



30 MINUTE DINNERS

BEEF MEAL PLAN 3

DontWastetheCrumbs.com



All Contents Copyright © 2021 by Tiffany Terczak | Crumbs Media, LLC

All Rights Reserved

I am not a doctor, nor have I ever claimed to be, and the information in this book is not intended to diagnose, treat, cure, or prevent any disease. Also, while I have the utmost respect for our government authorities, sometimes the FDA and I don't see eye-to-eye on food and other health issues. Therefore, I have not submitted any statements or claims made in this book about the possible health effects of foods or supplements to the FDA or any other government association.

Although in electronic form, an eBook is meant to be the personal property of you, the purchaser. My team and I worked insanely hard on this eBook, and are continuously trying to make real food and natural living on a budget as easy as possible for you, so we kindly request that no part of this book be reproduced or redistributed in any manner, in any form whatsoever (electronic, photocopying, recording or otherwise) without prior written permission. Also, please don't forward the entire book to another person. It is a violation of copyright and purchase agreement to do any and/or all of the above. The only exception is in the case of a brief quotation, embodied in critical articles or review.

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.

CONTENTS

The Meal Plan	4
Weekly Meal Prep: Overview	7
Weekly Meal Prep: Step-by-Step	9
How to Store Your Meal Prep.....	13
Maximizing Kitchen Appliances	14
Step-by-Step: Meal 1	15
Burgers // Roasted Potatoes	15
Step-by-Step: Meal 2	18
Beef Taco Salad with Diced Vegetables // Corn Chips.....	18
Step-by-Step: Meal 3	21
Roasted Red Pepper Soup with Bacon	21
Step-by-Step: Meal 4	23
Sheet Pan Beef Sausage // Sweet Potato Biscuits	23
Step-by-Step: Meal 5	26
Kung Fu Panda Soup // Sweet Potato Biscuits.....	26
Recipe Cards	29
Meal 1 Recipes	29
Meal 2 Recipes.....	31
Meal 3 Recipes.....	32
Meal 4 Recipes	33
Meal 5 Recipes.....	35
Personal Notes	36



THE MEAL PLAN

Meal 1

Burgers // Roasted Potatoes

Suggested Side Dish: Buns

Meal 2

Beef Taco Salad with Diced Vegetables // Corn Chips

Suggested Side Dish: Canned Beans

Meal 3

Roasted Red Pepper Soup with Bacon

Optional Side Dish: Simple Salad

Meal 4

Sheet Pan Beef Sausage // Sweet Potato Biscuits

Meal 5

Chinese Vegetable Soup // Sweet Potato Biscuits

Suggested Side Dish: Frozen Peas



SHOPPING LIST

Meal 1: Burgers // Roasted Potatoes
Suggested Side Dish: Buns

Meal 2: Beef Taco Salad with Diced Vegetables // Corn Chips
Suggested Side Dish: Canned Beans

Meal 3: Roasted Red Pepper Soup with Bacon
Optional Side Dish: Simple Salad

Meal 4: Sheet Pan Beef Sausage // Sweet Potato Biscuits

Meal 5: Chinese Vegetable Soup // Sweet Potato Biscuits
Suggested Side Dish: Frozen Peas

Pantry

- | | | |
|---|---|--|
| <input type="checkbox"/> olive oil, 4 Tbsp + 1 Tbsp | <input type="checkbox"/> apple cider vinegar*, 2 tsp | <input type="checkbox"/> sesame oil, 1/2 tsp |
| <input type="checkbox"/> corn chips*, 1 bag | <input type="checkbox"/> baking powder, 2 Tbsp | <input type="checkbox"/> soy sauce, 4 Tbsp |
| <input type="checkbox"/> chicken stock, 2 cups | <input type="checkbox"/> flour (all-purpose or einkorn) (DF/GF), 4 cups | <input type="checkbox"/> sugar, 2 tsp |
| <input type="checkbox"/> tomatoes (28 oz can peeled whole), 1 | <input type="checkbox"/> pasta (fettuccine or spaghetti) (DF/GF), 4 oz | |

Produce

- | | | |
|---|--|--|
| <input type="checkbox"/> lettuce (Iceberg), 4-6 large leaves + 1/2 head | <input type="checkbox"/> carrots, 3 large + 1 | <input type="checkbox"/> bell pepper (red), 1 |
| <input type="checkbox"/> onions (red), 1/4 | <input type="checkbox"/> celery, 3 ribs + 1 rib | <input type="checkbox"/> garlic, 1 clove + 1 clove |
| <input type="checkbox"/> potatoes (russet), 2-3 lbs | <input type="checkbox"/> mushrooms, 4 oz + 8 oz + 2 oz | <input type="checkbox"/> Brussels sprouts, 8 oz |
| <input type="checkbox"/> potatoes (sweet), 4 | <input type="checkbox"/> onions, 1 + 1/2 + 1 + 1/2 | <input type="checkbox"/> cabbage (green), 1/4 head |
| <input type="checkbox"/> tomatoes (Roma), 1 | | <input type="checkbox"/> ginger, 1 inch piece |

Meat

- | | | |
|--|--------------------------------------|---|
| <input type="checkbox"/> ground beef, 1 lb + 1 lb + 1 lb | <input type="checkbox"/> bacon, 1 lb | <input type="checkbox"/> beef sausage, 1 lb |
|--|--------------------------------------|---|

Cold Case

- butter, 1 Tbsp + 12 Tbsp
- milk (DF/GF), 1/2 cup + 2/3 cup
- butternut squash (cubed frozen), 1 bag

Spices to Have on Hand

- onion powder (meal 1 + meal 2)
- cumin
- paprika
- pepper (all meals)
- garlic powder
- red pepper flakes (!) (meal 2 + meal 5)
- salt (all meals)
- oregano
- basil
- chili powder

Suggested Sides

- ketchup*
- green onions (meal 2 + meal 5)
- cucumber, 1/2
- mustard
- shredded cheese
- dressing of choice*
- mayo*
- cilantro (meal 2 + meal 5)
- lime, 1
- hamburger buns*
- lettuce, 1/2 head
- peas (frozen), 1 bag
- sour cream
- tomato, 1
- butter, 1 Tbsp
- avocado

Optional Protein

- pinto or black beans, 1 can

Notes

- Items marked with * 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!
- Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.
- Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the Gluten and Dairy Substitute Guide in the Resources section on CrumbsUniversity.com.



WEEKLY MEAL PREP: OVERVIEW

Meal 1: Burgers // Roasted Potatoes

- Cube your potatoes and roast them.
25 minutes
- Shape your burgers.
2 minutes

Meal 2: Beef Taco Salad with Diced Vegetables // Corn Chips

- Dice your vegetables.
5 minutes

Meal 3: Roasted Red Pepper Soup with Bacon

- Roast the red pepper.
5 minutes
- Dice onion and garlic.
1 minute
- Cook the bacon.
20 minutes

Meal 4: Sheet Pan Beef Sausage // Sweet Potato Biscuits

- Cut your vegetables.
5 minutes

Meal 5: Chinese Vegetable Soup // Sweet Potato Biscuits

- Thinly slice the vegetables.

5 minutes

- Roast your sweet potatoes (above).



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Burgers

- 1 lb ground beef
- 1 Tbsp salt
- ½ Tbsp pepper
- 4 Tbsp onion powder

Taco Seasoning

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- ½ tsp garlic
- ½ tsp onion
- ½ tsp crushed red pepper flakes
- ½ tsp oregano

Potatoes

- 2-3 lbs Russet potatoes
- cooking spray
- 1 Tbsp salt
- 4 sweet potatoes

Vegetables

- 3 onions
- 8 oz brussel sprouts
- 10 celery ribs (about 1 bunch)
- 6 oz mushrooms
- 3 large carrots
- ¼ head green cabbage
- 3 cloves of garlic
- 1 red bell pepper

Supplies

- Small glass jar with a lid
- Cutting board and a sharp knife
- 2 large baking sheets
- Plate and cover (saran wrap or tin foil)
- Large pan with lid

Step 1: Preheat the oven to 450F.

Step 2: Cube your 2-3 lbs of Russet Potatoes into ½ inch cubes. Spray generously with cooking spray and add salt. Place in the oven and set a timer for 25 minutes.

Step 3: Cut your 4 Sweet Potatoes into 4 chunks each and place in the oven on a baking sheet. Add your whole red bell pepper to the baking sheet (no need to slice). Set a timer for 25 minutes if you haven't already for the Russet Potatoes.

Tip: The sweet potatoes will cook just fine next to the cubed sweet potatoes.

Step 4: Heat a large pan on medium high. Separate your bacon and lay as flat as you can. Set a timer for 10 minutes to check on them to see if they're ready to flip.

Tip: Cover with a lid! Most dishes cook better and faster when covered.

Step 5: Assemble your taco seasoning by combining:

- 2 Tbsp chili, 1 Tbsp cumin, 2 tsp salt
 - 2 tsp pepper, 1 tsp paprika, 1/2 tsp garlic
 - 1/2 tsp onion, 1/2 tsp crushed red pepper flakes, and 1/2 tsp oregano
- in a small glass jar and mixing well.

Step 6: Prep the vegetables with a sharp knife on your cutting board:

Onion

- Finely dice 1 large onion for Beef Tacos with Vegetables
- Dice 1 an onion for Sheet Pan Beef Sausage
- Dice ½ an onion for Roasted Red Pepper Soup
- Slice thin ½ an onion for Chinese Vegetable Soup

Brussel Sprouts

- Half 8 oz of Brussels sprouts for Sheet Pan Beef Sausage

Celery

- Finely dice 3 celery stalks for Beef Taco Salad with Vegetables
- Thinly slice 1 celery stalk for Chinese Vegetable Soup
- Dice 6 celery stalks for Cream of Celery Soup with Bacon

Remember to check and flip your bacon! Set a timer for 5-10 minutes depending on how well done they are and desired crispiness.

Mushrooms

- Finely dice 4 oz mushrooms for Beef Tacos with Vegetables
- Slice thin 2 oz mushrooms for Chinese Vegetable Soup

Carrots

- Finely dice 2 large carrots for Beef Tacos with Vegetables
- Thinly slice 1 large carrot for Chinese Vegetable Soup

Green Cabbage

- Shred $\frac{1}{4}$ head for Chinese Vegetable Soup

Tip: To shred your cabbage by hand, slice thin in one direction, then, slice again 90 degrees the other way so the strands aren't too long.

Garlic

- Mince a garlic clove for Roasted Red Pepper Soup
- Mince 2 garlic cloves for Chinese Vegetable Soup

Step 7: Pull the bacon out when it has reached desired crispiness.

Tip: Stick the bacon pan into the fridge with the oil in it to cook tomorrow's breakfast! It works well for eggs and hash browns!

Step 8: Pull the potatoes out of the oven when the timer goes off. The sweet potatoes are done when you can easily pierce them with a fork. Add 2 minutes to your timer if necessary.

The cubed potatoes are done when they are slightly golden brown.

The red pepper should be soft enough to pull the skin off if desired. Cut the stem out and store whole.

Step 9: In a large bowl, combine the 1 lb of ground beef and 4 Tbsp onion powder. Divide the ground beef into 4 equal pieces and form each piece into a patty. Place on a plate and cover.

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

How to Store Your Meal Prep

Meal 1: Burgers // Roasted Potatoes

- Cubed potatoes
- Shaped beef patties

Meal 2: Beef Taco Salad with Diced Vegetables // Corn Chips

- Finely diced onion, celery, mushroom, and carrot

Meal 3: Roasted Red Pepper Soup with Bacon

- Diced onion and minced garlic
- Roasted red pepper
- Bacon

Meal 4: Sheet Pan Beef Sausage // Sweet Potato Biscuits

- Onion and garlic
- Sweet potatoes (double batch)

Meal 5: Chinese Vegetable Soup // Sweet Potato Biscuits

- Onion, celery, mushroom, cabbage, and garlic
- Sweet potatoes (above)



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Burgers // Roasted Potatoes

- Use your grill to cook the burgers

Meal 2: Beef Taco Salad with Diced Vegetables // Corn Chips

- Use the shredding blade to get the first dice on your vegetables. (You may need to lay them out flat and give them one more chop with your knife.)

Meal 3: Roasted Red Pepper Soup with Bacon

- Roast your red pepper on the grill

Meal 4: Sheet Pan Beef Sausage // Sweet Potato Biscuits

- Puree your sweet potatoes with your food processor or (immersion) blender
- Use a stand mixer to combine the Sweet Potato Biscuits
- Puree your Sheet Pan Beef Sausage with an (immersion) blender

Tip: Just blend a cup of water to clean out the sweet potato before blending the soup.

Meal 5: Chinese Vegetable Soup // Sweet Potato Biscuits

- Shred your cabbage with the food processor slicing blade.



STEP-BY-STEP: MEAL 1

Burgers // Roasted Potatoes

Suggested Side Dish: Hamburger Buns

Mise en Place

Burgers

- 1 lb ground beef
- 4 Tbsp onion powder
- 1 Tbsp salt
- ½ Tbsp pepper

Burger Toppings

- 4-6 large lettuce leaves
- 1 Roma tomato
- ¼ red onion
- ketchup* (optional)
- mustard (optional)
- mayo (optional)

Potatoes

- 2-3 lbs Russet potatoes
- 4 Tbsp olive oil
- 4 sweet potatoes (cooking for now Meals 4 + 5)

Suggested Side: Hamburger Buns

Supplies

- Cutting board and a sharp knife
- Baking sheet
- Cast iron skillet or grill
- Large bowl
- Meat thermometer

Step 1: Preheat the oven to 450 turn your cast iron skillet to medium high (and light your grill if using instead of a cast iron.)

Step 2: Cut 2-3 lbs of potatoes into ½ inch cubes, drizzle with 2 Tbsp olive oil and sprinkle with salt and pepper. Immediately place in the oven and set a timer for 25 minutes.

Step 3: Cut 4 sweet potatoes into 4 chunks each and place on a small baking sheet in the oven for Sweet Potato Biscuits for Meals 4 + 5. Stack on top of the top rack if need be.

Step 4: In a large bowl, combine the 1 lb of ground beef, 4 Tbsp onion powder, 1 Tbsp salt, and ½ Tbsp pepper. Divide the ground beef into 4 equal pieces and form each piece into a patty.

Step 5: Place burgers in your cast iron pan and set a timer for 4 minutes. Do not disturb it.

If reheating your cubed roasted potatoes, place them in the oven now and set a timer for 10 minutes.

Step 6: While the burgers cook, slice your roma tomato, peel and shred lettuce, and thinly slice red onion, if desired.

Step 7: Flip the burger when the timer goes off. Set a timer for 3-5 minutes for them to reach desired doneness.

Tip: Use a meat thermometer to test the temperature:

- 120 is rare
- 130 is medium rare
- 140 is medium
- 150 is medium well
- 160 is well done

Step 8: Finish assembling burger toppings and let burgers rest so that juices redistribute and settle.

Step 9: Serve burgers with potatoes on the side and with a bun if desired.

Step 10: Turn off your oven and let the sweet potatoes finish cooking with the oven door closed. Set a timer for half an hour so you don't forget and find them tomorrow!



STEP-BY-STEP: MEAL 2

Beef Taco Salad with Diced Vegetables // Corn Chips

Suggested Side Dish: Canned Beans

Canned beans, like pinto or black beans, complement this dish well for some extra nutrients!

Mise en Place

Taco Salad

- 1 Tbsp olive oil
- 1 cup onion (about 1 large onion)
- 1 cup celery (about 3 stalks)
- 1 cup mushrooms (about 4 oz)
- 1 cup carrots (about 2 large carrots)
- 1 lb ground beef
- 2-3 Tbsp homemade taco seasoning
- 1/2 head lettuce
- corn chips

Taco Seasoning

- 2 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp oregano

Optional Toppings

- Sour cream
- Sliced avocado
- Green onion
- Shredded cheese
- Cilantro

Suggested Side: Canned Beans

- pinto or black beans, 1 can

Supplies

- Cast iron pan
- Cutting board and a sharp knife
- Small jar with lid
- Small saucepan
- Food processor and shredding blade (optional)

Step 1: Heat a large heavy bottom skillet, with 1 Tbsp olive oil over medium heat.

Step 2: Dice 1 large onion, 3 celery stalks, 4 oz mushrooms, and 2 large carrots and add to the pan.

Tip: Add onion to the cast iron first since it takes the longest to cook.

Step 3: Assemble your Taco Seasoning if you haven't already:

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic
- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp oregano

Then add 2-3 Tbsp to the vegetables.

Note: You may have taco seasoning already made from another meal plan. Feel free to use what you have in your pantry!

Step 4: Add the ground beef when the onions start to look translucent (about 5 minutes). Break up the beef using a pastry cutter or a wooden spoon and stir until everything is mixed well.

Step 5: Cook the ground beef on medium heat until it's no longer pink. The juices and water should be evaporating, but if they're not, you can turn the heat up slightly. Stand at the stove if you turn the heat up and stir constantly so as not to burn the meat or vegetables.

Step 6: If desired, add 1-2 cans of pinto and/or black beans to warm in a small saucepan.

Step 7: Shred the $\frac{1}{2}$ head of lettuce. Prepare any additional toppings like sour cream or shredded cheese. Use up any leftover tomato and onion from Meal 1 if desired.

Step 8: Serve the Beef Taco Salad with veggies over lettuce. Use the corn chips to dip!



STEP-BY-STEP: MEAL 3

Roasted Red Pepper Soup with Bacon

Optional Side Dish: Simple Salad

While the soup simmers, prep a side salad with lettuce, tomato, and cucumber.

Mise en Place

Soup

- 1 red bell pepper
- 1 Tbsp butter OR olive oil
- 1/2 onion, diced
- 1 garlic clove, minced
- 1-28 oz can peeled whole tomatoes
- 2 cups chicken stock
- 1-2 tsp salt
- 1 tsp pepper
- 2 tsp dried basil
- 1/4 - 1/2 cup milk

- 1 lb Bacon

Suggested Side: Simple Salad

- 1/2 head lettuce, chopped
- 1 tomato, diced
- 1/2 cucumber, sliced
- dressing of choice

Supplies

- A large pan with a lid
- Medium saucepan
- Cutting board and a sharp knife or food processor with shredder
- Kitchen shears or scissors

Step 1: Preheat your oven to Broil.

Step 2: Separate your bacon and cook on medium high in a large pan. Set a timer for 10 minutes to check on it.

Tip: Cover the bacon so it cooks faster!

Step 3: Char the red bell pepper by roasting it. You can do this by putting in the oven, directly on the grate under the broiler. Set the pepper aside.

Step 4: On a cutting board, dice ½ onion and mince 1 clove garlic.

Step 5: Melt 1 Tbsp butter in a medium pot over medium heat. Add onions and garlic and cook until the onions are translucent, taking care not to burn the garlic.

Now is a good time to flip your bacon. Set a timer for 5-10 minutes depending on how well done it is and desired crispiness.

Step 6: Add the canned tomatoes and 2 cups chicken stock and bring to a simmer.

Step 7: If desired, peel the outside skin of the pepper off before placing it into the pot of soup. Otherwise, pull the stem off the pepper (it should easily come off) and place the whole pepper – seeds and membranes and skin – into the pot.

Step 8: Using an immersion blender, blend everything together until smooth. Alternatively, blend in batches in a blender (but be careful – it will be hot).

Step 9: Assemble your side salad if desired and let the soup simmer.

Step 10: Add salt and pepper to taste. If desired, finish with ¼-½ cup milk before serving. Use scissors to cut the bacon and crumble on top of the soup.

Step 12: Put cubed butternut squash in the fridge to defrost for tomorrow.



STEP-BY-STEP: MEAL 4

Sheet Pan Beef Sausage // Sweet Potato Biscuits

Mise en Place

Sheet Pan Sausage

- 1 lb beef sausage
- 1 16 oz bag frozen cubed butternut squash, defrosted in fridge
- 1 onion
- 8 oz sliced mushrooms
- 8 oz brussels sprouts
- 1 tsp salt
- Cooking spray

Sweet Potato Biscuits (double batch)

- 1 1/2 cup sweet potato (cooked during Meal 1)
- 2 tsp apple cider vinegar
- 2/3 cup milk OR almond milk
- 4 cup all-purpose flour, plus more for dusting OR einkorn flour
- 2 Tbsp baking powder
- 2 tsp salt
- 12 Tbsp cold butter, cut into small pieces

Supplies

- Stand mixer with paddle attachment or large bowl
- Another large bowl
- Baking sheet
- Whisk
- Wide mouth mason jar or thin rimmed cup

Step 1: Preheat the oven to 450F.

Step 2: Mash your sweet potatoes with an (immersion) blender or food processor or masher.

Step 3: Whisk together 1 1/2 cups mashed sweet potatoes, 2 tsp apple cider vinegar, and 2/3 cup milk in a small bowl and place in the fridge. Meanwhile, combine 4 cups flour, 2 Tbsp baking powder, 2 tsp salt, and 12 Tbsp of butter in the bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea. Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt.

Step 4: Add the sweet potato to the flour and mix until the flour is just combined. The dough will be sticky. Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square. Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough 1/4 turn counter clockwise. Repeat this step until you've completed four folds. After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2" thick. Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits.

Tip: You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar.

Step 5: Place each biscuit onto a baking sheet about 1" apart. Bake for 13-16 minutes, or until the tops are golden brown. Set a timer for 13 minutes to check on them.

Tip: Always set a timer for the minimum amount of suggested time in a recipe to prevent your food from burning or overcooking.

Step 6: If you haven't already, slice your onion and halve your brussel sprouts.

Step 7: Spread 1 lb of beef sausage with 1 16 oz bag cubed butternut squash, sliced onion, halved brussel sprouts, and sliced mushrooms. Spray with cooking spray and play in the oven. Set a timer for 20 minutes.

Your Sweet Potato Biscuits should be done around here. Take a peak at them!

Step 8: Serve sausage and veggies on a plate with Sweet Potato Biscuits on the side. Reserve second batch of biscuits for Meal 5.



STEP-BY-STEP: MEAL 5

Chinese Vegetable Soup // Sweet Potato Biscuits

Suggested Side Dish: Buttered Peas

Add a small side of buttered peas if you want just a few more veggies on the table.

Mise en Place

Soup

- 8 cups water
- 4 Tbsp soy sauce (or coconut aminos)
- 1/2 tsp sesame oil
- 1/8 – 1/4 tsp crushed red pepper flakes (!)
- 2 tsp sugar
- 1" fresh ginger, minced
- 1/2 onion, any color, sliced thin
- 1 clove garlic, minced
- 1 large carrot, sliced thinly
- 1 rib celery, sliced thinly
- 4 oz fettuccine or spaghetti noodles, broken into 2" pieces
- 1/4 head green cabbage, shredded
- 2 oz mushrooms, sliced thinly
- 1 lb ground beef
- Reserved Sweet Potato Biscuits

Optional Toppings

- lime wedge
- green onion
- cilantro
- salt and pepper

Suggested Side: Buttered Peas

- 1 (12-16 oz) bag frozen peas
- 1 Tbsp butter

Supplies

- Large pot
- Cutting board and a sharp knife
- Baking sheet, if desired
- Small saucepan (optional)*

Step 1: Preheat the oven to 400F degrees if you'd like to reheat the Sweet Potato Biscuits.

Step 2: In a large pot, bring 8 cups of water to a boil. While it is warming, immediately add 4 Tbsp soy sauce, ½ tsp sesame oil, 1/8 tsp crushed red pepper flakes, 2 tsp sugar, and 1 inch of minced ginger. (If your family likes it spicy, add the remaining 1/8 tsp crushed red pepper flakes.)

Step 3: Break apart and add 1 lb ground beef.

Step 4: Meanwhile, if you haven't already, thinly slice (in this order) the vegetables and add them to the soup as you go: ½ an onion, 1 clove of garlic, 1 large carrot, and 1 rib of celery.

Step 5: Now add your 4 oz of noodles.

Step 6: Continue shredding your ¼ head of cabbage, and slice thin 2 oz of mushrooms. Add to the soup.

Tip: I slice/shred as the broth comes to a boil and just add each ingredient in as it's ready.

Step 7: Reheat your Sweet Potato Biscuits by placing them in the oven at 400 for 5-10 minutes. Set a timer!

Step 8: If desired, heat frozen peas in a small saucepan with ½ cup water. Bring to a boil, then turn off heat. Drain the water and add 1 Tbsp butter. Cover to keep warm until ready to serve.

Step 9: The soup is done when the noodles are cooked through, about 10-15 minutes.

Step 10: Serve with optional lime wedge, green onion, cilantro, salt and pepper, and Sweet Potato Biscuits on the side.



RECIPE CARDS

Meal 1 Recipes

Best Burgers



Find the original recipe here.

INGREDIENTS

1 lb 80/20 or 85/15 ground beef, room temperature
1/4 cup of homemade dry onion soup mix

1 tsp olive oil, liquid smoke or Worcestershire sauce (optional)
1 Tbsp butter (optional)

INSTRUCTIONS

1. In a large bowl, combine the ground beef and dry seasoning. Add optional ingredients, if using, and mix together with your hands until well combined.
2. Note: You can use a stand mixer to mix the ingredients, but take care to not over mix. This will result in a tough and chewy burger.
3. Divide the ground beef into either 3 or 4 equal pieces and form each piece into a patty.
4. Preheat your grill or cast iron skillet to medium heat.
5. Place each patty on the grill or skillet and let it cook undisturbed for 4 minutes. Carefully flip just once and let the burger cook on the other side for another 3-5 minutes, or until the burger has reached desired doneness.
6. Remove to a plate and allow to sit undisturbed for 5 minutes. This lets the juices redistribute among the burger.

30 Minute Dinners | DontWastetheCrumbs.com

Dry Onion Soup Mix



Find the original recipe here.

INGREDIENTS

3/4 cup onion flakes	1 tsp salt (opt)
1/3 cup powdered beef bouillon	1/2 tsp pepper (opt)
4 tsp onion powder	1/4 tsp sugar (opt)
1/2 tsp ground celery seed	1/4 tsp paprika (opt)
1 tsp granulated garlic (opt)	

INSTRUCTIONS

1. Combine all ingredients in a glass jar.
2. Use 1/4 cup (4 Tbsp) in lieu of one packet of dry onion soup mix.
3. Store in a cool pantry.

30 Minute Dinners | DontWastetheCrumbs.com

Oven Roasted Potatoes



Find the original recipe here.

INGREDIENTS

2-3 lbs potatoes (I used russet)	Pepper
2-4 Tbsp olive oil	Dried herbs or seasonings as desired
Salt	

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Scrub the dirt off the potatoes. Cut the potatoes into roughly 1" 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 30-40 minutes, or until the tops of the potatoes are dark golden brown.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 2 Recipes

Ground Beef Taco Meat



Find the original recipe here.

INGREDIENTS

1 Tbsp olive oil	1 cup shredded carrots (about 2 large carrots)
1 cup finely diced onion (about 1 large onion)	1 lb ground beef
1 cup finely diced celery (about 2–3 stalks)	2–3 Tbsp homemade taco seasoning
1 cup finely diced mushrooms (about 4 oz)	

INSTRUCTIONS

1. In a large heavy bottom skillet (I use my 12" cast iron skillet), warm olive oil over medium heat. Add onions, celery, mushrooms and carrots and cook, stirring occasionally, until the onions are translucent.
2. Add the ground beef and taco seasoning. Break up the beef using a pastry cutter or a wooden spoon and stir until everything is mixed well.
3. Cook the ground beef on medium heat until it's no longer pink. The juices and water should be evaporating, but if they're not, you can turn the heat up slightly. Stand at the stove if you turn the heat up and stir constantly so as not to burn the meat or vegetables.
4. Serve as you would ground beef, preferably in tacos!

30 Minute Dinners | DontWastetheCrumbs.com

Homemade Taco Seasoning



Find the original recipe here

INGREDIENTS

2 Tbsp chili	1/2 tsp garlic
1 Tbsp cumin	1/2 tsp onion
2 tsp salt	1/2 tsp crushed red pepper flakes
2 tsp pepper	1/2 tsp oregano
1 tsp paprika	

INSTRUCTIONS

1. Combine all ingredients in a glass jar.
2. Shake well and use as desired.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 3 Recipes

Roasted Red Pepper Soup



Find the original recipe here.

INGREDIENTS

1 red bell pepper	2 cups chicken stock
1 Tbsp butter OR olive oil	1-2 tsp salt
1/2 onion, diced	1 tsp pepper
1 garlic clove, minced	2 tsp dried basil
1-28 oz can peeled whole tomatoes	1/4 - 1/2 cup milk OR cream OR half & half

INSTRUCTIONS

3. First, char the red bell pepper by roasting it under the broiler in the oven. Set the pepper aside.
4. Meanwhile, melt butter in a medium pot over medium heat. Add onions and garlic and cook until the onions are translucent, taking care not to burn the garlic.
5. Add the tomatoes and chicken stock and bring to a simmer.
6. If desired, peel the outside skin of the pepper off before placing it into the pot of soup. Otherwise, pull the stem off the pepper (it should easily come off) and place the whole pepper – seeds and membranes and skin – into the pot.
7. Using an immersion blender, blend everything together until smooth. Alternatively, blend in batches in a blender (but be careful – it will be hot).
8. Add salt and pepper to taste. If desired, finish with milk or cream before serving.

[30 Minute Dinners](#) | [DontWastetheCrumbs.com](#)

Meal 4 Recipes

Roasted Sausage and Winter Veggies



Recipe inspired by The Crumbs Team.

INGREDIENTS

1 lb beef sausage	8 oz mushrooms
1 16 oz bag frozen cubed butternut squash, defrosted in fridge	8 oz brussels sprouts
1 onion	1 Tbsp olive oil
	1-2 tsp salt

INSTRUCTIONS

1. Preheat the oven to 450F.
2. Slice onion into large bites. Halve or quarter the mushrooms into large bites. Trim and halve the Brussels sprouts. Place in a large bowl with thawed butternut squash.
3. Add olive oil and salt. Mix until well coated.
4. Spread out on a baking sheet and top with beef sausage. (You can leave the sausage in links or slice into large bites.)
5. Place in the oven for 20-25 minutes until veggies begin to brown.

30 Minute Dinners | DontWastetheCrumbs.com

Sweet Potato Biscuits



Find the original recipe here.

INGREDIENTS

3/4 cup mashed sweet potato	1 Tbsp baking powder
1 tsp apple cider vinegar	1 tsp salt
1/3 cup milk	6 Tbsp cold butter, cut into small pieces
2 cups all-purpose flour, plus more for dusting	

INSTRUCTIONS

1. Preheat the oven to 425. Whisk together mashed sweet potato, apple cider vinegar and milk in a small bowl and place in the fridge.
2. Meanwhile, combine flour, baking powder, salt and butter in the bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea. Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt.
3. Place the flour in the fridge until the oven is preheated.
4. When the oven is ready, pull both the sweet potato and flour out of the fridge. Add the sweet potato to the flour and mix until the flour is just combined. The dough will be sticky.

Recipe continues on the next card.

30 Minute Dinners | DontWastetheCrumbs.com

Sweet Potato Biscuits (continued)



Find the original recipe here.

INSTRUCTIONS

5. Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square.
6. Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough 1/4 turn counter clockwise.
7. Repeat this step until you've completed four folds.
8. After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2" thick.
9. Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits. You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar.
10. Place each biscuit onto a baking sheet about 1" apart.
11. Bake for 13-16 minutes (mine took 15 minutes exactly), or until the tops are golden brown.
12. Let cool slightly on a cooling rack and then enjoy warm.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 5 Recipes

Kung Fu Panda Soup



Find the original recipe here.

INGREDIENTS

8 cups water	1 rib celery, sliced thinly
4 Tbsp soy sauce	4 oz fettuccine or spaghetti noodles, broken into 2" pieces
1/2 tsp sesame oil	1/4 head green cabbage, shredded
1/8 – 1/4 tsp crushed red pepper flakes	2 oz mushrooms, sliced thinly
2 tsp sugar	1 lime, cut into wedges (optional)
1" fresh ginger, minced	4 green onions, green parts sliced (optional)
1/2 onion, any color, sliced thin	1/2 bunch cilantro, chopped (optional)
1 clove garlic, minced	salt & pepper, to taste (optional)
1 large carrot, sliced thinly	

INSTRUCTIONS

1. In a large pot, bring water, soy sauce, sesame oil, 1/8 tsp crushed red pepper flakes, sugar and ginger to a boil. (If your family likes it spicy, add the remaining 1/8 tsp crushed red pepper flakes.)
2. Meanwhile, start preparing the vegetables and add them to the soup in the order listed. (Tip: I slice/shred as the broth comes to a boil and just add each ingredient in as it's ready.)
3. The soup is done when the noodles are cooked through, about 10-15 minutes.
4. Serve with optional lime wedge, green onion, cilantro, salt and pepper.

30 Minute Dinners | DontWastetheCrumbs.com

