



30 MINUTE DINNERS

TURKEY MEAL PLAN 2

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
Turkey Burger Bar // Steamed Vegetables.....	15
Step-by-Step: Meal 2	18
Turkey Taco Skillet	18
Step-by-Step: Meal 3	21
Chipotle Chili	21
Step-by-Step: Meal 4	24
One Pan Turkey Skillet	24
Step-by-Step: Meal 5	26
Caldo Verde	26
Recipe Cards	28
Meal 1 Recipes	28
Meal 2 Recipes.....	30
Meal 3 Recipes.....	32
Meal 4 Recipes	33
Meal 5 Recipes.....	34
Personal Notes	35



THE MEAL PLAN

Meal 1

Turkey Burger Bar // Steamed Vegetables

Suggested Side Dish: Garlic Quinoa

Meal 2

Turkey Taco Skillet

Suggested Side Dish: Corn Tortillas

Meal 3

Chipotle Chili

Suggested Side Dish: Garlic Quinoa

Optional Protein: Ground Meat

Meal 4

One Pan Turkey Skillet

Suggested Side Dish: White Rice

Meal 5

Caldo Verde

Suggested Side Dish: Corn Tortillas

Optional Protein: Bacon



SHOPPING LIST

Meal 1: Turkey Burger Bar // Steamed Vegetables
Suggested Side Dish: Garlic Quinoa

Meal 2: Turkey Taco Skillet
Suggested Side Dish: Corn Tortillas

Meal 3: Chipotle Chili
Suggested Side Dish: Garlic Quinoa
Optional Protein: Ground Meat

Meal 4: One Pan Turkey Skillet
Suggested Side Dish: White Rice

Meal 5: Caldo Verde
Suggested Side Dish: Corn Tortillas
Optional Protein: Bacon

Pantry

- | | | |
|---|---|--|
| <input type="checkbox"/> ketchup | <input type="checkbox"/> buns or lettuce wraps (optional) | <input type="checkbox"/> chipotle chiles in adobo sauce, 1 can |
| <input type="checkbox"/> mayo | <input type="checkbox"/> brown rice, 2 cups | <input type="checkbox"/> olive oil, 3 Tbsp |
| <input type="checkbox"/> mustard | <input type="checkbox"/> coconut oil, 2 Tbsp + 2 Tbsp | <input type="checkbox"/> coconut aminos (or soy sauce), 3 Tbsp |
| <input type="checkbox"/> olives | <input type="checkbox"/> corn (11 oz can), 1 | <input type="checkbox"/> red beans (canned), 1 |
| <input type="checkbox"/> pickles | <input type="checkbox"/> salsa (16 oz jar), 1 | |
| <input type="checkbox"/> sugar, 1/4 tsp | <input type="checkbox"/> chicken broth*, 3 cups + 4 cups | |

Produce

- | | | |
|--|--|---|
| <input type="checkbox"/> lettuce leaves, 4 | <input type="checkbox"/> garlic, 3 cloves + 2 cloves | <input type="checkbox"/> green onion, 3 |
| <input type="checkbox"/> red onion, 1/2 | <input type="checkbox"/> jalapenos (!), 2 | <input type="checkbox"/> radishes, 3 |
| <input type="checkbox"/> roma tomato, 1 | <input type="checkbox"/> onions, 2 | <input type="checkbox"/> kale, 1 bunch |
| <input type="checkbox"/> bell peppers, 2 | <input type="checkbox"/> baby spinach, 2 cups | <input type="checkbox"/> potatoes, 4 medium |
| <input type="checkbox"/> cilantro, 1/2 cup | <input type="checkbox"/> broccoli, 1 head | <input type="checkbox"/> yellow onion, 1/2 |
| <input type="checkbox"/> corn (frozen), 1 1/2 cups | <input type="checkbox"/> carrot, 1 | |

Meat

- ground turkey, 1 lb + 1 lb + 1 lb

Cold Case

- butter, 2 Tbsp
- cheese slices, 4
- mixed vegetables (frozen), 1 bag

Spices to Have on Hand

- celery seed
- dry minced onion
- garlic powder (meal 1 + meal 2)
- onion powder (meal 1 + meal 2)
- paprika (meal 1 + meal 2)
- pepper
- powdered beef bullion
- salt
- chili powder
- cumin (meal 2 + meal 3)
- oregano (meal 2 + meal 3)
- red pepper flakes (meal 2 + meal 5)
- cayenne (!)

Suggested Sides

- garlic, 2-4 cloves
- quinoa, 2 cups
- sour cream
- sliced avocado
- green onion
- shredded cheese
- cilantro
- corn masa flour, 1 1/2 cups
- avocados, 2
- tortilla chips
- limes
- white rice, 1-4 cups

Optional Protein

- ground meat, 1 lb

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: Turkey Burger Bar // Steamed Vegetables

- **Form your burgers:** Combine seasoning, meat, and shape.
5 minutes
- **Make the garlic quinoa.**
25 minutes

Meal 2: Turkey Taco Skillet

- **Slice your vegetables:** Cut the bell peppers.
3 minutes
- **Make your taco seasoning:** Mix the ingredients.
2 minutes

Meal 3: Chipotle Chili

- **Prep your vegetables:** Mince and slice the onion, jalapeno, chilies, and garlic.
5 minutes
- **Make the garlic quinoa** (above).

Meal 4: One Pan Turkey Skillet

- **Chop the vegetables:** Cut the carrot, radish, and broccoli.

5 minutes

- **Make the White Rice.**

Meal 5: Caldo Verde

- **Prep the vegetables:** Cube potato and dice onion.

3 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Garlic Quinoa

- 3 cups quinoa
- 3 cups broth or water (6 cups if stovetop)
- 2 cloves garlic (or more if you love garlic!)

Taco Seasoning

- 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

Burgers

- 3/4 cup onion flakes
- 1/3 cup powdered beef bouillon
- 4 tsp onion powder
- 1/2 tsp ground celery seed
- 1 tsp granulated garlic
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp sugar
- 1/4 tsp paprika
- 1 lb ground turkey

Vegetables

- 2 bell peppers
- 1 carrot
- 1 broccoli head
- 3 radishes
- 3 green onion stalks
- 4 potatoes
- 2 1/2 onions

White Rice

- 1-4 cups white rice
- 1-8 cups water (Use 1:1 rice:water ratio for the IP and 1:2 ratio for stovetop)

Supplies

- Instant Pot or large saucepan
- Large bowl
- Cutting board and a sharp knife
- Small jar with lid

Step 1: Make the Garlic Quinoa, if desired.

Stove top: Boil 6 cups of broth or water on high. When it is boiling add 3 cups of quinoa and cover. Set a timer for 15 minutes!

Instant Pot: Add 3 cups of broth or water and 3 cups of quinoa and set on manual for 1 minute.

Step 2: Make the White Rice, if desired.

Stovetop: Bring water to a boil in a medium saucepan over medium-high heat. Add rice and bring back to a boil. Reduce heat to a simmer, cover and let cook for 15-18 minutes until liquid is absorbed.

Instant Pot: Add rice, water, and salt if desired, into your Instant Pot. Cook on high pressure for 4 minutes. Release pressure by hitting the quick pressure release.

Step 3: Prep the Vegetables:

Bell Peppers

- Slice 2 bell peppers for Turkey Taco Skillet

Carrot

- Cut 1 large into coins for One Pan Turkey Skillet

Broccoli

- Cut 1 head into small florets for One Pan Turkey Skillet

Radish

- Slice 3 radishes into coins for One Pan Turkey Skillet

Green onion

- Slice 3 stalks for One Pan Turkey Skillet

Potatoes

- Cube 4 potatoes for Caldo Verde

Tip: Since not every dish has onion, cut onion near the end to not taint the flavor of other dishes.

Onion

- Dice ½ of an onion for Caldo Verde
- Dice 2 for Chipotle Chili

To cut last:

Garlic

- Mince 2-4 cloves for Suggested Side Dish Garlic Quinoa AND add immediately to quinoa
- Mince 3 cloves for Chipotle Chili

Jalapeno

- Finely chop 2 for Chipotle Chili

Step 4: Prep your burgers. In a large bowl, combine the ground turkey and dry seasoning:

- ¾ cup onion flakes
- 1/3 cup powdered beef bullion
- 4 tsp onion powder
- ½ tsp ground celery seed
- 1 tsp granulated garlic
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp sugar
- ¼ tsp paprika

Tip: Mix the seasoning first, adding the meat last, so that you only have to wash your hands once after forming the burgers.

Mix together with your hands until well combined.

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.

Divide the ground beef into either 4 equal pieces and form each piece into a patty.

Be sure to wash your hands.

Step 5: Combine your taco seasoning in a small glass jar with a lid and shake:

- 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

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

How to Store Your Meal Prep

Meal 1: Turkey Burger Bar // Steamed Vegetables

- Assembled burgers
- 1/2 batch Garlic Quinoa

Meal 2: Turkey Taco Skillet

- Taco seasoning
- Bell peppers

Meal 3: Chipotle Chili

- Onions and garlic
- 1/2 batch Garlic Quinoa

Meal 4: One Pan Turkey Skillet

- Broccoli, radish, green onion, and carrot
- White Rice

Meal 5: Caldo Verde

- Potato and onion



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Turkey Burger Bar // Steamed Vegetables

- Use a grill to cook your burgers.
- Use an Instant Pot to make your Garlic Quinoa.

Meal 2: Turkey Taco Skillet

- Use a tortilla press for your corn tortillas if desired.

Meal 3: Chipotle Chili

- Use an Instant Pot to make your Garlic Quinoa (above).

Meal 4: One Pan Turkey Skillet

- Use an Instant Pot to make your White Rice.

Meal 5: Caldo Verde

- Use a slow cooker to make it the morning of and let it simmer all day.



STEP-BY-STEP: MEAL 1

Turkey Burger Bar // Steamed Vegetables

Suggested Side Dish: Garlic Quinoa

Mise en Place

Burgers

- ¾ cup onion flakes
- 1/3 cup powdered beef bouillon
- 4 tsp onion powder
- ½ tsp ground celery seed
- 1 tsp granulated garlic
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp sugar
- ¼ tsp paprika
- 1 lb ground turkey

Burger Toppings

- 4 slices cheese
- 4 lettuce leaves
- ½ red onion, sliced
- pickles
- ketchup
- mustard
- mayo
- olives
- 1 Roma tomato, sliced
- optional: buns or lettuce wraps*

Steamed Vegetables

- 1 bag frozen mixed vegetables
- 2 Tbsp butter

Suggested Side: Garlic Quinoa

- 2 cups Quinoa (*Doubled batch for Meal 3*)
- 2 cups water or broth (*4 if using stovetop*)
- 2-4 cloves garlic

Supplies

- Small cutting board and a sharp knife
- Large bowl (or stand mixer with paddle attachment)
- Spatula
- Meat thermometer
- Cast iron skillet
- Tongs

Step 1: Preheat your cast iron skillet to medium high heat.

Step 2: If desired, make the Garlic Quinoa.

Stove top: Boil 4 cups of broth or water on high. When it is boiling add 2 cups of quinoa and cover. Set a timer for 15 minutes!

Instant Pot: Add 2 cups of broth or water and 2 cups of quinoa and set on manual for 1 minute.

Step 3: If you haven't already, make your burgers. In a large bowl, combine the ground turkey and dry seasoning:

- $\frac{3}{4}$ cup onion flakes
- $\frac{1}{3}$ cup powdered beef bouillon
- 4 tsp onion powder
- $\frac{1}{2}$ tsp ground celery seed
- 1 tsp granulated garlic
- 1 tsp salt
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{4}$ tsp sugar
- $\frac{1}{4}$ tsp paprika

Mix together with your hands until well combined.

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.

Step 4: Divide the ground turkey into either 4 equal pieces and form each piece into a patty.

Step 5: Place each patty on the grill or skillet and let it cook undisturbed for 4 minutes. Set a timer! 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. Remove to a plate and allow to sit undisturbed for 5 minutes. This lets the juices redistribute among the burger.

Step 6: If making Garlic Quinoa, on the stove, check to see if it's boiling. Then, mince your cloves of garlic. Immediately add if using the stovetop or add after it cooks in the Instant Pot and let the flavors meld.

Step 7: While the burgers cook, steam your bag of vegetables according to package directions and set up your Burger Bar. Lay out:

- 4 slices Cheese
- 1 Lettuce head of leaves
- ½ Red onion, sliced
- 1 Roma Tomato, sliced
- Pickles
- Ketchup
- Mustard
- Mayo
- Olives

Add any other burger toppings your family would enjoy.

Step 8: Flip your burgers when the timer goes off. Set another timer for 3 minutes to check them with your meat thermometer. Turkey burgers are done at 165F (poultry should always be cooked well done).

Step 9: Quick release the Instant Pot when the timer goes off and add garlic.

Step 10: Encourage your family to enjoy the burgers with the vegetables stacked high and quinoa on the side, if desired.



STEP-BY-STEP: MEAL 2

Turkey Taco Skillet

Suggested Side Dish: Corn Tortillas

Mise en Place

Taco Skillet

- 2 Tbsp coconut oil
- 2 bell peppers
- 1 lb ground turkey
- 2 1/4 cups water or broth
- 16 oz jar salsa (thick & chunky kind works best)
- 11 oz can corn
- 2 cups brown rice

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: Corn Tortillas

- 1 1/2 cups corn masa flour
- scant 1/4 tsp salt
- 1 cup warm water, plus extra as needed

Supplies

- Large pot with lid
- Rolling pin or tortilla press
- Cutting board and a sharp knife

Step 1: Preheat a large pot on medium high heat with 2 Tbsp of coconut oil. If desired, preheat your griddle to 400 degrees for homemade corn tortillas.

Step 2: If you haven't already, slice 2 bell peppers. Put into the cast iron immediately.

Step 3: Then, add 1 lb of ground turkey, breaking meat up into small pieces.

Step 4: Stir in 2 ¼ cups of water, 16 oz of salsa, 11 oz of corn, and taco seasoning:

- 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

Step 5: Bring to a boil. Stir in 2 cups of rice. Simmer on medium for 5 minutes. Cover with a tight-fitting lid, and turn off heat (keep pot on burner). Let stand 15-20 minutes, until liquid is absorbed and rice is tender.

Step 6: If desired, make corn tortillas by combining 1 1/2 cups masa, ¼ tsp salt, and 1 cup warm water in a large bowl. Using your hands, knead the mixture

into a dough that resembles playdough. If necessary, add water to the mixture by wetting your hands and kneading. If you add water directly to the mixture it might become too wet and you will either have to let it sit to dry (approx 5-10 minutes) or add more masa.

Pinch a small portion of dough and roll into a ball, 1-2" in diameter.

Place in a tortilla press and press into a 6" round tortilla. (You may use a rolling pin or a glass jar if desired.)

Tip: If your griddle will fit a bigger diameter of corn tortilla, then make them larger to save time!

Cook on the griddle for 1 minute. Flip and cook again for 1 more minute.

Tip: If you have an iPhone, set your timer for 1 minute and then lock your screen. When it dings, there is an option to press repeat with just one tap. Press repeat when you get it flipped or the next one on the griddle. On Android, a "+1:00" pops up under the timer. If you hit that, it starts another minute! Just set it to a gentle chime or trill so you don't bug anyone in the next room.

Tip: Put a clean kitchen towel over the warm tortillas on a plate to keep them warm until dinner is served!

Step 7: If desired, prep and slice any optional toppings: sour cream, sliced avocado, green onion, shredded cheese, or cilantro.

Step 8: Serve your Turkey Taco Skillet in the corn tortillas or on the side, if desired, with your favorite toppings.



STEP-BY-STEP: MEAL 3

Chipotle Chili

Suggested Side Dish: Garlic Quinoa

Optional Protein: Ground Meat

Add any 1 lb of ground meat like beef, lamb, pork, or turkey to this dish.

Mise en Place

Chili

- 3 Tbsp olive oil
- 2 medium onions, diced (about 1 3/4 cups)
- 1 tsp salt
- 2 jalapenos (or green chilies), finely chopped (!)
- 3 medium cloves garlic, minced
- 2 tsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp cayenne pepper (!)
- 2 chipotle chilies in adobo sauce, finely chopped
- 3 15 oz cans beans (such as pinto, great northern, and cannellini), drained and rinsed
- 3 cups chicken broth or water
- 1 1/2 cups frozen corn, thawed
- 1/2 cup fresh cilantro leaves, chopped

Optional Toppings

- 2 avocados, sliced for garnish
- Tortilla chips to serve on the side
- Limes to serve on the side

Suggested Side: Garlic Quinoa

- Reserved Garlic Quinoa
- 1/4 cup water

Optional Protein

- 1 lb ground meat (lamb, beef, turkey, or chicken)

Supplies

- Baking sheet or Instant Pot
- Large stock pot
- Cutting board and a sharp knife

Step 0: Set corn on the counter after school or move it from the freezer to the fridge before work then set on the counter when you start.

Step 1: In a large stockpot or dutch oven, heat 3 Tbsp olive oil over medium heat.

Step 2: If you haven't already, dice 2 onions. Immediately add to the oil with 1 tsp salt and cover.

Tip: If you have any stray vegetables, you can dice them and throw them in like radish, carrot, bell pepper, or celery.

Step 3: If you haven't already, mince your garlic and finely chop your jalapeno. Stir the onion.

Tip: Always mince garlic before jalapeno so that you don't get your hands spicy when you use the side of the knife to smash the garlic.

Step 4: While the onions cook, slice your avocado and cut the limes in half or wedges.

Step 5: When the onions start to cook down (about 6 to 8 minutes), add jalapeños, garlic, 2 tsp cumin, ½ tsp oregano, and ¼ tsp cayenne. Stir.

Step 6: If using optional protein, add 1 lb of ground meat and break apart. Stir well.

Step 7: Drain and rinse your beans. Add them and your chipotle chilies and 1 cups of broth and bring to a simmer. Simmer for about 10 minutes to let flavors meld. Set a timer!

Step 8: If desired, reheat the reserved quinoa with $\frac{1}{4}$ cup of water in a pan.

Step 9: Add corn to just heat through for 2 minutes.

Step 10: Garnish with cilantro and serve with avocado slices and lime.



STEP-BY-STEP: MEAL 4

One Pan Turkey Skillet

Suggested Side Dish: White Rice

Reheat some rice that you already made and saved in the freezer or make a new triple or quadruple batch cook once, eat twice (or more!)

Mise en Place

Turkey Skillet

- 2 Tbsp coconut oil
- 1 lb ground turkey
- 1/2 tsp ground turmeric
- 1/2 tsp sea salt to taste
- 3 stalks green onion
- 3 radishes
- 1 large crown broccoli
- 1 large carrot
- 3 Tbsp coconut aminos or liquid aminos
- 2 cups baby spinach
- Any other vegetables to use up

Suggested Side Dish:

- 1-4 cups White Rice
- 1-8 cups water (Use 1:1 rice:water ratio for the IP and 1:2 ratio for stovetop)

Supplies

- Large skillet
- Cutting board and a sharp knife
- Medium saucepan

Step 1: Heat the 2 Tbsp coconut oil in a large skillet over medium to medium-high heat.

Step 2: If you haven't already, cut your large carrot, 3 radishes, and green onion into coins and your head of broccoli into small florets.

Step 3: When the oil is hot (you may hear it sizzle), add the ground turkey and press into a single layer with a metal spatula. Cover with a lid! Continue chopping veggies and set a timer for 2 minutes. Then flip it and use the spatula to cut the turkey into small pieces. Add the cut vegetables as you chop and stir well.

Tip: Just slide them off the cutting board directly into the skillet with the dull side of your knife.

Tip: This dish is a great opportunity to chop any stray vegetables and use them up so they don't go to waste!

Step 4: If desired, reheat your White Rice with $\frac{1}{4}$ cup of water in a small sauce pot on medium low OR cook a new batch:

Stovetop: Bring water to a boil in a medium saucepan over medium-high heat. Add rice and bring back to a boil. Reduce heat to a simmer, cover and let cook for 15-18 minutes until liquid is absorbed.

Instant Pot: Add rice, water, and salt if desired, into your Instant Pot. Cook on high pressure for 4 minutes. Release pressure by hitting the quick pressure release.

Step 5: Then, add $\frac{1}{2}$ tsp ground turmeric and $\frac{1}{2}$ tsp sea salt (or more). Set a timer for 5 minutes.

Step 6: When the timer goes off, add the 3 Tbsp coconut aminos and 2 cups spinach and replace the cover. Cook until the spinach has wilted, about 1 to 2 minutes. Remove the cover and stir well. Taste mixture for flavor and add more sea salt, and/or coconut aminos to taste.

Step 7: Serve White Rice under or on the side of your One Pan Turkey Skillet.



STEP-BY-STEP: MEAL 5

Caldo Verde

Optional Protein: Bacon

Suggested Side Dish: Corn Tortillas

Use your leftover corn tortillas from earlier in the week to dip and enjoy this Portugese soup.

Mise en Place

Soup

- 4 cups water or chicken broth
- 2 cloves garlic
- ½ yellow onion, chopped
- ¼ teaspoon crushed red pepper (!)
- 4 medium potatoes, preferably Yukon Gold
- 1 bunch kale, sliced
- ¼ teaspoon salt
- 1 can cooked, rinsed red beans (Aduki or Pinto will work)
- ¼ teaspoon freshly ground black pepper

Suggested Side: Corn Tortillas

- leftover corn tortillas*

Optional Protein

- bacon*

Supplies

- Large stock pot
- (Immersion) blender
- Cutting board and sharp knife
- Large pan

Step 1: Bring the water to a boil in a large stock pot on high.

Step 2: If desired, start a large pan for your bacon on medium high. Peel the bacon apart so it cooks faster.

Step 3: Meanwhile, slice your onion, cube your potatoes, and mince your garlic. Immediately add to the veggies as you chop them. Then, add ¼ tsp crushed red pepper. When it boils, turn to a simmer for 10 minutes, until the potatoes are soft. Set a timer!

Step 4: Flip your bacon with tongs.

Step 5: While that simmers, thinly slice your kale if you haven't already, not keeping the stems.

Step 6: Blend the ingredients with an immersion blender (or in a standard blender and then return to the pot).

Step 7: Return the soup to a simmer. Add the kale to the simmering soup, cooking it for about 5 minutes. Set a timer!

Step 8: Meanwhile drain and rinse the red beans and check the bacon. Pull out any pieces that are done to let the remainder finish.

Step 9: When the timer goes off, remove from the heat, then immediately stir in the red beans. If desired, use tongs in one hand and scissors in the other to crumble the bacon over the soup! Serve with corn tortillas if desired.

Tip: Save the bacon grease in the pan and put it directly into the fridge to saute something tomorrow!



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

Meal 2 Recipes

Turkey Taco Skillet



Recipe inspired by Yummy Healthy Easy.

INGREDIENTS

1 lb lean ground turkey	1 (11-oz) can corn with red & green bell peppers (Mexican corn)
1 pkg. taco seasoning	2 cups instant brown rice
2 1/4 cups water	toppings such as shredded cheese, cilantro, green onions, sour cream, tomato and lettuce
1 (16-oz) jar salsa (thick & chunky kind works best)	

INSTRUCTIONS

1. In a large skillet over medium heat, cook and brown ground turkey, breaking meat up into small pieces.
2. Stir in seasoning mix, water, salsa and corn. Bring to a boil. Stir in rice. Simmer on medium for 5 minutes. Cover with a tight-fitting lid, and turn off heat (keep pot on burner). Let stand 15-20 minutes, until liquid is absorbed and rice is tender.
3. Dish up into bowls and top with favorite toppings. Enjoy!

30 Minute Dinners | DontWastetheCrumbs.com

Homemade Corn Tortillas



Find the original recipe here

INGREDIENTS

1 1/2 cups corn masa flour	1 cup warm water, plus extra as needed
scant 1/4 tsp salt	

INSTRUCTIONS

1. Preheat a griddle to 400F.
2. Combine masa, salt and water in a large bowl.
3. Using your hands, knead the mixture into a dough whose texture resembles play-dough. If necessary, add water to the mixture by wetting your hands and kneading. If you add water directly to the mixture it might become too wet and you will either have to let it sit to dry (approx 5-10 minutes) or add more masa.
4. Pinch of a small portion of dough and roll into a ball, 1-2" in diameter. Place in a tortilla press and press into a 6" round tortilla. (You may use a rolling pin or a glass jar if desired.)
5. Cook on the griddle for 1 minute. Flip and cook again for 1 more minute.
6. Remove from the heat and keep covered. Serve warm.

30 Minute Dinners | DontWastetheCrumbs.com

Homemade Taco Seasoning



Find the original recipe here

INGREDIENTS

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

INSTRUCTIONS

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

30 Minute Dinners | DontWastetheCrumbs.com

Meal 3 Recipes

Chipotle Chicken Chili



Recipe inspired by Serious Eats.

INGREDIENTS

3 Tbsp olive oil	2 chipotle chilies in adobo sauce, finely chopped
2 medium onions, diced	3 (15-oz) cans white beans, drained and rinsed
1 tsp salt	3 cups chicken broth
2 jalapenos (or green chilies), finely chopped	1 1/2 cups frozen corn, thawed
3 medium cloves garlic, minced	1/2 cup fresh cilantro leaves, chopped
2 tsp ground cumin	2 avocados, sliced for garnish
1/2 tsp dried oregano	Tortilla chips to serve on the side
1/4 tsp cayenne pepper	Limes to serve on the side
1 lb ground chicken	

INSTRUCTIONS

1. In large saucepan or dutch oven, heat oil over medium heat until shimmering. Add onion and 1 teaspoon salt. Cook, stirring, until softened and beginning to turn golden, 6 to 8 minutes. Add jalapeños, garlic, cumin, oregano, and cayenne. Cook until fragrant, about 1 minute.
2. Add chicken and cook until just cooked through, about 4 minutes. Add chipotle chilies, beans, and broth and bring to simmer. Simmer for about 10 to 15 minutes to let flavors meld.
3. Add corn to just heat through. Season to taste. Stir in cilantro and serve with avocado, chips, and lime.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 4 Recipes

One Pan Turkey Skillet



Recipe inspired by The Roasted Root.

INGREDIENTS

2 Tbsp avocado oil
1 lb ground turkey
1/2 tsp ground turmeric
1/2 tsp sea salt to taste
3 stalks green onion chopped

3 radishes chopped
1 large crown broccoli chopped
1 large carrot peeled and chopped
3 Tbsp coconut aminos or liquid aminos
1 huge handful baby spinach

INSTRUCTIONS

1. Heat the avocado oil in a skillet over medium to medium-high heat in a large cast iron or stainless steel skillet (I use a 12-inch skillet).
2. Add the ground turkey and press into a single layer. Brown turkey without touching it for 2 to 3 minutes, until browned. Flip the meat and continue browning another 2 minutes. Add spices and sea salt and use a spatula to chop the meat into smaller pieces.
3. Add the veggies to the skillet and stir well. Cover the skillet and cook 5 to 8 minutes, until vegetables soften. Add the coconut aminos and spinach and replace the cover. Cook until the spinach has wilted, about 1 to 2 minutes. Remove the cover and stir well. Taste mixture for flavor and add more sea salt, and/or coconut aminos to taste.
4. Serve as is, or on top of cooked sweet potato or rice.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 5 Recipes

Caldo Verde



Recipe inspired by Forks Over Knives.

INGREDIENTS

4 cups water	2 cloves garlic
½ yellow onion, chopped	¼ teaspoon crushed red pepper (optional)
4 medium potatoes, preferably Yukon Gold	1 bunch kale, sliced
¼ teaspoon salt	1 cup cooked, rinsed red beans
¼ teaspoon freshly ground black pepper	

INSTRUCTIONS

1. Bring the water to a simmer.
2. Add the onion, potatoes, salt, pepper, garlic, and crushed red pepper, if desired. Simmer for 10 minutes, until the potatoes are soft.
3. Blend the ingredients with an immersion blender (or in a standard blender and then return to the pot).
4. Return the soup to a simmer. Add the kale to the simmering soup, cooking it for about 5 minutes.
5. Remove from the heat, then immediately stir in the red beans.

30 Minute Dinners | DontWastetheCrumbs.com



PERSONAL NOTES
