

# Meal Plan 5

## FALL HARVEST CHOPS A-5

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

### INGREDIENTS:

2 lg. sweet potatoes  
2 lg. green apples  
2 Tbsp. butter  
¼ cup yellow onion  
¼ cup celery  
1 tsp. poultry seas.  
Salt & pepper  
4 cups cubed bread  
4-pork chops  
½ cup golden raisins  
1 tsp. cinnamon

### DIRECTIONS:

- (1) Preheat oven to 400.
- (2) Dice. Peel and dice sweet potatoes into bite-sized cubes. Core and dice apples.
- (3) Make stuffing. In iron skillet, add butter, onion, celery, poultry seasoning, salt & pepper. Sauté briefly. Add bread and stir.
- (4) Arrange and Bake. Top stuffing with pork chops, then top with sweet potatoes, apples, and raisins. Sprinkle all with cinnamon.
- (5) Bake. Cover with foil and bake 50 minutes.  
\*I add milk to stuffing if too dry.

## FALL CHILI STEW B-5

Prep: 15 min. Cook: 50 min. Serves: 4-6 Soup Pot

### INGREDIENTS:

1 lb. ground beef  
4 cloves garlic\*  
½ cup celery\*  
½ cup carrots\*  
2 T. chili powder  
¼ cup flour  
1 T. dried oregano  
1 T. dried cumin  
3 ½ cup beef broth  
2-15 oz. cans pinto beans

### DIRECTIONS:

- (1) Sauté beef, garlic, celery, and carrots in skillet until cooked. Drain fat. Stir in next 4 ingredients.
- (2) Add broth & beans. Slowly stir in broth. Drain, rinse, and add beans.
- (3) Simmer broth for 45 minutes.

\*diced

I like to top chili with red onion, sour cream, and cilantro (not included on list).

## CREAMY CHICKEN C-5

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

### INGREDIENTS:

3 cups sliced mushrooms  
¼ cup onion or shallot  
1 cup chicken broth  
½ cup white wine  
½ cup cream  
1 cup white rice  
¼ cup sliced almonds  
¼ cup golden raisins  
1 ½ lb. skinless chicken breast  
¼ tsp. cayenne

### DIRECTIONS:

Sauté mushrooms & onion in 2 Tbsp. butter. Stir in broth, wine, and cream. Boil 1 min. To crock pot add: rice, almonds, raisins, 1 cup water, salt, sliced chicken (sprinkled with cayenne, salt, and pepper), and mushroom sauce. Cook on high 4 hours.

Serve with green beans and topped with parsley and diced red pears.

## Mediterranean Salad V-5

Prep: 10 min. Cook: 15 min. Serves: 8 Level: Easy Skillet

### INGREDIENTS:

2 cups chicken broth  
1 garlic clove, sliced  
1 cup Quinoa, uncooked  
1 15 oz. can Chick Peas  
¼ cup red onion  
¼ cup Kalamata olives  
¼ cup Feta cheese  
¼ cup fresh Parsley  
1 Tbsp. Balsamic vinegar  
1 Tbsp. EVOO

### DIRECTIONS:

In a medium skillet, bring first 3 ingredients to a boil. Reduce to medium-low, put lid on, and simmer for 15-20 minutes. Meanwhile rinse chick peas, and slice remaining ingredients as needed. Transfer cooked quinoa to large bowl. Add all ingredients and stir well. Finish with salt and pepper to taste. Serve on top of 1 cup of sliced Romaine Lettuce and a wedge of lemon on the side (optional).  
\*Serve leftovers for lunch.

## GROCERY LIST 5

### FRESH PRODUCE

0 sweet potatoes, 2 large  
0 green apples, 2 large  
0 yellow onion, ½ cup  
0 celery, ¾ cup  
0 carrots, ½ cup  
0 garlic clove, 5  
0 sliced mushrooms, 3 cups  
0 red onion, ¼ cup  
0 parsley, ¼ cup fresh  
0 romaine lettuce, 1 head  
0 lemon, 1 optional

### MEAT

0 pork chops, 4  
0 ground beef, 1 lb. lean  
0 skinless chicken breast, 1½ lb.

### DAIRY

0 butter, 4 tbsp.  
0 cream, ½ cup  
0 Feta cheese, ¼ cup

### PACKAGED

0 beef broth, 3½ cups  
0 pinto beans, 2-15 oz. cans  
0 chicken broth, 3 cups  
0 Quinoa, 1 cup uncooked  
0 Chick Peas, 1-15 oz. can  
0 Kalamata olives, ¼ cup  
0 white bread cubes, 4 cups  
0 golden raisins, ¾ cup  
0 white rice, 1 cup  
0 sliced almonds, ¼ cup

### HAVE ON HAND

Balsamic vinegar, EVOO, salt, pepper, poultry seasoning, cinnamon, chili powder, flour, oregano, cumin, white wine, cayenne, green beans, parsley, red pears (opt.)