

Kitchen Happy Meal Plan

WEEK 5

WEEK 5 MENU

MONDAY

simple chili

TUESDAY

*crook pot roast w/
sheet-pan potatoes & carrots*

WEDNESDAY

chili & quiona stuffed peppers

THURSDAY

*shredded beef & green chili
white enchiladas*

GROCERY LIST

(FOR 4 DINNERS)

PROTEIN

- 1 pound of ground beef
- 1 pound of mild ground italian sausage
- 4 pound beef chuck roast - I used angus from Sam's Club

PRODUCE

- 6 bell peppers (mix of red, yellow, orange)
- 15 small golden potatoes
- 3 cups of baby carrots
- 2 limes
- 1 bunch of cilantro

PANTRY ITEMS / OTHER

- Olive Oil or Avocado Oil
- salt & pepper
- garlic powder
- onion Powder
- paprika
- minced garlic in jar
- dried parsley
- dried rosemary
- chili powder
- cumin
- oregano
- Red Pepper Flakes
- minced garlic in jar
- 1 cup beef broth
- 2 cups chicken broth
- 2-4-oz cans of diced green chilis
- 2-15 oz cans of kidney beans
- 1-28 oz can of crushed tomatoes
- 3-15 oz cans of diced tomatoes
- 8 ounces of sour cream or whole plain greek yogurt
- butter - 2 TBSP
- 3 TBSP all purpose Flour (I used kamut)
- 1 cup of quinoa
- Mexican blend shredded cheese
- 2 cups of Shredded Pepper Jack Cheese
- favorite hot sauce
- 10 flour tortillas (6 inch)

MONDAY

SIMPLE CHILI

(a simple version of my “better than yo mamas chili”

4 servings

Ingredients:

- 1 pound of ground beef
- 1 pound of ground mild Italian sausage
- 2 - red or orange bell peppers diced
- 2- 15 oz cans of kidney beans
- 1 - 28 oz can of crushed tomatoes
- 3 - 15 oz cans of diced tomatoes
- 2 tsp minced garlic
- 5 TBSP chili powder
- 1 TBSP cumin
- 2 tsp oregano
- 1/2 TBSP red pepper flakes (optional for heat)
- 1 TBSP paprika
- salt to taste



Instructions:

1. In a pot on the stove over medium-high, drizzle 2 TBSP of olive oil. Saute diced bell peppers and garlic until soft.
2. Add in ground beef and ground sausage. Cook through.
3. Pour in beans, tomatoes, and seasonings. Mix well.
4. Cover and cook on medium-low for about 30 minutes-1 hour.
5. Top with sour cream, limes, shredded cheese.
6. We love to serve with cornbread, fritos, or even a grilled cheese.

TUESDAY

CROCK POT ROAST & SHEET-PAN POTATOES & CARROTS

4 servings

Ingredients:

- 1 - 3-4 pound beef chuck roast (see picture for the one I bought)
I doubled the recipe so I bought 6 pounds.
- 1 cup of beef broth
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp salt
- 1 TBSP dried rosemary
- 1 TBSP dried parsley
- pepper to taste

Instructions:

1. Place meat in crock pot
2. Pour 1 cup of broth, and seasonings on top of meat.
3. Cover and cook on low for 8 hours in your crock pot
4. Remove meat to a bowl, Shred with a fork.
5. The result will be shredded, beautifully tender roast.

Optional white gravy

- (1/2 stick) unsalted butter
- 1/4 cup all-purpose flour
- 2 cups of whole milk
- 1/2 tsp salt, plus more as needed
- 1/4 teaspoon pepper

1. Melt butter in sauce pan over medium heat
2. Add flour, whisk continually until golden and combined well (3 min)
3. slowly whisk in milk and seasonings. Whisk until thick and consistency you like



SHEET PAN POTATOES & CARROTS

Ingredients:

- *10-15 small golden potatoes
- 3 cups baby carrots
- *Olive oil or avocado oil
- *1/2 tablespoon of paprika, dried parsley, garlic powder
- *1 tsp sea salt
- *pepper to taste

Instructions:

1. preheat oven to 425 degrees
2. wash and dry potatoes & carrots
3. keep small potatoes whole
4. line an extra large baking sheet with parchment paper
5. toss potatoes & carrots in a bowl with a generous amount of olive oil (coat the potatoes WELL)
6. pour seasonings and toss to coat
7. bake at 425 degrees for 35 minutes until golden and tender.



WEDNESDAY

CHILI & QUINOA STUFFED BELL PEPPERS

4 servings

Ingredients:

- 4 Bell Peppers
- Leftover chili (about 3-4 cups)
- quinoa
- Mexican blend shredded cheese
- hot sauce and sour cream to top

Instructions:

1. preheat oven to 425 degrees
2. cut the tops off of your clean and dried peppers
3. cook 1 cup of dried quinoa to package instructions
4. In a pot on the stove, reheat about 3-4 cups of leftover chili.
Once the quinoa is ready, mix in with the chili
5. Stuff each pepper with the chili, quinoa mix.
6. Top each pepper with shredded cheese and bake until cheese is bubbly and chili is heated through.
7. Enjoy with sour cream and favorite hot sauce.



THURSDAY

SHREDDED BEEF & GREEN CHILI WHITE ENCHILADAS

4-6 servings

Ingredients:

- Leftover shredded beef roast (about 2 -3 cups)
- 10 flour tortillas (6 inch)
- 2 - 4 oz cans of diced green chilis
- 2 TBSP of butter
- 3 TBSP of all purpose flour (I used kamut)
- 2 cups of chicken broth
- salt
- 1/2 tsp garlic powder
- 1 tsp minced garlic in jar
- 2 cups of pepper jack cheese shredded
- 1 cup sour cream or whole plain greek yogurt
- cilantro, hot sauce, and lime to top



Instructions:

1. *preheat oven to 400 degrees
2. In a skillet over medium heat, melt butter. Once melted, whisk in flour until thick paste forms. Slowly stir in chicken broth. Whisk and heat until thickened. (about 1-2 minutes)
3. Add (1/2 tsp salt, 1/2 tsp garlic powder, 1 tsp minced garlic) and 2 cans of diced green chilis.
4. Remove from heat and stir in **1 cup** of pepper jack shredded cheese and sour cream (or greek yogurt) (save the other cup of cheese for filling).
5. Spray a 9x13 baking dish. Add 1-2 cups of cream sauce to bottom of pan. Fill tortillas with a couple of fork fulls of shredded beef, and sprinkle shredded cheese on top of beef. Roll tightly and place seam side down in dish.
6. Cover enchiladas with the rest of the sauce.
7. Bake 20 minutes and end with a 1-2 minute broil to get top golden and slightly crispy.
8. Top with cilantro, lime and hot sauce of choice!