SHELFCOOKING

Meal Plan Subscription





THIS WEEK'S MEAL PLAN | DEC 5-11

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HOW TO USE THIS MEAL PLAN

GETTING STARTED

- Every Friday, the next week's plan will be uploaded to your home page. We will also send you a link via email, making it easy peasy for you to access your plan!
- From your home page, you will see the option to download this week's meal plan. If you're reading this, you likely already figured that out!
- Go ahead and print that PDF, and BAM! You now have all the resources you need handy for a whole week of stress-free, simple, delicious family meals!

WEEKLY PREP PLAN

- Your weekly "Prep Plan" is your best friend!! It outlines a few simple tasks each day that, if you do them, will make dinnertime a BREEZE!
- The Prep Guide is broken down by daily to-do lists. The tasks are simple but will make a huge difference as you go throughout the week, saving you so much time & energy, and preventing food waste (aka, money down the garbage disposal). If you can check off your list each day, you can sleep well knowing you're set for tomorrow.
- **PRO TIP: Use a planner? At the beginning of each week, copy each day's to-do list down in your planner to stay organized.**

HELPFUL ICONS

BRIGHT IDEA | REUSE IT | TIME SAVER | FREEZE IT! | RECIPE TWIST | MONEY SAVER

HOW TO USE THIS MEAL PLAN (CONTINUED)

INGREDIENTS

- Before shopping, check your pantry inventory, and cross off any ingredients you already have.
- There is a letter & number in parentheses next to each ingredient. This indicates which recipe(s) the ingredient is needed for. This way, if your aren't going to be making one of the recipes that week, you can easily identify which ingredients you won't need and can cross them off the list.
- Missing something? We've made substituting crazy easy by including options for substitutes right in the recipes!

Shelf Cooking is a smarter, faster, cheaper way of preparing delicious food and bringing your family back to the dinner table—together. And you won't believe how easy it is. Let's do this!

Jordan Page

RECIPES

- Each week's meal plan includes recipes for 5 dinners with side ideas and 2 delicious Shelf Cooking friendly dessert options.
- You will notice some of the recipes might call for leftovers from a previous week or ingredients that were prepped ahead. That's the beauty of the plan! The prep is built into the plan, saving you time and energy, so you can invest more in what matters most.
- Speaking of what matters most, you will notice that on each recipe page is a topic for "table talk." Dinner time is often one of the only moments in the day that we can have our whole family together, so let's make the most of it by engaging in meaningful (and fun!) conversation with our fams.

THIS WEEK'S *meal plan*

	MAIN DISH	SIDE
SUNDAY	Classic Pot Roast & Veggies	Everyday Green Salad
MONDAY	Baked Chicken Spinach Pasta	Caprese Garlic Bread
TUESDAY	Easy Taquitos & Salsa Dip	Jazzed Up Black Beans
WEDNESDAY	Easy Sesame Chicken	Stir-Fry Veggies
THURSDAY	Cheesy Bacon Potato Soup	Buttery Knot Rolls
FRIDAY	*Date Night or Leftovers	
SATURDAY	*Date Night or Leftovers	
DESSERTS	Easiest Ever Fudge	Dipped Ginger Cookies

*Get ideas for date night or leftover meal ideas at shelfcooking.com!

THIS WEEK'S groceries

Remember to shop your shelves BEFORE going to the store! Cross off any items you already have on hand or can substitute with one of our recommended substitutes (see individual recipes for substitution options).
See the key below to determine which ingredients pair with which recipe.

FRESH PRODUCE

- [ ] 11 cloves garlic **S1, M1**
- [ ] 3 Tbsp minced garlic **M2, T2, W2, R1**
- [ ] 2 medium tomatoes **M2**
- [ ] 3 yellow onions **S1, W2, R1**
- [ ] 2 1/2 lbs yukon gold potatoes **S1**
- [ ] 4 russet potatoes **R1**
- [ ] 1.5 lb baby carrots **S1, W2**
- [ ] 2 large carrots **R1**
- [ ] 1 red onion **S2, T2**
- [ ] 5 c mixed greens **S2**
- [ ] 1 cucumber **S2**
- [ ] 5 c spinach **M1**
- [ ] 2 c broccoli florets **W2**
- [ ] 2 c sugar snap peas **W2**
- [ ] 3 green bell peppers **W2, R1**

CANNED/PACKAGED

- [ ] 1/4 tsp garlic salt **W1**
- [ ] 1/4 tsp red pepper flakes **W1**
- [ ] 1 2/3 Tbsp sesame seeds **W1, W2**
- [ ] 1/4 c dijon mustard **S2**
- [ ] 2 tsp dried thyme **S1, R1**
- [ ] 1 tsp dried rosemary **S1**
- [ ] 1 Tbsp dried basil **M2**
- [ ] 1/2 c balsamic vinegar **M2**
- [ ] 2 tsp Worcestershire sauce **S1**
- [ ] 1 1/4 c bacon bits **S2, R2**
- [ ] 12 oz white chocolate melting wafers **D2**
- [ ] 2 tsp sesame oil **W1, W2**
- [ ] 1 (10 oz) can diced tomatoes with green chilies **R1**
- [ ] 2 (4 oz) cans green chiles **W1**
- [ ] 1 1/8 c salsa **W1**
- [ ] 1 lb bowtie pasta **M1**
- [ ] 1 c marinara sauce **M1**
- [ ] 30 6-inch corn tortillas **T1**
- [ ] 1/3 c teriyaki sauce **W1**

MEAT & SEAFOOD

- [ ] 5 lb chuck roast **S1, T1**
- [ ] 7 large chicken breasts **M1, W1**

REFRIGERATED

- [ ] Grated parmesan **R2**
- [ ] 1 3/4 c salted butter **M2, R1, R2, D2**
- [ ] 4 c shredded mozzarella **M1, M2**
- [ ] 1 lb shredded cheddar **T1**
- [ ] 2 c shredded pepper jack **R1**
- [ ] 1/2 c sour cream **T1**
- [ ] 1 large egg **D2**
- [ ] 3 c half and half **R1**

BAKERY

- [ ] 1 loaf French bread **M2**

FROZEN

- [ ] 12 Rhodes dinner rolls **R2**

They often mark down fresh cuts of meat that are about to reach their sell-by date. Purchase these meats at a discount to freeze for later!

STAPLES/LEFTOVERS

- [ ] Salt and pepper **ALL DAYS**
- [ ] 2 tsp vanilla extract **D1**
- [ ] 1 tsp cinnamon **W1, D2**
- [ ] 1 1/8 tsp ground ginger **W1, D2**
- [ ] 1/2 tsp ground cloves **W1, D2**
- [ ] 1 Tbsp cumin **T2**
- [ ] 1 tsp Italian seasoning **M1**
- [ ] 1/2 tsp onion powder **M1**
- [ ] 1/2 c mayo **T1**
- [ ] 1 Tbsp vegetable oil **T1, W2**
- [ ] 2 (12 oz) bags chocolate chips **D1**
- [ ] 2 (14 oz) cans sweetened condensed milk **D1**
- [ ] 1 c olive oil **S1, S2, M1, W1, R1**
- [ ] 1 1/4 c brown sugar **W2, D2**
- [ ] 1/4 c molasses **D2**
- [ ] 3 1/4 c flour **W1, R1, D2**
- [ ] 2 tsp baking soda **D2**
- [ ] 1/4 c granulated sugar **D2**
- [ ] 1/4 c apple cider vinegar **S2**
- [ ] 3 (15 oz) cans black beans **T1, T2**
- [ ] 1 1/4 c beef broth **S1**
- [ ] 6 1/2 c chicken broth **M1, W2, R1**
- [ ] 4 Tbsp soy sauce **W1, W2**
- [ ] 7/12 c honey **S2, W1**
- [ ] 3 Tbsp cornstarch **S1, W2**
- [ ] 1 c white rice **W1**

KEY

S1: Sunday Main
S2: Sunday Side
M1: Monday Main
M2: Monday Side
T1: Tuesday Main
T2: Tuesday Side
W1: Wednesday Main
W2: Wednesday Side
R1: Thursday Main
R2: Thursday Side
D1: Dessert Option 1
D2: Dessert Option 2

THIS WEEK'S prep plan

Your Prep Plan acts as a guide to easier stress-free meal prep.
Follow our daily meal prep recommendations to stay ahead of the game and make mealtime a breeze!

SUNDAY

- [ ] Don't forget to start your roast in the slow cooker about 9 hours before you would like dinner to be ready tonight!
- [ ] Save some beef for taquitos on Tuesday. We recommend setting aside 2.5-3 cups of shredded meat.

MONDAY

- [ ] If you have extra chicken breasts on hand, dice a couple up to cook while making tonight's recipe. Store airtight in freezer bags, label with the date, and freeze to use in the future for pastas, casseroles, soups, and more!

TUESDAY

- [ ] To have tonight's taquitos and beans done at the same time, prepare the taquitos for the oven first. Move taquitos to the oven once beans are boiling (see recipe).
- [ ] If your chicken breasts for tomorrow's dinner are frozen, take them out of the freezer tonight and place them on a plate in the fridge to dethaw overnight.

WEDNESDAY

- [ ] To save time tomorrow, start unthawing your rolls tonight! Place them on a greased baking sheet, cover with plastic wrap, and refrigerate until ready to use tomorrow.

THURSDAY

- [ ] If you didn't pull out your dinner rolls already, set them out to thaw 5 hours before dinner. Let thaw and shape into knots 1-2 hours before dinner so they have time to rise.
- [ ] Prep and dice potatoes and veggies early in the day to save time in the evening. Store potatoes submerged in water.

FRIDAY

- [ ] New plan day! Check out & print next week's meal plan.
- [ ] Update pantry inventory.

SATURDAY

- [ ] Check next week's grocery list & cross off any items you can substitute or already have.
- [ ] Get groceries for next week.

EXTRA MEAL PREP TIPS

- [ ] Cook extra meat in bulk, then divide and store your meat in meal-size portions to save time and make your meat go further.

SUNDAY MAIN

classic pot roast & veggies

INGREDIENTS

- 1 1/2 Tbsp olive oil, divided
- 1 (3 lb) chuck roast *or 3 lb butt or round roast*
- Salt and pepper *or season with Montreal steak seasoning for an extra punch of flavor*
- 1 yellow onion, sliced
- 5 garlic cloves, minced (1 1/2 Tbsp) *or 2 tsp garlic powder*
- 1 1/4 c beef broth
- 2 tsp Worcestershire sauce
- 1 tsp dried thyme *or 1 tsp oregano*
- 1 tsp dried rosemary *or 1 tsp sage*
- 2.5 lbs yukon gold potatoes, quartered *or 2.5 lbs of any type of potato*
- 1 lb baby carrots
- Optional: 2 1/2 Tbsp cornstarch mixed with 3 Tbsp beef broth for making a gravy *or replace cornstarch with 2 1/2 Tbsp flour*

SLOW COOKER INSTRUCTIONS

1. In a large pot over medium-high heat, add 1 tablespoon olive oil. Dab roast dry with paper towels, and season generously with salt and pepper or steak seasoning. Rub the seasoning into the meat.
2. Add roast to pot and sear each side until brown (4-5 minutes per side). Place roast in slow cooker.
3. Add remaining 1/2 Tbsp olive oil to the pot. Add onion and saute for 2 minutes. Add garlic and saute 30 more seconds. Dump onion and garlic over the roast in your slow cooker, then place pot back over heat.
4. To the pot, add beef broth, Worcestershire sauce, thyme, and rosemary. Cook for about 15 seconds, scraping the bottom of the pot to deglaze (get the browned bits off the bottom of the pot). Remove from heat.
5. Add potatoes and carrots to the slow cooker, pour beef broth evenly over top then season with more salt and pepper or steak seasoning.
6. Cover slow cooker and cook on low heat for 8-9 hours.
7. Remove roast and vegetables, and cover with foil to keep warm while you prepare your gravy from the broth remaining in the slow cooker. Pour leftover broth from the slow cooker into a saucepan over medium-high heat. Whisk together 3 Tbsp of cornstarch with 3 Tbsp beef broth until well combined. Whisk the mixture into the broth in the saucepan. Bring to a simmer, and allow to cook for about 1 minute, or until gravy thickens to your liking.
8. Serve roast and veggies with gravy , salad, and bread.

INSTANT POT INSTRUCTIONS

1. Follow steps 1-3 listed above, but place roast in instant pot instead of slow cooker, leaving out the carrots. Set valve to sealed. Select manual and cook on high pressure for 50 minutes. Add carrots and cook on high for 10 minutes. Allow to natural release 10 minutes. Continue to Step 7.

PREP TIME	25 MINUTES
COOK TIME	8-9 HOURS
READY	9 HR 25 MIN
SERVES	6-8

NOTES

TABLE TALK

What do you know how to do that you can teach to others?

SUNDAY SIDE

everyday green salad

INGREDIENTS

FOR THE SALAD

- 5 c mixed greens 5 c any lettuce will do
- 1/4 c bacon bits
- ¼ red onion, sliced
- 1 cucumber, peeled and sliced into rounds
- Optional: any nuts or seeds you have on hand (sunflower seeds, sliced almonds, pecans, etc.)

FOR THE DRESSING

- 1/4 c dijon mustard or 1/4 c mustard
- 1/4 c honey
- 1/4 c apple cider vinegar
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 c olive oil or 1/4 c avocado oil

or just use your favorite salad dressing!

INSTRUCTIONS

1. Combine all dressing ingredients in a large mason jar. Secure the lid and shake to combine. Store in the fridge until ready to use.
2. When ready to serve, toss all salad ingredients together in a large serving bowl. Add dressing to taste, then toss once more and serve.

SWITCH IT UP!

Salads are so easy to switch up - and a great way to use up extra veggies going bad! A few of our favorite add-ins for this salad are tomatoes, corn, bell pepper, or croutons. You can also beef it up with meat for easy weekday lunches!

PREP TIME	5 MINUTES
COOK TIME	0 MINUTES
READY	5 MINUTES
SERVES	6

NOTES

WEDNESDAY MAIN

baked chicken & spinach pasta

INGREDIENTS

- 1 lb bowtie pasta *or 1 lb elbow macaroni, shells, or penne*
- 1/4 c olive oil
- 4 boneless, skinless chicken breasts (about 2 lb), diced
- 6 cloves garlic, minced *or 2 Tbsp minced garlic, or 2 tsp garlic powder*
- 1 tsp salt
- 1 tsp Italian seasoning
- 1/2 tsp onion powder
- 5 c fresh spinach, chopped
- 1/4 c chicken broth
- 1 c marinara sauce
- 2 c shredded mozzarella *or 2 c shredded cheddar or monterey*

or 2 lb pre-cooked chopped or shredded chicken (great use for leftover chicken, or rotisserie chicken would be SO good in this recipe!)

INSTRUCTIONS

1. Preheat the oven to 350°F. Add pasta to a large pot, fill with water to cover pasta, then set over high heat and bring to a boil. Once boiling, cover and remove from heat. Allow to sit for about 8-10 minutes, or until pasta is just al dente. Drain and set aside.
2. While the pasta is cooking, set a large skillet over medium heat. Once it's hot, add the olive oil. Add chicken and brown on all sides (about 10 minutes). Add the garlic and simmer with the chicken until it's fragrant and begins to turn golden (about 3 minutes).
3. Add the salt, Italian seasoning, onion powder, spinach, chicken broth, and marinara to the skillet. Cook for an additional 3-5 minutes, or until the spinach begins to wilt. Toss the contents of the skillet with the pasta, then dump the mixture into a 9x13 baking dish. Sprinkle the cheese evenly over the top and bake for 25 minutes.
4. Enjoy with a side of garlic bread.

DOUBLE & FREEZE

This recipe is a great meal to double and freeze! Double the recipe and divide into 2 baking dishes before baking (bake the one you would like to freeze in a disposable 9x13 foil baking tin. Allow to cool after baking, then cover with foil, and label with the date and reheating instructions. To reheat, thaw in fridge overnight, then bake at 350°F until heated through.

MAKE YOUR OWN MARINARA!

Making your own marinara sauce is easier than you think! Saute 1/2 of a diced onion until soft, then add 3 teaspoons minced garlic, 1 (28 oz) can crushed tomatoes, and 1 teaspoon Italian seasoning. Bring to a boil, and simmer 15 minutes. Add salt and pepper to taste, and voila!

PREP TIME	35 MINUTES
COOK TIME	25 MINUTES
READY	1 HOUR
SERVES	6-8

NOTES

TABLE TALK

If you were a sound, what would it be?

WEDNESDAY SIDE

caprese garlic bread

INGREDIENTS

- 1 loaf French bread, horizontally cut in half or 3 hoagie rolls
- 4 Tbsp salted butter, softened
- 1 Tbsp minced garlic or 1 tsp garlic powder
- 1-2 c shredded mozzarella
- 2 medium tomatoes, sliced
- 1/2 c balsamic vinegar
- Salt and pepper, to taste
- 1 Tbsp dried basil

PREP TIME	10 MINUTES
COOK TIME	20 MINUTES
READY	30 MINUTES
SERVES	8-10

INSTRUCTIONS

1. Preheat oven to 400°F. Place both sides of the bread on a large baking sheet with the cut side up.
2. In a small bowl, combine butter and garlic and spread evenly on bread halves. Sprinkle the mozzarella on top of the bread, making sure the cheese covers the bread completely. Place tomato slices over the top of the cheese.
3. Bake bread for 12-15 minutes or until the cheese is melted.
4. While the bread is in the oven, make the balsamic reduction. Place the balsamic vinegar in a small saucepan. Bring the vinegar to a boil, decrease the heat to low, and simmer, stirring occasionally, until the mixture is reduced by about half. This should only take about 5-7 minutes. Set aside.
5. Remove the bread from oven. Season with salt and pepper and sprinkle with dried basil. Drizzle with the balsamic reduction. Cut into slices and serve.

NOTES

SWITCH IT UP!

There are so many ways to level up garlic bread. If Caprese isn't your style, omit the tomatoes, balsamic vinegar, and basil, and try one of these unique ways to level-up your bread instead!

- Add herbs: Try sprinkling with 1 Tbsp Italian seasoning, oregano, thyme, or rosemary.
- Make dippers: After baking, cut the garlic bread into thin slices and serve with a marinara sauce for dipping.
- Sub butter for mayo: Trust us. The savory creamy addition is to die for!

TUESDAY MAIN

easy taquitos with salsa dip

INGREDIENTS

TAQUITOS

- 1 Tbsp vegetable oil
- 2 lbs shredded beef or 2 lb shredded chicken or ground beef
- 1 (15 oz) can black beans, rinsed and drained
- 2 Tbsp salsa or a couple shakes of your favorite hot sauce
- 1 lb shredded cheddar or 1 c shredded Mexican blend cheese
- 30 6-inch corn tortillas or 15-20 small flour tortillas

SALSA DIP

- 1 c chunky salsa
- 1/2 c mayo
- 1/2 c sour cream or 1/2 c plain greek yogurt

INSTRUCTIONS

1. Preheat oven to 400°F. Grease a baking sheet with nonstick spray.
2. In a large bowl, mix cooked shredded beef with beans, taco seasoning, and salsa or a couple shakes of your favorite hot sauce. Tip: use a hand or stand mixer on low to gently mix the ingredients and shred the meat simultaneously!
3. In a large pan over medium heat, heat the oil. Once oil is hot, fry corn tortillas for 10-12 seconds on each side, until warmed and very slightly fried - Don't let them get crunchy or they will be hard to roll! Set fried tortillas on paper towels to absorb any excess grease.
4. Add a sprinkle of cheese and 2 Tbsp beef mixture to each tortilla and roll tightly into taquitos.
5. Place taquitos seam-side down onto the baking sheet. Bake for 6-8 minutes, then flip and bake for 6-8 minutes more, or until golden brown and crunchy.
6. While taquitos bake make salsa dip by adding all dip ingredients to a bowl and mixing well.
7. Serve taquitos with dip and a side of black beans and/or Spanish rice.

DOUBLE & FREEZE

Taquitos are a great freezer meal to have on the ready for easy weekday lunches or dinners. We recommend doubling this recipe and freezing half for later! To freeze for later, allow taquitos to cool completely, then freeze in a single layer on a cookie sheet. Once frozen, transfer to freezer bags labeled with the date and name of recipe. Use within 3 months. To reheat bake for 8-10 minutes at 400°F, flipping halfway through.

REPURPOSE LEFTOVERS

Double the meat mixture and use for meals throughout the week! Some of our favorite suggestions are salads, tacos, burritos, chimichangas, or nachos.

PREP TIME	20 MINUTES
COOK TIME	15 MINUTES
READY	35 MINS
SERVES	6-8

NOTES

TABLE TALK

What dream(s) do you have for your future?

TUESDAY SIDE

jazzed-up black beans

INGREDIENTS

- 2 (15.25 oz) cans black beans, with liquid
- 1/2 c red onion diced or 1/2 c yellow onion
- 1 Tbsp cumin or 1 Tbsp taco seasoning
- 1 Tbsp minced garlic or 1 tsp garlic powder
- 1 (10 oz) can diced tomatoes with green chilies or 1/2 can diced tomatoes + 1 can green chiles
- Salt and pepper, to taste

INSTRUCTIONS

1. To a medium pot over medium heat, add all ingredients. Mix well.
2. Bring to a boil, then reduce heat to low and cover. Allow to cook, covered, for 15 minutes, removing lid only to stir occasionally.
3. Remove from heat, season with salt and pepper, and serve.

SWITCH IT UP!

This recipe works great with pinto beans as well! If using pinto beans, we recommend going with a yellow onion instead of red for a better flavor pairing.

REPURPOSE LEFTOVERS

Leftover black beans? Great! You can store them in an airtight container in your fridge and use them for burritos, enchiladas, tacos, nachos, quesadillas, and salads over the next week. You can also turn leftovers into a bean dip by pulsing in a blender or food processor.

PREP TIME	5 MINUTES
COOK TIME	20 MINUTES
READY	25 MINUTES
SERVES	6

NOTES

MONDAY MAIN

easy sesame chicken

INGREDIENTS

- 1 c white rice
- 1/2 c all-purpose flour
- 1/2 tsp black pepper
- 1/8 tsp ground ginger
- 1/4 tsp garlic salt
- 1/4 tsp red pepper flakes
- Dash of ground cloves
- Dash of ground cinnamon
- 2-3 large chicken breasts, cut into 1-inch pieces
- 1/3 c teriyaki sauce
- 1/3 c honey or 1/3 c brown sugar
- 1 Tbsp soy sauce or 1 Tbsp coconut aminos
- 1 tsp sesame oil
- 2 Tbsp olive oil
- 1 Tbsp sesame seeds

INSTRUCTIONS

1. Cook rice according to package directions. Set aside.
2. In a large resealable plastic bag, combine flour, black pepper, ground ginger, garlic salt, red pepper flakes, cloves, and cinnamon.
3. Place chicken into the bag and shake to coat.
4. In a small bowl, stir together teriyaki sauce, honey, soy sauce, and sesame oil.
5. Heat olive oil in a large skillet or over medium-high heat. Using tongs, remove chicken from bag, shake off the excess flour, and place into skillet. Brown on both sides until middle is no longer pink.
6. Reduce heat to low. Mix in teriyaki and honey mixture and stir until sauce bubbles and thickens.
7. Stir in sesame seeds and serve immediately over rice.

DOUBLE & FREEZE

Double this recipe for an easy weekday meal on the ready! Seal airtight in freezer bags, label with the date and name of recipe, and freeze for up to 3 months. To reheat, thaw in fridge overnight, then place into a pan over medium heat and cook until heated through.

REPURPOSE LEFTOVERS

Leftover chicken? Here are a few delicious ways to use up your leftovers: Asian chicken wrap, Asian chicken salad, enjoy as is (reheat over stovetop and serve over rice)

PREP TIME	10 MINUTES
COOK TIME	20 MINUTES
READY	30 MINUTES
SERVES	4-6

NOTES

TABLE TALK

Tell us one thing you like best about this family?

MONDAY SIDE

stir-fry veggies

INGREDIENTS

- 1 Tbsp oil
- 1 yellow onion, sliced
- 1 c carrots, sliced lengthwise
- 2 c broccoli florets
- 2 c sugar snap peas
- 2 bell peppers, sliced
- 1 tsp minced garlic or 1/2 tsp garlic powder
- 3 Tbsp soy sauce
- 1 Tbsp brown sugar or 1 Tbsp honey
- 1 tsp sesame oil
- 1/4 c chicken broth or 1/4 c beef broth
- 1/2 Tbsp cornstarch or 1/2 Tbsp flour
- 2 tsp sesame seeds

INSTRUCTIONS

1. Add oil to a large skillet over medium-high heat. When the oil is hot, add the carrots and onion. Cook for 2 minutes, stirring constantly.
2. Add the remaining vegetables and garlic. Cook for an additional 5-7 minutes, or until onions are softened, stirring constantly.
3. Meanwhile, mix together the soy sauce, brown sugar, sesame oil, chicken broth, and cornstarch in a small bowl.
4. Pour over veggies and continue cooking until sauce has thickened.

SWITCH IT UP!

If you have extra veggies about to go bad in your fridge, toss them in the mix with this recipe! You can also beat an egg into the sauce to make this side a little more filling.

REPURPOSE LEFTOVERS

These leftovers are great for wraps, salads, or frying up again with sliced beef or chicken and a little extra teriyaki sauce.

PREP TIME	10 MINUTES
COOK TIME	15 MINUTES
READY	25 MINUTES
SERVES	6-8

NOTES

THURSDAY MAIN

cheesy bacon potato soup

INGREDIENTS

- 1 Tbsp olive oil
- 1 yellow onion, diced
- 2 tsp minced garlic
- 2 large carrots, peeled and diced *or 1 cup diced baby carrots*
- 2 (4 oz) cans green chiles
- 1 green bell pepper, diced *or 1 of any color bell pepper*
- 4-6 c chicken broth
- 4 c cubed russet potatoes *or 4 c cubed potatoes of your choice*
- 1 c real bacon bits *or 6 slices bacon cooked & crumbled*
- 1/2 c butter
- 1/2 c flour
- 2-3 c half and half *or 2 (12 oz) cans evaporated milk, 2 c milk, or 2 c heavy cream*
- 2 c shredded pepper jack cheese *or 2 c shredded cheddar or monterey jack*
- 1 tsp thyme
- Salt and pepper, to taste

STOVETOP INSTRUCTIONS

1. Heat oil in a large soup pot over medium heat. Add onion, garlic, carrots, green chiles, and bell pepper. Saute until the onion is soft.
2. Once onions are soft, add chicken broth and bring to a boil. Reduce heat to medium-low and simmer for about 20 minutes, or until carrots are cooked.
3. While soup simmers, boil potatoes in a large saucepan of water until tender (about 10 minutes). Once potatoes are tender, drain them and add them to the soup pot with bacon bits.
4. Return the saucepan to the stovetop and use it to melt butter over low heat
5. Once butter is melted, increase heat to medium and whisk in the flour. Continue whisking until the mixture is bubbly. Then add milk and continue cooking until the mixture thickens. Add to soup.
6. Stir in the cheese until melted, then add thyme and season with salt and pepper to taste.
7. Serve with a side of buttery rolls, and enjoy!

SWITCH IT UP!

Want to beef up this recipe a bit? Dice up cooked ham or chicken and add to the soup with the roux (butter-flour-milk mixture) in Step 5.

PREP TIME	20 MINUTES
COOK TIME	20 MINUTES
READY	40 MINUTES
SERVES	6-8

NOTES

TABLE TALK

Who do you think you are most like in your family?

THURSDAY SIDE

buttery knot rolls

INGREDIENTS

- 12 Rhodes dinner rolls, thawed or any brand 12 frozen dinner rolls, thawed
- 1/4 c butter, melted
- Optional: grated parmesan

INSTRUCTIONS

1. Grease a muffin tin with nonstick cooking spray.
2. Using the palm of your hand, roll each thawed roll into a rope about 9 inches long. Brush each rope with butter and tie into a loose knot.
3. Place the knots into your greased muffin tin and cover with plastic wrap. Allow to rise for 1-2 hours, or just until doubled in size.
4. When rolls have risen, heat oven to 350°F. Remove plastic wrap from rolls, sprinkle with parmesan if desired, and bake for 12-15 minutes or until golden brown.

DOUBLE & FREEZE

You can never have too many rolls on hand, right? For rolls on the ready, double this recipe (use two baking sheets with 12 rolls on each). After baking, allow rolls to cool completely, then wrap tightly in foil and place in an airtight freezer bag before freezing. Keeps in freezer for up to 1 month. To reheat, remove the foil-wrapped rolls from the freezer bag, loosen the foil slightly, then bake at 300°F for 20-25 minutes, or until heated through.

SWITCH IT UP!

Level up the flavor in these rolls by mixing one of these flavor enhancers with the butter before brushing over the rolls in Step 2:

- 1 Tbsp garlic
- 1 Tbsp Italian seasoning
- 2 tsp onion powder
- 2 Tbsp grated parmesan

TIME SAVER

If your crunched on time, tying the rolls in knots isn't essential. You can just let them rise and bake on a baking sheet according to package instructions.

PREP TIME	10 MINUTES
RISE TIME	1 HOUR
COOK TIME	15 MINUTES
READY	1 HR 25 MIN
SERVES	12

NOTES

DESSERT OPTION 1

easiest ever fudge

INGREDIENTS

- 2 (12 oz) bags chocolate chips any kind will work!
- 2 (14 oz) cans sweetened condensed milk
- 1/2 tsp salt
- 2 tsp vanilla extract
- Optional Toppings: chopped nuts, crushed peppermint candies, sprinkles, caramel drizzle, coconut flakes, chopped candy bars, etc.

INSTRUCTIONS

1. Line a 9x9 baking dish with parchment paper and spray with nonstick cooking spray.
2. In a large bowl over low heat, melt the chocolate chips, sweetened condensed milk, salt, and vanilla together, stirring constantly.
3. Continue stirring until everything is melted together smoothly. Continue cooking for about 5 minutes.
4. Transfer the fudge to the lined baking dish, and use a rubber spatula to smooth it into an even layer, reaching all the edges.
5. Sprinkle desired toppings on and lightly press them into the fudge.
6. Allow the fudge to cool on the countertop (1 hour) or fridge (30 minutes) before cutting into squares.
7. Enjoy! Store leftovers in a sealed zip-top bag on the counter for up to 1 week or in the fridge for up to 2 weeks.

DOUBLE & FREEZE

Double this recipe to keep on hand for holiday gifts or parties. To store, place in a freezer bag, seal airtight, and refrigerate for up to 2 weeks or freeze for up to 3 months.

SWITCH IT UP!

This recipe works with almost any type of chocolate chips! Try subbing the chocolate chips with one of these amazing flavor alternatives!

- 1 bag dark chocolate chips + 1 bag mint chips
- 1 bag semi-sweet chocolate chips + 1 bag peanut butter chips
- 1 bag milk chocolate chips + 1 bag caramel chips
- 2 bags white chocolate chips (add crushed peppermint candies)

PREP TIME	5 MINUTES
COOK TIME	10 MINUTES
REST TIME	1 HOUR
READY	1 HR 15 MINS
YIELDS	25 SQUARES

NOTES

DESSERT OPTION 2

dipped ginger cookies

INGREDIENTS

COOKIES

- 3/4 c butter, softened
- 1 c brown sugar
- 1 large egg
- 1/4 c molasses
- 2 1/4 c flour
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground cloves
- 1/4 tsp salt

TOPPING

- 1/4 c granulated sugar, for rolling on the cookies
- 12 oz white chocolate melting wafers
- Optional: holiday sprinkles

or 12 oz almond bark

or 2 1/2 tsp pumpkin pie seasoning

PREP TIME	30 MINUTES
COOK TIME	10 MINUTES
READY	40 MINUTES
YIELDS	24 COOKIES

NOTES

INSTRUCTIONS

1. Preheat the oven to 375°F. Line a baking sheet with a silicone mat or parchment paper and set it aside.
2. Combine the butter and sugar in a large bowl. Cream for one minute or until fluffy.
3. Add in the egg and beat until smooth. Next, add in the molasses and mix until combined.
4. Place the flour, baking soda, cinnamon, ginger, cloves, and salt into a large bowl and whisk until combined. Then add to the butter mixture. Mix just until combined. Be careful not to overmix. Refrigerate dough for 10 minutes.
5. Place the granulated sugar in a small bowl. Using a cookie scoop, roll the cookie dough into a ball. Roll the dough in the sugar until completely coated. Place on the baking sheet, about 2 inches apart.
6. Bake 8-10 minutes and let cool on the pan for 5 minutes before moving to a cooling rack.
7. Let cookies cool completely and melt white chocolate or almond bark according to package directions.
8. Dip each cookie halfway into the white chocolate and use a spoon to help coat each side. Decorate with sprinkles and let chocolate set before serving.

DOUBLE & FREEZE

You can never have too many cookies on hand in December! Make an extra batch of these guys and freeze them in airtight freezer bags. You'll have cookies on hand to give out all month long! Or just snack on them as you please - we won't judge.