

# Rachel Cooks

## MEAL PLAN #81

MONDAY



### Black Bean Burgers

- Homemade black bean burgers are so much better than frozen bean burgers! Serve them on a bun with your favorite toppings. I like them without a bun, too, with a salad or other sides.
- I often make a double batch and freeze the extras for a quick and easy meal.

TUESDAY



### Easy Hamburger Soup

- This soup recipe makes 8 servings. Leftover soup makes a fine lunch or another meal.
- If you prefer, the soup can be made with ground turkey instead of beef.

WEDNESDAY



### Fresh Tomato Pasta with Grilled Italian Marinade Chicken

- This recipe makes extra chicken. Reserve 3 cups leftover chicken (shredded) for the chicken fajita stuffed spaghetti squash (Th).
- The pasta recipe is delicious with summer-ripe tomatoes. It's similar to a pasta salad and it can be served warm or at room temperature.

THURSDAY



### Chicken Fajita Stuffed Spaghetti Squash

- Use the leftover grilled chicken from yesterday (W).
- Bake the squash halves, loosen the fibrous strands, and stuff with the fajita mixture, then broil briefly until hot. Top with your favorite taco toppings. So easy and delicious!

FRIDAY



### Firecracker Shrimp Salad

- Serve the shrimp on your favorite bagged salad or make a simple salad with fresh greens, sliced celery, carrots, tomatoes, etc. The sauce from the shrimp is usually enough to dress the salad or you can add a little extra sweet chili sauce to the salad.

BONUS



### Peach Pancakes with Peach Sauce

- The sauce is delicious on the peach pancakes but it's also great on waffles, ice cream, pound cake, shortcakes, Greek yogurt, etc.
- If fresh peaches aren't available, you can use frozen peaches instead.

NOTES

- Cooking Quote of the Week: "A Georgia peach, a real Georgia peach, a backyard great-grandmother's orchard peach, is as thickly furred as a sweater, and so fluent and sweet that once you bite through the flannel, it brings tears to your eyes." – Melissa Fay Greene





## GROCERY LIST FOR MEAL PLAN #81

### 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 (2) - *M/Tu*
- red onion (1) - *Th*
- shallot (1) - *W*
- green onions (3, optional) - *F*
- garlic (6 cloves) - *M/Tu/W/F*
- potatoes (3 large or about 2 lb) - *Tu*
- carrots (5) - *M/Tu*
- celery (4 stalks) - *Tu*
- assorted ripe tomatoes (1 ½ lb) - *W*
- red bell pepper (1) - *Th*
- green bell pepper (1) - *Th*
- spaghetti squash (2 small, about 1 ½ pounds each) - *Th*
- basil (1 c) - *W*
- cilantro (optional garnish) - *F*
- lime (1) - *F*
- peaches (6) - *Bonus*
- salad for serving with shrimp - *F*

#### MEAT / FISH / PROTEIN

- lean ground beef (1 lb) - *Tu*
- boneless skinless chicken breasts (3.5 lb) - *W/Th*
- large shrimp, peeled and deveined (16 oz) - *F*

#### BREAD / PASTA / GRAINS

- burger buns (4) - *M*
- pasta of choice (8 oz) - *W*

#### DAIRY / REFRIGERATED

- eggs (3) - *M/Bonus*
- shredded Parmesan cheese (½ c) - *W*
- Mexican blend shredded cheese (1 c) - *Th*
- butter (4 T) - *Bonus*
- buttermilk (¾ c) - *Bonus*

#### CANNED GOODS

- 15 oz can black beans (1) - *M*
- 6 oz can tomato paste (1) - *Tu*
- unsalted beef broth (32 oz) - *Tu*
- 14.5 oz cans diced tomatoes (2) - *Tu*
- capers (2 T) - *W*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- paprika - *M*
- cumin - *M*
- dried oregano - *M/W*
- dried parsley - *Tu/W (see note)*
- red pepper flakes - *W*
- garlic powder - *W/F*
- dried basil - *W*
- fajita seasoning (2 T) - *Th*
- sesame seeds (optional) - *F*

#### PANTRY

- ketchup - *M*
- old-fashioned oats (½ c) - *M*
- panko bread crumbs (½ c) - *M*
- sugar - *Tu/W*
- brown sugar - *Bonus*
- white or red wine vinegar - *W*
- cornstarch - *F*
- sweet chili sauce (½ c) - *F*
- Sriracha sauce - *F*
- honey - *F*
- apple cider vinegar - *F*
- soy sauce - *F*
- vanilla extract - *Bonus*
- all-purpose flour - *Bonus*
- baking powder - *Bonus*

#### OTHER

- burger toppings - *M*
- side of choice to serve with burgers - *M*
- toppings for fajita stuffed squash (sour cream, chopped tomatoes, sliced jalapeño pepper, salsa, etc) - *Th*

#### NOTES

- Fresh parsley may be used instead of dried parsley (*Tu*).

