



# Meal Plan 1

## TUNA PROVENÇALE F-1

Prep: 1 hr. Bake: 30 min. Serves: 4 Iron Skillet

### INGREDIENTS:

- 1 ½ lbs. tuna steak
- 1 tbsp. lemon juice
- ½ tsp. salt
- 1 dash pepper
- 2 tbsp. olive oil
- ½ cup onion\*
- 1 ½ lb. tomatoes\*
- 1 garlic clove\*
- ¼ tsp. oregano
- 1/8 tsp. thyme
- 1 c. dry white wine

\*diced

### DIRECTIONS:

- (1) Prepare and marinate fish. Thaw, rinse, and remove skin from tuna steak. In Iron Skillet, mix lemon juice, salt, and pepper. Beat in 1 tbsp. olive oil. Arrange tuna in skillet and marinade. Cover. Place in fridge 45 minutes basting 3 times.
- (2) Sauté fish. Discard marinade. Add 1 tbsp. olive oil. Sauté both sides till brown.
- (3) Bake fish. Preheat oven to 350 degrees. Add remaining ingredients. Cover with foil and bake 30 minutes.

Serve with boiled potatoes & green beans.

## SLOPPY JOES M-1

Prep: 5 min. Cook: 20 min. Serves: 4 Iron Skillet

### INGREDIENTS:

- 1 lb. ground beef
- ¼ cup onion\*
- 1 T. Worcestershire sauce
- 1 T. vinegar
- 2 T. brown sugar
- 1 tsp. mustard
- ¼ cup ketchup
- 4 hamburger buns
- 1 coleslaw kit

\*diced

### DIRECTIONS:

- (1) Sauté beef and onion in skillet until cooked. Drain fat. Add rest of ingredients except last two. Simmer 15 minutes.
- (2) Mix coleslaw kit or make homemade.
- (3) Serve beef on buns with side of coleslaw.

## CHICKEN TACO SOUP P-1

Prep: 10 min. Time: 4 hrs. Serves: 4-8 Crock Pot

### INGREDIENTS:

- 1 lb. chicken breast
- 1-28 oz. can diced tomatoes
- 2-14 oz. can black beans
- 1-14 oz. can corn
- 1 tbsp. taco seasoning
- 4 cups water
- 4 tbsp. cilantro, diced
- 4 tbsp. avocado, diced
- 4 tbsp. sour cream

### DIRECTIONS:

Place all ingredients, except last 3 in crock pot. Cook on high 4 hours or low for 6. Top with cilantro, avocado, and sour cream.

\*Serve with corn chips on the side, opt.

## Avocado Corn Bowl V-1

Prep: 45 min. Cook: 15 min. Serves: 4 Level: Easy Oven

### INGREDIENTS:

- 1 ½ cups white rice
- 1 bag mixed greens
- 1 ½ cups cabbage
- 2 corn cobs
- 1 cup grape tomatoes
- 1/3 cup red onion
- 1/3 cup feta cheese
- ¼ cup pistachios
- 4 hard-boiled eggs
- 1 avocado

### DIRECTIONS:

- (1) Boil rice according to package directions.
- (2) Boil eggs for 8 minutes. Cool and peel.
- (3) Prepare salad bowls. Add greens, thinly diced cabbage, sliced corn, grape tomatoes, diced onion, feta cheese, pistachios, sliced eggs, and sliced avocado to 4 bowls.
- (4) Mix Basil-Lime Vinaigrette: ½ cup olive oil, ¼ cup lime juice, 2 tbsp. vinegar, 1 ½ tsp. sugar, 1 clove garlic, minced, ½ tsp. salt & ¼ cup fresh cilantro or basil. Drizzle and serve.



### FRESH PRODUCE

- 0 1 lemon
- 0 2 onion (yellow & red)
- 0 1 ½ lb. tomatoes
- 0 1 cup grape tomatoes
- 0 1 garlic clove
- 0 4 potatoes, large
- 0 2 coleslaw kits
- 0 fresh cilantro, 5 tbsp.
- 0 2 avocado
- 0 1 bag mixed greens
- 0 2 corn-on-cob

### MEAT

- 0 1 ½ lbs. fresh tuna steak
- 0 1 lb. ground beef
- 0 1 lb. chicken breast, skinless

### DAIRY

- 0 sour cream, 4 tbsp.
- 0 feta cheese, 1/3 cup
- 0 eggs, 4

### PACKAGED

- 0 dry white wine, 1 cup
- 0 hamburger buns, 4
- 0 1-28 oz. can diced tomatoes
- 0 2-14 oz. cans black beans
- 0 1-14 oz. can corn
- 0 1 tbsp. taco seasoning
- 0 1 bag corn chips, optional
- 0 1 ½ cups white rice
- 0 pistachio nuts, ¼ cup

### FROZEN

- 0 green beans, 1 bag

### HAVE ON HAND

- Worcestershire Sauce, vinegar, olive oil, brown sugar, mustard, ketchup, oregano, thyme, salt, pepper