



30 MINUTE DINNERS

BEEF MEAL PLAN 2

DontWastetheCrumbs.com



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

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THE MEAL PLAN

Meal 1

Spaghetti and Italian Meatballs // Roasted Zucchini and Yellow Squash

Suggested Side Dish: Simple Green Salad with ACV Vinaigrette

Meal 2

Mac and Cheese // Apple, Cheddar, Walnut Salad // ACV Vinaigrette

Suggested Side Dish: No-knead Artisan Bread

Meal 3

Cheeseburger Hashbrown Skillet Pizza

Suggested Side Dish: Carrots // Cucumbers // Hummus

Meal 4

Beef & Potato Stew

Suggested Side Dish: No-knead Artisan Bread

Meal 5

Vegetable Fried Rice // Green Beans & Mushrooms



SHOPPING LIST

Pantry

- apple cider vinegar*, 1/4 cup
- beans (15 oz can any type)*, 1
- beef stock*, 3 qts
- chicken stock*, 2 cups
- coconut oil, 3 Tbsp
- corn (15 oz can), 1
- flour, 6 Tbsp
- green beans (16 oz can), 1
- honey, 1 Tbsp
- ketchup, 2 tbsp
- mayonnaise*, 1/4 cup
- mustard, 1 Tbsp + 1 tsp
- olive oil, 1/4 cup + 1 Tbsp
- pasta (elbow), 8 oz
- pasta (spaghetti), 8 oz
- pickles, 1/2 cup
- soy sauce, 1/3 cup
- tomatoes (15 oz can diced), 2
- walnuts (chopped), 3/4 cups
- white rice, 1 cup

Produce

- apple (granny smith), 1
- bell pepper (any), 1
- cabbage, 1 small head
- celery, 1 rib
- garlic, 4 cloves
- ginger, 2 inches
- mushrooms, 8 oz
- onion, 1
- potatoes (russet), 3 lbs
- spinach 12 oz
- tomato, 1
- yellow squash, 2
- zucchini, 2

Spices

- basil, 1 tsp
- chili powder, 1/4 tsp
- garlic powder, 2 tsp
- nutmeg, 1/4 tsp
- onion powder, 2 tsp
- oregano, 1 ts
- paprika, 1/4 tsp
- pepper, 2 tsp + to taste
- salt, 2 tsp + to taste

Cold Case

- butter, 5 Tbsp
- cheddar cheese (shredded), 22 oz
- cream cheese, 4 oz
- eggs, 3
- milk, 2 1/2 cups
- parmesan cheese (shredded), 2 oz

Meat

- ground beef, 2 lbs
- beef stew meat, 1/2 lb

Frozen

- hash browns (26 oz bag), 1
- mixed vegetables (16 oz), 1

*Note: Did you see the * on the shopping list? These items can be made from scratch and prepped ahead if you have the time! The recipes can be found at DontWastetheCrumbs.com. Simply search and cook!*



WEEKLY MEAL PREP: OVERVIEW

Every meal in this meal plan can be made from start to finish in 30 minutes or less, but for nights when you need dinner done even faster, meal prep can get you ahead for the week.

Here's a quick overview of what can be prepped ahead of time this week. You may not have time to do all this, but it gives you an idea of how even just a few minutes can be used wisely to your advantage.

Meal 1: Spaghetti and Italian Meatballs // Roasted Zucchini and Yellow Squash

- **Make the Spice Mix:** Combine the ingredients for the meatball spices.

Time: 1 minute

- **Chop the Vegetables:** Chop spinach for the meatballs. Cut zucchini and yellow squash into $\frac{1}{4}$ inch slices.

Time: <5 minutes

Meal 2: Mac and Cheese // Apple, Cheddar, Walnut Salad // ACV Vinaigrette

- **Make the ACV Vinaigrette:** Combine all ingredients for dressing and shake in a glass container. (Make a double batch if making the suggested side salad for Meal 1!)

Time: 2 minutes

- **Make No-knead Artisan Bread (optional):** No-knead Artisan Bread is ready with 5 minutes of hands-on time the night before, 15 minutes of hands-on time the morning of, 1 hour of rise time and 45 minutes of baking time. The bread itself is not ready in under 30 minutes, but because it requires so little hands-on work, I've included it here in the meal prep, in case

you have a few minutes to spare. This bread goes quick, so I recommend making a double batch for Meal 4 - just follow the steps and use two bowls, measuring each ingredient twice (instead of adding to one large bowl and dividing later).

Meal 3: Cheeseburger Hashbrown Skillet Pizza

- **Cook the Meat:** Brown the ground beef.
Time: 7 minutes
- **Prep the Condiments:** Combine mayonnaise, ketchup and mustard.
Time: 1 minute

Meal 4: Beef & Potato Stew

- **Prep the Stew Meat:** Cut beef into bite-size pieces, if needed.
Time: 2 minutes
- **Prep the Vegetables:** Slice cabbage, dice onion.
Time: 5 minutes.

Meal 5: Vegetable Fried Rice // Green Beans + Mushrooms

- **Prepare the Rice:** Cook rice as directed on the package.
Time: 8 minutes
- **Prepare the Vegetables for Fried Rice:** Chop garlic, mince ginger, dice celery, dice pepper and dice the onion.
Time: 5 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

If you have one hour to spare, here's a step-by-step guide of what we recommend meal prepping in order to save time later on during busy weeknights.

Note: Please read these meal prep instructions in their entirety before starting. You might be multi-tasking - starting one step, then starting another, and then coming back to finish the first step later. The goal is to maximize the one hour we're spending in the kitchen, which means learning how to be efficient with our time.

Mise en Place

Spice Mix

- 1 1/4 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil

ACV Vinaigrette

- 1/2 cup ACV
- 1/2 cup olive oil
- 2 Tbsp honey
- 2 tsp mustard
- 1/2 tsp salt
- 1/2 tsp pepper

Cheeseburger Skillet

- 1 lb ground beef
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup mayonnaise
- 2 Tbsp ketchup
- 1 Tbsp mustard

Beef and Potato Stew

- 1/2 lb beef stew meat

Vegetable Fried Rice

- 1 cup white rice

Vegetables

- 1 cup spinach
- 2 Zucchini
- 2 yellow squash
- 1 large granny smith apple
- 1 tomato
- 1 small head cabbage
- 1 onion
- 3 lbs russet potatoes
- 4 garlic cloves
- 2 inches fresh ginger
- 2 ribs of celery
- 1 bell pepper

Supplies

- Large pot 5-6 qt
- Kitchen timer
- Small jar for spice mix (about 4 oz)
- Jar for dressing (about 17 oz)
- Cutting board
- Knife
- Vegetable peeler
- Colander

Step 0 (the night before): Make the No-knead Artisan Bread (2x). This is entirely optional and requires starting the night before. However, it requires very little hands on time and can bake while you work on these other items. See recipe card on page 29 for instructions. Set a timer!

Note: No-knead Artisan Bread is ready with 5 minutes of hands-on time the night before, 15 minutes of hands-on time the morning of, 1 hour of rise time and 45 minutes of baking time. The bread itself is not ready in under 30 minutes so it's best if prepped ahead if you're short on time.

Preheat the oven to 450 degrees for No-knead Artisan Bread.

Step 1: Place 1 lb ground beef into medium sauce pan on medium heat and break apart so it cooks quick and evenly. Put a lid on it.

Step 2: Prepare rice on the stove top according to package directions or in an Instant Pot. Set another timer if using the stove top.

Step 3: Meanwhile, combine spice mix for Italian meatballs in a small jar. Set aside.

Step 4: Stir ground beef and flip down any pink parts to the bottom.

Step 5: Make a double batch of ACV Vinaigrette dressing for your suggested Side Salad and Apple, Walnut, Cheddar Salad. Combine all ingredients and shake in a glass container and store in the refrigerator.

Step 6: Start prepping the vegetables, fruit, and meat:

Spinach

- Chop 1 cup fresh spinach for Italian Meatballs.

Zucchini

- Cut into ¼ inch coins for Roasted Zucchini and Yellow Squash

Yellow Squash

- Cut into ¼ inch coins for Roasted Zucchini and Yellow Squash

Granny Smith Apple

- Julienne 2 cups of 1 large Granny Smith Apple for Apple and Walnut Salad.

Tomatoes

- Dice 1 tomato for Cheeseburger Hashbrown Skillet Pizza.

Cabbage

- Thinly slice 1 small head of cabbage for Beef & Potato Stew.

Onions

- Dice ½ an onion for Beef & Potato Stew.
- Dice ½ an onion for Vegetable Fried Rice.

Potatoes

- Peel and dice 3 lbs of russet potatoes for Beef & Potato Stew.

Garlic

- Mince finely 4 cloves of garlic for Vegetable Fried Rice.

Ginger

- Mince 2 inches of ginger for Vegetable Fried Rice.

Celery

- Dice 2 ribs for Vegetable Fried Rice.

Bell pepper

- Dice 1 bell pepper for Vegetable Fried Rice.

Stew meat

- Cut your ½ lb of meat into bite sized pieces.

Tip: Always cut meat last on your cutting board so you don't have to wash it multiple times.

If you have extra time and are serving the suggested side dishes: side salad and hummus with vegetables, feel free to slice up any needed vegetables now.

How to Store Your Meal Prep

If you follow the step-by-step weekly meal prep, you should have the following items prepped. Items on the same bullet point can be stored together.

Meal 1: Spaghetti and Italian Meatballs // Roasted Zucchini and Yellow Squash

- 1 batch Spice Mix
- 1 cup chopped spinach
- Sliced zucchini + sliced yellow squash

Tip: Wrap zucchini and yellow squash with a towel to absorb moisture overnight so they are more crunchy tomorrow!

Meal 2: Mac and Cheese // Apple, Cheddar, Walnut Salad

- 1 or 2 batches of ACV Vinaigrette (make 2 if serving a side salad with meal 1)
- 1 sliced apple
- Optional No-Knead Artisan Bread (double batch)

Meal 3: Cheeseburger Hashbrown Skillet Pizza

- 1 lb cooked ground beef
- Prepared and mixed condiments.

Meal 4: Beef & Potato Stew

- ½ lb stew meat, cut into bite sized pieces
- Sliced cabbage, 1 small head
- ½ diced onion

Meal 5: Vegetable Fried Rice // Green Beans & Mushrooms

- 2 cups cooked rice
- 2 ribs diced celery + 1 diced bell pepper + ½ diced onion + 2 inches minced ginger + 4 cloves chopped garlic



MAXIMIZING KITCHEN APPLIANCES

Using your kitchen appliances is a great way to get things done without you actually doing them. They do much of the work for you, so you can spend your time working on other things.

We recommend using your kitchen appliances as often as possible, and here are a few ways you can use them this week to save more time.

Meal 1: Spaghetti and Italian Meatballs // Roasted Zucchini and Yellow Squash

- Stand mixer to mix the ingredients for the meatballs.

Meal 2: Mac and Cheese // Apple, Cheddar, Walnut Salad with No-knead Artisan Bread

- Use a blender to make the ACV dressing or combine the ingredients in a jar and shake.

Meal 3: Cheeseburger Hashbrown Skillet Pizza

- Use a blender or food processor for your suggested side of Hummus.

Meal 4: Beef & Potato Stew

- Use a slow cooker to make stew, combine all ingredients.

Meal 5: Vegetable Fried Rice // Green Beans & Mushrooms

- Use the Instant Pot to cook the rice.



STEP-BY-STEP: MEAL 1

Spaghetti and Italian Meatballs // Roasted Zucchini and Yellow Squash

Suggested Side Dish: Simple Green Salad

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption that you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

Spice Mix

- 1 1/4 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil

Meatballs

- 1 lb ground beef
- 1 cup fresh spinach or kale, loosely packed
- 1 egg
- 2 Tbsp flour
- 2 oz Parmesan cheese, shredded (using the rind, if possible)
- 8 oz spaghetti noodles

Roasted Squash

- 2 Zucchini
- 2 Yellow Squash
- Salt to taste
- 1 Tbsp olive oil

Supplies

- Large skillet with lid
- Large bowl
- Cutting board and knife
- 16 oz glass jar

Step 1: Preheat the oven to 450F. Line a baking sheet with aluminum foil, set aside.

Step 2: Place a medium saucepan on the stove to boil your water for the spaghetti noodles.

Step 3: Slice 2 zucchini and 2 yellow squash into $\frac{1}{4}$ inch coins and toss with olive oil and place in oven. Set a timer for 20 minutes.

Step 4: Chop 1 cup of fresh spinach for the meatballs.

Step 5: Make your Italian meatballs. Add all the ingredients to your stand mixer bowl using the paddle attachment, mix until everything is evenly distributed and mixed well. Alternatively, combine the ingredients in a large bowl and mix using your hands or a wooden spoon.

Step 6: Use a cookie scoop to evenly portion the meat mixture into balls and place the balls on the prepared cookie sheet. Gently roll each ball in your hand for about 5 seconds, just to create a uniform ball shape and so that the meatballs retain their shape after cooking.

Step 7: Place meatballs in the oven for 12 minutes. Set a kitchen timer!

Step 8: Put noodles into boiling water and cook until al dente.

If making the suggested side salad: make a double batch of ACV Vinaigrette. See ingredients on page 29. Combine ingredients in your blender or shake by hand in a jar. Be sure to reserve half for use in Meal 2.

Set out salad bowls and set in a handful of butter lettuce or spring mix in each. Add sliced tomatoes. With a paring knife, slice your cucumbers directly over the salad to save a cutting board.

Tip: When trying to cook in 30 minutes or less go for the smaller tomatoes that you only need to cut once or can leave whole.

Step 9: Now's a good time to stir and check on your noodles! And meatballs! Check on your meatballs with a meat thermometer, if they are at least 135 degrees, go ahead and turn the heat to the lowest setting to keep it warm in the oven.

Step 10: Take noodles off the stove if cooked to al dente and pour into a colander.

Step 11: Check on meatballs and when they are done you are ready to serve with your pasta. Add any additional toppings, like parmesan cheese. Serve roasted squash on the side and salad if desired!



STEP-BY-STEP: MEAL 2

Mac and Cheese // Apple, Cheddar, Walnut Salad

Suggested Side Dish: No-knead Artisan Bread

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

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Mise en Place

Mac and Cheese

- 8 oz elbow pasta
- 4 Tbsp butter
- 4 Tbsp flour
- 4 oz cream cheese, room temperature and cubed
- 8 oz cheddar cheese, shredded
- 2-2 1/2 cups milk, divided
- 1/4 tsp each: garlic powder, ground nutmeg, onion powder, paprika
- 1/4 tsp chili powder (optional)
- 1/2 tsp black pepper
- salt, to taste

Apple, Walnut, and Cheddar Salad

- 6 cups spinach (about 10 oz)
- 1 large granny smith apple, julienned (about 2 cups)
- 6 oz cheddar cheese, shredded
- 3/4 cup walnuts, roughly chopped

ACV Vinaigrette

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1 Tbsp honey
- 1 tsp mustard (any kind)
- ¼ tsp salt
- ¼ tsp pepper

Supplies

- Medium saucepan
- Glass jar with lid for Vinaigrette dressing (about 17 oz)
- Large Mixing Bowl
- Knife
- Cutting board

Note: If making the No-Knead Artisan Bread, it will take more than 30 minutes! You'll need to start the night before. Then plan for 1 ½ hours rise time and 45 minutes cook time. This can always be done sometime during the day so that cook time in the evening isn't so cramped.

Step 0: If you haven't already, prep your No-knead Artisan Bread the night before. See recipe card on page 29 for full recipe. Combine flour, salt, and yeast in a large mixing bowl and stir to combine. Add water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough. Cover with a towel and let rise overnight, 8 to 18 hours. The sticky dough will bubble and rise.

When you're ready to make bread, flour your hands and your working surface and turn the dough out. Without kneading the dough, gently form it into a ball. Cover with a towel and allow to rest for one hour.

After the dough has risen for 30 minutes, preheat the oven to 450 degrees and put your Dutch oven or oven-safe pot (that has a lid) inside to preheat. Do not put the lid in the oven. Preheat for 30 minutes.

When the dough has rested for an hour, and the pot has preheated, remove the pot from the oven. Carefully lift the dough from the surface and place it into the pot. If your pot is stainless steel and not lined, you can line it with a piece of parchment paper first.

Replace the lid and place the pot back in the oven. Bake for 30 minutes with the lid on.

Carefully remove the lid and bake for another 15 minutes, or until the top is golden brown.

Allow to cool completely (at least 30 minutes in a spot where air can flow freely above and below).

Step 1: Heat water in a medium saucepan over high heat.

Step 2: If you haven't already, combine ingredients for ACV Vinaigrette in a glass jar. Shake well to mix.

Now is a good time to check your water to see if it has boiled yet and add the pasta.

Step 3: If you haven't already, chop 6 cups of spinach, and julienne 2 cups of 1 large granny smith apple.

Step 4: After pasta cooks al dente according to package directions, strain in a colander and set aside.

In the same pot, melt butter. Add flour and stir so that it makes a paste with the melted butter. Allow the flour to cook for about 5 minutes, stirring often.

Step 5: Prepare all salad ingredients into a large bowl and grab your dressing from the refrigerator and drizzle over salad. Set aside.

Step 6: In the medium saucepan, add 1 1/2 cups of milk to the butter and flour mix while stirring constantly. Stir until the sauce is smooth. Add the cream cheese and cheddar cheese and stir often until the cheese is melted. Season with the garlic powder, nutmeg, onion powder, paprika, pepper and chili powder, if using.

Step 7: Rinse the pasta with water so that the noodles don't stick together. Add the pasta to the cheese sauce and stir well, but gently so that the noodles don't break. Taste and add additional seasoning as desired. If the sauce is too thick, thin with milk 1/4 cup at a time.

Step 8: Serve Apple, Cheddar, and Walnut Salad in bowls with Mac and Cheese on plates.



STEP-BY-STEP: MEAL 3

Cheeseburger Hashbrown Skillet Pizza

Suggested Side Dish: Carrots // Cucumbers // Hummus

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

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Mise en Place

Cheeseburger Skillet

- 1 (26 oz) bag frozen hash browns
- 1 lb ground beef
- ½ tsp salt
- ½ tsp pepper
- ¼ cup mayonnaise
- 2 Tbsp ketchup
- 1 Tbsp mustard
- 8 oz cheddar cheese, shredded
- ½ cup pickles
- 1 tomato, diced

Supplies

- Heavy bottom skillet
- Large skillet
- Wooden Spoon
- Kitchen Timer
- Small Bowl
- Oven Mitt

Step 1: Preheat the oven to 425F. Turn on stove top to medium heat.

Step 2: Spread hash browns over bottom of 12" heavy bottom skillet and bake for 15 minutes. Set a kitchen timer!

Step 3: If you haven't already, brown the ground beef in a large skillet. Place the pot on medium heat and add 1 lb ground beef. Break up with a wooden spoon until nearly done.

If you have pre-cooked the ground beef, simply add to a large stock pot and proceed with Step 4.

Step 4: Season ground beef with salt & pepper.

Step 5: Let the beef cook for about 10-15 minutes, until no longer pink; drain grease.

Step 6: In a small bowl, combine mayo, ketchup and mustard. Set aside.

If making the suggested side dish, make your hummus. See recipe card on page 31 for directions.

Wash, peel and slice your cucumber and carrots into sticks ideal for dipping.

Step 7: Remove potatoes from the oven and using the bottom of a glass, press the potatoes down to form a crust.

Step 8: Top with half the cheese, then the ground beef and drizzle with half the sauce.

Step 9: Top with the remaining cheese and sauce.

Step 10: Scatter pickles and tomatoes on top. Bake for 10 min.



STEP-BY-STEP: MEAL 4

Beef and Potato Stew

Suggested Side Dish: No-Knead Artisan Bread

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Mise en Place

Beef and Potato Stew

- ½ lb beef stew meat, cut into small bite-size pieces
- 3 qts beef stock
- 1 small head cabbage, sliced thin
- 2 (15 oz) cans diced tomatoes with juices
- ½ onion, diced
- 1 (15 oz) can corn, drained
- 3 lbs russet potatoes, peeled and diced
- Salt and pepper, to taste

Supplies

- Large Stock Pot
- Vegetable Peeler
- Knife
- Cutting Board

Step 1: Turn on a burner on your stove top on medium heat and bring a large stock pot with water to boil.

Step 2: Slice 1 small head of cabbage, ½ an onion, and peel and dice 3 lbs of russet potatoes.

Tip: Cut your potatoes and onions and put in boiling water first since they'll take the longest to cook.

Step 3: Combine all ingredients except salt and pepper to the stock pot on the stove.

Step 4: Add additional water, if necessary, to keep potatoes submerged while cooking.

Use this time to also heat up the suggested side: No-knead Artisan bread.

Step 5: Reduce heat to low boil and cook until potatoes are soft.

Step 6: Season with salt and pepper to taste. Serve with No-knead Artisan Bread if desired.



STEP-BY-STEP: MEAL 5

Vegetable Fried Rice // Green Beans & Mushrooms

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption that you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

Vegetable Fried Rice

- 1 cup white rice
- 2 cups chicken stock
- 3 Tbsp coconut oil
- 2 eggs
- 4 garlic cloves, chopped
- 2 inches fresh ginger, minced finely
- 16 oz bag of frozen mixed vegetables
- 2 ribs of celery, diced small
- 1 bell pepper, diced small
- 1/2 large onion, diced small
- 1 (15 oz) can beans (any type)
- 1/3 cup soy sauce

Green Beans and Mushrooms

- 1 Tbsp butter
- 16 oz canned Green Beans
- 8 oz Mushrooms

Supplies

- Two skillets
- Knife and cutting board
- Wooden Spoon

Step 1: Boil water for rice on high if you haven't made it yet. Cook according to package directions and set a timer!

Step 2: Heat 2 skillets on medium high heat. Add butter to one for mushrooms and green beans and add oil to the other. (You may use a wok for the latter.)

Step 3: Slice your mushrooms. Spread butter and immediately add to that pan.

Tip: Wait to wash your mushrooms until right before you cook them. You may end up with a slimy mess otherwise!

Step 4: Add eggs and scramble in the pan (or wok) with a spatula or wooden spoon.

Step 5: Then, if you haven't already, mince your garlic and ginger first, then, celery, pepper and onion.

Note: This recipe is a great opportunity to use up any stray vegetables lingering in the fridge! Feel free to mix and match with what needs to be eaten up to avoid the trash.

Step 7: Add onion, garlic and ginger and cook, stirring often.

Step 8: When the onions are translucent, add the remaining vegetables and stir-fry for 2-5 minutes, or until the vegetables begin to soften a bit.

Now is a good time to add your drained can of green beans to the mushrooms.

Step 9: Add rice and fold to fully incorporate with the vegetables. (Pre-cooked meat could also be added at this point.)

Step 10: Gently fold in beans (any type) before adding soy sauce.

Step 11: Stir vegetable fried rice well and serve with Mushrooms and Green Beans on the side.



RECIPE CARDS

Meal 1 Recipes

Italian Meatballs



Yield: 12 meatballs

INGREDIENTS

1 lb ground beef (or ground bison)
1 1/4 tsp salt
1/4 tsp pepper
1 1/2 tsp onion powder
1 1/2 tsp garlic powder
1 tsp dried oregano

1 tsp dried basil
1 cup fresh spinach or kale, loosely packed
1 egg
2 Tbsp flour
2 oz Parmesan cheese, shredded

INSTRUCTIONS

1. Preheat the oven to 375F and line a cookie sheet with a silicone mat.
2. Chop the greens as finely as possible.
3. Add all the ingredients to the bowl of a stand mixer or large bowl and mix until all everything is evenly distributed and mixed well.
4. Use a cookie scoop to evenly portion the meat mixture into balls and place the balls on the prepared cookie sheet. Gently roll each ball in your hand for about 5 seconds, just to create a uniform ball shape and so that the meatballs retain their shape after cooking.
5. Bake for 15 minutes. Serve with your favorite pasta dish.

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Roasted Zucchini and Yellow Squash



Yield: 4 servings

INGREDIENTS

1 Tbsp olive oil
2 zucchini, sliced into rounds

2 yellow squash, sliced into rounds
Salt, to taste

INSTRUCTIONS

1. Preheat oven to 450F.
2. Slice zucchini and yellow squash into rounds. Place in a large bowl. Toss with olive oil and salt.
3. Spread zucchini and squash on a large baking sheet.
4. Roast in the oven for 10-15 minutes, until just starting to brown.

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Meal 2 Recipes

Stovetop Mac and Cheese



Yield: 6 servings

INGREDIENTS

8 oz elbow pasta	2–2 1/2 cups milk, divided
4 Tbsp butter	1/4 tsp each: garlic powder, ground nutmeg, onion powder, paprika
4 Tbsp flour	1/4 tsp chili powder (optional)
4 oz cream cheese, room temperature and cubed	1/2 tsp black pepper
8 oz cheddar cheese, shredded	salt, to taste

INSTRUCTIONS

1. Cook pasta al dente according to package directions. Strain in a colander and set aside.
2. In the same pot, melt butter. Add flour and stir so that it makes a paste with the melted butter. Allow the flour to cook for about 5 minutes, stirring often.
3. Add 1 1/2 cups of milk while stirring constantly. Stir until the sauce is smooth. Add the cream cheese and cheddar cheese and stir often until the cheese is melted. Season with the spices.
4. Rinse the pasta with water so that the noodles don't stick together. Add the pasta to the cheese sauce and stir well, but gently so that the noodles don't break. Taste and add additional seasoning as desired. If the sauce is too thick, thin with milk 1/4 cup at a time.

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Apple, Cheddar, and Walnut Salad



Yield: 4 servings

INGREDIENTS

6 cups spinach (about 10 oz)	6 oz cheddar cheese, shredded
1 large granny smith apple, julienned (about 2 cups)	3/4 cup walnuts, roughly chopped
	1 batch ACV Vinaigrette

INSTRUCTIONS

1. Prepare your ingredients and place them in a large bowl.
2. Drizzle salad dressing over top. Serve immediately, or refrigerate to enjoy later.

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ACV Vinaigrette



Yield: 1/2 cup

INGREDIENTS

¼ cup apple cider vinegar
¼ cup olive oil
1 Tbsp honey

1 tsp mustard (any kind)
¼ tsp each: salt + pepper

INSTRUCTIONS

1. Add ingredients into a glass jar or small bowl.
2. Shake or whisk well to mix.
3. Drizzle over your favorite salad!

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Overnight Artisan Bread



INGREDIENTS

3 cups all-purpose flour
2 tsp salt

1 tsp active dry yeast
1 1/2 cups room temperature water

INSTRUCTIONS

1. Combine flour, salt, and yeast in a large mixing bowl and stir to combine.
2. Add water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough.
3. Cover with a towel and let rise overnight, 8 to 18 hours. The sticky dough will bubble and rise.
4. When you're ready to make bread, flour your hands and your working surface and turn the dough out. Without kneading the dough, gently form it into a ball. Cover with a towel and allow to rest for one hour.
5. After the dough has risen for 30 minutes, preheat the oven to 450 degrees and put your Dutch oven or oven-safe pot (that has a lid) inside to preheat. Do not put the lid in the oven. Preheat for 30 minutes.

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Overnight Artisan Bread (continued)



INSTRUCTIONS

6. When the dough has rested for an hour, and the pot has preheated, remove the pot from the oven. Carefully lift the dough from the surface and place it into the pot. If your pot is stainless steel and not lined, you can line it with a piece of parchment paper first.
7. Replace the lid and place the pot back in the oven. Bake for 30 minutes with the lid on.
8. Carefully remove the lid and bake for another 15 minutes, or until the top is golden brown.
9. Allow to cool completely (at least 30 minutes in a spot where air can flow freely above and below).

Meal 3 Recipes

Cheeseburger Hashbrown Skillet Pizza



Yield: 4-6 servings

INGREDIENTS

1 (26 oz) bag frozen hash browns	1 Tbsp mustard
1 lb ground beef	8 oz cheddar cheese, shredded
½ tsp each: salt & pepper	½ cup pickles
¼ cup mayonnaise	1 tomato, diced
2 Tbsp ketchup	

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Spread hash browns over bottom of 12" heavy bottom skillet and bake for 15 min.
3. Meanwhile, cook ground beef until no longer pink; drain grease.
4. Season with salt & pepper and set aside. In a small bowl, combine mayo, ketchup and mustard. Set aside.
5. Remove potatoes from the oven and using the bottom of a glass, press the potatoes down to form a crust.
6. Top with half the cheese, then the ground beef and drizzle with half the sauce.
7. Top with the remaining cheese and sauce.
8. Scatter pickles and tomatoes on top. Bake for 10 min.

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Homemade Hummus



Yield: 4 servings

INGREDIENTS

2 cups chickpeas (cooked from scratch, or 1-15 oz can drained and rinsed 3 times)	½ – 1 tsp cumin
1 clove garlic	¼ – 1 tsp cayenne pepper
3 Tbsp olive oil	½ tsp salt
1/2 – 1 Tbsp lemon juice	2–4 Tbsp water
	Sliced carrots, celery, and cucumbers

INSTRUCTIONS

1. Put the garbanzo beans, olive oil, 1/2 Tbsp lemon juice, spices and 2 Tbsp of water in a food processor OR a high powered blender.
2. Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency.
3. Taste the hummus and add additional spices or lemon juice if desired. I almost always add a total of 1 tsp of cumin and ¾ tsp of cayenne pepper. Process again and taste again, adjusting the spices as needed.
4. Serve with raw vegetables

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Meal 4 Recipes

Beef and Potato Stew



Yield: 4-6 servings

INGREDIENTS

½ lb beef stew meat, cut into small bite-size pieces	½ onion, diced
3 qts beef stock	1 (15 oz) can corn, drained
1 small head cabbage, sliced thin	3 lbs russet potatoes, peeled and diced
2 (15 oz) can diced tomatoes with juices	Salt and pepper, to taste

INSTRUCTIONS

1. Combine all ingredients except salt and pepper in a large stock pot and bring to a boil.
2. Add additional water, if necessary, to keep potatoes submerged while cooking.
3. Reduce heat to low boil and cook until the potatoes are soft.
4. Season with salt and pepper to taste.

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Meal 5 Recipes

Vegetable Fried Rice



Yield: 4 servings

INGREDIENTS

1 cup uncooked brown rice	16oz bag of frozen mixed vegetables
2 cups homemade bone broth	2 ribs of celery, diced small
3 Tbsp coconut oil	1 bell pepper, diced small
2 eggs	1/2 large onion, diced small
4 garlic cloves, chopped	1 3/4 cups cooked beans,
2 inches fresh ginger, minced finely	1/3 cup soy sauce

INSTRUCTIONS

1. Prepare rice as directed on the package ahead of time, using homemade bone broth in place of water.
2. In a wok or very large skillet, add fat and heat over medium heat until it melts. Add eggs and scramble in the pan with a spatula or wooden spoon.
3. Add onion, garlic and ginger and cook, stirring often. When the onions are translucent, add the remaining vegetables and stir-fry for 2-5 minutes, or until the vegetables begin to soften a bit. Add rice and fold to fully incorporate with the vegetables. (Pre-cooked meat could also be added at this point.)
4. Gently fold in beans before adding soy sauce.
5. Stir vegetable fried rice well and serve.

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Sauteed Mushrooms and Green Beans



Yield: 4-6 servings

INGREDIENTS

1 tbsp butter	8 oz mushrooms, sliced
16 oz green beans, trimmed and halved	Salt and pepper

INSTRUCTIONS

1. In a pan large enough to hold the green beans and mushrooms, melt butter over medium heat, spreading it around the bottom of the pan to coat.
2. Place vegetables in the pan and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly.
3. Season with salt and pepper as desired.

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