

Rachel Cooks

MEAL PLAN #41

MONDAY



Crockpot Pumpkin Soup with Grilled Cheese Sandwiches

- We included the ingredients for the curry and brown sugar flavor add-ins for the soup. If you'd like to flavor it differently, update grocery list accordingly.
- Serve the soup with grilled cheese sandwiches. Try [air fryer grilled cheese sandwiches](#).

TUESDAY



Slow Cooker Italian Pot Roast with Instant Pot Polenta

- *Shortcut Idea:* Purchase instant polenta and make it on the stovetop. If you don't care for polenta, substitute mashed potatoes or noodles.
- This recipe makes 8 servings. You can serve the remaining pot roast for another quick dinner this week, freeze it for a later meal, or invite guests.

WEDNESDAY



One Pan Sausage with Fall Vegetables

- If you'd like to add apples to the mixture (so yummy!), choose a firm apple such as Granny Smith or Honeycrisp. Don't forget to add them to the grocery list!

THURSDAY



Fall Instant Pot Shakshuka with Butternut Squash

- Best served with warm crusty bakery bread, such as Italian bread or a baguette.

FRIDAY



Air Fryer Chicken Drumsticks

- Buy as many chicken drumsticks as you need (2 drumsticks per person). Increase oil and seasoning, if necessary.
- Serve the drumsticks with a simple side salad or vegetable.

BONUS



Apple Crisp with Ginger

- This easy dessert tastes best when it's warm, topped with vanilla ice cream.
- If you're not crazy about ginger, it can be omitted.
- Suggested apple varieties: Honeycrisp, Jonagold, Mutsu, Braeburn, or Granny Smith.

NOTES

- Cooking quote of the week: "Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people get together to eat." – Guy Fieri



GROCERY LIST FOR MEAL PLAN #41

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- garlic (4 cloves) - *Tu/Th*
- ginger root (1) - *F*
- onions (3) - *M/Tu/Th*
- red onion (1) - *W*
- russet potatoes (2) - *M*
- sweet potato (1 large) - *W*
- small pumpkin (2 lb) - *M, see note*
- carrots (4 large) - *Tu/W*
- celery (1 stalk) - *Tu*
- mushrooms (8 oz) - *W*
- brussels sprouts (8 oz) - *W*
- green bell pepper (1) - *Th*
- butternut squash (2 c diced) - *Th*
- parsley (1 bunch) - *Tu/Th*
- salad or vegetable to serve with drumsticks - *F*
- apples (6) - *Bonus*
- lemon (1) - *Bonus*

DAIRY / REFRIGERATED

- heavy cream (4 oz) - *M*
- spreadable butter - *M*
- butter (8 T) - *Tu/Bonus*
- sliced cheese - *M*
- shredded parmesan or pecorino cheese (1 c) - *Tu*
- crumbled feta (¼ c) - *Th*
- eggs (4) - *Th*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- curry powder - *M*
- dried oregano - *Tu/Th*
- dried basil - *Tu*
- dried thyme - *Tu*
- bay leaf - *Tu*
- chili powder - *Th*
- smoked paprika - *Th*
- red pepper flakes - *Th*
- paprika - *F*
- garlic powder - *F*
- onion powder - *F*
- ground cinnamon - *Bonus*
- ground nutmeg - *Bonus*

BREAD / PASTA / GRAINS

- sliced bread (8 slices) - *M*
- polenta or coarse ground cornmeal (1 c) - *Tu*
- bread for serving with shakshuka - *Th*

PANTRY

- brown sugar - *M/Bonus*
- granulated sugar - *Bonus*
- all-purpose flour - *Tu/Bonus*
- rolled oats - *Bonus*
- 12 oz jar roasted red peppers (1) - *Tu*
- maple syrup - *W*
- apple cider vinegar - *W*
- dijon mustard - *W*
- shelled pumpkin seeds (pepitas) - *Th*

MEAT / FISH / PROTEIN

- boneless chuck beef roast (3-4 lb) - *Tu*
- precooked chicken sausage links (12 oz) - *W*
- chicken drumsticks (2 lb or however much you'd like) - *F*

CANNED GOODS

- vegetable broth (32 oz) - *M*
- unsalted chicken broth (32 oz) - *Tu*
- 15 oz can no-salt-added tomato sauce - *Tu*
- 28 oz can whole plum tomatoes - *Th*

OTHER

- ice cream for apple crisp (optional) - *Bonus*

NOTES

- Look for a small cooking pumpkin (M). They may be called sugar pumpkins or pie pumpkins. Large decorative pumpkins tend to be fibrous and watery.