

Rachel Cooks

MEAL PLAN #78

MONDAY



Cowboy Beans

- These hearty baked beans are always a hit at picnics, too. Makes 8 main dish servings.
- Serve with corn bread and a salad, if desired.

TUESDAY



Grilled Shrimp Kabobs with Pineapple

- For a lighter summer dish, serve the kabobs on fresh greens instead of steamed rice or couscous.

WEDNESDAY



Hash Brown Breakfast Casserole

- This hearty casserole is perfect for “brinner”. Serve with fruit or a green salad.
- Makes 8 servings. It reheats well and leftovers can be eaten for breakfast or lunch.

THURSDAY



Ranch Pasta Salad

- Serve the salad with grilled chicken or burgers.
- The recipe makes a big bowl of salad. It's popular at picnics and get-togethers. If you have leftover salad, refrigerate it for an easy lunch.

FRIDAY



Crockpot Buffalo Chicken Sandwiches

- Perfect for summer get-togethers! This recipe makes 12 servings so there's plenty for a crowd. It freezes well, too.
- Serve with celery sticks and blue cheese dressing (add ingredients to grocery list if you want to make your own).

BONUS



Buckeye Brownies

- Just like the candy, but so much easier to make!
- Makes a 9 x 13 inch pan; cut into small squares because the brownies are quite rich.

NOTES

- Cooking Quote of the Week: “All you need is love. But a little chocolate now and then doesn't hurt.” – Charles M. Schulz



GROCERY LIST FOR MEAL PLAN #78

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/F*
- red onion (1 small) - *Th*
- garlic (2 cloves) - *Tu*
- ginger root (1 teaspoon) - *Tu*
- poblano pepper (1) - *M*
- red bell peppers (3) - *M/W/Th/F*
- green bell pepper (1) - *W*
- cherry tomatoes (1 c) - *Th*
- english cucumber (½) - *Th*
- celery (optional) - *F*
- pineapple (1) - *Tu*
- cilantro (optional garnish) - *M*
- parsley (optional garnish) - *Th*
- fruit or salad to serve with hash brown casserole, optional - *W*

MEAT / FISH / PROTEIN

- Polish sausage or kielbasa (½ to ¾ lb) - *M*
- lean ground beef (1 lb) - *M*
- thick cut bacon (6 slices) - *M*
- jumbo shrimp, peeled and deveined (16 oz) - *Tu*
- ground breakfast sausage (16 oz) - *W*
- chicken or burgers to grill and serve with pasta salad - *Th*
- boneless skinless chicken thighs (1 ½ lb) - *F*
- boneless skinless chicken breasts (1 ½ lb) - *F*

DAIRY / REFRIGERATED

- shredded cheddar cheese (2 ½ c) - *W/Th*
- large eggs (14) - *W/Bonus*
- whole milk (1 c) - *W*
- sour cream (½ c) - *Th*
- buttermilk (4 oz) - *Th*
- blue cheese (optional garnish) - *F*
- unsalted butter (1 ½ c) - *Bonus*

BREAD / PASTA / GRAINS

- short pasta such as rotini (12 oz) - *Th*
- hamburger buns or slider rolls - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M*
- ranch seasoning mix (1 oz pkg) - *Th*
- garlic powder - *F*

CANNED GOODS

- 15.5 oz can pinto beans (1) - *M*
- 16 oz can pork and beans (1) - *M*
- 15.5 oz can great northern beans (1) - *M*
- 15.25 oz can black beans (1) - *M*
- black olives (½ c, optional) - *Th*
- 14.5 oz can tomato sauce (1) - *F*

PANTRY

- ketchup (¾ c) - *M*
- brown sugar (⅓ c) - *M/F*
- molasses (3 T) - *M*
- Worcestershire sauce - *M/F*
- yellow mustard - *M/F*
- honey (¼ c) - *Tu*
- low-sodium soy sauce - *Tu*
- rice vinegar - *Tu*
- sesame seeds, optional - *Tu*
- mayonnaise (1 c) - *Th*
- hot sauce (¼ c) - *F*
- cornstarch - *F*
- cocoa powder - *Bonus*
- granulated sugar - *Bonus*
- powdered sugar - *Bonus*
- vanilla extract - *Bonus*
- all-purpose flour - *Bonus*
- baking powder - *Bonus*
- smooth peanut butter (2 c) - *Bonus, see note*
- semi-sweet chocolate chips (12 oz) - *Bonus*

OTHER

- cornbread and/or salad to serve with beans, optional - *M*
- salad greens and/or rice to serve with grilled shrimp - *Tu*
- frozen shredded hash browns (15 oz) - *W*
- toppings for hash brown casserole: sliced green onions, diced tomatoes, salsa, sour cream, optional - *W*

NOTES

- For best results, we recommend not using natural peanut butter (*Bonus*).