



30 MINUTE DINNERS

CHICKEN MEAL PLAN 3

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!

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THE MEAL PLAN

Meal 1

Sweet Kale Salad with Chicken

Meal 2

Tortilla Soup // Cornbread

Meal 3

Creamy Mushroom Pasta // Steamed Broccoli & Carrots

Meal 4

Gnocchi and Tomato Bake // Side Salad

Meal 5

Mushroom & Wild Rice Soup with Chicken



SHOPPING LIST

Pantry

- apple cider vinegar*, 8 Tbsp
- baking powder, 1 Tbsp
- baking soda, 1/2 tsp
- black beans (15 oz can)*, 1
- cashews, 3/4 cups
- chicken stock*, 3 qts + 3/4 cups
- chili verde salsa*, 1 cup
- cornmeal, 1 cup
- dried cranberries, 1/2 cup
- flour (all-purpose), 1 cup
- garbanzo beans (15 oz can)*, 1
- gnocchi (18 oz), 1
- lemon juice, 2 Tbsp
- maple syrup, 2 Tbsp
- olive oil, 10 Tbsp
- pasta (penne), 1 lb
- sunflower seeds, 3/4 cup
- tomatoes (15 oz can diced), 3
- wild rice, 1 cup

Produce

- basil (fresh), 1/2 cup
- bell pepper (red), 1
- broccoli, 2 heads
- Brussels sprouts, 8 oz
- cabbage, 1/4 head
- carrots (baby), 1 cup
- carrots, 7
- celery, 8 ribs
- cucumber, 1
- garlic, 14 cloves
- kale, 4 cups
- lettuce, 1/2 head
- mushrooms, 2 1/2 lbs
- onions, 3 1/2
- tomato, 1

Spices

- chili powder, 1/2 tsp
- cumin, 1 tsp
- pepper, 1/2 tsp + to taste
- poultry seasoning*, 1 tsp
- sage, 1 tsp
- salt, 2 1/4 tsp + to taste
- taco seasoning*, 2 Tbsp
- thyme, 1 1/2 tsp

Cold Case

- butter, 20 Tbsp
- cheddar cheese (shredded), 1/2 cup
- eggs, 1
- Greek yogurt, 1
- milk, 3 cups
- mozzarella (fresh), 1/2 cup
- corn (frozen), 1 1/2 cups

Meat

- boneless, skinless chicken breast, 3 lbs

*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: Copycat Sweet Kale Salad with Chicken

- **Cook the Chicken:** Make a 3x batch of shredded chicken to use throughout the week.

You can use an Instant Pot to make this super quick!

Time: 15 minutes

- **Chop the Vegetables:** Cut up your kale and additional greens and toppings for the salad.

Time: 5 minutes

- **Make the Dressing:** Make a double batch of dressing to use in this salad and later in the week.

Time: 5 minutes

Meal 2: Tortilla Soup // Cornbread

- **Chop the Vegetables:** Cut up your veggies for the soup.

Time: 5 minutes

- **Prep the Cornbread:** Mix up the dry ingredients for the cornbread and store until ready to bake.

Time: 5 minutes

Meal 3: Creamy Mushroom Pasta // Steamed Broccoli & Carrots

- **Chop the Vegetables:** Cut up your mushrooms, broccoli, and carrots.

Time: 5 minutes

Meal 4: Gnocchi and Tomato Bake // Side Salad

- **Chop the Vegetables:** Cut vegetables for the main dish and salad toppings.

Time: 5 minutes.

- **Prep the Lettuce:** Wash and cut lettuce into bite sized pieces.

Time: 3 minutes

Meal 5: Mushroom & Wild Rice Soup with Chicken

- **Chop the Vegetables:** Cut up mushrooms and other vegetables.

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

Chicken

- 1 tablespoon olive oil
- 3 lbs boneless, skinless chicken breasts
- Salt and pepper
- 3/4 cup water or chicken broth

Cornbread

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder

Kale Salad Dressing (double batch)

- 1 cup Greek yogurt
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 6 Tbsp apple cider vinegar
- 2 Tbsp maple syrup
- 1/4 tsp salt

Vegetables

- 8 oz Brussels sprouts
- 4 cups kale, loosely packed
- 2 heads of broccoli
- 1/4 head cabbage
- 14 garlic cloves
- 3 1/2 onions
- 7 carrots
- 1 cup baby carrots
- 8 celery ribs
- 2 lbs + 8 oz mushrooms
- 1 red pepper, deseeded and finely chopped
- 1/2 head lettuce
- 1 tomato
- 1 cucumber

Supplies

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

Step 1: Start your chicken breast. In a large skillet with a lid, heat the olive oil over medium heat until hot and rippling. Pat the chicken dry and season with salt and pepper on both sides. Place the chicken top-side down in the hot skillet and let the chicken cook for 5 minutes until golden brown on top.

Flip the chicken, add the water or chicken broth, cover the skillet and let the chicken simmer gently over medium heat for 7-10 minutes until the chicken is cooked through (it will register 160 degrees on a thermometer). Don't overcook or it might be dry.

While the chicken is simmering, add additional water 1/4 cup at a time if the liquid evaporates too quickly.

Remove the chicken from the skillet. Let it cool slightly before shredding.

If desired, use your Instant Pot for the chicken(see recipe card for exact instructions): Add pineapple juice. Place frozen chicken breast on the trivet in your Instant Pot. Set timer for 9 minutes on high pressure. Let the pressure release naturally once the timer is done.

Continue with the next step while the chicken is cooking.

Step 2: In a large bowl, mix the dry ingredients for your cornbread. Store in fridge until ready to mix in wet ingredients and bake for Meal 2.

Note: If you know you're really going to be pressed for time, get your cornbread fully baked! Follow the recipe card on page XX for instructions.

Step 3: Mix your dressing for the Sweet Kale Salad and Side Salad. Add ingredients to a glass jar and shake well to mix. This is a double batch so either store in one container and remember to reserve half for the second salad or store into two separate containers so your dressing happy people won't use it up on one night!

Step 4: Start prepping those vegetables. There's lots of tasty veggies here so chopping now will help you get ahead for the week!

Brussels Sprouts

- Slice thinly 8 oz Brussels for Sweet Kale Salad.

Kale

- Loosely measure 4 cups of kale, then finely chop for Sweet Kale Salad.

Broccoli

- Remove florets from 2 heads of broccoli for Steamed Broccoli and Carrots.
- Julienne the stems from the 2 heads of broccoli for Sweet Kale Salad.

Cabbage

- Thinly slice 2 cups of cabbage for Sweet Kale Salad.

Garlic

- Mince 6 cloves for Tortilla Soup.
- Quarter 4 cloves for Creamy Mushroom Pasta.
- Crush 1 clove for Gnocchi and Tomato Bake.
- Mince 3 cloves for Mushroom and Wild Rice Soup.

Onions

- Dice 1 for Tortilla Soup.
- Dice 1 for Creamy Mushroom Pasta.
- Chop 1 for Gnocchi and Tomato Bake.
- Chop ½ for Mushroom and Wild Rice Soup.

Carrots

- Dice 2 for Tortilla Soup.
- Wash 1 cup baby carrots for Steamed Broccoli and Carrots. OR cut 2 carrots into rounds.
- Chop 5 for Mushroom and Wild Rice Soup.

Celery

- Dice 3 ribs for Tortilla Soup.
- Chop 5 ribs for Mushroom and Wild Rice Soup.

Mushrooms

- Quarter 2 lbs for Creamy Mushroom Pasta.
- Slice 8 oz for Mushroom and Wild Rice Soup.

Red Bell Pepper

- Finely chop 1 for Gnocchi and Tomato Bake.

Lettuce

- Chop ½ head into bite sized pieces for Side Salad.

Tomato

- Chop 1 for Side Salad.

Cucumber

- Chop 1 for Side Salad.

See How to Store Your Meal Prep below to divide for storage.

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: Copycat Sweet Kale Salad with Chicken

- One batch of cooked shredded chicken (about 2 cups).
- Chopped kale + sliced Brussels sprouts + julienned broccoli stems + sliced cabbage.
- Double batch of dressing.

Meal 2: Tortilla Soup // Cornbread

- One batch of cooked shredded chicken (about 2 cups).
- Minced garlic + diced onion + diced carrots + diced celery.
- One batch dry ingredients for the cornbread.

Meal 3: Creamy Mushroom Pasta // Steamed Broccoli & Carrots

- Quartered garlic + quartered mushrooms + diced onion.
- Broccoli florets + baby carrots (or carrot rounds if preferred).

Meal 4: Gnocchi and Tomato Bake // Side Salad

- Crushes garlic + chopped onion + chopped red pepper.
- Chopped lettuce
- Chopped tomato + chopped cucumber

Meal 5: Mushroom & Wild Rice Soup with Chicken

- One batch of cooked shredded chicken (about 2 cups).
- Minced garlic + chopped onion + chopped celery + chopped carrots + sliced mushrooms.



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: Copycat Sweet Kale Salad with Chicken

- Use an Instant Pot to make a triple batch of shredded chicken! This cooks quickly and can even be made from frozen chicken breast.

Meal 2: Tortilla Soup // Cornbread

- Most any soup can be made in the slow cooker or Instant Pot.
- Use a stand mixer for cornbread. It's the best way to cut in the butter!

Meal 3: Creamy Mushroom Pasta // Steamed Broccoli & Carrots

- Use an Instant Pot to steam your veggies. Super quick and easy!

Meal 4: Gnocchi and Tomato Bake // Side Salad

- n/a

Meal 5: Mushroom & Wild Rice Soup with Chicken

- Make this meal in the Instant Pot!



STEP-BY-STEP: MEAL 1

Sweet Kale Salad with Chicken

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

Chicken

- 1 tablespoon olive oil
- 3 lbs boneless, skinless chicken breasts
- Salt and pepper
- 3/4 cup water or chicken broth

Sweet Kale Salad

- 8 oz Brussels sprouts, sliced thin
- 4 cups kale, loosely packed and then finely chopped
- 1 cup julienned broccoli stems (from about 2 heads of broccoli)
- 2 cups thinly sliced cabbage (from about 1/4 head)
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds

Salad Dressing (double batch)

- 1 cup Greek yogurt
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 6 Tbsp apple cider vinegar
- 2 Tbsp maple syrup
- 1/4 tsp salt

Supplies

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

Step 1: Start your chicken first. In a large 12-inch nonstick skillet with a lid, heat the olive oil over medium heat until hot and rippling.

Step 2: Pat the chicken dry and season with salt and pepper on both sides. Place the chicken top-side down in the hot skillet and let the chicken cook for 5 minutes until golden brown on top.

Meanwhile...

Step 3: Start chopping your vegetables. Thinly slice Brussels sprouts. Chop about 4 cups of kale into small pieces. Julienne 2 broccoli stems (Meal 3 uses the florets, so go ahead and cut those off first and store for later!). Slice ¼ head of cabbage. Place all in a large bowl.

Note: Pause your veggie chopping if your chicken needs flipping! See next step..

Step 4: Flip the chicken, add the water or chicken broth, cover the skillet and let the chicken simmer gently over medium heat for 7-10 minutes until the chicken is cooked through (it will register 160 degrees on a thermometer). Don't overcook or it might be dry. While the chicken is simmering, add additional water 1/4 cup at a time if the liquid evaporates too quickly.

Continue chopping veggies while the chicken cooks.

Step 5: Mix up the salad dressing in a glass jar. This is a double batch so reserve half for using with Meal 4.

Step 6: Remove the chicken from the skillet. Let it cool slightly before shredding. Divide into three portions. One for tonight's dinner, one for Meal 2, one for Meal 5.

Step 7: Add remaining ingredients to kale salad and one portion of chicken. Mix dressing on top or serve at the table. Enjoy!



STEP-BY-STEP: MEAL 2

Tortilla Soup // Cornbread

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

Tortilla Soup

- 6 garlic cloves, finely chopped
- 1 large onion, finely chopped
- 2 medium carrots, finely chopped
- 2-3 celery stalks, finely chopped
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 (15oz) can of black beans, drained and rinsed
- 1 (15oz) can garbanzo beans, drained and rinsed
- 1 1/2 cups frozen corn
- 2 (15oz) cans diced tomatoes, with liquid
- 1 cup chili verde salsa
- 2 quarts chicken stock
- 2 Tbsp taco seasoning
- 1 tsp cumin
- 1/2 tsp chili powder
- 1 batch of reserved shredded chicken

Cornbread

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder
- 2 Tbsp apple cider vinegar
- scant 1 1/2 cups milk
- 1 egg
- 1/2 tsp baking soda
- 1/4 cup butter, melted + 2 Tbsp butter

Supplies

- Cutting board and knife
- Large stock pot
- Large bowl
- Whisk
- Measuring cups and spoons
- 12" cast iron skillet

Step 1: Preheat oven to 450F.

Step 2: Chop garlic, onion, carrots, and celery for Tortilla Soup. Set aside.

Step 3: In a large stock pot, heat 2 Tbsp olive oil and 2 Tbsp butter. Add garlic, onion, carrots and celery. Saute until onions are translucent, about 5 minutes.

Step 4: Add remaining soup ingredients and let simmer for 20-25 minutes.

Step 5: While the soup simmers, make your cornbread. In a large glass measuring cup, measure apple cider vinegar. Add milk until you reach 1 1/2 cups of liquid total. Whisk together and set aside.

Step 6: In a large bowl, combine all dry ingredients and whisk together. Set aside.

Step 7: When the oven is preheated, melt 2 Tbsp butter in a 12" cast iron skillet over medium heat. Meanwhile, add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate.

Step 8: Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.

Step 9: When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this!

Step 10: When the timer beeps, place the entire skillet in the oven and bake for 20 minutes. Allow the cornbread to cool slightly before serving.

Step 11: Serve soup with warm buttery cornbread on the side. Enjoy!



STEP-BY-STEP: MEAL 3

Creamy Mushroom Pasta // Steamed Broccoli & Carrots

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Mise en Place

Creamy Mushroom Pasta

- 1 lb penne pasta
- 2-4 Tbsp olive oil
- 1 onion, diced
- 4 cloves garlic, quartered
- 1 tsp dried thyme
- 1 tsp dried sage
- 2 lbs mushrooms, quartered
- ¾ cup cashews
- ½ cup water
- ½ tsp pepper

Steamed Broccoli & Carrots

- 2 head broccoli, florets only
- 1 cup baby carrots
- water
- 4 tablespoons unsalted butter
- Salt and pepper, to taste

Supplies

- Medium and small saucepans
- Cutting board and knife
- Large skillet or dutch oven
- Blender
- Steamer basket

Step 1: Start a pot of water boiling to cook pasta according to package directions.

Step 2: Cut onions and garlic, Set aside. Quarter mushrooms and set aside.

Step 3: Heat 2 Tbsp of olive oil in a large skillet OR a dutch oven over medium heat. Add onions, garlic, thyme and sage and cook until the onions start to become translucent.

Step 4: Add the mushrooms and cook, stirring occasionally, until the mushrooms have cooked down by half. Add additional olive oil as necessary, scraping bits off the bottom of the pan as you go.

Step 5: Add about 2 inches of water in a saucepan. Set the pan over medium heat to bring it to a simmer.

Step 6: Pull out your cut broccoli florets (you should have cut these up during Meal 1 prep) and baby carrots. Place in a steamer basket over the saucepan and cover.

Step 7: Steam the vegetables for about 8 minutes or until done to your liking. When done to your liking, remove the vegetables to a serving bowl and add butter, salt, and pepper.

Meanwhile...

Step 8: When the pasta and mushrooms are done, combine the cashews, water and pepper in a blender and blend until the sauce is creamy.

Step 9: Add the sauce to the mushrooms and stir well. Taste the mushrooms and sauce, adding additional seasoning and/or salt and pepper as desired.

Step 10: Drain water from pasta and serve with creamy mushrooms and sauce on top. Add steamed veggies on the side. Enjoy!



STEP-BY-STEP: MEAL 4

Gnocchi and Tomato Bake // Side 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

Gnocchi and Tomato Bake

- 1 Tbsp olive oil
- 1 onion, chopped
- 1 red pepper, deseeded and finely chopped
- 1 garlic clove, crushed
- 1 (14 oz) can diced tomatoes
- 1 (18 oz) pack gnocchi
- handful basil leaves, torn
- ½ cup fresh mozzarella cheese, torn in small pieces

Side Salad

- 1/2 head lettuce
- 1 tomato
- 1 cucumber
- ½ cup sunflower seeds
- ½ cup shredded cheddar cheese
- Reserved salad dressing

Supplies

- Cutting board and knife
- Large skillet
- Large bowl
- Baking dish

Step 1: Preheat the oven to 450F.

Step 2: Chop onion and bell pepper, set aside. Crush 1 clove of garlic, set aside.

Step 3: Heat 1 tbsp olive oil in a large skillet, then soften onion and red pepper for 5 mins.

Step 4: Stir in 1 crushed garlic clove, fry for 1 min, tomatoes and gnocchi, then bring to a simmer. Bubble for 10-15 mins, stirring occasionally, until the gnocchi is soft and the sauce has thickened.

Step 5: Cut lettuce and veggies for side salad. Place in a large bowl. Add additional toppings. Set aside until ready to serve.

Step 6: Season gnocchi mixture on the stove top, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.

Step 7: Scatter with torn chunks fresh mozzarella, then bake for 5-6 mins until the cheese is bubbling and golden.

Step 8: Serve Gnocchi and Tomato Bake with salad on the side. Serve reserved dressing for the salad.



STEP-BY-STEP: MEAL 5

Mushroom and Wild Rice Soup with Chicken

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

Mushroom and Wild Rice Soup

- 2 Tbsp butter
- 5 medium carrots, chopped
- 5 stalks celery, chopped
- half of an onion, chopped
- 3 cloves garlic, minced
- 1 cup uncooked wild rice
- 8 ounces fresh mushrooms, sliced
- 4 cups chicken stock
- 1 tsp salt
- 1 tsp poultry seasoning
- 1/2 tsp dried thyme
- 1 batch reserved shredded chicken

Sauce

- 6 tablespoons butter
- 1/2 cup flour
- 1 1/2 cups milk

Supplies

- Large stock pot
- Cutting board and knife
- Small saucepan

Step 1: In a large stock pot, melt butter over medium-high heat.

Step 2: Chop carrots, celery, and onion. Mince garlic. Add to stock pot when butter is melted. Cook until onions are translucent.

Step 3: Add remaining soup ingredients. Let simmer for 20 minutes.

Step 4: Just before the soup is done, melt the butter in a saucepan. Whisk in the flour. Let the mixture cook for a minute or two to remove the floury taste. Whisk the milk, a little bit at a time, until you have a smooth, thickened sauce. Throw a little salt in there for good measure.

Step 5: Add to the soup in the stock pot and mix until creamy. Serve hot!



RECIPE CARDS

Meal 1 Recipes

Simple Shredded Chicken



Yield: 4-5 cups shredded chicken

INGREDIENTS

1 tablespoon olive oil
4 (about 2 pounds) boneless, skinless chicken breasts
Salt and pepper
3/4 cup water or low-sodium chicken broth

INSTRUCTIONS

1. In a large 12-inch nonstick skillet with a lid, heat the olive oil over medium heat until hot and rippling.
2. Pat the chicken dry and season with salt and pepper on both sides. Place the chicken top-side down in the hot skillet and let the chicken cook for 5 minutes until golden brown on top.
3. Flip the chicken, add the water or chicken broth, cover the skillet and let the chicken simmer gently over medium heat for 7-10 minutes until the chicken is cooked through (it will register 160 degrees on a thermometer). Don't overcook or it might be dry.
4. While the chicken is simmering, add additional water 1/4 cup at a time if the liquid evaporates too quickly. Remove the chicken from the skillet. Let it cool slightly before shredding.

Recipe inspired by Mel's Kitchen Cafe

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Instant Pot Chicken Breast



Yield: 2 cups shredded chicken

INGREDIENTS

1 lb frozen chicken breast

1 cup pineapple juice (or water)

INSTRUCTIONS

1. Place pineapple juice and trivet inside the Instant Pot. Place the frozen chicken breast on top of the trivet.
2. Set the pressure to HIGH, set the pressure release valve to “sealing” and the timer to 9 minutes. Allow the IP to come to pressure, cook, and let the pressure release naturally (i.e. do nothing until the pressure popper comes down on its own).
3. Shred the chicken with two forks (or follow this method with a stand mixer) and mix the chicken back into the juices in the Instant Pot.
4. Serve warm, or as desired.

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Sweet Kale Salad



INGREDIENTS

8 oz Brussels sprouts, sliced thin

4 cups kale, loosely packed and then finely chopped

1 cup julienned broccoli stems

2 cups thinly sliced cabbage

1/2 cup dried cranberries

1/4 cup sunflower seeds or chopped almonds

1/2 cup Greek yogurt

1 Tbsp olive oil

1 Tbsp lemon juice

3 Tbsp apple cider vinegar

1 Tbsp maple syrup or honey

1/8 tsp salt

INSTRUCTIONS

1. Place all chopped vegetables, dried cranberries and the seeds/nuts in a very large bowl.
2. Combine the remaining ingredients in a small bowl and whisk together until the dressing is smooth and creamy.
3. Add the dressing to the vegetables and toss thoroughly so that everything is coated well.
4. Ideally, let the salad sit for an hour for the flavors to develop. Or you can serve immediately.

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Meal 2 Recipes

Tortilla Soup



Yield: 8 servings

INGREDIENTS

6 garlic cloves, finely chopped	rinsed
1 large onion, finely chopped	1 1/2 cups frozen corn
2 medium carrots, finely chopped	2 (15oz) cans diced tomatoes, with liquid
2-3 celery stalks, finely chopped	1 cup chili verde salsa
2 Tbsp olive oil	2 quarts chicken stock
2 Tbsp butter	2 Tbsp taco seasoning
1 (15oz) can of black beans, drained and rinsed	1 tsp cumin
1 (15oz) can garbanzo beans, drained and	1/2 tsp chili powder

INSTRUCTIONS

1. In a large pot, sauté garlic, onion, carrots and celery with olive oil and butter until onions become translucent.
2. Add remaining ingredients and simmer for at least 30 minutes. A longer simmer will create a more flavorful soup.

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Cornbread



Yield: 8 slices

INGREDIENTS

1 cup cornmeal	scant 1 1/2 cups milk
1/2 cup all-purpose flour	1 egg
1 tsp salt	1/2 tsp baking soda
1 Tbsp baking powder	1/4 cup butter, melted
2 Tbsp apple cider vinegar	2 Tbsp butter OR bacon grease

INSTRUCTIONS

1. Preheat the oven to 450F.
2. In a large glass measuring cup, measure apple cider vinegar. Add milk until you reach 1 1/2 cups of liquid total. Whisk together and set aside.
3. In a large bowl, combine all dry ingredients and whisk together. Set aside.
4. When the oven is preheated, melt 2 Tbsp butter OR bacon grease in a 12" cast iron skillet over medium heat. Meanwhile, add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate.

Continues on Next Card

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Cornbread (continued)



INSTRUCTIONS

5. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.
6. When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet.
7. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this!
8. When the timer beeps, place the entire skillet in the oven and bake for 20 minutes. Allow the cornbread to cool slightly before serving. Serve warm with lots of butter!

Meal 3 Recipes

Creamy Mushroom Pasta



Yield: 4-6 servings

INGREDIENTS

1 lb pasta (any variety)
2-4 Tbsp olive oil
1 onion, diced
4 cloves garlic, quartered
1 tsp dried thyme

1 tsp dried sage
2 lbs mushrooms, quartered
 $\frac{3}{4}$ cup cashews
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ tsp pepper

INSTRUCTIONS

1. Cook pasta according to package directions.
2. Meanwhile, heat 2 Tbsp of olive oil in a large skillet OR a dutch oven over medium heat. Add onions, garlic, thyme and sage and cook until the onions start to become translucent.
3. Add the mushrooms and cook, stirring occasionally, until the mushrooms have cooked down by half. Add additional olive oil as necessary, scraping bits off the bottom of the pan as you go.
4. When the pasta and mushrooms are done, combine the cashews, water and pepper in a blender and blend until the sauce is creamy.
5. Add the sauce to the mushrooms and stir well. Taste the mushrooms and sauce, adding additional seasoning and/or salt and pepper as desired.

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Steamed Mixed Vegetables



Yield: 4-6 servings

INGREDIENTS

1 head broccoli, florets only
1 cup baby carrots
water

4 tablespoons unsalted butter
Salt and pepper, to taste

INSTRUCTIONS

1. Add about 2 inches of water in a saucepan. Set the pan over medium heat to bring it to a simmer.
2. While the water is heating up, Wash the vegetables as needed. Remove stems from the broccoli so you only have the florets. Chop florets so they aren't too large and place the florets into the steamer basket. Add 1 cup of baby carrots.
3. Place the steamer basket over the saucepan and cover.
4. Steam the vegetables for about 8 minutes or until done to your liking. When done to your liking, remove the vegetables to a serving bowl and add butter, salt, and pepper.

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Meal 4 Recipes

Gnocchi and Tomato Bake



Yield: 4 servings

INGREDIENTS

1 Tbsp olive oil	1 (18 oz) pack gnocchi
1 onion, chopped	handful basil leaves, torn
1 red pepper, deseeded and finely chopped	1/2 cup fresh mozzarella, torn into chunks
1 garlic clove, crushed	
1 (14) oz can diced tomatoes	

INSTRUCTIONS

1. Heat the oven to 450F. Heat 1 Tbsp olive oil in a large frying pan, then soften 1 chopped onion and 1 finely chopped red pepper for 5 mins.
2. Stir in 1 crushed garlic clove, fry for 1 min, tip in chopped tomatoes and gnocchi, then bring to a simmer.
3. Bubble for 10-15 mins, stirring occasionally, until the gnocchi is soft and the sauce has thickened.
4. Season, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.
5. Scatter with torn chunks of fresh mozzarella, then bake for 5-6 mins until the cheese is bubbling and golden.

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Side Salad



Yield: 4 servings

INGREDIENTS

1/2 head lettuce	1/2 cup sunflower seeds
1 tomato	1/2 cup shredded cheddar cheese
1 cucumber	dressing of choice

INSTRUCTIONS

1. Chop washed lettuce into bite sized pieces and place in a large bowl.
2. Cut tomato and cucumber into bite sized pieces and place with the lettuce. Top with sunflower seeds and cheese.
3. Serve with dressing at the table.

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Meal 5 Recipes

Instant Pot Wild Rice Soup



Yield: 6 servings

INGREDIENTS

Instant Pot:	4 cups vegetable or chicken broth
2 Tbsp butter	1 teaspoon salt
5 medium carrots, chopped	1 teaspoon poultry seasoning
5 stalks celery, chopped	1/2 teaspoon dried thyme
half of an onion, chopped	Stove top:
3 cloves garlic, minced	6 tablespoons butter
1 cup uncooked wild rice	1/2 cup flour
8 ounces fresh mushrooms, sliced	1 1/2 cups milk (I used 2%)

INSTRUCTIONS

1. Instant Pot: Put all the ingredients in the first list into the Instant Pot. Cook for 30 minutes (manual, high pressure). Release steam using the valve on top.
2. Stovetop: Just before the soup is done, melt the butter in a saucepan. Whisk in the flour. Let the mixture cook for a minute or two to remove the floury taste. Whisk the milk, a little bit at a time, until you have a smooth, thickened sauce. Throw a little salt in there for good measure.
3. Together: Mix the creamy sauce with the soup in the instant pot.

Recipe inspired by Pinch of Yum

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