



30 MINUTE DINNERS

CHICKEN MEAL PLAN 6

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: Lemon Chicken // Almond Green Beans

Suggested Side: White Rice

Meal 2: Chinese Five Spice Chicken // Stir Fry Veg

Suggested Side: White Rice

Meal 3: Vegetable Soup // Cast Iron Skillet Cornbread

Suggested Side: Cauliflower Rice

Optional Protein: Ground Meat

Meal 4: Chicken Millet Bowl

Suggested Side: Black Beans

Meal 5: Mexican Millet // Guacamole

Suggested Side: Lime Crema

Optional Protein: Ground Meat

*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: Lemon Chicken // Almond Green Beans (Suggested Side: White Rice)

Meal 2: Chinese Five Spice Chicken // Stir Fry Veg (Suggested Side: White Rice)

Meal 3: Vegetable Soup // Cast Iron Skillet Cornbread (Suggested Side: Cauliflower Rice // Optional Protein: Ground Meat)

Meal 4: Chicken Millet Bowl (Suggested Side: Black Beans)

Meal 5: Mexican Millet // Guacamole (Suggested Side: Lime Crema // Optional Protein: Ground Meat)

Pantry

- olive oil, 1 Tbsp + 1 Tbsp + 2 Tbsp + 2 Tbsp (6 Tbsp total)
- cooking spray
- almonds (whole), 16 oz
- hoisin sauce, 2 Tbsp
- soy sauce (or liquid aminos), 2 Tbsp + 2 Tbsp (4 Tbsp total)
- sesame oil, 1 tsp
- coconut oil, 1 Tbsp
- cornmeal, 1 cup
- all-purpose flour (GF), 1/2 cup
- baking powder, 1 Tbsp
- apple cider vinegar*, 2 Tbsp
- baking soda, 1/2 tsp
- tomatoes (28 oz crushed), 1 can
- carrots (14.5 oz sliced), 1 can
- green beans (14.5 oz cut), 1 can
- sweet corn (15 oz), 1 can
- peas (15 oz), 1 can
- tomato paste (6 oz), 1 can 3 Tbsp
- vegetable broth*, 8 cups
- millet, 1 cup + 1 cup (2 cups total)
- chickpeas (15 oz)*, 1 can
- balsamic vinegar, 2 Tbsp
- lemon juice, 2 Tbsp

Produce

- lemons, 3
- green beans, 24 oz
- garlic, 2 cloves + 1 clove + 3 cloves (6 cloves total)
- mushrooms (sliced), 8 oz
- parsley, 1 bunch
- mint, 1/2 bunch
- bell peppers, 2
- tomato, 1 medium + 1 Roma (2 total)
- cilantro, 2 Tbsp

- ginger, 1" piece
- onion, 1 + 1 yellow (2 total)
- pomegranate, 1 whole (sub raisins if needed)
- jalapeno, 1
- avocados, 2
- lime, 1

Meat

- chicken breast, 1 lb + 1 lb + 1 lb (3 lbs total)

Cold Case

- stir fry vegetables (frozen), 16 oz
- milk, 1 1/2 cups
- egg, 1
- butter, 1/4 cup + 2 Tbsp

Spices

- salt (all meals)
- Chinese 5 Spice
- Italian seasoning*
- pepper (meal 3 + meal 4 + meal 5)
- smoked paprika
- garlic powder (meal 4 + meal 5)
- cumin

Optional Protein

- ground meat, 1 lb + 1 lb (2 lbs total)

Suggested Sides

- white rice, 1 cup + 1 cup (2 cups total)
- cauliflower rice (frozen)*, 16 oz
- black beans (15 oz)*, 1 can
- sour cream, 16 oz
- limes, 2 large
- garlic powder
- salt

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: Lemon Chicken // Almond Green Beans

- Marinate your chicken in lemons.

2 minutes

- Cook the white rice.

25 minutes

Meal 2: Chinese Five Spice Chicken // Stir Fry Veg

- Marinate your Chinese Five Spice Chicken.

5 minutes

- Cook the White Rice (above).

Meal 3: Vegetable Soup // Cast Iron Skillet Cornbread

- Combine the dry ingredients for your Cast Iron Skillet Cornbread.

2 minutes

- Dice an onion.

1 minute

Meal 4: Chicken Millet Bowl

- Cook the millet.

25 minutes

Meal 5: Mexican Millet // Guacamole

- Chop the vegetables.

3 minutes

- Cook the millet (above).

- Make the Lime Crema.

3 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Millet

- 2 cups millet
- 6 cups water

Produce

- 3 lemons
- 2 limes (*optional*)
- 2 bell peppers (any colors)
- 1 white onion
- 1 yellow onion, finely diced
- 1 jalapeno, seeds and ribs removed, minced

Chinese Five Spice Chicken Marinade

- 1 lb chicken breasts
- 2 Tbsp chopped garlic
- 2 Tbsp hoisin sauce
- 2 Tbsp Chinese 5 Spice
- 2 Tbsp soy sauce
- 1 tsp sesame oil
- 1" fresh ginger, roughly chopped

Cast Iron Skillet Cornbread Dry Ingredients

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder

Chicken

- 1 lb chicken breast
- 2 lemons (*above*)

Suggested Side: White Rice

- 4 cups water
- 2 cups rice

Suggested Side: Lime Crema

- 16 oz sour cream
- 2 big limes, about 2 1/4" diameter (*above*)
- 1/2 tsp granulated garlic
- 1/2 tsp salt

Supplies

- (Instant) Pot
- Pot
- 2 (1) gallon bags
- Large jar with lid
- Cutting board and a sharp knife

Step 1: Turn a large burner on high and measure out 6 cups of water or broth to boil in a pot. Cover askew.

Step 2: In a pot, boil 4 cups of water for rice. Cover askew.

Step 3: Prep the Produce:

Lemon

- Slice 3 into 6-7 slices for Lemon Chicken.

Lime

- Slice 2 limes in half for Lime Crema.

Bell peppers

- Dice 2 (any colors) for Mexican Millet.

When the waters boil, add 2 cups of millet to the 6 cups of liquid and 2 cups of rice to the 4 cups of water.

What to cut last:

Onion

- Dice 1 for Vegetable Soup.

Yellow onion

- Finely dice 1 for Mexican Millet.

Garlic

- Mince 2 cloves of garlic now before jalapeno if you don't have a food processor.

Jalapeno

- Mince 2 for Mexican Millet.

Step 4: Combine, in a large jar, your Cast Iron Skillet Cornbread dry ingredients:

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder

And keep in a sealed container on your counter.

Step 5: Place your lemon slices onto 1 lb of chicken breasts to marinate in a bag. Squeeze out the excess air and let sit overnight for Meal 1.

Step 6: In your food processor, pulse 2 cloves of garlic and 1" of ginger. (If using a blender, chop your garlic and ginger first on your cutting board.) Then add:

- 2 Tbsp hoisin sauce
- 2 Tbsp Chinese 5 Spice
- 2 Tbsp soy sauce
- 1 tsp sesame oil

Combine 1 lb chicken and sauce in a plastic bag, remove the excess air, and let it sit in the fridge for Meal 2.

Step 7: If desired, make your Lime Crema to let the flavors meld. Empty 16 oz of sour cream into a small bowl and set aside. Roll the 2 limes on the counter for about a minute each to loosen up the juices.

Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out. Add all the zest, juice, 1/2 tsp granulated garlic and salt to the sour cream and whisk well to combine.

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

How to Store Your Meal Prep

Meal 1: Lemon Chicken // Almond Green Beans

- Lemon Chicken marinade
- 2 cups cooked White Rice

Meal 2: Chinese Five Spice Chicken // Stir Fry Veg

- Chinese Five Spice Chicken Marinade
- 2 cups cooked White Rice

Meal 3: Vegetable Soup // Cast Iron Skillet Cornbread

- Cast Iron Skillet Cornbread dry ingredient mix
- Diced onion

Meal 4: Chicken Millet Bowl

- 3 cups cooked millet

Meal 5: Mexican Millet // Guacamole

- 3 cups cooked millet
- Jalapeno, bell pepper, + onion



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Lemon Chicken // Almond Green Beans

- Use your Instant Pot to make your suggested side of White Rice for Meals 1 + 2. Place 2 cups of rice and 2 cups of water or broth in your IP. Cook on manual for 4 minutes. Release the steam immediately.
- Use a food processor, stand, or hand mixer to shred your cooked chicken for meal 4 after you make it at Meal 1.

Meal 2: Chinese Five Spice Chicken // Stir Fry Veg

- Use a food processor to chop the fresh ginger and garlic and then mix the Chinese Five Spice marinade. (If you don't have a food processor, a blender will work but you'll need to mince the garlic and ginger before adding.)
- Cook the rice in your Instant Pot (above).

Meal 3: Vegetable Soup // Cast Iron Skillet Cornbread

- Combine all ingredients in the slow cooker and leave on warm.

Meal 4: Chicken Millet Bowl

- Use a food processor, stand, or hand mixer to shred your chicken (above).
- Make your millet in the Instant Pot by cooking on manual for 10 minutes with 1 3/4 cups of water to cook. Finish with a natural release.

Meal 5: Mexican Millet // Guacamole

- Cook the millet in your IP (above).



STEP-BY-STEP: MEAL 1

Lemon Chicken // Almond Green Beans

Suggested Side: White Rice

Add this starchy side to complement this protein hearty, protein based meal.

Mise en Place

Chicken

- ✓ 1-2 lb chicken breasts (1 lb for Meal 4)
- ✓ 3 lemons
- salt
- 1 Tbsp olive oil

Green Beans

- 24 oz fresh green beans
- cooking spray
- salt
- 16 oz whole almonds

Chicken for Meal 2 (optional, but best if marinated!)

- ✓ 2 garlic cloves
- ✓ 1" of ginger
- ✓ 2 Tbsp hoisin sauce
- ✓ 2 Tbsp Chinese 5 Spice
- ✓ 2 Tbsp soy sauce
- ✓ 1 tsp sesame oil
- ✓ 1 lb Chicken

Suggested Side

- ✓ 1-2 cups white rice (1 cup for Meal 2's suggested side)
- ✓ Water

Supplies

- 2 Baking sheets
- Cutting board
- Meat Thermometer
- (Instant) Pot

Step 1: Preheat your oven to 425F.

Step 2: Drizzle 1 Tbsp olive oil on a baking sheet. Spread 2 lbs of chicken and salt. Slice 3 lemons to cover 1 lb of chicken (and leave the 1lb for Meal 4 without lemon). Place in the oven and set a timer for 18 minutes.

Step 3: If desired, turn your burner on high and fill a pot with 4 cups of water for White Rice. Cover with lid askew.

Step 4: If needed, trim the ends off your green beans on your cutting board with the ends to be cut off lined up. Then, slide your knife down a line of them. Repeat for the other side. Then, spray your second baking sheet with cooking oil and place green beans on it. It's alright if they are touching or stacked. Toss 16 oz of almonds on top. Spray again with cooking spray and salt. Place in the oven. (No need to set another timer if you set one for the chicken.)

Step 5: When water boils, add 2 cups of rice and recover, turning the burner down a notch or two. Set a timer for 15 minutes.

Step 6: While your food cooks, prepare the sauces for Meal 2. In your food processor, pulse 2 cloves of garlic and 1" of ginger. (If using a blender, chop your garlic and ginger first.) Then add,

- 2 Tbsp hoisin sauce
- 2 Tbsp Chinese 5 Spice
- 2 Tbsp soy sauce
- 1 tsp sesame oil

Combine 1 lb chicken and sauce in a plastic bag, remove the excess air, and let it sit in the fridge for Meal 2.

Step 7: When the chicken timer goes off, ensure the internal temperature has reached 165F. It may need 2-5 more minutes.

Step 8: Green beans are done when they start to get crispy or shriveled looking skin.

Step 9: Refrigerate 1 lb of chicken without lemon for Meal 4.

Tip: If you have time now, shred the chicken because it will go quicker while it's warm, especially if you do it by hand (versus when it has been refrigerated.) This can be done after you eat though (as long as it's under 2 hours from when it was pulled out of the oven.)

Step 10: Enjoy your Lemon Chicken with Almond Green Beans on the side, and White Rice, if desired.



STEP-BY-STEP: MEAL 2

Chinese Five Spice Chicken // Stir Fry Veg

Suggested Side: White Rice

Cook once, eat twice when you make rice with Meal 1 and simply reheat it in $\frac{1}{4}$ cup of water for meal 2.

Mise en Place

Marinated Chicken

- ✓ 1 lb chicken breasts
- ✓ 2 Tbsp chopped garlic
- ✓ 2 Tbsp hoisin sauce
- ✓ 2 Tbsp Chinese 5 Spice
- ✓ 2 Tbsp soy sauce
- ✓ 1 tsp sesame oil
- ✓ 1" fresh ginger, roughly chopped

Stir Fry Veg

- 16 oz frozen stir fry vegetables
- 1 Tbsp coconut oil
- 1 Tbsp Chinese 5 Spice
- 1 tsp salt

Suggested Side

- 2 cups reserved cook White Rice*
- $\frac{1}{4}$ cup water*

Supplies

- Baking sheet
- Wok or skillet
- Small pot*
- Meat thermometer

Step 1: Preheat your oven to 425F.

Step 2: Make the sauce if you didn't with Meal 1. In your food processor, pulse 2 cloves of garlic and 1" of ginger. (If using a blender, chop your garlic and ginger first.) Then add,

- 2 Tbsp hoisin sauce
- 2 Tbsp Chinese 5 Spice
- 2 Tbsp soy sauce
- 1 tsp sesame oil

On a baking sheet, smear the sauce under the skin and over the entire surface of the chicken breasts. Place in the oven and set a timer for 18 minutes.

Step 3: Heat 1 Tbsp coconut oil in your wok or skillet on medium high. Dump in frozen stir fry vegetables. Add 1 Tbsp Chinese 5 Spice and 1 tsp salt.

Tip: Do not cover frozen vegetables that you are trying to saute. You want the liquid to evaporate and not make the vegetables soggy!

Step 4: If desired, reheat White Rice in ¼ cup of water in a small pot.

Step 5: Stir the vegetables frequently to help them crisp evenly.

Step 6: When the timer goes off, ensure the internal temperature of the chicken is 165F.

Step 7: Serve Chicken and pour any additional sauce over the vegetables or rice! It's delicious!

Step 8: Place frozen cauliflower rice for Meal 3 in the fridge to defrost.



STEP-BY-STEP: MEAL 3

Vegetable Soup // Cast Iron Skillet Cornbread

Suggested Side: Cauliflower Rice

Add a bag of defrosted cauliflower rice to go in your soup for more veggies!

Optional Protein: Ground Meat

It's quick to saute 1 lb of ground meat of your choice with the onions for your Vegetable Soup to beef up this meal.

Mise en Place

Cornbread

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder
- 2 Tbsp apple cider vinegar
- scant 1 1/2 cups milk
- 1 egg
- 1/2 tsp baking soda
- 1/4 cup butter, melted
- 2 Tbsp butter OR bacon grease

Vegetable Soup

- 1 Tbsp olive oil
- 1 onion
- 2 Tbsp Italian seasoning blend
- 2 tsp salt
- 1/2 tsp black pepper
- 2 tsp minced garlic
- 1 (28 oz) can crushed tomatoes with basil
- 2 (14.5 oz) cans sliced carrots, drained
- 1 (14.5 oz) can cut green beans, drained
- 1 (15.25 oz) can whole sweet corn, drained
- 1 (15 oz) can peas, drained
- 1 (6 oz) can tomato paste
- 8 cups vegetable broth

Suggested Side

- 16 oz frozen cauliflower rice

Optional Protein:

- 1 lb ground meat

Supplies

- 12" cast iron skillet
- (Instant) Pot
- Cutting board and a sharp knife

Step 0: Defrost your cauliflower rice by placing in the fridge the night before or the morning of.

Step 1: Preheat the oven to 450F.

Step 2: Melt 2 Tbsp butter OR bacon grease in a 12" cast iron skillet over medium heat.

In a large glass measuring cup, measure apple cider vinegar. Add milk until you reach 1 1/2 cups of liquid total. Whisk together and set aside.

In a large bowl, combine all dry ingredients and whisk together:

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder

Set aside.

Add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.

When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet.

Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this! When the timer beeps, place the entire skillet in the oven and bake for 20 minutes.

Step 3: Heat 1 Tbsp oil in a stock pot on medium heat.

Step 4: Dice an onion and add immediately to the oil. Then add: 2 Tbsp Italian seasoning blend, 2 tsp salt, 1/2 tsp black pepper, and 2 tsp minced garlic and cover askew.

Step 5: If desired, add 1 lb of ground meat of choice cover. Likewise, if you are making the suggested side of cauliflower rice, cut a slit in the bag and squeeze out any liquid. Repeat. Then add on top of the meat and onions, and recover.

Tip: Typically you don't want to cover cauliflower rice because you want the liquid in it to evaporate but since we're making it in a soup, that doesn't matter and it will cook faster with a lid on.

Step 6: Meanwhile, drain your canned vegetables:

- 1 (28 oz) can crushed tomatoes with basil
- 2 (15 oz) cans sliced carrots, drained
- 1 (15 oz) can cut green beans, drained
- 1 (15 oz) can whole sweet corn, drained
- 1 (15 oz) can peas, drained

Step 7: When the onion starts to look translucent, turn the burner to high and add 8 cups of broth and all the drained vegetables. When it boils, turn it to a simmer and let it cook for 8-10 minutes until the cornbread is done.

Step 8: Enjoy Vegetable Soup with Corn Skillet Cornbread on the side. Top with butter or olive oil if desired.



STEP-BY-STEP: MEAL 4

Chicken Millet Bowl

Suggested Side: Black Beans

Add more color to this tasty bowl by adding another can of beans!

Mise en Place

Millet

- ✓ 2 cups raw millet (Doubled batch for Meal 5)
- ✓ 6 cups broth or water

Chicken Bowl

- 1 (15 oz) cans chickpeas
- 8 oz sliced mushrooms
- 2 Tbsp oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp soy sauce
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 lb reserved shredded chicken
- 1 tsp smoked paprika
- 2 Tbsp lemon juice
- salt + pepper
- 2 cups chopped parsley (about 1 bunch)
- 1 cup chopped mint (about 1/2 bunch)
- 1 cup pomegranate seeds

Tip: Sub raisins if pomegranate isn't available at your local store.

Suggested Side

- 1 (15 oz) can black beans

Supplies

- (Instant) Pot
- Strainer
- Skillet

Step 1: Turn a large burner on high and measure out 6 cups of water or broth to boil in a pot. Cover askew.

Step 2: Heat 2 Tbsp oil in a skillet and add 8 oz sliced mushrooms. Drain and rinse your can of chickpeas and add. If desired, drain and rinse a can of black beans for your suggested side.

Step 3: When the water or broth is boiling, add the 2 cups of millet and recover. Set a timer for 15 minutes. When it boils with the millet, turn down 1-2 notches to prevent it from boiling over.

Step 4: To the skillet, add:

- 2 Tbsp balsamic vinegar
- 2 Tbsp soy sauce
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 Tbsp lemon juice

Recover.

Step 5: Meanwhile, de-stem and chop your 1 bunch of parsley and 1/2 bunch of mint.

Step 6: Peel open your pomegranate and get the seeds.

Step 7: When the miller timer goes off, give it a stir. Add 1/4 cup more water if needed so the bottom doesn't burn. Add 1 Tbsp lemon juice. Cook for 5 more minutes. Set a timer!

Step 8: Shred your chicken. Reheat in the skillet if desired for 3-4 minutes.

Step 9: Set aside half of your millet, about 2 cups, for Meal 5.

Step 10: Assemble your bowls with millet on the bottom, adding the skillet contents, and topping with parsley, mint, and pomegranate seeds.

Tip: If desired, drizzle with additional olive oil but the juices from the skillet pan should be enough.



STEP-BY-STEP: MEAL 5

Mexican Millet // Guacamole

Suggested Side: Lime Crema

A smooth topping like Lime Crema complements your crunchy Mexican Millet.

Optional Protein: Ground Meat

Simply saute 1 lb of any ground meat with your vegetables to add protein to this tasty dish.

Mise en Place

Mexican Millet

- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- ✓ 1 yellow onion
- ✓ 1 jalapeno
- ✓ 2 bell peppers (any colors)
- 2 cups reserved cooked millet
- 3 Tbsp tomato paste
- 1 tsp salt
- 1 tsp ground cumin
- 1 medium, tomato, finely diced
- 2 Tbsp finely chopped cilantro
- Freshly squeezed lime juice, for garnish

Guacamole

- 2 avocados, sliced in half, (remove the pit)
- 1/8 tsp pepper
- 1/8 tsp granulated garlic
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/8 lime (1 wedge), juiced
- 1 Roma tomato, diced

Suggested Side

- ✓ 16 oz sour cream
- ✓ 2 big limes, about 2 1/4" diameter
- ✓ 1/2 tsp granulated garlic
- ✓ 1/2 tsp salt

Optional Protein

- 1 lb ground meat

Supplies

- Skillet or large pan
- Cutting board and a sharp knife
- Lime juicer

Step 1: Heat a medium skillet on medium heat. Add 1 Tbsp olive oil.

Tip: Don't use a cast iron because the tomato used later in this recipe will mess with the seasoning.

Step 2: Dice and add (in this order) to the pan: 1 yellow onion, 1 jalapeno, and 2 bell peppers. If desired, add 1 lb ground meat. Add 1 tsp cumin and cover. Let saute for 10 minutes.

Step 3: Meanwhile, make your guacamole. Mash 2 avocados until it's the consistency you like.

Add to the avocado:

- 1/8 tsp pepper
- 1/8 tsp granulated garlic
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/8 lime (1 wedge), juiced

Dice 1 Roma tomato and add.

Step 4: Dice a second tomato on the same cutting board to go into your Mexican Millet.

Step 5: If desired, make your lime crema. Empty 16 oz of sour cream into a small bowl and set aside. Roll the 2 limes on the counter for about a minute each to loosen up the juices.

Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out. Add all the zest, juice, ½ tsp granulated garlic and salt to the sour cream and whisk well to combine.

Step 6: Add the millet to the skillet, along with 3 Tbsp tomato paste and diced tomato. Let warm for 5 minutes. (If a little dry, add ¼ cup of water or broth. It's not a saucy dish, but using pre-cooked millet may make it a bit too dry.)

Step 7: Enjoy Mexican Millet with Guacamole on the side and Lime Crema if desired.



RECIPE CARDS

Meal 1 Recipes

Instant Pot White Rice



Find the original recipe here.

INGREDIENTS

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

1 tsp salt (optional)

INSTRUCTIONS

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

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Lemon Chicken



Recipe inspired by Team Crumbs.

INGREDIENTS

1 lb chicken breasts
3 lemons

Salt
1 Tbsp olive oil

INSTRUCTIONS

1. Preheat your oven to 425F.
2. Drizzle 1 Tbsp olive oil on a baking sheet. Spread chicken and add salt.
3. Slice 3 lemons to cover chicken. Place in the oven and set a timer for 18 minutes.
4. When the chicken timer goes off, ensure the internal temperature has reached 165F. It may need 2-5 more minutes.

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Almond Green Beans



Recipe inspired by Team Crumbs.

INGREDIENTS

24 oz fresh green beans
Cooking spray

Salt
16 oz whole almonds

INSTRUCTIONS

1. Preheat oven to 425F.
2. If needed, trim the ends off your green beans on your cutting board with the ends to be cut off lined up. Then, slide your knife down a line of them. Repeat for the other side.
3. Then, spray your baking sheet with cooking oil and place green beans on it. It's alright if they are touching or stacked. Toss 16 oz of almonds on top. Spray again with cooking spray and salt. Place in the oven.
4. Bake for 15 minutes until crispy.

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Meal 2 Recipes

Chinese 5-Spice Chicken



Find the original recipe here.

INGREDIENTS

1 (5 lb) chicken, either whole or cut into parts (you can also use the equivalent of chicken pieces)	2 Tbsp Chinese 5 Spice
2 Tbsp chopped garlic	2 Tbsp soy sauce (we use liquid aminos)
2 Tbsp hoisin sauce*	1 tsp sesame oil
	1" fresh ginger, roughly chopped (freeze any extra)

INSTRUCTIONS

1. Except for the chicken, add all ingredients to a food processor or blender and puree until you have a mostly smooth paste/marinade.
2. As a rub: smear the sauce under the skin and over the entire surface of the chicken
3. As a marinade: combine chicken and sauce in a plastic bag, remove the excess air, and let it sit in the fridge overnight, or at least 8 hours.
4. Cook chicken as desired.
5. If you have extra sauce, bring it to a boil and serve over the chicken (per FDA food safety guidelines). Do not re-use the sauce though.

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Meal 3 Recipes

Cast Iron Skillet Cornbread



Find the original recipe here.

INGREDIENTS

Dry Ingredients

1 cup cornmeal
1/2 cup all-purpose flour
1 tsp salt
1 Tbsp baking powder

Wet Ingredients

2 Tbsp apple cider vinegar

scant 1 1/2 cups milk

1 egg
1/2 tsp baking soda

To Cook

1/4 cup butter, melted
2 Tbsp butter OR bacon grease

INSTRUCTIONS

1. Preheat the oven to 450F.
2. In a large glass measuring cup (I have these), measure apple cider vinegar. Add milk until you reach 1 1/2 cups of liquid total. Whisk together and set aside.
3. In a large bowl, combine all dry ingredients and whisk together (you can use the same whisk). Set aside.
4. When the oven is preheated, melt 2 Tbsp butter OR bacon grease in a 12" cast iron skillet over medium heat. Meanwhile, add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate.

Recipe continues on the next card.

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Cast Iron Skillet Cornbread (continued)



Find the original recipe here.

INSTRUCTIONS

5. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.
6. When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet.
7. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this!
8. When the timer beeps, place the entire skillet in the oven and bake for 20 minutes. Allow the cornbread to cool slightly before serving. Serve warm with lots of butter!

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15 Minute Vegetable Soup



Recipe inspired by Happy Healthy Mama.

INGREDIENTS

1 1/2 tsp oil	2 (14.5 oz) cans sliced carrots, drained
1 onion, diced	1 (14.5 oz) can cut green beans, drained
2 Tbsp Italian seasoning blend	1 (15.25 oz) can whole sweet corn, drained
2 tsp salt	1 (15 oz) can peas, drained
1/2 tsp black pepper	1 (6 oz) can tomato paste
2 tsp minced garlic	8 cups vegetable broth
1 (28 oz) can crushed tomatoes with basil	

INSTRUCTIONS

1. Heat the oil in a large stock pot over medium heat. Add the onion, garlic, Italian seasoning blend, salt, and pepper and sauté for 5 minutes.
2. Add the rest of the ingredients and bring to a simmer. Simmer for 5 minutes.
3. Serve and enjoy!

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Meal 4 Recipes

Millet Bowl



Recipe inspired by One Ingredient Chef.

INGREDIENTS

2 (15 oz) cans chickpeas
2-3 cups sliced mushrooms
2 Tbsp balsamic vinegar
1-2 Tbsp soy sauce
1/2 tsp black pepper
1 tsp garlic powder
1 tsp smoked paprika

3 cups cooked millet
1 + 1 Tbsp lemon juice
salt & pepper, to taste
2 cups chopped parsley
1/4 cup chopped mint
1 cup pomegranate seeds

INSTRUCTIONS

1. *Measure 1 part millet and 2 parts water (for this recipe, about 1 cup of dry millet is a good starting point) in a large stockpot and allow to reach a boil before turning down to a low simmer and covering for about 20 minutes, or just until all the water is absorbed. When it's done, season with a Tbsp of lemon juice, salt and pepper, then fluff with a fork. Don't forget to season, it makes a big difference!*
2. *As soon as you get the millet on the stove, turn your attention to the chickpeas. Start by adding the chickpeas and sliced mushrooms (any kind) into a large skillet or pot with a splash of water.*

Recipe continues on the next card.

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Millet Bowl (continued)



Recipe inspired by One Ingredient Chef.

INSTRUCTIONS

3. *Then throw in vinegar, soy sauce, black pepper, garlic powder, and smoked paprika. Allow them to cook (stirring occasionally) for at least 10 minutes (15 is ideal) until the mushrooms are reduced and all the liquid has evaporated, leaving you with some very tasty chickpeas and mushrooms.*
4. *Grab a few big handfuls of fresh parsley (flat or curly is fine) and finely chop it along with about 10 large mint leaves. Add these to a bowl with the pomegranate seeds and season with salt, pepper, and that other Tbsp of lemon juice. Toss to coat.*
5. *Finally, when the millet is cooked / seasoned, the chickpeas are all tasty, and the greens are chopped, simply transfer everything to a large bowl and gently toss together. Feel free to add more salt, pepper, or lemon juice to boost the flavors even further.*

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Meal 5 Recipes

Mexican Millet



Recipe inspired by I Live in Kitchen.

INGREDIENTS

2 Tbsp olive oil	3 Tbsp tomato paste
1 clove garlic, minced	½ tsp salt
1 cup millet	¼ tsp ground cumin
1 small yellow onion, finely diced	1 medium, tomato, finely diced
1 jalapeno, seeds and ribs removed, minced	2 Tbsp finely chopped cilantro
2 cups vegetable broth	Freshly squeezed lime juice, for garnish

INSTRUCTIONS

1. In a medium saucepan over medium heat, heat the oil and garlic. When the garlic begins to sizzle, add the onion and jalapeno. Fry, stirring occasionally, until the onion is soft and slightly golden 6-8 minutes.
2. Add the millet, stir to coat, and cook for 4 to 6 minutes, until the millet is slightly golden. Pour in the vegetable broth and add the tomato paste, salt, cumin, and tomato. Bring the mixture to a boil, stir once, and cover. Lower the heat to low and cook for 25 to 30 minutes or until all liquid is absorbed.
3. Remove from the heat and allow to sit, covered, for 10 minutes. Sprinkle with chopped cilantro and fluff with a fork. Garnish with fresh lime juice, if desired.

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Simple Guacamole



Find the original recipe here.

INGREDIENTS

2 avocados, sliced in half, (remove the pit)	1/2 tsp salt
1/8 tsp pepper	1/8 lime (1 wedge), juiced
1/8 tsp granulated garlic	1 Roma tomato, diced
1/4 tsp cumin	

INSTRUCTIONS

1. Add avocado to a stand mixer OR mash by hand until it's the consistency you like.
2. Add the spices and lime juice and mix well.
3. Fold in the tomatoes.
4. Taste, and adjust seasonings if desired.

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Lime Crema



Find the original recipe here.

INGREDIENTS

16 oz sour cream
2 big limes, about 2 1/4" diameter

1/2 tsp granulated garlic
1/2 tsp salt

INSTRUCTIONS

1. Empty sour cream into a small bowl and set aside.
2. Roll the limes on the counter for about a minute each to loosen up the juices.
3. Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part.
4. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out.
5. Add all the zest, juice, granulated garlic and salt to the sour cream and whisk well to combine. Place in the refrigerator until it's time to serve. Note that letting the lime crema sit for at least 4 hours helps the flavors to meld together better, but you can enjoy it right away too.
6. Store leftover lime crema in the original sour cream container and label it!

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