

# Rachel Cooks

## MEAL PLAN #42

MONDAY



### Vegetarian Quinoa Chili with Black Beans

- This recipe makes 8 servings. Save the leftovers for tomorrow's dinner.
- If you prefer a meaty chili, try [beef chili with beans](#). Adjust grocery list accordingly.

TUESDAY



### Baked Spaghetti Squash Halves, with leftover chili & cheese

- Bake halved squash as directed. When baked, flip the halves over, loosen strands, and fill with leftover chili. Top with shredded cheese. Continue to bake at 400°F until cheese is melted and chili is warmed through, 10 to 15 minutes.

WEDNESDAY



### Roasted Chicken with Potatoes and Vegetables

- Although it takes two hours in the oven, this is an easy one pan meal because potatoes, carrots, and onions are roasted right along with the chicken.
- If you have more time on weekends, you may want to save this meal for Saturday or Sunday.

THURSDAY



### Pork Tenderloin with Port Wine Sauce and Roasted Grapes

- Serve the pork tenderloin with [mashed red potatoes](#), [creamy polenta](#), or steamed rice. Since you have the oven on already, roast a pan of [cauliflower](#), [broccoli](#), or [Brussels sprouts](#), too. Decide what you want to serve and add it to the grocery list.

FRIDAY



### Broiled Salmon with Salmon Seasoning

- Serve the salmon with your favorite bagged salad and bakery bread or rolls for an easy Friday night dinner.
- If you prefer not to make your own seasoning, use a rub or seasoning blend of your choice for the salmon.

BONUS



### Crockpot Oatmeal with Steel Cut Oats

- Get the oats started the night before, and a steaming hearty breakfast will be ready for you in the morning.
- Cooked oatmeal keeps well in the refrigerator for 5 days; it can be frozen, too. Reheat single servings in the microwave for an easy breakfast all week long.

NOTES

- Cooking Quote of the Week: "Fifty thousand dollars' worth of cabinets isn't going to make you a better cook; cooking is going to make you a better cook. At the end of the day, you can slice a mushroom in about three inches of space, and you can carve a chicken in a foot and a half. So it doesn't matter how big the kitchen is." – Tyler Florence





## GROCERY LIST FOR MEAL PLAN #42

### 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

- yellow onion (3) - *M/W*
- shallot (1 large) - *Th*
- yellow potatoes (1 ½ lb) - *W*
- red bell pepper (1) - *M*
- jalapeño pepper (1) - *M*
- celery (2 stalks) - *M*
- carrots (7) - *M/W*
- spaghetti squash (2 medium) - *Tu*
- lemon (1) - *W*
- seedless red grapes (3 c) - *Th*
- thyme (a few sprigs) - *Th*
- bagged salad - *F*

#### DAIRY / REFRIGERATED

- shredded cheddar cheese (2 c) - *Tu*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M*
- ground cumin - *M*
- dried Mexican oregano - *M (note)*
- paprika - *F*
- smoked paprika - *F*
- garlic powder - *F*
- onion powder - *F*
- dried thyme - *F*
- mustard powder - *F*

#### BREAD / PASTA / GRAINS

- quinoa (1 c dry) - *M*
- bread for serving with salmon - *F*
- steel cut oats (1 ½ c) - *Bonus*

#### PANTRY

- Dijon mustard - *Th*
- cornstarch - *Th*
- brown sugar - *F*

#### MEAT / FISH / PROTEIN

- whole chicken (6 lb) - *W*
- pork tenderloin (1 to 1 ½ lb) - *Th*
- salmon (four 6 oz fillets) - *F*

#### CANNED GOODS

- 15 oz can black beans (2) - *M*
- 28 oz can diced tomatoes (1) - *M*
- vegetable broth (24 oz) - *M*
- chicken broth (½ c) - *Th*

#### OTHER

- chili toppings (sour cream, cilantro, green onions, cheese, tortilla chips, avocado, etc) - *M*
- port wine (½c) - *Th*
- toppings for oatmeal (suggestions: fruit, chopped nuts, sunflower seeds, honey, brown sugar, maple syrup, jam, peanut butter, cinnamon, milk) - *Bonus*

#### NOTES

- If you buy fresh thyme for the pork (*Th*), it goes really well with roasted chicken (*W*) as well. Tuck a few sprigs into the cavity and sprinkle chopped thyme over the vegetables, too.
- Regular (Italian) oregano is fine too, if you can't find or don't want to purchase Mexican oregano (*M*).

