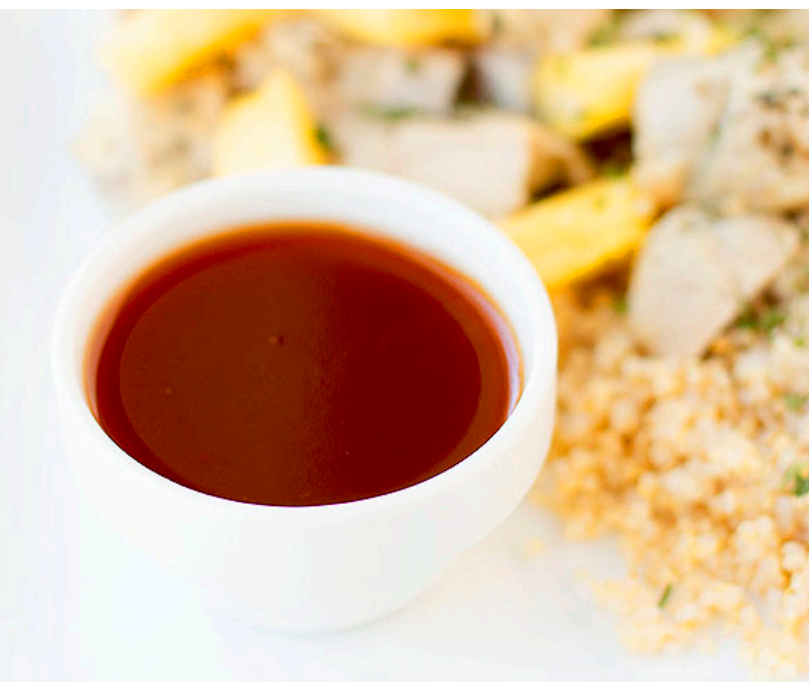




30 MINUTE DINNERS

TURKEY AND BEEF MEAL PLAN 1

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: Thai Turkey Lettuce Cups // Quinoa

Suggested Side: Avocado

Meal 2: Five Ingredient Chili

Suggested Side: Avocado

Meal 3: Spinach Pesto Quinoa Bowl

Suggested Side: Chickpeas

Optional Protein: Ground Turkey

Meal 4: Turkey Stir-Fry

Suggested Side: Broccoli

Meal 5: Mushroom Bolognese

Suggested Side: Steamed Green Beans

Optional Protein: Ground Beef

*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: Thai Turkey Lettuce Cups // Quinoa (Suggested Side: Avocado)

Meal 2: Five Ingredient Chili (Suggested Side: Avocado)

Meal 3: Spinach Pesto Quinoa Bowl (Suggested Side: Chickpeas // Optional Protein: Ground Turkey)

Meal 4: Turkey Stir-Fry (Suggested Side: Broccoli)

Meal 5: Mushroom Bolognese (Suggested Side: Green Beans // Optional Protein: Ground Beef)

Pantry

- quinoa, 3 cups
- coconut oil, 1 Tbsp + 2 Tbsp
- olive oil, 2 Tbsp + 2 Tbsp + 1/4 cup (1/2 cup total)
- soy sauce, 3 Tbsp + 1/4 cup + 1 Tbsp (1/2 cup total)
- brown sugar, 2 Tbsp + 1/2 Tbsp (2 1/2 Tbsp total)
- rice vinegar, 2 Tbsp
- peanuts, 1/4 cup
- diced tomatoes with green chiles (15 oz), 3 cans OR diced tomatoes (15 oz) 3 cans + green chiles (4 oz), 1 can
- beans (any; 15 oz), 2 cans
- basil pesto*, 6 Tbsp
- sesame oil, 1/2 Tbsp
- Hoisin sauce, 2 Tbsp
- tomato paste, 4 oz
- dry red or white wine (can sub chicken stock), 1/2 cup
- walnuts, 1/2 cup
- pasta (tagliatelle or papardelle), 12 oz

Produce

- butter lettuce, 12 leaves
- cucumber, 1
- matchstick carrots, 1 cup + 1/4 cup (10 oz total)
- mint (fresh), 2 Tbsp
- onion, 1 + 1 (2 total)
- spinach, 5 oz + 5 oz (10 oz total)
- green onions, 4
- garlic, 2 cloves + 6 cloves
- cremini mushrooms, 8 oz
- shiitake mushrooms, 8 oz
- basil (fresh), for garnish

Meat

- ground turkey, 1 lb + 1 lb (2 lbs total)
- ground beef, 1 lb

Cold Case

- parmesan cheese, 1/2 cup (can sub nutritional yeast if dairy free)
- fajita vegetable mix (frozen), 16 oz bag
- milk, 1 cup
- peas (frozen), 16 oz bag

Spices

- chili powder
- red pepper flakes (!) (meal 4 + meal 5)
- rosemary
- salt (meal 3 + meal 5)
- fennel seeds, 2 tsp
- pepper

Optional Toppings

- shredded cheese
- sour cream
- pine nuts, 1/4 cup
- green onions
- cilantro
- basil (fresh)

Suggested Sides

- avocado, 1-4 + 1-4
- broccoli florets (frozen), 16 oz bag
- green beans, 14.5 oz can or 1 lb fresh
- chickpeas (15 oz), 1 can

Optional Protein

- ground turkey, 1 lb
- ground beef, 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: Thai Turkey Lettuce Cups // Quinoa

- Combine the sauce.
2 minutes
- Chop the cucumber.
1 minute
- Cook the ground turkey.
20 minutes
- Cook the Quinoa.
20 minutes

Meal 2: Five Ingredient Chili

- Dice the onion.
2 minutes

Meal 3: Spinach Pesto Quinoa Bowl

- Cook the quinoa (above).
- Cook the optional protein ground turkey (above).

Meal 4: Turkey Stir-Fry

- Mince the garlic.
1 minute
- Cook the turkey (above).

Meal 5: Mushroom Bolognese

- Finely chop the walnuts.
1 minute
- Dice the onion and mince the garlic.
2 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Turkey

- 3 lbs ground turkey (1lb each for Meal 1, optional protein for Meal 3, + Meal 4)
- 2 Tbsp salt
- 1 Tbsp coconut oil

Quinoa

- 3 cups quinoa
- 3 cups water or broth

Thai Turkey Sauce

- 3 Tbsp oil
- 2 Tbsp light brown sugar
- 3 Tbsp soy sauce
- 2 Tbsp rice vinegar
- ½ cup walnuts

Vegetables

- 1 cucumber
- 8 cloves garlic
- 2 onions
- ¼ cup matchstick carrots

Supplies

- Large skillet with lid
- Cutting board and a sharp knife
- Medium pot with lid
- Food Processor
- Jar with lid

Step 1: Heat 1 Tbsp coconut oil and add 3 lbs Turkey in a large skillet. Break it apart, add 3 Tbsp salt, and cover. Stir occasionally.

Step 2: Boil 6 cups of broth or water on high with a lid askew. When it is boiling add 3 cups of quinoa and cover. Set a timer for 15 minutes!

Stir the turkey and break apart any large pink chunks.

Step 3: Combine the Thai Turkey Sauce:

- 3 Tbsp oil
- 3 Tbsp soy sauce
- 2 Tbsp brown sugar
- 2 Tbsp rice vinegar

Step 4: Finely chop $\frac{1}{2}$ cup of walnuts (or pulse in a food processor).

Check to see if your quinoa water is boiling if you haven't added the quinoa already.

Step 5: Prep the Vegetables:

Matchstick Carrots

- Dice $\frac{1}{4}$ cup of matchstick carrots for Mushroom Bolognese.

Tip: Try lining them up (smaller than the length of your knife though) to dice multiple at a time!

Cucumber

- Slice 1 for Thai Turkey Lettuce Cups. Start by cutting off the round bottoms so you have a flat surface to turn on end. Cut the cucumber in half lengthwise so you have 2 long pieces. Then, holding the two halves together, slice the cucumber so that you have moon shaped slices.

What to chop last

Onion

- Dice 1 onion for Five Ingredient Chili.
- Dice 1 onion for Mushroom Bolognese.

Garlic

- Mince 2 garlic cloves for Turkey Stir-Fry.
- Mince 6 garlic cloves for Mushroom Bolognese.

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

How to Store Your Meal Prep

Meal 1: Thai Turkey Lettuce Cups // Quinoa

- 1 lb ground turkey
- Thai Turkey Sauce
- Sliced cucumber
- 2 cups cooked Quinoa

Meal 2: Five Ingredient Chili

- Onion

Meal 3: Spinach Pesto Quinoa Bowl

- 4 cups cooked quinoa
- 1 lb ground turkey

Meal 4: Turkey Stir-Fry

- Garlic
- 1 lb ground turkey

Meal 5: Mushroom Bolognese

- Garlic + onion
- Walnuts



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Thai Turkey Lettuce Cups // Quinoa

- Use your Instant Pot to cook the Quinoa. Add 3 cups of water and 3 cups of Quinoa and set on manual for 1 minute. Quick release when it goes off.

Meal 2: Five Ingredient Chili

- Make in your slow cooker or Instant Pot the morning of and let simmer all day.

Meal 3: Spinach Pesto Quinoa Bowl

- Use the Instant Pot to cook the quinoa (above).

Meal 4: Turkey Stir-Fry

- N/A

Meal 5: Mushroom Bolognese

- Use your food processor to chop the walnuts by pulsing them (turning it on and off so that it doesn't ball up or get uneven.)
- Make in your slow cooker the morning of. Start with it turned on high follow the recipe directions. Once all the ingredients are added minus the pasta and milk, turn to low and cover for the day. Fifteen minutes before you're ready to eat, make the pasta. Add the milk until right before serving so it doesn't curdle.
- Make in your Instant Pot the morning of. Start with it turned on saute mode and follow the recipe directions. Once all the ingredients are added minus the pasta and milk, turn to keep warm. Fifteen minutes before you're ready to eat, make the pasta. Add the milk until right before serving so it doesn't curdle.



STEP-BY-STEP: MEAL 1

Thai Turkey Lettuce Cups // Quinoa

Suggested Side: Avocado

Add some healthy fats to this meal by slicing avocado and topping them in your lettuce cups.

Mise en Place

Quinoa

- ✓ 3 cups quinoa (2 cups for Meal 3)
- ✓ 6 cups water or broth

Turkey

- ✓ 1 Tbsp coconut oil
- ✓ 3 lbs ground turkey (1 lb each for this meal, optional Meal 3, and Meal 4)

Thai Turkey Sauce

- ✓ 2 Tbsp olive oil
- ✓ 2 Tbsp light brown sugar
- ✓ 3 Tbsp soy sauce
- ✓ 2 Tbsp rice vinegar

Lettuce Cups

- 12 butter lettuce leaves
- 1/4 cup chopped roasted unsalted peanuts
- 1 cucumber
- 2 Tbsp chopped fresh mint
- 1 cup matchstick carrots (reserve the rest of the package for Meal 5)

Suggested Side

- 1-4 Avocado

Tip: If your avocados aren't quite ripe yet, set them on the counter and consider flipping the meal plan so that Meals 1 + 2 are later in the week. Just be mindful of what is being prepped ahead of time like quinoa and ground meat.

Supplies

- Cutting board and a sharp knife
- Large skillet
- (Instant) Pot

Step 1: Boil 6 cups of broth or water on high with a lid askew. When it is boiling add 3 cups of quinoa and cover. Set a timer for 15 minutes!

Step 2: Heat 1 Tbsp coconut oil in a large skillet on medium high. Add 3 lbs ground turkey, break it apart, and cover. Stir occasionally.

Step 3: Meanwhile, combine 2 Tbsp oil, 3 Tbsp soy sauce, 2 Tbsp sugar, and 2 Tbsp rice vinegar in a bowl, stirring with a whisk.

Stir the turkey, breaking apart any big pink pieces.

Step 4: While the turkey finishes browning, set up your lettuce cups. Break apart (carefully!) the lettuce leaves.

Step 5: Cut the cucumber by cutting off the round bottoms so you have a flat surface to turn on end. Cut the cucumber in half lengthwise so you have 2 long pieces. Then, holding the two halves together, slice the cucumber so that you have moon shaped slices. Add to cups along with shredded carrot and peanuts. If desired, chop avocado and mint to go on top of the lettuce cups.

Step 6: Drizzle evenly with the sauce mixture.

Step 7: When the pink is out of the turkey (meaning it is cooked), place 2-3 Tbsp of ground turkey into the lettuce cups. Reserve 1 lb each for Meals 3 + 4).

Step 8: Reserve 4 cups cooked quinoa for Meal 3.

Step 9: Enjoy lettuce cups with quinoa on the side.



STEP-BY-STEP: MEAL 2

Five Ingredient Chili

Suggested Side: Avocado

Use any leftover avocado from Meal 1 and cut up more to garnish tonight's meal.

Mise en Place

Chili

- 2 lb ground beef (1 lb for Meal 5's optional protein)
- 2 (15 oz) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
- 1 white onion, diced
- 2 Tbsp chili powder
- 3 (15 oz) cans diced tomatoes with green chiles (OR 3 cans of diced tomato and 1 (4 oz) can of diced chilies.)

Optional Topping

- shredded cheese
- sour cream
- chopped green onions
- cilantro

Suggested Side

- 1-4 avocados

Supplies

- Large Stock Pot
- Large Pan (optional)
- Cutting board and a sharp knife

Step 1: In a large stockpot, cook 1 lb ground beef over medium high heat, stirring frequently. In a large pan, cook the other 1 lb ground beef if you want the optional protein for Meal 5.

Step 2: Meanwhile, dice your onion and add immediately to the stockpot and cover. Let it saute for 5 minutes and stir. Set a timer!

Step 3: While waiting for the onion to look translucent, drain and rinse your beans and open all the cans. Then, add beans and 3 cans of diced tomatoes with green chiles and 2 Tbsp chili powder. Turn on high to boil.

Note: If diced tomatoes with green chilies are unavailable at your store, buy 3 cans of diced tomato and 1 (4 oz) can of diced chilies.

Step 4: Once it boils, reduce heat to medium low, cover, and simmer for 10 minutes. Set a timer!

Step 5: Garnish with optional toppings and sliced avocado, if desired.



STEP-BY-STEP: MEAL 3

Spinach Pesto Quinoa Bowl

Suggested Side: Chickpeas

It's simple to drain and dump chickpeas in to make this dish more filling!

Optional Protein: Ground Turkey

Cook once, eat thrice when you make 3 lbs ground turkey and divide it between meals 1, 3, + 4.

Mise en Place

Spinach Pesto Quinoa Bowl

- ✓ 4 cups reserved cooked quinoa
 - 6 cups baby spinach (about 5 oz)
 - 6 Tbsp basil pesto*
 - 2 Tbsp olive oil
 - 1/2 tsp salt
 - 1/2 cup freshly grated Parmesan cheese plus more for topping
- Tip: Use nutritional yeast if dairy free.*

Optional Topping

- 1/4 cup pine nuts
- Fresh basil

Suggested Side

- 1 (15 oz) can Chickpeas

Optional Protein

- ✓ 1 lb ground turkey

Supplies

- Large stock pot

Step 1: In a large stock pot, heat 2 Tbsp olive oil.

Step 2: Add (in this order) 6 cups of spinach, 6 Tbsp basil pesto, 1 tsp salt, and ½ cup parmesan cheese or nutritional yeast. If desired, add 1 lb reserved ground turkey and 1 can of drained and rinsed chickpeas. Stir to combine and cover. Set a timer for 5 minutes.

Step 3: Top with pine nuts, Parmesan cheese or nutritional yeast, if desired.

Tip: Store nuts that you don't use very often like pine nuts in the freezer to keep them from going rancid before you get a chance to use all of them.



STEP-BY-STEP: MEAL 4

Turkey Stir-Fry

Suggested Side: Broccoli

Simply snag a 16 oz bag of frozen broccoli to add to the stir fry to make more food.

Mise en Place

Turkey Stir Fry

- 2 Tbsp coconut oil
- 16 oz frozen fajita vegetable blend (bell peppers + onion)
- 16 oz frozen peas
- 5 oz spinach
- 4 green onions
- 1/4 cup soy sauce
- 1/2 Tbsp toasted sesame oil
- 1/2 Tbsp brown sugar (optional)
- 1 pinch red pepper flakes (!)
- 2 cloves garlic, minced
- 2 Tbsp Hoisin sauce
- 1 lb reserved ground turkey

Suggested Side

- 16 oz bag frozen broccoli florets

Supplies

- Large skillet
- Sharp knife and cutting board

Step 1: In a large skillet, heat 2 Tbsp coconut oil. Add all the frozen peppers, onion, and peas, and cover. If desired, add the suggested side of frozen broccoli now.

Step 2: While the vegetables cook, stir in 1/4 cup soy sauce, 1/2 Tbsp toasted sesame oil, 1/2 Tbsp brown sugar, 1 pinch red pepper, and 2 Tbsp Hoisin sauce.

Tip: There isn't any salt in this recipe because soy sauce, soy sauce alternatives, and Hoisin sauce have a lot of salt already.

Step 3: Mince your garlic and add.

Step 4: Chop the 4 green onions into slices and set aside.

Step 5: Now add the frozen spinach to the skillet and recover.

Step 6: Once the vegetables soften (at least 10 minutes), add the reserved ground turkey to reheat it for about 2-3 minutes.

Step 7: Enjoy your stir-fry topped with green onion!



STEP-BY-STEP: MEAL 5

Mushroom Bolognese

Suggested Side: Steamed Green Beans

Simply steam your green beans on top of your pasta in a steamer basket for an extra veggie!

Optional Protein: Ground Beef

Use reserved ground beef from Meal 2 to beef up this hearty dish.

Mise en Place

Mushroom Bolognese

- 2 tsp fennel seeds
- 3/4 tsp red pepper flakes
- 8 oz cremini mushrooms
- 8 oz shiitake mushrooms
- 1/4 cup extra-virgin olive oil
- ✓ 1 yellow onion
- ✓ Reserved 1/4 cup matchstick carrots
- 4 oz tomato paste
- ✓ 6 garlic cloves
- 1 Tbsp rosemary
- 1/2 cup dry red or white wine
- 1 tsp kosher salt
- 1 tsp black pepper
- ✓ 1/2 cup chopped walnuts
- 1 cup milk
- 1 Tbsp soy sauce
- 12 oz tagliatelle or pappardelle pasta
- Fresh basil for garnish (leftover from Meal 3)

Suggested Side

- 1 (14.5 oz) can or 1 lb fresh green beans
- 1 Tbsp salt

Optional Protein

- 1 lb reserved ground beef

Supplies

- Large skillet
- Small saucepan
- Cutting board and a sharp knife or a food processor

Step 1: Heat $\frac{1}{4}$ cup olive oil in a large skillet on medium heat.

Tip: Mushrooms tend to absorb a lot while cooking so this will keep them from getting tough!

Step 2: Dice 8 oz cremini and shiitake mushrooms and 1 onion and add immediately into the skillet.

Step 3: In a small saucepan, toast the 2 tsp of fennel seeds and $\frac{3}{4}$ tsp red pepper flakes (!) on medium. Set a timer for 2 minutes.

Step 4: Dice the matchstick carrots and add to the skillet.

Tip: Line up the shredded carrot in a row so you can pull your knife across multiple at a time!

Step 5: Boil approximately 4 cups of water to cook pasta.

Step 6: Mince the 6 cloves of garlic. If using fresh green beans, trim the ends now.

Step 7: The vegetables should be softening. Push them to one side of the pan and add 4 oz tomato paste, minced garlic, and 1 Tbsp rosemary to the open side; cook until fragrant, about 3 minutes.

Step 8: Meanwhile, add the pasta in a large pot of boiling water until almost al dente, about 7-8 minutes

Step 9: If making green beans, once the water is boiling and pasta is added, set your steamer basket on top of the pasta to steam the green beans for 5-8 minutes depending on desired doneness.

Step 10: Stir in $\frac{1}{2}$ cup wine to deglaze and cook for 2 minutes, until most of the alcohol evaporates.

Step 11: Meanwhile, chop $\frac{1}{2}$ cup of walnuts.

Step 12: Stir in 2 tsp salt, 1 tsp pepper, $\frac{1}{2}$ cup walnuts, 1 cup milk, and 1 Tbsp soy sauce. Reduce heat to medium-low, and simmer, covered askew. Add 1 lb ground beef now, if desired.

Step 13: Remove green beans from the steamer and add 1 Tbsp salt.

Step 14: Using tongs, transfer pasta to pot with sauce. Add 1 cup pasta cooking liquid and cook, stirring often for about 2 minutes so pasta is al dente and sauce is clinging to it.

Step 15: Serve with green beans on the side if desired and garnish with fresh basil.



RECIPE CARDS

Meal 1 Recipes

Thai Turkey Lettuce Cups



Recipe inspired by Cooking Light.

INGREDIENTS

3 Tbsp canola oil, divided
3 Tbsp reduced-sodium soy sauce
2 Tbsp light brown sugar
2 Tbsp rice vinegar
1 pound ground turkey

12 butter lettuce leaves
1 1/2 cups chopped English cucumber
1 cup matchstick-cut carrots
1/4 cup chopped roasted unsalted peanuts
2 Tbsp chopped fresh mint

INSTRUCTIONS

1. Combine 2 Tbsp oil, soy sauce, sugar, and vinegar in a bowl, stirring with a whisk.
2. Heat remaining 1 Tbsp oil in a large nonstick skillet over medium. Add turkey; cook 7 minutes or until lightly browned, stirring to crumble. Add 1/4 cup soy sauce mixture; cook 4 minutes or until liquid is absorbed.
3. Place about 3 Tbsp turkey mixture in each lettuce leaf; top evenly with cucumber, carrots, and peanuts. Drizzle evenly with remaining soy sauce mixture. Sprinkle with mint.

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Meal 2 Recipes

Five Ingredient Chili



Recipe inspired by Gimme Some Oven.

INGREDIENTS

1 lb ground beef
1 white onion, diced
3 (15 oz) cans diced tomatoes with green chiles
2 (15 oz) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
2 Tbsp chili powder
(optional toppings: shredded cheese, chopped green onions, sour cream, cilantro, etc.)

INSTRUCTIONS

1. In a large stockpot, cook ground beef over medium high heat until browned, stirring frequently. Using a slotted spoon, transfer the cooked beef or turkey to a separate plate and set aside. Reserve 1 Tbsp of grease in the stockpot, and discard the rest.
2. Add the onion to the stockpot and saute for 4-5 minutes, or until soft.
3. Add remaining ingredients and the cooked beef or turkey to the stockpot, and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
4. Serve immediately, garnished with optional toppings if desired. Or, store in a sealed container for up to 3 days.

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Meal 3 Recipes

Spinach Pesto Quinoa Bowl



Recipe inspired by Table for Two Blog.

INGREDIENTS

2 cups multi-colored quinoa, uncooked
6 cups baby spinach
4 Tbsp basil pesto

1/2 tsp kosher salt
1/2 cup freshly grated Parmesan cheese plus
more for topping

INSTRUCTIONS

1. Cook quinoa according to the instructions on the box or bag. (Instead of water, I used chicken stock for more flavor but if you want to keep this a vegetarian dish, go with water or vegetable stock.)
2. Once quinoa is done cooking, turn heat to medium then add spinach, pesto, salt, and Parmesan cheese. Stir to combine and heat until spinach has wilted, pesto is evenly distributed, and Parmesan cheese has melted.
3. Serve immediately with extra Parmesan cheese, if desired.

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Meal 4 Recipes

Turkey Stir Fry



Recipe inspired by Budget Bytes.

INGREDIENTS

STIR FRY SAUCE

1/4 cup soy sauce
1/2 Tbsp toasted sesame oil
1/2 Tbsp brown sugar
1 pinch red pepper flakes (!)
1 Tbsp water

STIR FRY

2 bell peppers

4 green onions
2 oz spinach (two large handfuls, or 1/4 of an 8oz bag)
2 Tbsp cooking oil of choice
2 cloves garlic, minced
19 oz ground turkey
FOR SERVING
1/4 cup chopped peanuts

INSTRUCTIONS

1. Make the stir fry sauce by stirring together the soy sauce, toasted sesame oil, brown sugar, red pepper, and water until the sugar is dissolved. Set the sauce aside.
2. Dice the bell peppers and slice the green onions.
3. Heat the cooking oil in a very large skillet over medium heat. Once hot, add the ground turkey and minced garlic. Stir and cook until the turkey is cooked through and no water is left pooling on the bottom of the skillet (8-10 minutes).

Recipe continues on next card.

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Turkey Stir Fry (continued)



Recipe inspired by Budget Bytes.

INSTRUCTIONS

4. Once the turkey is cooked and the moisture has evaporated, add the bell pepper and green onions to the skillet. Stir and cook for about 2 minutes more, then add the spinach and continue to cook just until it is about half wilted (1-2 minutes).
5. Pour the stir fry sauce into the skillet. Continue to stir and cook the turkey and vegetables until everything is coated in sauce and the spinach is fully wilted (about 2 minutes more).
6. Serve about 1 cup of the stir fry mixture with 1/2 cup rice and a sprinkle of chopped peanuts over top.

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Meal 5 Recipes

Mushroom Bolognese



INGREDIENTS

2 tsp fennel seeds	1/2 cup dry red or white wine
3/4 tsp red pepper flakes	1 1/4 tsp kosher salt
8 oz cremini mushrooms	3/4 tsp black pepper
8 oz shiitake mushrooms	1/2 cup chopped walnuts
1/4 cup extra-virgin olive oil	1 cup milk of choice (whole milk if not making vegan; unsweetened plant milk or choice for vegan)
1 yellow onion cut into segments	1 Tbsp lower-sodium soy sauce
1 large carrot roughly chopped	12 oz tagliatelle or pappardelle pasta
4 oz tomato paste	Fresh basil for garnish
6 garlic cloves minced	
1 Tbsp finely chopped rosemary	

INSTRUCTIONS

1. Toast fennel seeds and red pepper in a skillet over medium for 2 minutes, stirring often, until fragrant. Transfer to a food processor. Add cremini and shiitake mushrooms; pulse until finely chopped. Transfer mixture to a bowl. Add onion and carrot to food processor; pulse until finely chopped.
2. Heat oil in a large pot over medium-high. Once hot, add mushroom mixture; cook 4 to 5 minutes, stirring occasionally, until golden-brown. Add onions and carrots; cook until softened, about 6 more minutes. *Recipe continues on the next card.*

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Mushroom Bolognese (continued)



INSTRUCTIONS

3. Push vegetables to one side of the pan and add tomato paste, garlic, and rosemary to open side; cook until fragrant, about 3 minutes. Stir in wine to deglaze and cook for 2 minutes, until most of the alcohol evaporates. Stir in salt, pepper, walnuts, milk, and soy sauce. Reduce heat to medium-low, and simmer, partially covered, while you prepare pasta. (Sauce can simmer up to 2 hours in advance.)
4. Cook pasta in a large pot of boiling salted water until almost al dente, about 1 minute less than package directions.
5. Using tongs, transfer pasta to pot with sauce. Add 1 cup pasta cooking liquid and cook, stirring often, until pasta is al dente and sauce is clinging to pasta, about 2 minutes. Remove from heat; taste and adjust seasoning as needed (it may need more salt). Divide into each of 6 bowls and garnish with basil, if desired.

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