

# Rachel Cooks

## MEAL PLAN #89 - SERVES 6

MONDAY



### Instant Pot Black Bean Soup

- Hearty black bean soup is perfect for “Meatless Mondays” but if you prefer, add ham, cooked bacon, or sausage to the soup. Be sure to add it to the grocery list.
- The soup can be cooked on the stove. Refer to the recipe card. Soak the beans overnight to decrease the cooking time.

TUESDAY



### Crockpot Meatloaf

- Serve the meatloaf with sides of your choice. I recommend mashed potatoes and green beans or cooked carrots.
- If you prefer, make baked meatloaf or air fryer meatloaf instead.

WEDNESDAY



### Creamy Coconut Shrimp

- Serve with your choice of vegetable, such as steamed broccoli or pea pods.
- I usually choose tails-off shrimp for this recipe. Be sure they are peeled and deveined. Frozen shrimp are fine; simply thaw them under cold running water.

THURSDAY



### White Chicken Chili

- This chili is very easy to make. If you prefer, try slow cooker white chicken chili or Instant Pot white chicken chili.
- Many of the same toppings you may have used for the black bean soup can be used for this chili, too.

FRIDAY



### Homemade Sloppy Joes

- Sloppy Joes can be made with either ground beef or ground turkey.
- Ingredients to make a double batch are included on the grocery list. If you have leftovers, it freezes well.
- Serve with chips and/or carrot and celery sticks if you have extra in the fridge.

BONUS



### Apple Cider Muffins

- Apple cider muffins are perfect for breakfast or a lunchbox treat.
- Serve the extra apple cider with the muffins or make apple cider mules or apple cider mocktails.

NOTES

Cooking Quote of the Week: “This kitchen serves up hugs, conversations, and sometimes even meals.” - Author Unknown



## GROCERY LIST FOR MEAL PLAN #89

### 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 (5) - *M/Tu/W/Th/F*
- garlic (7 cloves) - *M/Tu/W*
- ginger root (1 T) - *W*
- celery (2 stalks) - *M/Tu*
- carrots (3) - *M/Tu*
- jalapeño peppers (3) - *M/W*
- red bell peppers (2) - *W/F*
- green bell pepper (1) - *F*
- cilantro (1 bunch) - *M*
- parsley (optional garnish) - *Tu*
- basil (optional garnish) - *W*
- limes (4) - *M/W*
- apples (3) - *Bonus*
- vegetable of choice for serving with shrimp - *W*

#### MEAT / FISH / PROTEIN

- ground meat, preferably a combination of beef and pork (2 lb) - *Tu*
- medium or large shrimp (20/30 count), peeled and deveined (2 lb) - *W*
- boneless skinless chicken breasts (4) - *Th*
- ground turkey (2 lbs) - *F*

#### BREAD / PASTA / GRAINS

- dried black beans (1 lb or 2 c) - *M*
- rice for serving with shrimp - *W*
- buns for sloppy joes (6) - *F*

#### DAIRY / REFRIGERATED

- large eggs (4) - *Tu/Bonus*
- milk (4 oz) - *Tu*
- shredded Monterey Jack cheese (8 oz) - *Th*
- butter (¼ c or 4 T) - *Bonus*

#### CANNED GOODS

- low-sodium vegetable broth (32 oz) - *M*
- low-sodium chicken broth (32 oz) - *Th*
- 14 oz can coconut milk (1) - *W*
- salsa (8 oz) - *Th*
- 48 oz jar great northern beans (1) - *Th*
- 15 oz can black beans (1) - *Th*
- 15.25 oz can yellow corn (1) - *Th*
- 14.5 oz can diced tomatoes (1) - *Th*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *W*
- ground cumin - *M/Th*
- chili powder - *M*
- red pepper flakes - *M*
- bay leaf - *M*
- Mexican oregano - *Th, see note*
- cayenne pepper - *Th*
- garlic powder - *F*
- ground cinnamon - *Bonus*
- ground nutmeg - *Bonus*
- ground ginger - *Bonus*

#### PANTRY

- panko bread crumbs (1 c) - *Tu*
- ketchup (2 c) - *Tu/F*
- Worcestershire sauce - *Tu/F*
- brown sugar - *Tu/W/F*
- red wine vinegar - *Tu*
- yellow mustard - *F*
- granulated sugar - *Bonus*
- all-purpose flour (1 c) - *Bonus*
- whole wheat flour (1 c) - *Bonus, see note*
- baking powder - *Bonus*
- baking soda - *Bonus*
- powdered sugar - *Bonus*

#### OTHER

- optional toppings for black bean soup and chili: sour cream, shredded cheese, crushed tortilla chips, sliced avocado, sliced jalapeños - *M/Th*
- sides of choice for meatloaf - *Tu*
- optional sloppy joe toppings such as: cheese, lettuce, coleslaw, tomato, chopped red onions - *F*
- chips or side of choice for serving with sloppy joes - *F*
- apple cider - unfiltered apple juice, NOT apple cider vinegar or hard apple cider (½ c) - *Bonus*

#### NOTES

- If you can't find dried Mexican oregano, regular oregano is fine (*Th*).
- If desired, use only all-purpose flour instead of half whole wheat (*Bonus*).