

**Meal Plan for  
March 18 - 22, 2013**

*\*\*All recipes are based on a family of 4 -- Tweak as necessary\*\**

**MONDAY**

***Make-Your-Own Sub Sandwiches***

What you'll need:

Sub Buns

Lunchmeat(s) of your choice

Sliced cheese(s) of your choice

Lettuce

Tomatoes, sliced

\*any condiments of your choice

Side dish(es) of your choice

**TUESDAY**

***UKM #3's Pasta Bake / Salad / Garlic Bread***

What you'll need:

1 box pasta of your choice

1 lb. Italian sausage, ground

1 yellow squash

1 tsp. minced garlic

1 tsp. oregano

1 2-cup bag Italian (or mozzarella) cheese mix

1 can Italian blend seasoned diced tomatoes

1 jar of your favorite spaghetti/marinara sauce

1 loaf frozen garlic bread

1 bag of salad

Salad veggies of your choice

\*Brown sausage

\*Cook pasta, drain

\*Reserve 1 cup of cheese

\*Mix all items together

\*Put in a baking dish, and top with remaining cup of cheese

\*Bake at 350\* and cook until heated through.

DELISH!!

## WEDNESDAY

### ***Sloppy Joes / Steamed Broccoli***

What you'll need:

1 lb. ground beef

1/4 cup onion, chopped

1 clove garlic, minced

1 can Sloppy Joe sauce/mix

1 bunch Broccoli, cut into pieces

Garlic Salt

\*In a large pan, add 1 Tbsp. olive oil & sautee the onion & garlic. Add ground beef & brown. Drain any fat, then put back into the pan.

\*In the same pan, add in the can of Sloppy Joe sauce/mix until warmed through.

For broccoli:

\*In a large microwave-safe dish, add broccoli pieces, a few dashes of garlic salt, and 1 cup of water. Cover & steam in microwave for 4 minutes.

## THURSDAY

### ***Beef Stew in the Crockpot***

What you'll need:

1 package stew meat

(\*I purchase the "family size", so I can make one kit for dinner, one for the freezer)

2 Baking potatoes, peeled & diced into large pieces

10-15 baby carrots, chopped coarsely

3 stalks of celery, sliced into large chunks

1 onion, chopped coarsely

2 cloves garlic, chopped

2 beef bouillon cubes + 2 cups of water

1-2 Tbsp. Worcestershire sauce

Cornstarch

Salt/Pepper

**\*\*If you are making a freezer kit, you will need to double this recipe, but withhold the bouillon cubes/water/Worcestershire/cornstarch\*\***

\*Add meat & veggies into your crockpot.

\*Add garlic

\*Add Salt/Pepper

\*In a microwave-safe measuring cup, put 2 cups water + 2 beef bouillon cubes into the microwave on HIGH for 3 minutes. Water should be boiling. Stir bouillon cubes until dissolved.

\*Add beef bouillon broth into crockpot, making sure to pour over where you've salted/peppered, so that it becomes evenly distributed throughout the crockpot. Stir to make sure all items have been redistributed in the crockpot. Liquid should be to about half of the crockpot.

**\*\*If you are assembling this in the morning, set your crockpot on LOW, and leave it until 5pm (or whenever you get home).**

**\*\*If you are assembling this around noon, set your crockpot on HIGH, and leave until 5pm (or whenever you get home).**

To thicken your stew: In a bowl or measuring cup, add 1-2 Tbsp. cornstarch and a bit of water to form a thick liquid. Pour into your stew, and stir. Give it a few minutes. If it needs more thickening, repeat until desired thickness is reached. Taste to see if it needs more salt/pepper. (can be served as-is, or over rice/noodles)

## FRIDAY

### ***Tacos!***

(Obviously, everyone likes different things on their tacos, so this is definitely a “Make-Your-Own” type of meal. This recipe includes what MY family likes. Tweak it to your liking!)

What you'll need:

1 lb. ground beef

1/2 packet taco seasoning (or more, depending on your tastes)

Tomatoes, diced

Lettuce, shredded

Onion, diced

Black olives, sliced

Mexican blend cheese, shredded -or- queso

Sour Cream

1 can fat-free refried beans (for bean dip)

1 can green enchilada sauce (for bean dip)

4 avocados (for guacamole)

Lime juice (for guacamole)

Garlic Salt (for guacamole)

Tortillas

Hot Sauce/Salsa

\*Brown ground beef along with taco seasoning, set aside & keep warm.

\*dice/chop/shred all veggies - put each in a bowl for serving.

\*For bean dip: In a saucepan, pour in green enchilada sauce, then add refried beans. Heat on low until well-blended & warm. (caution...this will bubble if heated on too high of a setting... I suggest low to low-medium.)

\*For guacamole: Halve & take out seed of each avocado. With a spoon, scoop avocado into a medium-sized mixing bowl. Mash with a fork until desired consistency is reached. Sprinkle in garlic salt a little at a time. Taste. If seasoned to your liking, add in a couple dashes of lime juice. Taste. Tweak as necessary. \*\*If making guacamole in advance, be sure to cover guacamole with plastic wrap. Push down to cover the top of the guacamole - so no air touches the mixture. Once air touches it, it turns brown! Refrigerate until needed.

Assemble tacos to your liking!

