: none"> • Easy Sausage Muffins • Cinnamon Raisin Biscuits • Oatmeal Cookie Pancakes
Tue	 <p><u>Slow Cooker Shredded Beef Tacos</u> This set-it-and-forget-it recipe is great for Taco Tuesday! Use your slow cooker to make this easy taco filling.</p>	
Wed	 <p><u>Easy Sausage and Rice Casserole</u> This old fashioned supper recipe is full of flavor and easy to prepare!</p>	<p>LUNCH IDEAS</p> <ul style="list-style-type: none"> • Grilled Cheese Florentine • Tomato Tarragon Soup • Cannellini Bean & Tuna Salad
Thu	 <p><u>Homemade Vegetable Beef Soup</u> It's soup season! Enjoy an old favorite with my easy Vegetable Beef Soup.</p>	
Fri	 <p><u>BLT Pizza</u> All the flavors of your favorite sandwich on a pizza!</p>	
Sat	 <p><u>Jumbo Meatballs and Spaghetti</u> Kids love a plate of spaghetti and tomato sauce with one giant meatball perched on top. Grate over some Parmesan cheese and let the feast begin.</p>	<p>SNACK & DRINK IDEAS</p> <ul style="list-style-type: none"> • Garlic Butter and Herb Popcorn • Spicy Cheese Crackers • Party Punch
Sun	 <p><u>Oven Baked Pot Roast and Gravy</u> A classic choice for Sunday supper. This chuck roast recipe is perfectly seasoned, and the gravy is out-of-this-world delicious!</p>	





Shopping List

Alfredo sauce (Ragu brand recommended)	1/2 cup
Arugula	1 1/2 cups
Bacon (cooked and diced)	12 slices
Basil leaves	5
Beef stew meat (or chuck roast)	2 pounds
Beef stock or broth	8 cups
Bread (sourdough preferred)	8 slices
Bulk breakfast sausage	1 pound
Butter	8 tablespoons
Carrot slices	1 cup
Celery	3 ribs
Celery seed	1 teaspoon
Chicken broth	15 ounces
Chipped beef (Buddig brand recommended)	2.5 ounces
Chuck roast	3 pounds
Cilantro	1 bunch
Cooking oil	4 tablespoons
Corn tortillas	12
Cornstarch	2 tablespoons
Cream of celery soup	10.5 ounces
Cut green beans	14.5 ounces
Diced tomatoes	14.5 ounces
Egg	1
Flour	4 tablespoons
Frozen green peas	1/2 cup
Garlic	7 cloves
Grape tomatoes	1 pint
Green bell pepper	1/2
Green chilies (canned, chopped)	4 ounces
Green onions	2
Ground beef	1 1/4 pounds
Italian sausage	1 pound
Italian style bread	3 cups
Long grain rice	1 cup
Milk	3 cups
Mozzarella, shredded	2 cups
Mustard seed	1 teaspoon
Olive oil	4 tablespoons
Onion	4
Oregano	1 1/2 teaspoons
Parsley (dried)	4 tablespoons, plus 1 teaspoon
Passata (or 2-15 ounce cans Roma tomatoes)	24 ounces
Pimiento (diced)	2 tablespoons
Potatoes (in bite-sized pieces)	4 cups

Red onion	1/2
Red wine vinegar	
Refrigerated pizza crust	1
Ricotta cheese	1 cup
Romano cheese	3 ounces
Rosemary	4 sprigs
Salsa	2/3 cup
Taco seasoning	1 tablespoon
Tomato	1