

# Rachel Cooks

## MEAL PLAN #45

MONDAY



### Crockpot Minestrone with Quinoa

- The ingredient list is long but most are easy pantry items like dried herbs and canned goods.
- Makes 8 servings. Leftover soup can be enjoyed for another meal or frozen.
- If you prefer, make the soup on the stovetop (see recipe for instructions).

TUESDAY



### Garlic Butter Steak Bites with Spinach and Baked Potatoes

- You can bake the potatoes in your oven, or make [air fryer baked potatoes](#), or [Instant Pot baked potatoes](#).
- If you don't care for spinach, substitute another vegetable of your choice.

WEDNESDAY



### Teriyaki Salmon with Cabbage Salad (Honey Lime Dressing)

- The teriyaki sauce can be used in other dishes, too. Try it on chicken or pork chops if you prefer those to salmon.

THURSDAY



### Slow Cooker Pork Chops

- Serve with steamed rice, noodles, or mashed potatoes, and a vegetable of your choice. Add your choice to the grocery list.
- If you don't want to use your slow cooker, try [air fryer pork chops](#) or stovetop [smothered pork chops](#).

FRIDAY



### Stuffed Pizza Bites with Garlic Butter

- Serve the pizza bites with a bagged salad, a bowl of soup, fresh fruit, or veggies and dip. Add your choice to the grocery list.

BONUS



### Texas Toast Garlic Bread

- This delicious garlic bread goes well with several of the meals on this week's meal plan. It's easy to make and so much better-tasting than frozen garlic bread.
- The [garlic butter](#) can be made ahead; it will keep for 3 days in the refrigerator. It has many uses; try it on baked potatoes, pasta, vegetables, or any type of bread.

NOTES

- Cooking Quote of the Week: "You can never have enough garlic. With enough garlic, you can eat The New York Times." Morley Safer





## GROCERY LIST FOR MEAL PLAN #45

### 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 (2 large) - *M/Th*
- green onions (optional) - *W*
- russet potatoes (4) - *Tu*
- garlic (2 heads) - *M/Tu/W/Th/Bonus*
- ginger root - *W*
- celery (2 stalks) - *M*
- carrots (3) - *M/W*
- zucchini (10 oz) - *M*
- sugar snap peas (1 c) - *W*
- sliced mushrooms (8 oz) - *Th*
- baby spinach (16 oz) - *Tu (note)*
- green cabbage (2 c) - *W (note)*
- red cabbage (2 c) - *W (note)*
- parsley (1 bunch) - *M/Tu/Th/Bonus*
- cilantro (small bunch) - *W*
- lemon (1) - *Tu*
- lime (1) - *W*

#### DAIRY / REFRIGERATED

- shredded parmesan cheese (1 c) - *M/F*
- unsalted butter (1 c / 2 sticks) - *Tu/Th/F/Bonus*
- shredded mozzarella (1 c) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried basil - *M*
- dried oregano - *M*
- dried rosemary - *M/Tu*
- dried thyme - *M/Th*
- sesame seeds (optional) - *W*
- paprika - *Th*
- garlic powder - *Th/F/Bonus*
- onion powder - *Th*
- Italian seasoning - *F*

#### BREAD / PASTA / GRAINS

- dry quinoa ( $\frac{3}{4}$  c) - *M*
- frozen pizza dough (1 lb) - *F*
- Texas toast bread (6 slices) - *Bonus*

#### PANTRY

- soy sauce ( $\frac{1}{4}$  c) - *W*
- sriracha sauce - *W*
- brown sugar - *W*
- honey - *W*
- rice vinegar - *W*
- cornstarch - *W/Th*
- all-purpose flour - *Th*
- chow mein noodles (optional) - *W*

#### MEAT / FISH / PROTEIN

- sirloin steak (1  $\frac{1}{2}$  lb) - *Tu*
- 4 salmon fillets (24 oz total) - *W*
- 4 (1-inch thick or thicker) bone-in pork chops (10 - 15 oz each) - *Th*

#### CANNED GOODS

- 28 oz can diced tomatoes (1) - *M*
- 14 oz can cannellini beans (1) - *M*
- 14 oz can red kidney beans (1) - *M*
- vegetable broth (32 oz) - *M*
- low-sodium beef broth (16 oz) - *Th*
- 15 oz can mandarin oranges in light syrup (1) - *W*
- marinara or pizza sauce - *F*

#### OTHER

- frozen green beans (2 c) - *M*
- frozen green peas (2 c) - *M*
- baked potato toppings - *Tu*
- rice, noodles, or potatoes, and a vegetable of your choice for serving with pork - *Th*
- bagged salad, soup, fresh fruit, or veggies and dip for serving with pizza bites - *F*

#### NOTES

- If you make the cabbage salad (*W*), you could omit the zucchini from the minestrone (*M*), and substitute green cabbage.
- Salad Shortcut (*W*): Instead of buying 2 cabbages (green and red), substitute an 8 oz. bag of coleslaw mix. You could also just go with one cabbage, either green or red.

