

Fall 5 DAY MEAL PLAN



Butternut Squash Soup

Serves 6

Ingredients:

- 2 small or 1 large butternut squash (about 3.5 lbs.), peeled, seeded, and cut into 1-inch cubes (or 20oz. bag of fresh pre-chopped squash)
- 5 Tablespoons extra virgin olive oil
- 1 tsp salt
- 1 tsp. freshly ground black pepper
- 4 cups low-sodium chicken broth
- 10 sage leaves
- 1 medium onion, chopped
- 1 tbsp minced garlic (about 2 cloves)
- 3/4 cup heavy cream, plus a little more for serving
- 6 slices of bacon, cooked & crumbled. (*optional for topping)

Directions:

- In a large bowl, toss together the squash, 1 tablespoon of the oil, the salt, and pepper.
- In the biggest soup pot you have, heat 2 tablespoons of the oil over medium-high heat. Add the squash and spread it out in one layer and let it sit there (don't move it) until the underside gets nice and dark brown, 6 to 7 minutes. (Split this into two batches if your pot isn't big enough.)
- Continue to turn the squash and cook until the underside is browned, 5 to 6 minutes. Add just a little of the broth to dissolve the sticky bits in the pot and dump it all into a separate plate or bowl.
- Heat two tablespoons of oil in the pot, then chop 10 sage leaves and add to the pot. Add the onion and garlic and cook, scraping the bottom of the pan to loosen those yummy browned bits, until the onions are soft and lightly golden, 7-8 minutes.
- Add the previous batch of squash and the remaining broth and bring to a boil. Reduce the heat and simmer until the squash is tender and starting to fall apart, about 25 minutes.
- Use an immersion hand blender to puree or carefully transfer the soup to a blender and blend until almost smooth; a few chunks are okay. Return soup to pot, add cream and warm up for about 5 minutes.
- Divide the soup among six bowls, swirl a spoonful of cream into each one, and top each bowl with bacon if desired.

Slow Cooker Creamy Salsa Verde Chicken

Serves 4-5

Ingredients:

- 3 raw chicken breasts (1.5 lbs.)
- 8 oz. prepared green salsa
- 4 oz. cream cheese
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- salt & pepper
- chopped cilantro *optional garnish
- one can black beans and rice for serving or tortillas for tacos

Directions:

- Place chicken breasts in slow cooker and season both sides with cumin, garlic, salt & pepper.
 - Pour salsa on top of meat.
 - Cover, and cook on LOW for 6-7 hours, or HIGH 3-4 hours.
 - About 30 minutes before done, shred chicken. Stir in cream cheese, put lid back on, and let melt with chicken.
 - Serve with a little more green salsa and top with chopped cilantro if desired.
 - Serve this chicken with rice and beans, or as desired in tacos.
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Sheet Pan Chicken Pesto

Serves 4-5

Ingredients:

- 1/2 cup prepared pesto
- 12 oz. fresh brussels sprouts, trimmed, cut
- 10 oz. fresh cauliflower florets
- 1/2 cup grape tomatoes
- 1 cup fresh asparagus, chopped
- 1.5 pounds raw chicken breast, chopped in one inch pieces

Directions:

- Pre-heat oven to 400. *(Cover sheet pan first with parchment paper for easy cleanup.)*
- In a large bowl, stir veggies and 1/4 cup pesto to coat.
- Place on a large sheet pan.
- Season chicken with salt & pepper. Coat chicken with 1/4 cup pesto, and add to the sheet pan. Bake for about 24-30 minutes until chicken is cooked and veggies are tender.

Slow Cooker Sausage & Corn Chowder

Serves 6

Ingredients:

- 1 lb. smoked sausage
- 1/2 cup chopped onion
- 3 c. frozen potato O'brien hash-browns with onions and peppers (half a bag)
- 2 carrots, peeled and chopped
- 15 oz. can sweet corn, cream style
- 10 oz. can cream of mushroom soup
- 2 cups chicken broth
- 2 garlic cloves, minced
- salt & pepper to taste

Directions:

- Cut up sausage in bite size pieces and brown it along with chopped onion in a skillet over medium heat.
 - Place sausage in a slow cooker. Top with hash-browns and carrots, corn, soup, garlic and broth. Mix all in the slow cooker.
 - Cover and cook on low setting for 6 to 8 hours. Serve warm.
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Easy Mexican Lasagna

Serves 8

Ingredients:

- 1.5 pounds ground beef
- taco seasoning packet
- 10 oz. Rotel Diced Tomatoes & Green Chillies, un-drained
- 10 oz. can red enchilada sauce
- 12 corn tortillas
- 15 oz. can of corn, drained
- 15 oz. can black beans, drained
- 2 and 1/2 Mexican shredded cheese
- optional toppings: olives & sliced green onion

Directions:

- Preheat oven to 350 degrees. Spray 9x13 casserole dish with non-stick spray.
- Cook ground beef in a skillet on the stove and season with taco seasoning packet. Mix in Rotel and enchilada sauce with the meat.
- Spoon 1/3 of the meat mixture on the bottom of casserole dish. Layer 6 tortillas over the top of meat.
- Spoon another 1/3 of the meat over the tortillas, along with 1/2 can of corn, 1/2 can of beans, and half of the shredded cheese.
- Repeat with 6 other tortillas, remaining meat, corn, beans, and top with cheese.
- Bake covered with foil for about 25 minutes. Remove foil for the last 5 minutes.
- Serve warm. Top with chopped green onion and olives if desired.

Fall
5 DAY MEAL PLAN

GROCERY LIST



Meat

- 6 slices bacon
- 1.5 pounds ground beef
- 1 pound smoked sausage
- 3 pounds chicken breasts

Produce

- 1 large butternut squash or 20 oz. bag pre-chopped
- 10 sage leaves
- 2 medium onions
- 4 cloves garlic
- 2 carrots
- 3 green onions
- Cilantro
- 1 cup fresh asparagus
- 10 oz. cauliflower florets
- ½ cup grape tomatoes

Refrigerator

- ¾ cup heavy cream
- 4 oz. cream cheese
- 2.5 cups shredded Mexican cheese
- ½ cup prepared pesto

Pantry

- 10 oz. can Rotel Diced Tomatoes & Chilies
- 10 oz. can red enchilada sauce
- 12 corn tortillas
- 2- 15 oz. can black beans
- Small can sliced olives
- white rice
- 6 cups chicken broth
- 8 oz. jar green salsa
- 15 oz. can sweet corn, cream style
- 10 oz. can cream of mushroom soup
- 5 tablespoons olive oil

Seasonings

- Salt & pepper
- Taco seasoning packet
- Cumin
- Garlic powder