



30 MINUTE DINNERS

PORK 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!

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THE MEAL PLAN

Meal 1

Korean Pork // White Rice // Pan-Seared Broccoli

Meal 2

Orzo Salad // Roasted Root Vegetables

Meal 3

Maple Glazed Pork Chops // Broccoli Salad

Suggested Side Dish: Roasted Sweet Potatoes

Meal 4

Best Minestrone Soup

Suggested Side Dish: Dinner Biscuits

Meal 5

Weeknight Vegetable Stir-Fry // White Rice



SHOPPING LIST

Pantry

- apple cider vinegar*, 6 Tbsp
- brown sugar, 1/4 cup
- chicken stock*, 12 cups
- coconut oil, 4 Tbsp
- garbanzo beans (15 oz can)*, 1
- honey, 4 Tbsp
- lemon juice, 1/4 cup
- maple syrup, 1/4 cup
- olive oil, 1 1/3 cups
- orzo, 1 1/2 cups
- pasta (small), 8 oz
- raisins, 1/2 cup
- red wine vinegar, 1/2 cup
- sesame oil, 3 tsp
- soy sauce, 3/4 cup
- spaghetti sauce (28 oz jar)*, 1
- sugar, 2 Tbsp
- sunflower seeds, 1 cup
- white beans (15 oz can)*, 2
- white rice, 2 cups

Produce

- basil (fresh), 1/2 cup
- bell peppers (any), 2
- broccoli, 4 heads
- carrots, 8
- celery, 4 ribs
- garlic, 9 cloves
- grape tomatoes, 1 1/2 cups
- green beans, 1 cup
- kale, 2 cups
- mint (fresh), 1/4 cup
- mushrooms, 12 oz
- onions (any), 2 1/2
- onions (red), 1/2
- parsnips, 2
- turnips, 1

Spices

- cayenne, 3/4 tsp
- curry, 1/2 tsp
- garlic powder, 3/4 tsp
- ginger, 1 tsp
- paprika, 3/4 tsp
- pepper, 2 1/2 tsp + to taste
- red pepper flakes, 1/4 tsp
- sage, 1/2 tsp
- salt, 4 1/4 tsp + to taste
- thyme, 1/2 tsp

Cold Case

- yogurt, 1 cup

Frozen

- corn, 1 cup
- green beans, 1 cup
- peas, 1 cup

Meat

- bacon, 1/2 lb
- pork (ground), 1 1/2 lb
- thick-cut boneless pork chops, 4

*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: Korean Pork // White Rice // Pan-Seared Broccoli

- **Prep the Vegetables:** Dice the carrots, onions and mushrooms. Cut the broccoli.

Time: 3 minutes.

- **Cook the Rice:** Cook white rice according to package directions. You'll need a double batch this week.

Time: 10 minutes.

Meal 2: Orzo Salad // Roasted Root Vegetables

- **Prep the Dressing:** Make the red wine vinaigrette as directed per the recipe.

Time: 2 minutes.

- **Prep the Vegetables:** Peel and chop the carrot, parsnip and turnip. Halve the tomatoes, finely chop the red onion.

Time: 5 minutes.

- **Roast the Vegetables:** These will roast within the 30 minute time limit, but if you're short on time this week, consider roasting the vegetables during meal prep.

Time: 25 minutes.

Meal 3: Maple Glazed Pork Chops // Broccoli Salad

- **Prep the Vegetables:** Chop large florets into small pieces, finely chop red onion.

Time: 2 minutes.

- **Cook the Bacon:** Cook ½ lb bacon until crisp, but not burned.

Time: 7 minutes.

Meal 4: Best Minestrone Soup

- **Cook the Pasta:** Prepare the pasta according to package directions.

Time: 7-9 minutes.

Meal 5: Weeknight Vegetable Stir-Fry

- **Prep the Sauce:** Combine the ingredients for the stir-fry sauce and store in a jar.

Time: 2 minutes.

- **Prep the Vegetables:** Slice 1 onion, 2 carrots, 2 ribs celery, 2 bell peppers and 8 oz mushrooms. Cut ends off green beans and cut into 1" pieces.

Time: 10 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

White Rice

- 2 cups white rice
- Water

Red Wine Vinaigrette

- 1/2 cup red wine vinegar
- 2 tsp salt
- 1/4 cup fresh lemon juice
- 3/4 tsp freshly ground black pepper
- 2 tsp honey
- 1 cup extra-virgin olive oil

Broccoli Salad

- 10 strips bacon

Minestrone Soup

- 8 oz small pasta

Stir-fry Sauce

- 1/2 cup soy sauce
- 3 Tbsp apple cider vinegar
- 3 Tbsp honey
- 1 tsp powdered ginger
- 1/2 cup water
- 1 tsp sesame oil

Vegetables

- 8 carrots
- 2 ½ onions
- ½ red onion
- 12 oz mushrooms
- 4 heads broccoli
- 1 1/2 cups grape tomatoes
- 2 parsnips
- 1 turnip
- 4 ribs celery
- 2 bell pepper
- 6 garlic cloves
- 1 cup green beans

Supplies

- 2 Medium saucepans
- Large bowl
- 2 baking sheets
- Aluminum foil
- Cooling rack
- 2 glass jars
- Cutting board and knife

Step 1: Preheat the oven to 425F.

Step 2: Bring a medium saucepan full of water to a boil (for the pasta).

Step 3: Start a double batch of white rice, prepared according to package directions.

Step 4: Prep SOME of the Vegetables:

Carrots

- Dice 2 carrots in ½-in pieces for Roasted Root Vegetables

Parsnip

- Dice 2 parsnips in ½-in pieces for Roasted Root Vegetables

Turnip

- Dice 1 turnip in ½-in pieces for Roasted Root Vegetables

Step 5: Toss the carrots, parsnips and turnips with 1 tablespoon of coconut oil in a large bowl. Season with salt and pepper and pour into a single layer on a large baking sheet.

Step 6: Line a baking sheet with aluminum foil and a cooling rack. Place strips of bacon across the cooling racks.

Step 7: When the oven is preheated, place the root vegetables in the oven and roast for 20-25 minutes. Use a kitchen timer!

Step 8: Place the bacon in the oven and cook for 15 minutes.

Step 9: When the water is boiling, cook the pasta for Minestrone Soup al dente according to package directions. Use a kitchen timer! When the pasta is done, drain in a colander and set aside.

Step 10: Prep the sauce for Weeknight Vegetable Stir-fry. Mix all ingredients in a glass jar. Shake well to mix. Store in the same jar.

Step 11: In another glass jar add the ingredients for the red wine vinaigrette. Shake well to mix and store in the same jar.

Step 12: Prep the remaining vegetables:

Onions

- Slice 1 onion for Weeknight Vegetable Stir-fry.
- Dice ½ onion for Korean Pork.
- Dice 1 onion for Best Minestrone Soup.
- Dice ¼ red onion for Orzo Salad.
- Dice ¼ red onion for Broccoli Salad.

Mushrooms

- Slice 8 oz mushrooms for Weeknight Vegetable Stir-fry.
- Dice 4 oz mushrooms for Korean Pork Wraps.

Carrots

- Slice 2 carrots for Weeknight Vegetable Stir-fry.
- Dice 2 carrots for Korean Pork Wraps.
- Dice 2 carrots for Best Minestrone Soup.

Celery

- Slice 2 ribs of celery for Weeknight Vegetable Stir-fry.
- Dice 2 ribs of celery for Best Minestrone Soup.

Bell Peppers

- Slice 2 bell pepper for Weeknight Vegetable Stir-fry.

Broccoli

- Cut 2 heads of broccoli in large pieces for Pan-Seared Broccoli.
- Cut 2 heads of broccoli into small florets for Broccoli Salad.

Tomatoes

- Halve 1 ½ cups tomatoes for Orzo Salad.

Garlic

- Mince 6 cloves of garlic for Best Minestrone Soup.

Green Beans

- Trim ends and halve 1 cup green beans for Weeknight Vegetable Stir-fry.

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: Korean Pork // White Rice // Pan-Seared Broccoli

- Prepped carrots, onions and mushrooms.
- Cut the broccoli.
- Cooked white rice.

Meal 2: Orzo Salad // Roasted Root Vegetables

- Prepared dressing.
- Roasted carrots, parsnips and turnips.
- Halved tomatoes and finely chopped red onion.

Meal 3: Maple Glazed Pork Chops // Broccoli Salad

- Cooked bacon.
- Prepped broccoli, red onion.
- Prepped tomatoes.

Meal 4: Best Minestrone Soup

- Cooked pasta.
- Prepped onions, carrots, celery, garlic.

Meal 5: Weeknight Vegetable Stir-Fry // White Rice

- Prepared sauce.
- Prepped onions, mushrooms, carrots, celery, bell peppers, green beans.



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: Korean Pork // White Rice // Pan-Seared Broccoli

- You can use your Instant Pot to make the rice. This is a super easy way to make large batches and have food ready to go!

Meal 2: Orzo Salad // Roasted Root Vegetables

- n/a

Meal 3: Maple Glazed Pork Chops // Broccoli Salad

- n/a

Meal 4: Best Minestrone Soup

- Just about any soup can be made in a slow cooker or an Instant Pot!

Meal 5: Weeknight Vegetable Stir-Fry

- You can use the saute function of the Instant Pot to cook this stir-fry!



STEP-BY-STEP: MEAL 1

Korean Pork // White Rice // Pan-Seared Broccoli

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

Korean Pork

- 2 cups white rice
- 1 Tbsp olive oil
- 1 lb pork
- 3 garlic cloves, minced
- 2 carrots, diced
- ½ onion, diced
- 4 oz mushrooms, diced
- ¼ cup packed brown sugar
- ¼ cup soy sauce
- 2 tsp sesame oil
- ¼ tsp crushed red pepper flakes
- ¼ tsp pepper
- Sliced green onions and sesame seeds for garnish

Pan-Seared Broccoli

- 2 Tbsp olive oil
- 2 full heads broccoli (stems too, not just the crown)
- 1/2-1 tsp salt
- 1/4-1/2 tsp pepper

Supplies

- Medium saucepan with a lid
- Cutting board and knife
- Heavy bottom skillet
- Second skillet
- 16 oz jar

Step 1: Prepare rice in a medium saucepan according to package directions. Use a kitchen timer and set it aside when it's done.

You can also use your Instant Pot to make your rice! Follow the recipe card on page 24 for directions.

Step 2: Dice carrots, onions, and mushrooms. Mince garlic. Set aside.

Step 3: Heat 1 Tbsp olive oil in a large skillet. When hot, add pork and garlic. Cook until the pork is no longer pink, stirring occasionally.

Step 4: Add vegetables to the pork and continue to cook until onions are translucent.

Step 5: While the pork and vegetables cook, cut the broccoli into large pieces. Heat 2 Tbsp olive oil over medium-high heat. Add broccoli and let cook undisturbed for about 5 minutes.

Check your pork and vegetables, if done cooking, turn heat to low until broccoli is done.

Step 6: When the rice is done, divide into two portions. Reserve one portion for Meal 5. Serve one portion with dinner tonight.

Step 7: Make sauce by whisking ingredients in a small bowl or measuring glass. When both pork and broccoli is done, pour sauce over pork. Stir well and let thicken.

Step 8: Serve pork and vegetables over cooked white rice with broccoli on the side!



STEP-BY-STEP: MEAL 2

Orzo Salad // Roasted Root Vegetables

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Mise en Place

Root Vegetables

- 2 Tbsp coconut oil
- 1 cup peeled, chopped carrot (2 medium)
- 1 cup peeled, chopped parsnip (2 medium)
- 1 cup peeled, chopped turnip (1 medium)

Orzo Salad

- 4 cups chicken broth
- 1 1/2 cups orzo
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 1/2 cups grape tomatoes, halved
- 3/4 cup finely chopped red onion
- 1/2 cup chopped fresh basil leaves
- 1/4 cup chopped fresh mint leaves

Red Wine Vinaigrette

- 1/2 cup red wine vinegar
- 1/4 cup fresh lemon juice
- 2 tsp honey
- 2 tsp salt
- 3/4 tsp freshly ground black pepper
- 1 cup extra-virgin olive oil

Supplies

- Cutting board and knife
- 2 Large bowls
- Heavy bottom saucepan
- 16 oz jar
- Colander

Step 1: Preheat the oven to 425F.

Step 2: Cut the carrots, parsnip and turnips into ½” pieces. Toss with 1 tablespoon of coconut oil in a large bowl. Season with salt and pepper and pour into a single layer on a large baking sheet. Even if the oven isn’t completely preheated yet, place the root vegetables in the oven to cook for 20-25 minutes. Use a kitchen timer!

Meanwhile...

Step 3: Pour chicken brock into a large heavy saucepan. Bring the broth to a boil and stir in orzo. Cover partially and cook until the orzo is al dente, about 7 minutes. Use a kitchen timer, and stir often. Drain in a colander.

Meanwhile...

Step 4: Prepare the red wine vinaigrette by adding ingredients into a glass jar or measuring cup. Shake or stir well. Set aside.

Step 5: Halve the tomatoes and finely chop the red onion. Chop the mint and basil. Set aside.

Step 6: Drain and rinse the garbanzo beans three times. Combine the beans, tomatoes, onion, mint and basil in a large bowl.

Tip! You can re-use the bowl you tossed the root vegetables in.

Step 7: When the orzo is done, stir into the salad and add ½ cup of the dressing. Toss, taste, and add more dressing as desired. Serve Orzo Salad with Root Vegetables on the side!



STEP-BY-STEP: MEAL 3

Maple Glazed Pork Chops // Broccoli Salad

Suggested Side Dish: Roasted Sweet Potatoes

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Mise en Place

Maple Glazed Pork Chops

- ¼ cup maple syrup
- ¾ tsp cayenne
- ¾ tsp garlic powder
- ¾ tsp paprika
- ¾ tsp salt
- ½ tsp pepper
- 2 Tbsp olive oil
- 4 thick-cut boneless pork chops

Broccoli Salad

- 6 cups fresh broccoli florets (chop larger florets into smaller pieces)
- ¼ cup red onion, chopped finely
- ½ cup raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar
- 1 cup yogurt
- 1 cup sunflower seeds
- 10 slices bacon, cooked

Supplies

- Baking sheet
- Aluminum foil
- Cooling rack
- (2) Large bowls
- Cutting board and Knife
- Cast iron skillet or heavy bottom pan
- tongs

Step 1: Preheat the oven to 425F. Line a baking sheet with aluminum foil and a cooling rack. Place bacon across the cooling rack and bake in the oven for 15 minutes. Use a kitchen timer!

If making the suggested side dish: Roasted Sweet Potatoes, get them started now! Dice the potatoes into ½" cubes. Toss with olive oil. Place on a baking sheet lined with parchment paper (optional, but makes them crispy and easy to clean up!). Bake in the oven for 20-25 minutes until fork tender and slightly browned.

Meanwhile...

Step 2: In a large bowl, combine the apple cider vinegar, sugar, and yogurt/mayo for the broccoli salad.

Step 3: Chop the broccoli into small pieces, and dice the red onion and add to the broccoli salad dressing. Stir to combine well. Set aside.

Step 4: Preheat a cast iron skillet or a heavy bottom pan to medium heat.

Step 5: For the pork chops, combine the maple syrup, cayenne pepper, garlic powder, paprika, salt, pepper, olive oil and pork chops in a large bowl.

Step 6: When a drop of water sizzles on the pan, place the pork chops and the sauce into the skillet in a single layer. Let the pork chops cook undisturbed for 6 minutes. Use a kitchen timer!

Step 7: Meanwhile, check on the bacon and pull from the oven if it's done. Let it cool.

Step 8: Carefully flip each pork chop over, swirl around in the glaze and rearrange as necessary so that they're cooking evenly on all the edges. Let the pork cook undisturbed for 4 minutes. Use a kitchen timer!

Step 9: Using an instant digital thermometer, test the smallest pork chop for doneness (145F). If the pork chops are done, remove the pan from the stove and set aside for 10 minutes to allow the juices to redistribute. If the pork chops are not done, swirl in the glaze again and continue cooking for an additional 2-3 minutes, or until internal temperature reaches 145F. When the pork chops are done, set aside.

Your sweet potatoes may be done now. Check them for tenderness and remove from the oven if ready. If not, add a few more minutes to the timer.

Meanwhile...

Step 10: Crumble the cooled bacon. Add the bacon and sunflower seeds to the broccoli salad and toss to combine. Serve with the pork chops (and optional sweet potatoes).



STEP-BY-STEP: MEAL 4

Best Minestrone Soup

Suggested Side Dish: Dinner Biscuits

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

Best Minestrone Soup

- ½ lb ground pork
- 1 cup diced onion
- 1 cup diced celery
- 2 Tbsp minced garlic (about 6 garlic cloves)
- 1 cup diced carrot
- 1 cup frozen corn
- 1 cup frozen peas
- 1 cup frozen green Beans
- 6-8 cups chicken stock
- Spaghetti Sauce (jarred, 28 oz)
- ½ tsp curry
- ½ tsp sage
- ½ tsp thyme
- ½ tsp salt
- 2 (15 oz) cans white beans, drained and rinsed 3 times
- 2 cups kale
- 8 oz small pasta

Supplies

- Large stock pot
- Medium saucepan
- Colander

If making the suggested side dish: dinner biscuits, preheat the oven to 450F.

Step 1: Add pork to a large stock pot and cook until it's no longer pink, breaking up the pork into small pieces as it cooks.

Start mixing your biscuits if you'd like to add them to your meal! Add the dry ingredients into a large bowl. Cut in the butter. Then add the milk. Mix until just combined. Set aside while you keep working on the soup.

Step 2: Add the rest of the ingredients - except the pasta, beans and kale into the large stock pot. Bring to a boil and then reduce to a simmer. Stir now and then.

Step 3: Meanwhile, fill a medium pot with water and bring it to a boil. Cook the pasta al dente according to the package directions.

While your water is warming, drop your biscuits on a large baking sheet. Place in the oven and bake for 10 minutes.

Step 4: When the pasta is done, drain in a colander.

Step 5: Just before serving, add the beans and kale and stir until warmed through and greens are wilted.

Step 6: To serve, portion pasta into serving bowls and ladle soup over the pasta. Top with shredded parmesan as desired. Add buttered biscuits on the side if desired!



STEP-BY-STEP: MEAL 5

Weeknight Vegetable Stir-Fry // White Rice

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

Stir-fry Vegetables

- 2 Tbsp coconut oil
- 1 onion, sliced
- 2 carrots, sliced
- 2 bell pepper, sliced
- 8 oz mushrooms, sliced
- 2 ribs celery, sliced
- 1 cup green beans, halved

Stir-fry Sauce

- ½ cup soy sauce (I use liquid aminos)
- 3 Tbsp honey
- ½ cup water
- 3 Tbsp apple cider vinegar
- 1 tsp powdered ginger
- 1 tsp sesame oil
- 1 tsp Sriracha hot sauce (optional)
- Reserved white rice

Supplies

- Large skillet or dutch oven
- Cutting board and Knife
- Wooden spoon
- Small bowl or 16 oz Mason jar

Step 1: Preheat a large skillet or dutch oven over medium heat.

Meanwhile...

Step 2: Prepare all the vegetables: sliced onion, sliced carrots, sliced celery, sliced bell pepper, and sliced mushrooms.

Step 3: Add oil to the skillet and add the vegetables. Stir the vegetables to coat with oil and cook until tender-crisp, about 7-10 minutes, stirring now and then.

Meanwhile...

Step 4: Prepare the stir-fry sauce by mixing all ingredients in a small bowl or jar.

Step 5: Warm the reserved rice as desired.

Step 6: When the vegetables are done, add the sauce and stir well. Serve over hot rice with optional Sriracha as desired.



RECIPE CARDS

Meal 1 Recipes

Korean Pork



Yield: 4-6 servings

INGREDIENTS

1 lb Pork	2 tsp sesame oil
3 garlic cloves, minced	1/4 tsp crushed red pepper flakes
2 carrots, diced	1/4 tsp pepper
1/2 onion, diced	1 cups uncooked white or brown rice
4 oz mushrooms, diced	Sliced green onions and sesame seeds for garnish
1/4 cup packed brown sugar	
1/4 cup reduced-sodium soy sauce	

INSTRUCTIONS

1. Prepare rice according to the directions on the package.
2. In a large skillet cook the pork and garlic breaking it into crumbles over medium heat until no longer pink.
3. Add carrots, onions, and mushrooms. Cook until onions are translucent.
4. In a small bowl whisk brown sugar, soy sauce, sesame oil. Ginger, red pepper flakes and pepper. Pour over the pork and vegetables and let simmer for another minute or two.
5. Serve over hot rice and garnish with green onions at sesame seeds.

Recipe inspired by The Recipe Critic.

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Pan-Seared Broccoli



Yield: 4 servings

INGREDIENTS

2 Tbsp olive oil
2 full heads broccoli (stems too, not just the crown)

1/2-1 tsp salt
1/4-1/2 tsp pepper

INSTRUCTIONS

1. In a cast iron skillet or heavy-bottom pan, heat olive oil over medium-low heat for 2-3 minutes.
2. Meanwhile, prepare the broccoli by cutting the entire head of broccoli in half. Laying the flat side down, cut off each floret from the base of the floret all the way down to the bottom of the stem.
3. When the oil is hot, add all the broccoli to the pan, arranging so that as many pieces as possible are touching the bottom of the pan. Season with 1/2 tsp salt plus pepper to taste and allow to cook for 5 minutes, undisturbed.
4. After 5 minutes, stir and rearrange the broccoli so that the sides that were down are now facing up. Season again with salt and pepper and cover with a lid. Allow to cook for 3 more minutes.
5. Stir before serving. Best when served hot.

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Instant Pot White Rice



INGREDIENTS

2 cups white rice (I use Jasmine)
2 cups water

1 tsp salt (optional)

INSTRUCTIONS

1. In an Instant Pot, combine the rice, water, salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.
2. Fluff the rice with a large fork. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

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Meal 2 Recipes

Orzo Salad



Yield: 4-6 servings

INGREDIENTS

4 cups chicken broth	1/2 cup chopped fresh basil leaves
1 1/2 cups orzo	1/4 cup chopped fresh mint leaves
1 (15-oz) can garbanzo beans, drained and rinsed	About 3/4 cup Red Wine Vinaigrette, recipe follows
1 1/2 cups grape tomatoes, halved	Salt and freshly ground black pepper
3/4 cup finely chopped red onion	

INSTRUCTIONS

1. Pour the broth into a heavy large saucepan. Cover the pan and bring the broth to a boil over high heat.
2. Stir in the orzo. Cover partially and cook until the orzo is tender but still firm to the bite, stirring frequently, about 7 minutes.
3. Drain the orzo through a strainer. Transfer the orzo to a large wide bowl and toss until the orzo cools slightly. Set aside to cool completely.
4. Toss the orzo with the beans, tomatoes, onion, basil, mint, and enough vinaigrette to coat. Season the salad, to taste, with salt and pepper, and serve at room temperature.

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Red Wine Vinaigrette



Yield: 1 3/4 cups

INGREDIENTS

1/2 cup red wine vinegar	2 tsp salt
1/4 cup fresh lemon juice	3/4 tsp freshly ground black pepper
2 tsp honey	1 cup extra-virgin olive oil

INSTRUCTIONS

1. Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil.
2. Season the vinaigrette, to taste, with more salt and pepper, if desired.

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Roasted Root Vegetables



Yield: 4 servings

INGREDIENTS

2 Tbsp coconut oil
1 cup peeled, chopped carrot (1 medium)
1 cup peeled, chopped parsnip (1 medium)

1 cup peeled, chopped turnip (1 medium)
salt and pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 425 degrees.
2. In a medium bowl combine vegetables and coconut oil.
3. Season with salt and pepper.
4. Roast in the oven for 20-25 minutes.
5. Season again with salt and pepper as necessary.
6. Stir to combine well and serve hot.

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Meal 3 Recipes

Maple Glazed Pork Chops



Yield: 4 servings

INGREDIENTS

1/4 cup maple syrup	3/4 tsp salt
3/4 tsp cayenne	1/2 tsp pepper
3/4 tsp garlic powder	2 Tbsp olive oil
3/4 tsp paprika	4 thick-cut boneless pork chops

INSTRUCTIONS

1. Combine everything in a large bowl.
2. Preheat a cast iron skillet (I have this 12" skillet) or a heavy bottom pan to medium heat. Place the pork chops and the sauce into the skillet in a single layer. Let the pork chops cook undisturbed for 6 minutes.
3. Carefully flip each pork chop over, swirl around in the glaze. Let the pork cook undisturbed for 4 minutes.
4. Using an instant digital thermometer, test the smallest pork chop for doneness (145F). If the pork chops are done, remove the pan from the stove and set aside for 10 minutes to allow the juices to redistribute.
5. If the pork chops are not done, swirl in the glaze again and continue cooking for an additional 2-3 minutes, or until internal temperature reaches 145F.

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Broccoli Salad



Yield: 4-6 servings

INGREDIENTS

6 cups fresh broccoli florets (chop larger florets into smaller pieces)	2 tablespoons sugar
1/4 cup red onion, chopped finely	1 cup yogurt or mayonnaise
1/2 cup golden raisins	1 cup sunflower seeds
3 Tbsp apple cider vinegar	10 slices bacon

INSTRUCTIONS

1. Cook bacon, crumble and set aside.
2. Combine broccoli, onion and raisins in a large bowl. In a smaller bowl, whisk vinegar, sugar and yogurt/mayonnaise. Add dressing to broccoli and combine well. Refrigerate 2-24 hours.
3. Add sunflower seeds and bacon before serving.

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Roasted Sweet Potatoes



Yield: 6 servings

INGREDIENTS

2-3 lbs sweet potatoes
2-4 Tbsp olive oil
Salt

Pepper
Dried herbs or seasonings as desired

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Scrub the dirt off the potatoes. Cut the potatoes into roughly 1/2" pieces. Lay them on a cookie sheet, in a single layer. It's okay if they touch, but you don't want the potatoes on top of each other.
3. Drizzle the olive oil evenly over the potatoes. Sprinkle the potatoes with salt, pepper and dried seasonings or herbs as desired.
4. Roast in the oven for 20-25 minutes, or until the tops of the sweet potatoes are dark golden brown.

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Meal 4 Recipes

Best Minestrone Soup



Yield: 4 servings

INGREDIENTS

1 cup diced onion	2 1(5 oz) cans white beans, drained and rinsed
1 cup diced celery	3 times
2 Tbsp minced garlic (about 6 garlic cloves)	6-8 cups chicken stock
1 cup diced carrot	Spaghetti Sauce (jarred, 28 oz)
1 cup frozen corn	8 oz small pasta
1 cup frozen peas	2 cups kale
1 cup frozen green Beans	½ tsp each curry, sage, thyme, salt

INSTRUCTIONS

1. Heat olive oil and garlic in a large soup pot over medium high heat and sauté until the garlic is lightly browned. Add carrot, onion and celery and cook, stirring often, until vegetables start to soften and brown. Season with salt and pepper.
2. Add tomatoes, bay leaf, sage and chicken broth. Simmer uncovered for approximately 30 minutes. Add the beans and kale and continue to simmer for 20-30 minutes. Season to taste with salt and pepper.
3. About 15 minute before the soup is ready, cook pasta in a separate pot until al dente. Drain well and serve 1/2 – 3/4 cup pasta in serving bowls. Ladle the soup over the pasta and sprinkle generously with grated cheese.

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Easy Dinner Biscuits



Yield: 8 biscuits

INGREDIENTS

2 cups flour	6 Tbsp cold unsalted butter, cut into small pieces
2 1/2 tsp baking powder	1/2-3/4 cup milk
3/4 tsp salt	

INSTRUCTIONS

4. Preheat oven to 450F.
5. Combine the flour, baking powder and salt in a large bowl.
6. Cut in the butter taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs.
7. Add 1/2 cup of milk and combine until the flour is moistened. Knead the dough into a ball. If additional milk is needed, add just 2 Tbsp at a time, kneading thoroughly after each addition.
8. For drop biscuits: Pull off a golf ball-sized portion and form into a ball. Press down slightly and place the biscuits on a large cookie sheet, 1" apart.
9. Bake for 8-10 minutes. The biscuits should be light golden brown on the bottom, and barely browning on top.

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Meal 5 Recipes

Weeknight Vegetable Stir-fry



Yield: 6 servings

INGREDIENTS

1-2 Tbsp coconut oil or avocado oil
6 cups of vegetables, sliced (I usually use onion, carrots, celery, bell pepper, green beans, and mushrooms)

Sauce

½ cup soy sauce (I use liquid aminos)

3 Tbsp honey

½ cup water

3 Tbsp apple cider vinegar

1 tsp powdered ginger

1 tsp sesame oil

1 tsp Sriracha hot sauce (optional)

Prepared rice, quinoa or noodles, for serving

INSTRUCTIONS

1. Heat a shallow skillet over medium-high heat. Add oil and vegetables. Cook vegetables, stirring often, until they are cooked through yet still have some crunch to them.
2. Meanwhile, combine all the ingredients for the sauce in a mason jar. Seal and shake well.
3. When the vegetables are done, serve over prepared rice, quinoa or noodles and add sauce as desired. Alternatively, you can add the sauce directly to the vegetables before serving.

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