

Rachel Cooks

MEAL PLAN #60

MONDAY



Instant Pot Broccoli Cheese Soup

- This soup can easily be made on the stovetop if you prefer.
- Serve with Irish soda bread (see bonus recipe below) if you like, or crackers of your choice.

TUESDAY



Breaded Pork Chops, Roasted Potatoes, and Sautéed Cabbage

- The pork chops and potatoes can go in the oven together.
- If you prefer, make less cabbage (½ head) and save the remaining cabbage for later.

WEDNESDAY



Cream of Mushroom Chicken

- Serve with cooked rice or noodles and a vegetable or salad of your choice. Be sure to add your choices to the grocery list.

THURSDAY



Shepherd's Pie

- This recipe makes a large casserole with 10 servings. Invite guests, eat it the next day, or bake it in two 8 x 8 inch pans (or the equivalent). After baking, cool the extra casserole, wrap with foil, and freeze for up to 3 months. Thaw overnight in the fridge before reheating.

FRIDAY



Israeli Couscous Salad with Tomato, Mozzarella, & Herbs

- If you refrigerate the salad to serve later, add the basil and the dressing right before serving. If you have leftover salad, it can be refrigerated up to 3 days but the couscous will absorb some of the dressing. To refresh the salad, add more olive oil and vinegar, as needed.

BONUS



Irish Soda Bread

- Irish soda bread is quick bread, meaning that it doesn't require yeast, kneading, or rise times. It's delicious!
- Irish soda bread goes well with any of the meals this week.

NOTES

- Since St. Patrick's day is coming up soon, be sure to check out [recipes for St. Patrick's Day](#), with everything from green dips to sweet treats.
- Irish Blessing: "May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go."





GROCERY LIST FOR MEAL PLAN #60

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 onions (3) - *M/W/Th*
- red onion (1 small) - *F*
- garlic (4 cloves) - *Tu/W*
- red potatoes (1 ½ lb) - *Tu*
- Yukon gold potatoes (3 lb) - *Th*
- broccoli (1 head or 3 crowns) - *M*
- carrots (7) - *M/Th*
- green cabbage (1) - *Tu*
- white mushrooms (8 oz) - *W*
- grape tomatoes (1 pint) - *F*
- flat leaf or italian parsley (1 bunch) - *Tu/W/F*
- basil (1 c leaves) - *F*
- lemon (1) - *Tu*
- salad or vegetable of choice to serve with chicken - *W*

DAIRY / REFRIGERATED

- unsalted butter (12 T or 1 ½ sticks) - *M/Tu/W/Th/Bonus*
- whole milk (16 oz) - *M*
- milk, any type (4 oz) - *M*
- buttermilk (32 oz) - *Tu/Bonus*
- heavy cream (8 oz) - *W*
- shredded cheddar cheese (5 c) - *M/Th*
- grated Parmesan cheese (¼ c) - *Tu*
- fresh mozzarella balls (8 oz) - *F*
- egg (1) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried thyme - *M/W/Th*
- ground nutmeg - *M*
- cayenne powder - *M*
- bay leaf - *M*
- dry mustard powder - *Tu*
- garlic powder - *W*
- onion powder - *W*
- paprika - *W*

PANTRY

- cornstarch - *M/W*
- panko breadcrumbs (1 ½ c) - *Tu*
- all-purpose flour - *W/Th/Bonus*
- granulated sugar - *Bonus*
- baking soda - *Bonus*
- balsamic vinegar - *F*

BREAD / PASTA / GRAINS

- rice or noodles for serving with chicken - *W*
- pearl or Israeli couscous (1 c uncooked or 3 c cooked) - *F*

MEAT / FISH / PROTEIN

- boneless pork chops (4, about 8 oz each) - *Tu*
- chicken tenders (1 ½ lb) - *W*
- ground lamb (3 lb) - *Th, see note*

CANNED GOODS

- vegetable broth (24 oz) - *M*
- reduced-sodium chicken broth (8 oz) - *W*
- reduced-sodium beef stock (24 oz) - *Th*

OTHER

- frozen peas (10 oz) - *Th*
- dry red wine (1 c) - *Th*
- raisins or currants (1 c) - *Bonus, optional*

NOTES

- If desired, substitute lean ground beef for the ground lamb in the Shepherd's Pie (*Th*).

