

# Rachel Cooks

## MEAL PLAN #56 - BUDGET

MONDAY



### Mexican Rice with Instant Pot Pinto Beans

- If you don't have an Instant Pot, cook the beans on the stove or using your preferred method. Canned pinto beans can be substituted.
- Makes 5 cups of beans. You'll be using the remainder of the beans in other meals this week. They freeze well, too.

TUESDAY



### Healthy Ground Turkey Tacos

- Make a double batch of the taco meat. Refrigerate half of it for the taco salad on Thursday. Grocery list reflects ingredients needed for a double batch.
- Add a small spoonful of pinto beans (1 cup total) to each taco for added nutrition (and you'll use less meat!).

WEDNESDAY



### Sheet Pan Breakfast Tostadas

- Add cooked pinto beans to the tostadas. Mash 1 ½ cups of beans with a fork, then spread the mashed beans onto the tortilla before you add the cheese.
- Use the same toppings that you used for the tacos.

THURSDAY



### Taco Salad

- Use the extra ground turkey taco meat that you made on Tuesday, and the pinto beans you cooked on Monday (about 1 ½ cups).

FRIDAY



### Soy and Honey Glazed Chicken Drumsticks

- There's plenty of sauce so you can drizzle it over the rice and broccoli, too.
- If you prefer, bone-in skin-on chicken thighs can be substituted.
- Leftovers can be frozen for a future dinner. Thaw overnight in the refrigerator before reheating.

BONUS



### Healthy Pumpkin Bread

- Canned pumpkin is economical and full of nutrients. This recipe makes 2 large loaves. Slice the extra loaf and wrap individually for healthy lunchbox treats.
- If you like, slather on spreadable cream cheese for a real treat. Make your own vanilla whipped cream cheese. It's easy and so good!

NOTES

- The recipes on this Meal Plan are easy and economical. You'll be using some of the same ingredients for multiple recipes, saving time and money.
- Cooking Quote of the Week: "Cooking? Oh we were great, you'd take anything and melt cheese on it, and the one who could guess what it was didn't have to wash up!" – Dylan Moran





## GROCERY LIST FOR MEAL PLAN #56

### 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 (1) - *M*
- red onion (1) - *Tu*
- green onions (1 small bunch) - *Th*
- garlic (3 cloves) - *M/F*
- red bell pepper (2) - *M/Tu*
- grape tomatoes (2 c or about 1 pint) - *W*
- broccoli for serving with drumsticks - *F*
- iceberg lettuce (1 head) - *Tu* (see note)
- cilantro (1 bunch) - *M*

#### DAIRY / REFRIGERATED

- shredded sharp cheddar cheese (4 c) - *W/Th*
- eggs (11) - *W/Bonus*
- plain Greek yogurt (¾ c) - *Bonus*
- milk (¾ c) - *Bonus*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M*
- ground cumin - *M*
- Mexican oregano - *M*
- bay leaf - *M*
- taco seasoning (4 T or 2 packets) - *Tu/Th*
- pumpkin pie spice (2 tsp) - *Bonus*

#### BREAD / PASTA / GRAINS

- uncooked long grain white rice (2 c) - *M*
- rice for serving with drumsticks - *F*
- dry pinto beans (2 c or 1 lb) - *M*
- 6-inch corn tortillas (16+) - *Tu/W* (see note)

#### PANTRY

- all-purpose flour - *Tu/Bonus*
- whole-wheat flour - *Bonus*
- Catalina dressing (10 oz) - *Th*
- nacho cheese tortilla chips such as Doritos (2 c) - *Th*
- reduced sodium soy sauce (½ c) - *F*
- ketchup (¼ c) - *F*
- honey (½ c) - *F*
- dark brown sugar (¼ c) - *F*
- granulated sugar - *Bonus*
- pure vanilla extract - *Bonus*
- baking soda - *Bonus*
- baking powder - *Bonus*

#### MEAT / FISH / PROTEIN

- ground beef or turkey (2 lb) - *Tu*
- chicken drumsticks (3-4 lb) - *F*

#### CANNED GOODS

- vegetable or chicken stock (32 oz) - *M*
- tomato paste (2 T) - *M*
- salsa verde (½ c) - *W*
- 15 oz can pumpkin purée (1) - *Bonus*

#### OTHER

- your choice of toppings (cheese, tomatoes, salsa, sour cream, sliced radishes, avocado, picked red onions, etc) - *Tu/W/Th*

#### NOTES

- Buy corn tortillas to make the tacos (*Tu*). Corn tortillas are healthier and more economical than flour tortillas. You'll be using corn tortillas for the breakfast tostadas, too (*W*).
- Iceberg lettuce is a classic choice for tacos (*Tu*). The remaining lettuce will be used for the taco salad (*Th*).

