

SHELF COOKING™

Meal Plan Subscription



THIS WEEK'S MEAL PLAN | MAR 19 - MAR 25, 2023

SHELF COOKING™

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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!



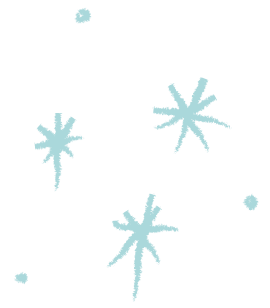
RECIPE
TWIST



MONEY
SAVER

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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 you 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!



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.

"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

THIS WEEK'S meal plan

	MAIN DISH	SIDE
DAY 1	Baked Sloppy Joe Sliders	Slow Cooker Cheesy Jalepeño Corn
DAY 2	Fresh Island Pork Bowls	Classic Coleslaw
DAY 3	Ground Beef Stir-Fry	15-Minute Chow Mein
DAY 4	Sweet Potato Pork Hash	Sweet Corn Casserole
DAY 5	Pink Sauce Pasta	Rainbow Salad
DAY 6	*Date Night or Leftovers	
DAY 7	*Date Night or Leftovers	
DESSERTS	Key Lime Pie Bars	Mini Pretzel Buckeye Bites

*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

- 1 jalapeño **S1**
- 1/2 red bell pepper **M1**
- 1/2 white onion **S3**
- 3/4 red onion **M4, S5**
- 1 yellow onion **M1**
- 2 Tbsp green onions **M3**
- 2 sweet potatoes **M4**
- 1 (10 oz) bag shredded cabbage **S3**
- 1 (16 oz) bag coleslaw mix **M2, S2**
- 1 bag spring mix lettuce **S5**
- 2 avocados **M2**
- 1 c cherry tomatoes **S5**
- 1/2 cucumber **S5**
- 2 c broccoli florets **M3**
- 2 large carrots **M3**
- 1/2 c cilantro **M2**

CANNED/PACKAGED

- 2 (8.5 oz) pkgs cornbread muffin mix **S4**
- 1 lb bowtie pasta **M5**
- 12 graham cracker sheets **D1**
- 1/4 c pecans **D1**
- Mini pretzels **D2**
- 1 (14 oz) can sweetened condensed milk **D1**
- 12 sweet Hawaiian rolls **M1**
- 4 (15 oz) cans whole kernel corn **S1, S4**
- 1 (15 oz) creamed corn **S4**
- 1 (20 oz) can pineapple chunks **M2**

CANNED/PACKAGED CONT.

- 1 (8 oz) can tomato sauce **M1**
- 1 (28 oz) can crushed tomatoes **M5**
- 3 (3 oz) pkgs ramen noodles **S3**

MEAT & SEAFOOD

- 3 lb pork butt roast **M2**
- 2 lbs ground beef **M1, M3**
- 1 lb ground turkey **M5**

REFRIGERATED

- 1 1/2 c butter **M1, S4, D1, D2**
- 1l eggs **M4, S4, D1**
- 1 c shredded cheddar cheese **S1**
- 6 slices cheddar cheese **M1**
- 1 Tbsp shredded Parmesan cheese **M1**
- 3/4 c grated Parmesan cheese **M5, S5**
- 4 oz cream cheese **S1**
- 1/2 c sour cream **S4**
- 3/4 c heavy whipping cream **M5**

STAPLES/LEFTOVERS

- 1 c creamy peanut butter **D2**
- 1 c white sugar **S2, S3, S4, D1**
- 3/4 c powdered sugar **D2**
- 1 (10 oz) bag semi-sweet chocolate chips **D2**
- 3/4 c brown sugar **M1, M3, D2**
- 1 (16 oz) bottle BBQ sauce **M2**
- 1/2 c ketchup **M1**
- 1/2 c mayo **S2**
- 1 Tbsp Dijon mustard **M1**
- 1 Tbsp Worcestershire sauce **M1**
- 2 tsp sriracha **M3**
- 2 Tbsp white vinegar **M1, S2**
- 1 1/2 tsp apple cider vinegar **S2**
- 2 tsp rice vinegar **M3**
- 1/2 c soy sauce **M3, S3**
- Ranch dressing **S5**
- 1 1/2 c rice **M2**
- 1 tsp cornstarch **M3**
- 4 Tbsp olive oil **M4, M5**
- 3 Tbsp vegetable oil **M3, S3**
- 2 Tbsp sesame oil **M3, S3**
- 1/4 tsp ground cinnamon **D1**
- 1 1/4 tsp onion powder **S1, M5**
- 1 1/2 tsp ground ginger **S3**
- Seasoning salt **M2**
- 1/2 tsp celery seeds **S2**
- 3 Tbsp Italian seasoning **M1, M5**
- 1/2 c lime juice **D1**
- 3 Tbsp minced garlic **M3, S3, M5**

KEY

M1: Baked Sloppy Joe Sliders

S1: Slow Cooker Cheesy Jalapeño Corn

M2: Fresh Island Pork Bowls

S2: Classic Coleslaw

M3: Ground Beef Stir-Fry

S3: 15-Minute Chow Mein

M4: Sweet Potato Pork Hash

S4: Sweet Corn Casserole

M5: Pink Sauce Pasta

S5: Rainbow Salad

D1: Key Lime Pie Bars

D2: Mini Pretzel Buckeye Bites

= Meal Day M = Main Dish S = Side Dish D = Dessert

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!

DAY 1

- Don't forget to get tonight's Cheesy Jalepeno Corn started in your slow cooker about 2 hours before you plan to serve.
- You can prepare tomorrow's Classic Coleslaw tonight and let it marinate and soften overnight in a covered container in the fridge. Stir well before serving tomorrow.

DAY 2

- Don't forget to get your pork for tonight's Fresh Island Pork Bowls started in the slow cooker about 8-10 hours before you plan to serve dinner.
- Use tonight's Classic Coleslaw as a replacement for the plain coleslaw mix called for in the Fresh Island Pork Bowls recipe. Just remember to prepare the coleslaw at least an hour before dinner so it has time to marinate.

DAY 3

- If you have cooked ground beef on hand, feel free to use it in tonight's Ground Beef Stir-Fry! Skip cooking the meat in Step 3 and simply add the cooked beef and sauce to the veggies after Step 2.
- Do you have cooked pork ready for tomorrow's Sweet Potato Pork Hash? If not, make a plan to get some pork cooking in your slow cooker tomorrow morning.

DAY 4

- Make sure you have cooked pulled pork on hand before starting tonight's Sweet Potato Pork Hash. Need a recipe? Try our Easy Dr Pepper Pork from the recipe notes or use the Island Pork recipe from earlier this week.

DAY 5

- Woohoo! Super simple crowd-pleaser dinner for the win! Tonight's Pink Sauce Pasta is simple and quick, so what are you going to do with the extra time? Tonight, we challenge you to not leave your kitchen after dinner until all of the countertops and dishes are cleaned and tidied up. Ready? Let's do this!

DAY 6

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

DAY 7

- 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 (in the Instant Pot or on the grill), then divide and store your meat in meal-size portions to save time and make your meat go further.
- If you know you're going to be using chopped or diced veggies for one week, chop them all at once, divide them into containers by recipe, then refrigerate until ready to use!

baked sloppy joe sliders

INGREDIENTS

- 1 lb ground beef or 1 lb ground turkey
- 12 sweet Hawaiian rolls or 12 dinner rolls
- 1 yellow onion, diced
- 6 slices cheddar cheese
- 1/2 red bell pepper, diced
- 1/4 c butter, melted
- 1 (8 oz) can tomato sauce
- 1 Tbsp shredded Parmesan cheese
- 1/2 c ketchup
- 1 tsp Italian seasoning
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Dijon mustard or 1 Tbsp yellow mustard
- 1 Tbsp white vinegar
- 2 Tbsp brown sugar or 2 Tbsp granulated sugar
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat oven to 350°F. Grease a 9x13 baking dish. Set aside.
2. In a large pan over medium-high heat, cook the ground beef, onions, and bell peppers until the meat is cooked through and the onions are soft and translucent.
3. Drain any excess grease from the pan and return to heat.
4. Add the tomato sauce, ketchup, Worcestershire sauce, mustard, vinegar, and brown sugar. Stir to combine and bring to a boil.
5. Reduce heat to a simmer, cover, and continue to cook for 15-20 minutes, until the sauce is thick.
6. Season with salt and pepper to taste. Set aside.
7. Without separating the rolls, use a serrated knife to slice the sheet of rolls in half horizontally, creating a top and bottom slab. Place the bottom slab in the prepared baking dish.
8. Spread the sloppy joe mixture over the bottom-half slab of rolls in the baking dish. Top with the cheddar cheese slices and place the top-half slab of rolls on top.
9. In a small bowl, whisk together the melted butter, Parmesan, and Italian seasoning. Brush this mixture over the rolls - be generous!
10. Bake uncovered for about 10 minutes, or until the tops are golden and the cheese is melty.
11. Slice, serve, and enjoy!



DOUBLE & FREEZE

The sloppy joe filling for these sliders freezes great and is nice to have on hand for quick and easy weekday meals! If you can, double the filling and freeze half for later. Before freezing, allow the mixture to cool completely, then transfer to a freezer bag, seal shut, and freeze on a flat surface to make storing the frozen filling a little easier. To reheat, allow the mixture to thaw overnight in the fridge, then reheat in a large pot or pan over medium heat until heated through. Enjoy!

PREP TIME	10 MINUTES
COOK TIME	40 MINUTES
READY	50 MINUTES
SERVES	6

PREP PLAN

No prep is necessary.

NOTES

TABLE TALK

What is your favorite movie and what do you like about it?



slow cooker cheesy jalapeño corn

INGREDIENTS

- 3 (15 oz) cans whole kernel corn, drained or 5 c frozen corn
- 1 c shredded cheddar cheese or 1 c Mexican blend cheese
- 1 jalapeño, sliced
- 1/4 tsp onion powder
- 1 tsp salt
- 1/2 tsp pepper
- 4 oz cream cheese, cut into cubes

INSTRUCTIONS

1. Add the drained corn, cheese, jalapeño, onion powder, salt, and pepper to your slow cooker and stir to combine.
2. Scatter the cubes of cream cheese over the top of the mixture.
3. Cover and cook on HIGH for 2 hours.
4. Stir everything together until creamy and saucy.
5. Serve and enjoy!



REPURPOSE LEFTOVERS

This corn is amazing in taco salads, tacos, nachos, casseroles, and even soups! You can also turn it into a delicious "Cowboy Caviar" by adding some diced tomatoes, black beans, diced red onion, cilantro, and a tablespoon of lime juice - YUM!

PREP TIME	10 MINUTES
COOK TIME	2 HOURS
READY	2 HR 10 MIN
SERVES	6

PREP PLAN

Don't forget to get this dish started in your slow cooker about 2 hours before you plan to serve.

NOTES



fresh island pork bowls

INGREDIENTS

- 3 lb pork butt roast
- Seasoning salt, to generously coat the roast
- 1 (20 oz) can pineapple chunks, with juice or 1 (20 oz) can crushed pineapple, with juice
- 1 (16 oz) bottle barbecue sauce
- 3 c cooked rice (from 1 1/2 c uncooked rice) *see our easy Instant Pot method in the notes below!*
- 2 avocados, diced
- 1/2 c cilantro, chopped
- 1 (16 oz) bag coleslaw mix or 1 batch of prepared creamy coleslaw

INSTRUCTIONS

1. Season all sides of the pork roast generously with seasoning salt. Place the seasoned roast in your slow cooker topped with the can of pineapple chunks (including the juice) and the entire bottle of barbecue sauce.
2. Cover and cook on LOW for 8-10 hours.
3. During the last 20 minutes of cooking time, prepare any toppings you plan to serve with your bowls (cook the rice, dice veggies, etc.).
4. When the pork is done cooking, use two forks to shred the pork right in the juices in the slow cooker.
5. Serve the pork in bowls over rice and load up with all the fixings. Enjoy!



DOUBLE & FREEZE

To freeze the pork from this meal, first allow it to cool completely. Transfer the pork to a freezer bag, press all of the air out, and seal shut. Freeze for up to 3 months. To reuse, let the meat thaw overnight in the fridge, and then reheat in a pan over medium heat until heated through, or simply use as your recipe directs if you plan to use the pork for a dish that will reheat the pork as part of the process.



REPURPOSE LEFTOVERS

The pork in this recipe is perfect for so many tasty dishes. See a few of our favorite ways to repurpose this sweet island pork below!

- **Hawaiian BBQ Pizza** - Make homemade pizza with bbq sauce, pineapple, diced ham, red onion, and of course, this pork!
- **Veggie Hash** - Fry or roast up some veggies along with some of this pork and crack a couple of eggs on top. It's divine!
- **Loaded Quesadillas** - Add this pork to a tortilla, add some cheese, and pan-fry. You can't go wrong! Feel free to add corn and beans too!



INSTANT POT RICE

If you don't have cooked rice on hand, no worries! Making it in the Instant Pot is easy peasy. Set your Instant Pot to the sealed position, add 1 1/2 cups of uncooked rice and 1 1/2 cups of cold water. Stir to combine, then lock the lid in place and cook on HIGH pressure for 3 minutes. When the rice is done cooking, allow the pressure to naturally release for 10 minutes, then quick release any remaining pressure. Fluff the rice with a fork and use immediately or freeze.

PREP TIME	10 MINUTES
COOK TIME	8 HOURS
READY	8 HR 10 MIN
SERVES	6-8

PREP PLAN

Don't forget to get your pork for this dish started in the slow cooker about 8-10 hours before you plan to serve dinner.

NOTES

TABLE TALK

What is something you've learned from a book?



classic coleslaw

INGREDIENTS

- 1 (16 oz) bag coleslaw mix
- 1/2 c mayonnaise *or 1/2 c plain Greek yogurt*
- 1 Tbsp white vinegar
- 1 1/2 tsp apple cider vinegar
- 2 tsp sugar *or 2 tsp honey*
- 1/2 tsp celery seeds
- Salt and pepper, to taste

INSTRUCTIONS

1. Dump the coleslaw mix in large bowl and set aside.
2. In a small bowl, combine the remaining ingredients to form a dressing.
3. Pour dressing over slaw mix and toss to combine.
4. Recommended: refrigerate 1 hour before serving to allow flavors to develop and slaw to soften.



REPURPOSE YOUR LEFTOVERS

This recipe keeps well in the fridge, but does NOT freeze well. (The mayo will separate and you will end up with a very interesting consistency.) Because it doesn't freeze well, here are a few ideas for using up your leftovers!

- Elevate your sandwiches - add to any meaty sandwich!
- Leftover taco supplies? Top your taco with slaw! It's next level.
- Add to a quesadilla for a little crunch, cream, and flavor.
- Just eat it! These leftovers get better with time. As it rests, the flavors really develop, making this the perfect side to enjoy over the next few days!

PREP TIME	10 MINUTES
CHILL TIME	1 HOUR
READY	1 HR 10 MINS
SERVES	6

PREP PLAN

Remember to prepare the coleslaw at least an hour before serving so it has time to marinate.

NOTES



ground beef stir-fry

INGREDIENTS

FOR THE STIR-FRY

- 1/2 tsp vegetable oil
- 2 c broccoli florets
- 2 large carrots, peeled and sliced into thin rounds
- 1 Tbsp minced garlic *or 1 tsp garlic powder*
- 1 lb ground beef *or 1 lb ground turkey*
- 2 Tbsp green onions, chopped

FOR THE SAUCE

- 3 Tbsp soy sauce
- 2 tsp sriracha
- 1 Tbsp brown sugar *or 1 Tbsp honey*
- 2 tsp rice vinegar
- 1 Tbsp sesame oil
- 1/2 c water
- 1 tsp cornstarch

INSTRUCTIONS

1. In a small bowl, whisk together all sauce ingredients. Set aside.
2. Heat the vegetable oil in a large pan over medium-high heat. Add the broccoli and carrots, and sauté until the broccoli is vibrant green in color (about 3 minutes - they will still be crisp). Add the garlic and stir until fragrant (30-60 seconds). Transfer the veggies to a separate bowl or plate.
3. Place the pan back over medium-high heat and add the ground beef. Cook until it is mostly cooked through with just a little pink remaining, then add the broccoli, carrots, and sauce mixture to the pan and stir to combine. Cook until the beef is fully cooked through with no pink remaining. The veggies should be tender-crisp.
4. Serve topped with green onions, and enjoy!



SWITCH IT UP!

You aren't limited to the ingredient list with this recipe. There are plenty of other veggies that would go well in this stir-fry, including minced bell peppers, shredded carrots, celery, and mushrooms!

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

PREP PLAN

If you have cooked ground beef on hand, feel free to use it in this recipe! Skip cooking the meat in Step 3 and simply add the cooked beef and sauce to the veggies after Step 2.

NOTES

TABLE TALK

Using just three words, how would you describe yourself?



15-minute chow mein

INGREDIENTS

- 3 (3 oz) pkgs ramen noodles or 12 oz yakisoba noodles
- 2 Tbsp vegetable oil or 2 Tbsp olive oil
- 1/2 white onion, diced or 1/2 yellow onion, diced
- 1 (10 oz) bag shredded cabbage or 1 (10 oz) bag coleslaw mix
- Salt & pepper, to taste
- 1 1/2 tsp ground ginger
- 2 tsp sugar
- 1 Tbsp minced garlic or 1 tsp garlic powder
- 1/4 c soy sauce
- 2 tsp sesame oil

INSTRUCTIONS

1. Bring a large pot of water to a boil. Add the ramen noodles, and continue to boil until the noodles are just cooked through. Drain and set aside.
2. Heat the vegetable oil in a large skillet over medium-high heat. Add the onion, and cook until soft and translucent.
3. Add the cabbage, salt, pepper, and ginger, and cook until the cabbage wilts.
4. Add the noodles, sugar, garlic, soy sauce, and sesame oil, and sauté for another minute or two, just until heated through and well combined.
5. Serve and enjoy!



MAKE IT A MEAL

This Chow Mein is the perfect side to any of your favorite Asian entrees, but if you want to beef it up a bit, a few small changes to the recipe can make it your complete meal, no extra side required! Simply cook up some thinly sliced chicken breasts with the onion in Step 2 along with some sliced mushrooms, chopped celery, and matchstick carrots. Voila! You'll have yourself a filling entrée that's just as quick and easy as this side!

PREP TIME	5 MINUTES
COOK TIME	10 MINUTES
READY	15 MINUTES
SERVES	6

PREP PLAN

No prep is necessary.

NOTES



sweet potato pork hash

INGREDIENTS

- 2-3 Tbsp olive oil
- 2 sweet potatoes, diced
- 1/2 red onion, sliced thinly *or 1/2 yellow onion, sliced thinly*
- 1-2 c cooked pulled pork *or 2 c shredded beef or chicken*
- 4-6 eggs
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Heat the olive oil in a large oven-safe skillet over medium heat. Add the sweet potatoes and cook until they are mostly tender all the way through (10-15 minutes), stirring often.
3. Stir in the red onion, and cook until they are softened. (Add more oil if necessary.)
4. Stir in the cooked pulled pork, and cook until heated through.
5. Form 4-6 divots in the mixture, and crack an egg into each one.
6. Transfer the pan to the oven and cook for 5-10 minutes, or until the eggs are cooked to your liking.
7. Season with salt and pepper to taste, and enjoy!



SWITCH IT UP!

You can make this hash with all sorts of veggies! Try it with diced potatoes, spinach, diced bell peppers, or even chopped zucchini!



EASY DR PEPPER PORK

Ingredients

- 4 lb pork shoulder
- 2 Tbsp rib rub
- 8 oz Dr Pepper

Instructions

1. Lightly grease a slow cooker.
2. Season pork on all sides with your rib rub and place it in the slow cooker.
3. Pour the Dr Pepper into the bottom of the slow cooker. Cover and cook on low for 8 hours, until the pork is cooked through and easily shreds with a fork.
4. Using two forks or a hand mixer, shred the pork in the slow cooker with the juices.

PREP TIME	5 MINUTES
COOK TIME	25 MINUTES
READY	30 MINUTES
SERVES	4-6

PREP PLAN

Make sure you have cooked pulled pork on hand before starting this recipe. Need a recipe? Try our Easy Dr Pepper Pork from the notes below!

NOTES

TABLE TALK

What animal do you think is the best pet and why?



sweet corn casserole

INGREDIENTS

- 1/2 c butter, melted
- 2 (8.5 oz) pkgs cornbread muffin mix
- 1 (15 oz) can corn, drained
- 1 (15 oz) can creamed corn
- 1/2 c sour cream or 1/2 c plain greek yogurt
- 2 eggs
- 1/2 c white sugar or 1/2 c brown sugar or 1/3 c honey

INSTRUCTIONS

1. Preheat oven to 350°F, and grease a 9x9 square baking dish with nonstick cooking spray. Set aside.
2. In a large bowl, whisk together all ingredients until a consistent batter forms and no dry clumps remain.
3. Transfer the batter to the prepared pan.
4. Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean or with just a few moist crumbs.
5. Slice and serve while still warm! Refrigerate leftovers in a container.



DOUBLE & FREEZE

To freeze, allow the corn casserole to cool completely, then slice into squares and transfer to a freezer bag placed in a single layer. Label with the date, seal and freeze for up to 3 months. To enjoy, allow the casserole to thaw in the fridge overnight. This casserole contains too much moisture to be stored safely at room temperature on the counter.

PREP TIME	5 MINUTES
COOK TIME	45 MINUTES
READY	50 MINUTES
SERVES	9

PREP PLAN

This dish keeps great in the fridge for up to 3 days before its texture starts to change. To reheat, cover the dish with foil, and reheat at 350°F for about 10-15 minutes, or just until heated through in the center.

NOTES



pink sauce pasta

INGREDIENTS

- 1 lb bowtie pasta or 1 lb any short noodle such as penne, rotini, rigatoni
- 1 Tbsp olive oil
- 2 tsp minced garlic or 1 tsp garlic powder
- 1 (28 oz) can crushed tomatoes or 1 (28 oz) can whole tomatoes, pulsed in the blender a couple times until they resemble crushed tomatoes
- 1 tsp onion powder
- 2 Tbsp Italian seasoning
- 2 tsp salt
- 1 tsp pepper
- 3/4 c heavy whipping cream or 3/4 c half-and-half
- 1/2 c grated Parmesan
- Optional: 1 lb ground turkey or 1 lb ground beef or Italian sausage

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Add olive oil to a large pan over medium heat.
3. When the oil is hot, add the garlic and sauté for about 1 minute, until fragrant.
4. Add the crushed tomatoes, onion powder, Italian seasoning, salt, and pepper. Mix well and bring to a simmer.
5. Add the cream and Parmesan, and bring back to a simmer, then reduce heat to low.
6. Allow the sauce to continue simmering while you cook the ground turkey. If you don't want to use meat, you can serve the sauce immediately over the noodles.
7. Add the noodles, sauce, and ground meat to a large serving bowl, mix well, and enjoy topped with additional Parmesan.



SWITCH IT UP!

The sauce in this recipe is the perfect match for any of your favorite pastas. One especially great way to level up this dish is to try using a stuffed pasta in place of the bowtie, such as tortellini or ravioli!

PREP TIME	10 MINUTES
COOK TIME	15-25 MINS
READY	25-35 MINS
SERVES	6

PREP PLAN

No prep is necessary.

NOTES

TABLE TALK

What is something you like that most people don't?



Rainbow salad

INGREDIENTS

- 1 bag spring mix lettuce or 1 bag of your favorite salad greens
- 1 c cherry tomatoes, halved or 1 large tomato, diced
- 1/2 cucumber, chopped
- 1/4 red onion, sliced thinly
- Grated Parmesan, to taste or shredded Parmesan, to taste
- Ranch dressing

INSTRUCTIONS

1. Add all of the ingredients to a large serving bowl.
2. Toss together, and serve immediately.



HOMEMADE RANCH DRESSING

With just a few staple ingredients, you can make your own ranch dressing!

Ingredients:

- 3/4 c milk
- 1 Tbsp lemon juice
- 1/2 c mayonnaise
- 1/4 c sour cream
- 1/2 tsp dried dill
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper, to taste

Directions:

1. Add all ingredients to a jar, secure the lid, then shake until all ingredients are well-combined.
2. Serve over a fresh salad or use as a dipping sauce. Enjoy!

PREP TIME	5 MINUTES
READY	5 MINUTES
SERVES	4-6

PREP PLAN

No prep is necessary.

NOTES



Key Lime Pie Bars

INGREDIENTS

FOR THE CRUST

- 12 graham cracker sheets
- 1/4 c pecans *or 1/4 c walnuts*
- 1/3 c granulated sugar *or 1/3 c brown sugar*
- 1/4 tsp ground cinnamon
- 1/2 c butter, melted

FOR THE FILLING

- 3 egg yolks
- 1 (14 oz) can sweetened condensed milk
- 1/2 c lime juice

INSTRUCTIONS

1. Preheat oven to 350°F. Line an 8x8 or 9x9 baking dish with parchment paper, set aside.
2. To a food processor, add the graham cracker, pecans, sugar, cinnamon, and melted butter. Pulse until a fine crumb is formed. Make sure all the crumbs are moistened by the butter.
3. Press the crumb mixture into the bottom of the prepared pan in one even layer.
4. Bake for 10 minutes to form the crust.
5. While the crust bakes, make the filling. In a large bowl, beat the egg yolks with a hand mixer for two minutes, then add the condensed milk and continue to beat for another 2 minutes. Finally, add the lime juice, and beat for 2 more minutes.
6. Pour the filling over the baked crust and spread into an even layer.
7. Bake for 15 minutes. The filling may not look completely set yet. That's okay! It will set as it cools.
8. Allow the bars to cool, then refrigerate for 2 hours, or overnight.
9. Slice and enjoy chilled!



SWITCH IT UP!

Do you have a favorite citrus fruit? You can sub the lime juice in this recipe for the juice of any citrus you like! Lemon, grapefruit, or oranges would all be tasty swaps to try!

PREP TIME	15 MINUTES
COOK TIME	25 MINUTES
CHILL TIME	2 HOURS
READY	2 HR 40 MIN
SERVES	9

PREP PLAN

You can prepare your crust a day in advance if needed (follow steps 1-4). Cover and keep at room temperature until you're ready to continue.

NOTES



mini pretzel buckeye bites

INGREDIENTS

- 1 c creamy peanut butter
- 2 Tbsp softened butter
- 3/4 c powdered sugar
- 1/2 c brown sugar *or 1/2 c white sugar*
- Mini pretzels
- 1 (10 oz) bag semi-sweet chocolate chips *or 1 (10 oz) bag dark chocolate chips or milk chocolate chips*

INSTRUCTIONS

1. Line a baking sheet with parchment paper. Set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment, cream together the peanut butter and butter.
3. Add the sugars and mix on medium speed for 1-2 minutes. The mixture should be well combined and not overly sticky. If it's too sticky to roll into balls, add 2-4 Tbsp more powdered sugar and mix again.
4. Roll the mixture into small balls (about 1/2 Tbsp per ball) and sandwich each ball between two mini pretzels. Set aside.
5. In a large microwavable bowl, melt the chocolate chips by microwaving in 30 second intervals, stirring well between each interval until the chips are fully melted and smooth.
6. Dip each peanut butter pretzel sandwich halfway into the melted chocolate and place on the lined baking sheet.
7. Let the finished buckeye bites rest on the counter or in the fridge until the chocolate is set. Enjoy!



ADD SOME PIZAZZ!

If you want to doll up these little bites of heaven for a party, holiday, or just for fun, try one of these simple ways to add a little flair!

- **Chocolate Drizzle:** Once the chocolate has set on your buckeye bites, you can drizzle some melted white chocolate over the top! You can even use food dye to color the white chocolate drizzle.
- **Sprinkles:** Before the chocolate sets in Step 7, add some sprinkles to your buckeye bites for a pop of color.
- **Different Coating:** You can completely switch up this treat by subbing the semi-sweet chocolate chips for any flavor of chips that you think would pair well. Peanut butter chips, butterscotch chips, dark chocolate chips, or white chocolate chips would all be delish!

PREP TIME	20 MINUTES
REST TIME	20 MINUTES
READY	40 MIN
YIELDS	30 BITES

PREP PLAN

These tasty bites will keep well in an airtight container for weeks! Perfect sweet snack to keep on hand.

NOTES

