

Rachel Cooks

MEAL PLAN #51

MONDAY



Gnocchi With Kale & Sun-Dried Tomatoes

- If you like, add pre-cooked chicken sausages to this meatless entree. Slice the sausages into ½ inch rounds and brown them for 5 minutes or so before you add the garlic and mushrooms to the pan.
- This recipe makes 6 servings. It reheats well and makes a great lunch.

TUESDAY



Honey Garlic Salmon

- Serve with steamed rice and a vegetable of your choice.

WEDNESDAY



Crockpot Beef Stew

- If you prefer a faster method, try my [Instant Pot Beef Stew](#) (ready in 1 ½ hours). You can brown the beef in the Instant Pot, too.
- Serve the stew with bread or crackers of your choice. We really love homemade [beer bread](#)!

THURSDAY



Chicken with Cornmeal Dumplings

- Makes 6 servings (you may or may not have some left over; it's so good, you'll probably eat it all!).

FRIDAY



Air Fryer Chicken Nuggets

- Serve with dipping sauce and sides of your choice.

BONUS



Roasted Beets

- Enjoy beets as a side dish, a salad topping, or on a meal bowl. They keep well in the refrigerator for up to a week.
- The recipe can easily be doubled. Don't overcrowd the sheet pan; it's better to use two pans if you're making more. If you prefer, try [air fryer beets](#).

NOTES

- The featured meals this week are hearty and warming, perfect for winter months.
- Cooking Quote of the Week: "Cooking well doesn't mean cooking fancy." – Julia Child





GROCERY LIST FOR MEAL PLAN #51

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

- large onion (1) - W
- green onions (1 bunch) - Th
- baby potatoes (1 lb) - W
- 2 heads garlic (about 13 cloves) - M/Tu/W/Th
- sliced mushrooms (2 c) - M
- carrots (7 medium) - W/Th
- celery (7 stalks) - W/Th
- green bell pepper (1) - Th
- beets (1 ½ lb) - Bonus
- vegetable of choice for serving with salmon - Tu
- kale (5 c leaves) - M (see note)
- rosemary (1 sprig) - W
- thyme (1 sprig) - W
- bay leaf (1) - W
- fresh parsley (1 bunch) - Tu/W/Th
- lemon juice (optional) - Tu

DAIRY / REFRIGERATED

- butter (3 T) - M/Th
- grated Parmesan or Romano cheese (1 ½ c) - M
- reduced-fat buttermilk (¾ c) - Th
- egg (1) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - M/Tu
- paprika - Tu/W
- garlic powder - W/Bonus
- dried thyme (2 tsp) - Th
- dried parsley flakes - F
- dried rosemary - Bonus

BREAD / PASTA / GRAINS

- 1 lb package shelf-stable gnocchi (2) - M
- rice for serving with salmon - Tu
- bread or crackers to serve with stew - W

PANTRY

- honey (¼ c) - Tu
- soy sauce - Tu
- all-purpose flour - W/Th/F
- fine yellow cornmeal - Th
- baking powder - Th
- sugar - Th
- panko bread crumbs - F
- dry red wine (½ c) - W
- cornstarch - W
- red wine vinegar - Th

MEAT / FISH / PROTEIN

- chicken sausages (optional) - M
- 4 salmon fillets (6 oz each) - Tu
- beef chuck roast (3 lb) - W
- boneless skinless chicken thighs (1 ¾ lb) - Th
- boneless skinless chicken breasts (1 lb) - F

CANNED GOODS

- low-sodium chicken broth (36 oz) - M
- beef broth (20 oz) - W
- sun-dried tomatoes (7 oz. jar or 3.5 oz. package) - M
- tomato paste (2 T) - W
- 14.5 oz can diced tomatoes (1) - W
- 28 oz can whole peeled tomatoes - Th

OTHER

- frozen peas (2 c) - W
- dipping sauce for nuggets - F
- sides of choice for serving with chicken nuggets - F

NOTES

- A container of baby kale can be substituted for the chopped kale leaves (M).
- Dried herbs can be substituted if fresh herbs aren't available (W).

