

January 27 - February 2

Meal Plan

Mon	 <u>Bistro Chicken with Cheese and Bacon</u> Chicken simmered in a rich tomato and mushroom sauce, then topped with gooey cheese and crispy bacon, ready in just 30 minutes.	BREAKFAST IDEAS • <u>Southern Cheese Grits</u> • <u>Cranberry Pistachio Oatmeal</u> • <u>Low Fat Carrot Raisin Muffins</u>
Tue	 <u>Family Favorite Chili</u> Made with hearty ingredients and simple flavors. It's budget-friendly and perfect for a quick and easy meal.	
Wed	 <u>Homemade Vegetable Beef Soup</u> A pot full of soul-warming goodness, this hearty, satisfying soup is very versatile and a great option for lunch or dinner on a chilly evening.	LUNCH IDEAS • <u>Cannellini Bean and Tuna Salad</u> • <u>Quick and Easy Pepperoni Calzone</u> • <u>Grilled Buffalo Chicken Wraps</u>
Thu	 <u>Traditional Bolognese Sauce</u> A rich, beefy tomato sauce for your pasta that's great with any ribbon or tube type pasta.	
Fri	 <u>Slow Cooker Barbecued Ribs</u> Prepped in about 10 minutes and cooked long and low. You may never go back to cooking them on the grill again!	SNACK IDEAS • <u>Lemon and Cherry Muffins</u> • <u>Caraway Cheese Spread</u> • <u>Best Ever Oatmeal Raisin Cookies</u>
Sat	 <u>Leek and Potato Soup</u> Enjoy a taste of Ireland with this traditional Leek and Potato Soup recipe. Serve it warm with a hearty bread and butter on the side.	
Sun	 <u>Steak Tips with Creamy Mushroom Sauce</u> Tender bite-sized tidbits of steak, seared until golden brown and cooked in a savory mushroom sauce served over rice, potatoes, or noodles.	



Shopping List

Bacon	6 slices
Baking potatoes	3
Barbecue sauce	3 cups
Basil leaves	5
Beef (stew beef, short ribs, or oxtails)	1 pound
Beef broth or stock	1 quart
Butter	6 tablespoons
Canola oil	4 ½ tablespoons
Carrot slices	1 cup
Celery	3 ribs
Celery seed	1 teaspoon
Chicken breasts, boneless	4
Chicken broth or stock	4 cups
Chili powder	2 tablespoons
Chives, fresh or dried	2 tablespoons
Cilantro (garnish)	
Cream of mushroom soup	10.75 ounces (1 can)
Cumin	1 ½ teaspoons
Dry white wine	¾ cup
Garlic	6 cloves
Garlic powder	½ teaspoon
Grated cheese (garnish for chili)	
Green beans, canned with juice	14.5 ounces (1 can)
Green pepper	1
Ground beef	1 ¼ pounds
Ground chuck	1 pound
Half-and-half	1 cup
Italian dressing	¼ cup
Leeks	3
Mozzarella cheese, shredded	1 cup
Mushrooms	3 1/2 cups
Mustard seed	1 teaspoon
Olive oil	3 tablespoons
Onion powder	½ teaspoon
Onions	7
Oregano, dried	1 teaspoon
Parmesan cheese (for garnish)	
Parsley, fresh chopped	3 tablespoons
Passata (or crushed tomatoes)	24 ounces
Pinto beans, canned	30 ounces (2 cans)
Pork spareribs	4 pounds
Potatoes	3 to 4 (enough for 4 cups cubed)
Red pepper flakes	¼ teaspoon

Rice, mashed potatoes or noodles (for serving steak tips)	4 servings
Seasoned salt	1 teaspoon
Sirloin steak (or top round)	1 ½ pounds
Sour cream (garnish for chili)	
Spaghetti	1 pound
Stewed tomatoes, canned	15 ounces (1 can)
Tabasco (garnish for chili)	
Tomato paste	4 tablespoons
Tomatoes, diced with juice	58 ounces (4 cans)
Whole wheat bread	4 slices