

# Rachel Cooks

## MEAL PLAN #43 - BUDGET

MONDAY



### Chunky Cheeseburger Soup

- Makes 8 servings. Leftover cheeseburger soup is great reheated for lunches or another quick dinner.
- If you prefer, substitute ground turkey for the ground beef.
- If you don't have chives, substitute chopped onions, green onions, or parsley.

TUESDAY



### One Pan Sausage and Rice

- This is a very satisfying meal and so easy to make.

WEDNESDAY



### Bacon Cheddar Quiche with Sweet Potato Crust

- If bacon isn't in your budget or you prefer a vegetarian meal, feel free to omit it. The quiche will have plenty of flavor without it.
- Serve with buttered toast or English muffins, if desired.

THURSDAY



### Mini Turkey Meatloaf Sheet Pan Dinner

- We love this sheet pan dinner – a whole meal on one pan. Because the meatloaves are small, they cook up quickly, in just over a half hour.

FRIDAY



### Tuna Pizza

- Tuna pizza is surprisingly good. It's like a really yummy tuna melt.
- I like to buy a ball of frozen pizza dough. You can easily make your own pizza dough (very easy and economical) or buy your favorite pizza crust.
- Serve tuna pizza with carrot sticks.

BONUS



### Healthy Banana Bread

- One store brand applesauce snack cup is the perfect size for this bread. Remaining cups can be used the next time you make the bread or in lunchboxes.
- Bananas are always a great deal. Eat them as a snack, sliced on oatmeal or cereal, or in smoothies, breads, muffins, etc.

NOTES

- Cooking Quote of the Week: "Simple ingredients prepared in a simple way – that's the best way to take your everyday cooking to a higher level." – Jose Andres





## GROCERY LIST FOR MEAL PLAN #43

### 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

- onion (4) - *M/Tu/W/Th*
- green onions (2) - *F*
- russet potatoes (4) - *M*
- small potatoes (1 lb) - *Th*
- sweet potatoes (2) - *W*
- celery (7 stalks) - *M/Tu/F*
- carrots (16 oz) - *Th*, extra for serving as a side with pizza (*F*) if desired
- bell peppers (2) - *Tu*
- green bell pepper (1) - *F*
- baby spinach (6 oz) - *W*
- chives (2 T) - *M/W*
- parsley (1 bunch) - *Tu/Th*
- ripe bananas (4) - *F*

#### DAIRY / REFRIGERATED

- butter (4 T) - *M*
- whole milk (16 oz) - *M/W*
- shredded cheddar cheese (3 ½ c) - *M/W/F*
- large eggs (9) - *W/Th/Bonus*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- Italian seasoning - *Th*
- vegetable or canola oil - *Bonus*

#### PANTRY

- all-purpose flour - *M/Bonus*
- baking soda - *Bonus*
- baking powder - *Bonus*
- granulated sugar - *Bonus*
- vanilla extract - *Bonus*
- ketchup - *M/Th*
- Dijon mustard - *M*
- mayonnaise - *F*
- bread crumbs - *Th*
- cornmeal - *F*
- hot sauce (optional) - *F*
- applesauce snack cups - *Bonus*

#### BREAD / PASTA / GRAINS

- uncooked long grain white rice (1 c) - *Tu*
- bread or English muffins (optional) - *W*
- pizza dough (1) - *F*

#### MEAT / FISH / PROTEIN

- lean ground beef (1 lb) - *M*
- ground Italian sausage (1 lb) - *Tu*
- center cut bacon (6 oz) - *W*
- ground turkey (1 lb) - *Th*

#### CANNED GOODS

- low-sodium beef broth (32 oz) - *M*
- no-salt-added tomato paste (2 T) - *M*
- 5 oz can tuna packed in water (2) - *F*

#### OTHER

- garnishes for soup - chopped tomatoes, onion, cooked bacon, and/or dill pickles (optional) - *M*

#### NOTES

- Budget tip #1: It's more economical to buy larger quantities; many of the ingredients such as potatoes, carrots, onions, celery, parsley, cheddar cheese, and whole milk are used for multiple meals this week.
- Budget tip #2: Larger packages of ground beef or turkey are also usually less expensive. Cook the whole package and freeze the extra for future meals.

