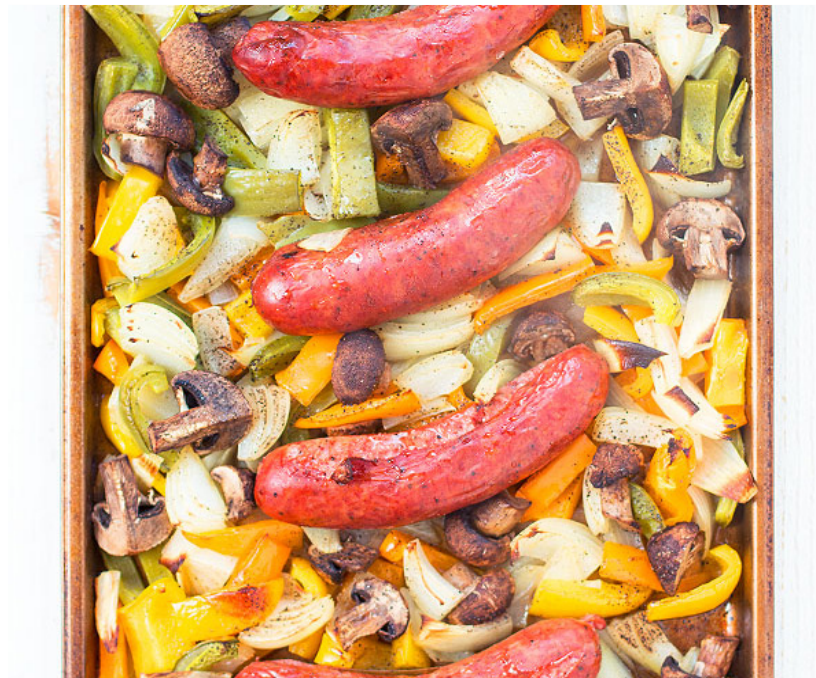




# 30 MINUTE DINNERS

## PORK AND CHICKEN MEAL PLAN 2

[DontWastetheCrumbs.com](http://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: Weeknight Chicken Noodle Stir-Fry

*Suggested Side: Side Salad*

## Meal 2: Bean Loaded Burrito Bowls // White Rice

*Suggested Side: Toppings*

*Optional Protein: Ground Pork*

## Meal 3: Sweet Potato + Black Bean Enchiladas

*Suggested Side: Toppings*

*Optional Protein: Shredded Chicken Breasts*

## Meal 4: Sheet Pan Onions, Peppers, Butternut Squash, + Sausage

*Suggested Side: Autumn Rice Pilaf*

## Meal 5: Egg Roll in a Bowl

*Suggested Side: White Rice*

*Important! Before you start, make sure you have read the “**Before You Begin Guide**” so you understand how to properly use these meal plans.*



# SHOPPING LIST

**Meal 1: Weeknight Chicken Noodle Stir-Fry** (*Suggested Side: Side Salad*)

**Meal 2: Bean Loaded Burrito Bowls // White Rice** (*Suggested Side: Toppings // Optional Protein: Ground Pork*)

**Meal 3: Sweet Potato + Black Bean Enchiladas** (*Suggested Side: Toppings // Optional Protein: Shredded Chicken Breasts*)

**Meal 4: Sheet Pan Onions, Peppers, Butternut Squash, + Sausage** (*Suggested Side: Autumn Rice Pilaf*)

**Meal 5: Egg Roll in a Bowl** (*Suggested Side: White Rice*)

## Pantry

- |                                                                                              |                                                                                           |                                                                               |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> spaghetti pasta, 8 oz                                               | <input type="checkbox"/> rice, 1 cup (+ 1 cup optional + 1 cup optional) (1-3 cups total) | <input type="checkbox"/> diced green chiles (4 oz), 1 can                     |
| <input type="checkbox"/> coconut oil, 2 Tbsp + 1 Tbsp (3 Tbsp total)                         | <input type="checkbox"/> black beans (15 oz)*, 2 cans + 2 cans (4 cans total)             | <input type="checkbox"/> chipotle peppers, 1 can (you'll need the sauce too!) |
| <input type="checkbox"/> soy sauce (or coconut aminos), 1/2 cup + 4 Tbsp (3/4 cups total)    | <input type="checkbox"/> lime juice, 1 Tbsp                                               | <input type="checkbox"/> flour (DF/GF), 2 Tbsp                                |
| <input type="checkbox"/> honey, 3 Tbsp                                                       | <input type="checkbox"/> rice wine vinegar, 1 Tbsp                                        | <input type="checkbox"/> tomato paste, 4 Tbsp                                 |
| <input type="checkbox"/> apple cider vinegar, 3 Tbsp + 1 tsp + 1 Tbsp (4 Tbsp + 1 tsp total) | <input type="checkbox"/> olive oil, 1 Tbsp + 2 Tbsp (3 Tbsp total)                        | <input type="checkbox"/> tortillas*, 12                                       |
| <input type="checkbox"/> sesame oil, 1 tsp + 2 Tbsp (2 Tbsp + 1 tsp total)                   | <input type="checkbox"/> fire-roasted tomatoes (14.5 oz diced), 1 can                     | <input type="checkbox"/> mayo*, 1/4 cup                                       |
| <input type="checkbox"/> sriracha sauce, 1 tsp + 4 tsp (5 tsp total)                         | <input type="checkbox"/> salsa, 1 cup                                                     |                                                                               |

## Produce

- |                                                       |                                                    |                                                  |
|-------------------------------------------------------|----------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> sweet potatoes, 1 lb         | <input type="checkbox"/> garlic, 2 cloves          | <input type="checkbox"/> coleslaw mix, 2 bags    |
| <input type="checkbox"/> onion, 1 + 1 + 2 (4 total)   | <input type="checkbox"/> poblano pepper (!), 1     | <input type="checkbox"/> celery, 2 ribs          |
| <input type="checkbox"/> bell pepper, 1 + 2 (3 total) | <input type="checkbox"/> hatch chile pepper (!), 1 | <input type="checkbox"/> shredded carrots, 1 bag |
| <input type="checkbox"/> jalapeno (!), 1              | <input type="checkbox"/> butternut squash, 2 lbs   | <input type="checkbox"/> mushrooms, 4 oz         |

## Cold Case

- stir fry vegetables (frozen), 6 cups
- orange juice, 1 cup
- corn (frozen), 2 cups
- butter (DF/GF), 2 Tbsp

## Meat

- chicken breast, 1 lb (+ 1/2 lb optional) (1 1/2 lbs total)
- ground pork, 1 lb
- pork (or beef) sausage links, 16 oz

## Spices

- ginger, meal 1 + meal 5
- chili powder, meal 2 + meal 3
- oregano, meal 2 + meal 3
- cumin, meal 2 + meal 3
- garlic powder, meal 2 + meal 3 + meal 5
- sage
- salt, meal 2 + meal 3 + meal 4
- crushed red pepper (!)
- cayenne pepper
- pepper, meal 3 + meal 4 + meal 5
- cinnamon
- Italian seasoning

## Suggested Sides

- mixed greens, 5 oz
- cucumber, 1
- cherry tomatoes, 1 pint
- dressing of choice\*
- lettuce
- shredded cheese
- black olives
- onion
- bell peppers
- salsa\*
- corn
- avocado
- cherry tomatoes
- cilantro
- sour cream
- tortilla chips\*
- double Meal 2 suggested sides for Meal 3, if desired.
- butter, 3 Tbsp
- onion, 1/2
- mushrooms, 4 oz
- spinach or kale, 3 cups
- sunflower seeds, 1/4 cup
- dried cranberries, 1/2 cup
- cinnamon, 1 tsp
- garlic powder, 1/2 tsp
- salt and pepper

## Optional Protein

- ground pork, 1 lb

\* can be made from scratch and prepped ahead if you have the time! The recipes can be found at [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com). Simply search and cook!

(!) are spicy. Feel free to omit if you have sensitive eaters.

(GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient.



# WEEKLY MEAL PREP: OVERVIEW

## Meal 1: Weeknight Chicken Noodle Stir-Fry

- Combine the stir-fry sauce.  
*2 minutes*
- Bake the chicken.  
*25 minutes*
- Assemble the suggested side salad.  
*5 minutes*

## Meal 2: Bean Loaded Burrito Bowls

- Cook the rice.  
*20-25 minutes*
- Finely dice the toppings.  
*4 minutes*

### Meal 3: Sweet Potato + Black Bean Enchiladas

- Cube the sweet potatoes.  
*3 minutes*
- Combine the Enchilada Filling.  
*5 minutes*
- Bake the optional protein chicken (above).
- Cook the rice (above).
- Finely dice the toppings (above).

### Meal 4: Sheet Pan Onions, Peppers, Butternut Squash + Sausage

- Chop the vegetables.  
*4 minutes*
- Cook the rice for the suggested side (above).

### Meal 5: Egg Roll in a Bowl

- Cook the rice for the suggested side (above).
- Chop the vegetables.  
*4 minutes*





# WEEKLY MEAL PREP: STEP-BY-STEP

## Mise en Place

### Chicken

- 1-1 ½ lbs chicken (1 lb for Meal 1 + ½ lb optional for Meal 3)
- Salt + pepper

### Rice

- 1-3 cups rice (1 for Meal 2, 1 for Meal 4's suggested side of Autumn Rice Pilaf, + 1 for Meal 5's suggested side of White Rice)
- 2-6 cups water

### Stir Fry Sauce

- ½ cup soy sauce (or 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 (!)

### Vegetables

- 1 lb sweet potatoes
- 3 bell peppers
- 2 ribs celery
- 4 onion (+ ½ optional)
- 1 poblano pepper
- 1 jalapeno
- 2 cloves garlic

### Enchilada Filling

- 2 (15 oz) cans black beans
- 1 (14.5 oz) can fire-roasted tomatoes
- 2 cups corn
- 1 cup salsa
- 4 oz can diced green chiles
- 2 chipotle peppers (from a can), diced
- 2 Tbsp chipotle pepper sauce (from a can)
- 1 hatch chile pepper, diced (optional, when in season) (!)
- 2 tsp chili powder
- (including some of the vegetables listed above)

### **Optional Toppings**

- bell pepper
- onions

### **Suggested Side: Salad**

- 5 oz mixed greens
- 1 pint tomatoes
- 1 cucumber

## **Supplies**

- Baking sheet
- 2 bowls with lids
- (Instant) Pot
- Meat thermometer
- Jar with lid
- Mixer or Food Processor or Forks (to Shred)
- Cutting board and a sharp knife

**Step 1:** Preheat the oven to 400F. Set 1 ½ lbs of chicken onto a baking sheet and place in the oven for 20 minutes. Set a timer!

**Step 2:** Boil approximately 6 cups of water on high for your rice with a lid askew.

**Step 3:** Combine the stir fry sauce in a jar:

- ½ cup soy sauce (or 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 (!)

When the water begins to boil, immediately dump the rice in and set a timer for 15 minutes and recover with the lid askew.

#### **Step 4:** Prep the Vegetables:

##### **Sweet Potato**

- Cube 1 lb into ½ inch chunks for Sweet Potato + Black Bean Enchiladas.

##### **Cucumber**

- Slice 1 for suggested side salad.

##### **Bell Peppers**

- Slice 2 for Sheet Pan Onions, Peppers, Butternut Squash + Sausage.
- Dice 1 for Enchilada Filling.
- *Finely dice as many bell peppers are desired for suggested sides on Meals 2 + 3.*

##### **Celery**

- Dice 2 ribs for Egg Roll in a Bowl.

#### **What to cut last:**

##### **Onion**

- Slice 1 onion for Sheet Pan Onions, Peppers, Butternut Squash + Sausage.
- Dice 1 for Egg Roll in a Bowl.
- Dice 1 for Enchilada Filling.
- *Finely dice as many onions are desired for suggested sides on Meals 2 + 3.*
- *Dice ½ for Autumn Rice Pilaf (optional).*

##### **Poblano Pepper**

- Dice 1 for Enchilada Filling.

##### **Jalapeno**

- Dice 1 for Enchilada Filling.

##### **Garlic**

- Dice 2 cloves for Enchilada Filling.

**Step 5:** Make your Enchilada Filling:

Dice the peppers if using:

- 2 chipotle peppers (from a can)(!)
- 1 hatch chile pepper (!)

Add to a large bowl with 1 diced sweet pepper, 1 onion, 1 jalapeno, 2 garlic cloves, and 1 poblano (prepped in Step 4). Rinse and drain your 2 (15 oz) cans of black beans. Then mix in with 1 can fire-roasted tomatoes, 2 cups corn, 1 cup salsa, 4 oz can diced green chiles, 2 Tbsp chipotle pepper sauce (from a can), and 2 tsp chili powder.

**Step 6:** If desired, assemble your side salad by putting 5 oz mixed greens in a bowl. Add sliced cucumber, and top with tomato. Wait until serving to add dressing.

**Step 7:** When the chicken timer goes off, ensure it has reached 165F with your meat thermometer. Then, shred the chicken.

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

## How to Store Your Meal Prep

### Meal 1: Weeknight Chicken Noodle Stir-Fry

- Stir-fry sauce
- 1 lb shredded chicken
- Side salad

### Meal 2: Bean Loaded Burrito Bowls // White Rice

- 2 cups cooked White Rice
- ½ of the finely diced onions and bell peppers

### Meal 3: Sweet Potato + Black Bean Enchiladas

- 1 lb sweet potatoes
- Enchilada Filling
- ½ lb shredded chicken
- ½ of the finely diced onions and bell peppers

### Meal 4: Sheet Pan Onions, Peppers, Butternut Squash + Sausage

- Bell peppers + onion
- 2 cups cooked rice

### Meal 5: Egg Roll in a Bowl

- Onion + celery
- 2 cups cooked rice



# MAXIMIZING KITCHEN APPLIANCES

## Meal 1: Weeknight Chicken Noodle Stir-Fry

- Use a hand or stand mixer or food processor to shred the chicken.

*Tip: If you are using the food processor to chop vegetables, just give it a quick rinse before shredding the chicken to save on dishes!*

## Meal 2: Bean Loaded Burrito Bowls // White Rice

- Use your Instant Pot to cook the rice by cooking 3 cups of rice and 3 cups of water on high for 4 minutes with a quick release.
- Use your food processor to dice the toppings.

## Meal 3: Sweet Potato + Black Bean Enchiladas

- Use your food processor to slice vegetables and dice the toppings.

## Meal 4: Sheet Pan Onions, Peppers, Butternut Squash + Sausage

- Use your food processor to slice the vegetables.
- Use your Instant Pot to cook the rice (above).

## Meal 5: Egg Roll in a Bowl

- Use a food processor to dice the vegetables.
- Use your Instant Pot to cook the rice (above).



# STEP-BY-STEP: MEAL 1

## Weeknight Chicken Noodle Stir-Fry

*Suggested Side: Side Salad*

### Mise en Place

#### Chicken

- ✓ 1-1 ½ lb chicken breasts (1 for Meal 1, ½ lb for Meal 3's Optional Protein)
- ✓ Salt + pepper

#### Stir Fry

- 8 oz spaghetti noodles
- Water
- 2 Tbsp coconut oil
- 6 cups of sliced frozen vegetables (I usually use onion, carrots, celery, bell pepper, green beans, and mushrooms)

#### Stir Fry Sauce

- ✓ ½ cup soy sauce (or 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 (!)

#### Suggested Side

- ✓ 5 oz mixed greens
- ✓ 1 cucumber
- ✓ 1 pint cherry or grape tomatoes
- salad dressing of choice

### Supplies

- Baking sheet
- Saucepot
- Shallow skillet
- Jar with lid
- Strainer
- Salad Bowl

**Step 1:** Preheat the oven to 400F.

**Step 2:** Season 1-1 ½ lbs chicken breasts with salt + pepper and place on a baking sheet in the oven. Bake at 400F for 20 min. Set a timer!

**Step 3:** Boil water for pasta on high with a lid askew.

**Step 4:** Heat a shallow skillet over medium high heat with 2 Tbsp coconut oil. Add and cook 6 cups of frozen sliced vegetables, stirring often, until they are cooked through yet still have some crunch to them. Cover with lid askew.

**Step 5:** When the water boils, dump in the pasta and set a timer for 11 minutes and recover with lid askew.

**Step 6:** Meanwhile, combine all the ingredients for the sauce in a mason jar:

- 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 (!)

Seal and shake well.

**Step 7:** If desired, assemble your side salad by putting mixed greens in a bowl. Slicing and adding cucumber, and topping with tomato and your favorite dressing.



**Step 8:** When the chicken timer goes off, pull it out of the oven and ensure the internal temp is 165F. Then, set a timer to let it rest for 5 minutes. Once slightly cool, shred chicken. Use 1 lb of chicken for tonight's meal, and reserve ½ lb for Meal 3's optional protein if desired.)

**Step 9:** When the pasta timer goes off, drain it in the sink.

**Step 10:** When the vegetables are done, serve over noodles and chicken, and, if desired, side salad. Add sauce as desired. Alternatively, you can add the sauce directly to the vegetables before serving.



## STEP-BY-STEP: MEAL 2

### Bean Loaded Burrito Bowls // White Rice

#### *Suggested Side: Toppings*

*Load up your burritos with extra vegetables and flavor with the toppings of your choice.*

*Bonus tip: Save the leftover toppings for Meal 3.*

#### *Optional Protein: ground pork*

*Add 1 lb of ground pork to this meal for added protein! Plus you can cook an extra pound for later in the week.*

### Mise en Place

#### Rice

- √ 1-3 cups Rice (1 for Meal 2, 1 for Meal 4's suggested side of Autumn Rice Pilaf, + 1 for Meal 5's suggested side of White Rice)
- √ 2-6 cups water

#### Burrito Bowl

- 1 Tbsp chili powder
- 1 Tbsp chipotle pepper sauce (from canned chipotle peppers) (!)
- 1 ½ tsp dried oregano
- 1 ½ tsp cumin
- 1 ½ tsp garlic powder
- 1 tsp dried sage
- 1 tsp salt
- 2 (15 oz) cans black beans cans, drained and rinsed
- 1 ½ – 2 cups water
- 1 Tbsp lime juice (or ½ lime, juiced)
- 1 Tbsp rice wine vinegar
- ¾ - 1 cup orange juice
- ¼ tsp crushed red pepper (!)

### Optional Protein

- 2 lbs ground pork (doubled batch for Meal 5)
- 1 Tbsp salt

### Suggested Side

- shredded lettuce
- shredded cheese
- diced black olives
- ✓ finely diced onion
- ✓ finely diced bell peppers
- homemade restaurant-style salsa
- corn
- diced avocado
- quartered cherry tomatoes
- chopped cilantro
- sour cream
- tortilla chips

### Supplies

- (Instant) Pot
- Pan
- Pot
- Skillet
- Cutting board and a sharp knife

**Step 1:** Boil 2-6 cups of water on high for rice.

*Note: You only need 2 cups of water for the rice for this meal, but if you plan on making the suggested sides for meals 4 and 5 you should go ahead and make more!*

**Step 2:** Combine in a large pan:

- 2 (15 oz) cans black beans cans, drained and rinsed
- 1 ½ – 2 cups water
- 1 Tbsp chili powder
- 1 Tbsp chipotle pepper sauce (from canned chipotle peppers)
- 1 ½ tsp dried oregano
- 1 ½ tsp cumin
- 1 ½ tsp garlic powder
- 1 tsp dried sage

- 1 tsp salt
- 1 Tbsp lime juice (or ½ lime, juiced)
- 1 Tbsp rice wine vinegar
- ¾ - 1 cup orange juice
- ¼ tsp crushed red pepper (!)

Cook for 15 minutes on medium heat with a lid.

**Step 3:** If desired, brown 2 lbs of ground pork, in a large skillet. Add 1 Tbsp salt and cover.

**Step 4:** When the water begins to boil, immediately dump the rice in and set a timer for 15 minutes and recover with the lid askew.

**Step 5:** While the beans and pork cook, chop your toppings for today's and Meal 3.

*Tip: Give both your pork and beans a stir occasionally.*

**Step 6:** When all the pink in the pork is gone, divide the pork in half and save 1lb for Meal 5.

**Step 7:** Serve beans, pork, and rice on a plate or bowl and let the family top as desired.



## STEP-BY-STEP: MEAL 3

### Sweet Potato + Black Bean Enchiladas

#### *Suggested Side: Toppings*

*Build your enchiladas up with as many toppings as desired!*

#### *Optional Protein: Shredded Chicken*

### Mise en Place

#### **Enchilada Filling**

- ✓ 1 lb sweet potatoes, cubed
- ✓ 1 Tbsp olive oil
- ✓ 2 (15 oz) cans of black beans
- ✓ 1 (14.5 oz) can fire-roasted tomatoes
- ✓ 1 onion, diced
- ✓ 2 cups corn
- ✓ 1 sweet pepper, diced
- ✓ 1 jalapeno, finely diced
- ✓ 2 cloves garlic
- ✓ 1 poblano pepper, diced
- ✓ 1 cup salsa
- ✓ 4 oz can diced green chiles
- ✓ 2 chipotle peppers (from a can), diced
- ✓ 2 Tbsp chipotle pepper sauce (from a can) (!)
- ✓ 1 hatch chile pepper, diced (optional) (!)
- ✓ 2 tsp chili powder

#### **Enchilada Sauce**

- 2 Tbsp healthy fat (butter, avocado oil or palm oil)
- 2 Tbsp flour
- 4 Tbsp tomato paste
- 2-3 Tbsp chili powder (!)
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper (!)
- 1/4 tsp black pepper
- 1/8 tsp cinnamon
- 1/4 tsp dried oregano
- 1/2 - 3/4 tsp salt, to taste
- 2 cups water OR chicken stock
- 1 tsp white distilled or apple cider vinegar

## Enchiladas

- 12 flour tortillas

### Optional Protein

- ½ lb shredded chicken

### Suggested Side:

- reserved items from Meal 2
- shredded lettuce
- shredded cheese
- diced black olives
- ✓ finely diced onion
- ✓ finely diced bell peppers
- homemade restaurant-style salsa
- salsa verde
- corn
- diced avocado
- quartered cherry tomatoes
- chopped cilantro
- sour cream
- tortilla chips

## Supplies

- Baking sheet
- Medium saucepan
- Cutting board and knife
- Large bowl
- 9x13 glass baking dish

**Step 1:** Preheat the oven to 425F.

**Step 2:** Dice the 1 lb sweet potatoes. Combine the diced sweet potatoes and 1 Tbsp olive oil on a baking sheet and toss to coat the sweet potatoes evenly. Salt and place in the oven. Set a timer for 18 minutes.

**Step 3:** Prepare the Red Enchilada Sauce:

In a medium saucepan, melt 2 Tbsp butter over medium heat.

Add 2 Tbsp flour and stirring occasionally, cook for one minute.

Add 4 Tbsp tomato paste, 2 Tbsp chili powder and the remaining spices:

- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper

- 1/4 tsp black pepper
- 1/8 tsp cinnamon
- 1/4 tsp dried oregano
- 1/2 – 3/4 tsp salt, to taste

Stir well.

Very slowly add 2 cups water or stock, stirring constantly.

Bring the sauce to a simmer and the sauce will thicken slightly.

Taste and add additional chili powder, if more heat is desired.

Add 1 tsp vinegar.

**Step 4:** Meanwhile, Prepare the Enchilada Filling.

Dice these vegetables:

- 1 onion
- 1 sweet pepper
- 1 jalapeno
- 2 cloves garlic
- 1 poblano pepper
- 2 chipotle peppers (!) (from a can)
- 1 hatch chile pepper (!) (optional)

Add to a large bowl. Rinse and drain your 2 (15 oz) cans of black beans. Then mix in with 1 can fire-roasted tomatoes, 2 cups corn, 1 cup salsa, 4 oz can diced green chiles, 2 Tbsp chipotle pepper sauce (from a can), 2 tsp chili powder.

Add ½ lb reserved shredded chicken, if desired. Mix well.

When the sweet potato timer goes off, ensure they are starting to look crispy. Add to filling mix. If they need another couple minutes, start assembling your enchiladas and add sweet potatoes before you roll them.

**Step 5:** Assemble the Enchiladas.

Take about  $\frac{1}{4}$  cup of red enchilada sauce and smear it on the bottom of a 9"x13" glass baking dish.

Measure about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup filling into a tortilla, wrap snugly and place at one end of the baking dish. Repeat this process with the remaining filling and tortillas so that you've made 12 enchiladas. You may have to use another pan, or you can gently press the enchiladas together to get them all to fit.

Top the enchiladas with the remaining red enchilada sauce and bake in the oven at 425F for about 10 minutes, or until everything is warmed through.

**Step 6:** Chop any additional desired optional toppings.

**Step 7:** Enjoy your enchiladas with desired toppings.





## STEP-BY-STEP: MEAL 4

### Sheet Pan Onions, Peppers, Butternut Squash + Sausage

*Suggested Side: Autumn Rice Pilaf*

#### Mise en Place

##### Sheet Pan

- 2 bell peppers
- 1 large onion
- 2 Tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 2 tsp Italian seasoning
- 2 lbs butternut squash
- 16 oz pork or beef sausage links

##### *Suggested Side: Autumn Rice Pilaf*

- 2 cups reserved cooked white rice
- 3 Tbsp unsalted butter
- 1/2 large onion, diced
- 4 oz mushrooms, diced
- 2-3 loosely packed cups spinach or baby kale
- 1/4 cup sunflower seeds
- 1/2 cup dried cranberries
- 1 tsp cinnamon
- 1/2 tsp garlic powder
- salt & pepper to taste

#### Supplies

- Cutting board and a sharp knife
- Sheet pan
- Large skillet

**Step 1:** Preheat the oven to 400F.

**Step 2:** Slice 2 peppers, 1 onion, and butternut squash into ½ thick rounds with skin on.

**Step 3:** Add all the vegetables to a large sheet pan. Drizzle with 2 Tbsp olive oil and sprinkle with 1 tsp salt, 1 tsp pepper and 2 tsp Italian seasoning. Spread sausage links out on top.

**Step 4:** Place in the oven. Set a timer for 20 minutes to bake.

**Step 5:** If desired, make Autumn Rice Pilaf. Melt 3 Tbsp butter in a large skillet over medium heat. Dice ½ onion and immediately add. Dice and add the 4 oz mushrooms and continue to cook until the onions are nearly translucent. Add 2-3 cups spinach. Stir often to cook, reducing heat if rice is not done yet. Add 1 tsp cinnamon, ½ tsp garlic powder, ¼ cup sunflower seeds, and ¼ dried cranberries. Stir well. Fold in reserved rice. Take care to stir well, but not to over-stir so rice doesn't become mushy. Taste and season with salt & pepper as needed.

*Tip: If you have time, dice 2 onions and 2 ribs of celery for Meal 5 today so you don't have to dirty the cutting board again tomorrow.*

**Step 6:** Remove sheet pan from the oven when the timer goes off and serve with Autumn Rice Pilaf on the side, if desired.



## STEP-BY-STEP: MEAL 5

### Egg Roll in a Bowl

#### *Suggested Side: White Rice*

*Cook once, eat twice when you make rice with Meal 2 and then reheat it for Meal 5.*

### Mise en Place

#### **Egg Roll in a Bowl**

- 1 Tbsp coconut oil
- 1 lb ground pork (Might have been cooked with Meal 2)
- 2 onions, diced
- 2 tsp ground ginger
- 1 tsp pepper
- 2 tsp granulated garlic
- 4 Tbsp coconut aminos (or soy sauce or liquid aminos)
- 1 Tbsp apple cider vinegar
- 2 Tbsp sesame seed oil
- 2 bags coleslaw mix (shredded cabbage)
- 2 ribs celery
- 1 bag shredded carrots
- 1 cup sliced mushrooms (about 4 oz)
- 1/4 cup mayo (optional)
- 1-4 tsp sriracha or chili paste, to taste (optional)

#### ***Suggested Side***

- Reserved 2 cups reserved cooked White Rice*
- 1/4 cup water*

### Supplies

- Large pot
- Small bowl
- Cutting board and a sharp knife
- Medium Pot*

**Step 1:** In a large 5-6 quart pot, melt 1 Tbsp coconut oil over medium heat. Add 1 lb pork and cook until cooked about halfway through.

**Step 2:** Meanwhile, shred the cabbage (if it's not already done) and set aside. Dice and add 2 onions, 2 tsp ginger, 1 tsp pepper, and 2 tsp garlic and cook until the onions begin to turn translucent.

**Step 3:** Add the shredded cabbage, 2 ribs of celery, shredded carrot and sliced mushrooms, 4 Tbsp coconut aminos, 1 Tbsp apple cider vinegar and 2 Tbsp sesame seed oil and cook covered askew until vegetables soften. Season with salt and pepper, to taste.

**Step 4:** If desired, reheat your reserved White Rice in  $\frac{1}{4}$  cup of water in a medium pot.

**Step 5:** In a small bowl, combine  $\frac{1}{4}$  cup mayo and 1-4 tsp sriracha or chili paste. Mix well.

**Step 6:** Serve with the egg roll in a bowl with White Rice, if desired.



# RECIPE CARDS

## Meal 1 Recipes

### Weeknight Stir Fry



*Find the original recipe here.*

#### INGREDIENTS

##### Stir Fry

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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## Meal 2 Recipes

### Spicy Citrus Black Beans



*Find the original recipe here.*

#### INGREDIENTS

2 Tbsp extra virgin olive oil	1 tsp dried sage
1 onion, diced finely	1 tsp salt
1 jalapeno, diced finely	2 (15 oz) cans black beans, drained and rinsed three times
1 Tbsp chili powder	1 ½ – 2 cups water
1 Tbsp chipotle pepper sauce (from canned chipotle peppers)	2 Tbsp frozen orange juice concentrate
1 ½ tsp dried oregano	1 Tbsp lime juice (or ½ lime, juiced)
1 ½ tsp cumin	1 Tbsp rice wine vinegar
1 ½ tsp garlic powder	

#### INSTRUCTIONS

1. Warm the olive oil over medium heat in a medium sized stock pot.
2. Add the onion and jalapeno and cook until the onions are translucent, about 5 minutes.
3. Add the spices and beans and 1 ½ cups water and bring to a boil. Stir and turn the heat down to a simmer and let the beans cook for about 45-60 minutes, stirring occasionally and adding the remaining ½ cup of water if the mixture becomes too thick.
4. Turn off the heat and add the orange juice, lime juice and vinegar and stir well. Serve warm.

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## Meal 3 Recipes

### Sweet Potato Black Bean Enchiladas



*Find the original recipe here.*

#### INGREDIENTS

##### For the Enchiladas

1 lb sweet potatoes, diced into ½" cubes  
1 Tbsp olive oil  
1 batch red enchilada sauce  
12 flour tortillas

##### Enchilada Filling

2 (15 oz) cans black beans  
1 (14.5oz) can fire-roasted tomatoes  
1 onion, diced  
3 cups corn  
1 sweet pepper, diced  
1 jalapeno, finely diced  
2 cloves garlic

1 poblano pepper, diced  
1 cup salsa  
4 oz can diced green chiles  
2 chipotle peppers (from a can), diced  
2 Tbsp chipotle pepper sauce (from a can)  
1 hatch chile pepper, diced (optional)

2 tsp chili powder  
1–3 cups water, as needed

##### Toppings (optional):

Lime crema, chopped cilantro, diced avocado, diced tomato, sliced red onion, sour cream, and/or shredded cheese

#### INSTRUCTIONS

1. Preheat the oven to 400F. Combine the diced sweet potatoes and olive oil in a large bowl and toss to coat the sweet potatoes evenly.

*Recipe continues on the next card.*

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### Sweet Potato Black Bean Enchiladas (continued)



*Find the original recipe here*

#### INSTRUCTIONS

2. Lay in single layer on a baking sheet and roast at 400F for about 20 min, or until the sweet potatoes start to turn crispy.
3. Add all the Filling ingredients, except the water, to a medium pot.
4. Add enough water JUST to be able to see a water line, but not above the vegetables. Bring to a simmer and let it cook for 20-30 minutes, adding water as necessary.
5. Meanwhile, make the red enchilada sauce (recipe on other card).
6. Take about ¼ cup of red enchilada sauce and smear it on the bottom of a 9"x13" glass baking dish.
7. Drain the excess liquid from the taco filling. In a large bowl, combine the filling with the sweet potatoes and stir gently to combine.
8. Measure about 1/3 to 1/2 cup filling into a tortilla, wrap snugly and place at one end of the baking dish. Repeat this process with the remaining filling and tortillas so that you've made 12 enchiladas. You may have to use another pan, or you can gently press the enchiladas together to get them all to fit.
9. Top the enchiladas with the remaining red enchilada sauce and bake in the oven at 400F for about 15 minutes, or until everything is warmed through.
10. Top with optional toppings and serve warm.

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## Red Enchilada Sauce



*Find the original recipe here.*

### INGREDIENTS

2 Tbsp healthy fat (butter, avocado oil or palm oil)	1/4 tsp cayenne pepper
2 Tbsp flour (I used all-purpose, but any flour will work)	1/4 tsp black pepper
4 Tbsp tomato paste	1/8 tsp cinnamon
2-3 Tbsp chili powder	1/4 tsp dried oregano
1/2 tsp cumin	1/2 – 3/4 tsp salt, to taste
1/2 tsp garlic powder	2 cups water OR chicken stock
	1 tsp white distilled or apple cider vinegar

### INSTRUCTIONS

1. In a medium saucepan, melt butter over medium heat.
2. Add flour and stirring occasionally, cook for one minute.
3. Add the tomato paste, 2 Tbsp chili powder and the remaining spices. Stir well.
4. Very slowly add the water or stock, stirring constantly.
5. Bring the sauce to a simmer and the sauce will thicken slightly.
6. Taste and add additional chili powder, if more heat is desired.
7. Add the vinegar and serve warm!

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## Meal 4 Recipes

### Sausage, Peppers, Mushrooms, and Onions



*Original recipe found here.*

#### INGREDIENTS

4 bell peppers, sliced (I use a mix of green, red and yellow)      1 tsp salt  
3 large onions, sliced      1 tsp pepper  
16 oz mushroom, halved      2 tsp Italian seasoning  
2 Tbsp olive oil      6 whole Italian sausages (sweet, spicy or even bratwurst)

#### INSTRUCTIONS

1. Preheat the oven to 375F.
2. Add all the vegetables to a large sheet pan (I use this large half sheet).
3. Drizzle with olive oil and sprinkle with salt, pepper and Italian seasoning.
4. Add the sausages in and around the vegetables.
5. Bake until the sausages are cooked through and the vegetables are tender and slightly charred, about 40-45 minutes.

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### Autumn Rice Pilaf



*Original recipe found here.*

#### INGREDIENTS

1 cup jasmine rice, uncooked      1/4 cup sunflower seeds  
1 1/2 cups chicken stock      1/2 cup dried cranberries  
3 Tbsp unsalted butter      1 tsp cinnamon  
1/2 large onion, diced      1/2 tsp garlic powder  
1 cup mushrooms, diced (about 2 oz)      salt & pepper to taste  
2-3 loosely packed cups spinach or baby kale

#### INSTRUCTIONS

1. Prepare one cup of rice according to the directions on the package, substituting chicken stock for water.
2. Meanwhile, melt butter in a large skillet over medium heat. When the butter begins to sizzle, add the onions and cook for 2 minutes. Add the mushrooms and continue to cook until the onions are nearly translucent. Season with salt & pepper.
3. Add spinach. Stir often to cook, reducing heat if rice is not done yet. Add cinnamon, garlic powder, sunflower seeds and dried cranberries. Stir well. Fold in cooked rice. Take care to stir well, but not to over-stir so rice doesn't become mushy.
4. Taste and season with salt & pepper as needed.

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## Meal 5 Recipes

### Egg Roll in a Bowl



*Original recipe found here.*

#### INGREDIENTS

1 Tbsp coconut oil	2 Tbsp sesame seed oil
1 lb ground pork (or other ground meat)	9 cups shredded cabbage (about 1 pound)
2 onions, diced	2 cups shredded carrots (about 2 large)
2 tsp ground ginger	1 cup diced celery (about 2 ribs)
1 tsp pepper	1 cup sliced mushrooms (about 4 oz)
2 tsp granulated garlic	1/4 cup mayo (optional)
4 Tbsp coconut aminos (or soy sauce or liquid aminos)	1-4 tsp sriracha or chili paste, to taste (optional)
1 Tbsp apple cider vinegar	

#### INSTRUCTIONS

1. In a large 5-6 quart pot, melt coconut oil over medium heat. Add ground meat and cook until cooked about halfway through.
2. Meanwhile, shred the cabbage (if it's not already done). Add onions, ginger, pepper and garlic and cook until the onions begin to turn translucent.
3. Add the remaining vegetables, coconut aminos, vinegar and sesame seed oil and cook until vegetables soften. Season with salt and pepper, to taste.
4. In a small bowl, combine mayo and hot sauce. Mix well and serve as desired with the egg roll in a bowl.

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