

Meal Plan #3

PUMPKIN SOUP A-3

Prep: 5 min. Cook: 4 hrs. Serves: 4 Level: Easy Crock Pot

INGREDIENTS:

- 1 tbsp. olive oil
- 1/2 onion, diced
- 3 garlic cloves, crushed
- 1-28 oz. pure pumpkin
- 2 cups chicken stock
- 1 cup water
- 1 tbsp. curry powder
- 1 tbsp. brown sugar
- 8 slices crusty French baguette

DIRECTIONS:

Mix all ingredients except bread in slow cooker. For additional flavor add cinnamon, salt, and pepper to taste. Cook on high for for hours or low for 6 hours. Serve with French baguette.

Tip: Baked apples for dessert.



MEATBALL PIZZA B-3

Prep: 10 min. Cook: 20 min. Serves: 4-6 Level: Easy Oven

INGREDIENTS:

- 1 lb. meatballs
- 1-14 oz. pizza sauce
- 3/4 cup mozzarella cheese
- 1/2 cup ricotta cheese
- 1/2 bunch fresh basil, diced
- 1 pizza crust
- 1 salad kit

DIRECTIONS:

Sauté meatballs in skillet. Drain fat. Add remaining ingredients except last two. Stir in and cover with pizza crust. Bake in oven at 400 for 15-20 minutes. Mix salad kit and serve on the side.

Tip: Save time with tube pizza crust.



ORANGE CHICKEN C-3

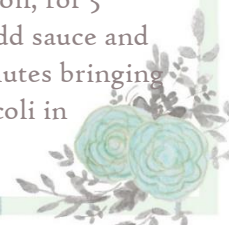
Prep: 10 min. Cook: 20 min. Serves: 4 Level: Easy Stove Top

INGREDIENTS:

- 1 cup orange juice
- 2 tbsp. corn starch
- 3 tbsp. soy sauce
- 1/8 tsp. cayenne pepper
- 4 tsp. honey
- 1 tsp. orange zest
- 1 lb. chicken breast
- 1 bag frozen broccoli
- 1 cup white rice

DIRECTIONS:

Prepare the sauce by whisking together first 6 ingredients. Set aside. Cook rice according to package directions. Cut chicken into bite sized pieces and sauté in medium-high skillet, coated with olive oil, for 5 minutes or no longer pink. Add sauce and turn heat to medium for 5 minutes bringing to boil to thicken. Steam broccoli in microwave. Serve over rice.



BAKED ZITI V-3

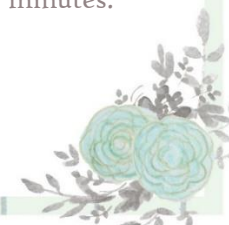
Prep: 15 min. Cook: 15 min. Serves: 4 Level: Easy Oven

INGREDIENTS:

- 1-16 oz. ziti pasta
- 1 lb. zucchini
- 1 tbsp. olive oil
- 1-28 oz. diced tomatoes
- 1 tbsp. balsamic vinegar
- 1/2 bunch fresh basil, diced
- 3/4 cup mozzarella cheese
- salt & pepper to taste

DIRECTIONS:

In a large pot cook ziti according to package directions. Meanwhile in large skillet, sauté sliced zucchini in olive oil until tender. Remove from heat. To skillet add remaining ingredients. Bake at 350 for 15 minutes.



GROCERY LIST #3

FRESH PRODUCE

- zucchini, 1 lb.
- fresh basil, 1 bunch
- salad kit, 1
- orange, 1
- onion, 1/2
- garlic clove, 3

MEAT

- meatballs, 1 lb.
- chicken breast, 1 lb.

DAIRY

- mozzarella cheese, 1 1/2 cup
- ricotta cheese, 1/2 cup
- pizza crust, 1 tube
- orange juice, 1 cup

PACKAGED

- ziti pasta, 16 oz.
- diced tomatoes, 28 oz.
- pizza sauce, 14 oz.
- white rice, 1 cup
- pure pumpkin, 28 oz.
- chicken stock, 2 cups
- French baguette, 8 slices

FROZEN

- broccoli, 1 bag

HAVE ON HAND

- olive oil, 2 tbsp.
- balsamic vinegar, 1 tbsp.
- corn starch, 2 tbsp.
- soy sauce, 3 tbsp.
- cayenne pepper, 1/8 tsp.
- honey, 4 tsp.
- curry powder, 1 tbsp.
- brown sugar, 1 tbsp.