



30 MINUTE DINNERS

BEEF AND PORK 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!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

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THE MEAL PLAN

Meal 1: Broccoli Salad with Chickpeas // Bacon

Suggested Side: Bed of Lettuce

Meal 2: Picadillo Stew

Suggested Side: Bunch of Greens

Meal 3: Southwest Sweet Potato Skillet

Suggested Side: Avocado

Optional Protein: Ground Meat

Meal 4: Baked Potato Bar

Suggested Side: Optional Toppings

Optional Protein: Bacon

Meal 5: Homemade Italian Sausage // Root Vegetable Saute

Suggested Side: Weird Root Vegetables

*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: Broccoli Salad with Chickpeas // Bacon (Suggested Side: Bed of Lettuce)

Meal 2: Picadillo Stew (Suggested Side: Bunch of Greens)

Meal 3: Southwest Sweet Potato Skillet (Suggested Side: Avocado // Optional Protein: Ground Meat)

Meal 4: Baked Potato Bar (Suggested Side: Optional Toppings // Optional Protein: Bacon)

Meal 5: Homemade Italian Sausage // Root Vegetable Saute (Suggested Side: Weird Root Vegetables)

Pantry

- | | | |
|---|---|---|
| <input type="checkbox"/> golden raisins, 1/2 cup | <input type="checkbox"/> chickpeas (15 oz)*, 1 can | <input type="checkbox"/> fire-roasted tomatoes (14.5 oz diced), 1 can |
| <input type="checkbox"/> apple cider vinegar*, 3 Tbsp | <input type="checkbox"/> olive oil, 1 Tbsp + 1 Tbsp + 8 Tbsp + 2 Tbsp (12 Tbsp total) | <input type="checkbox"/> green chiles (4 oz diced), 1 can |
| <input type="checkbox"/> sugar, 2 Tbsp | <input type="checkbox"/> tomato sauce (8 oz), 2 cans | <input type="checkbox"/> baked beans*, 16 oz |
| <input type="checkbox"/> mayo*, 1 cup | <input type="checkbox"/> black beans (15 oz)*, 2 cans | <input type="checkbox"/> red wine vinegar, 1 Tbsp |
| <input type="checkbox"/> sunflower seeds, 2 cups | | |

Produce

- | | | |
|--|--|---|
| <input type="checkbox"/> broccoli, 2 heads | <input type="checkbox"/> onion, 1/2 + 1/2 (1 total) | <input type="checkbox"/> parsnip, 2 |
| <input type="checkbox"/> red onion, 1/2 | <input type="checkbox"/> sweet potatoes, 2 | <input type="checkbox"/> turnip, 2 |
| <input type="checkbox"/> potatoes (russet), 4 large 8 medium | <input type="checkbox"/> cilantro (optional topping) | <input type="checkbox"/> carrots, 2 large |
| <input type="checkbox"/> garlic, 2 cloves | <input type="checkbox"/> green onions, 1 bunch | |

Meat

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

Cold Case

- shredded cheese (optional topping)

Spices

- cumin, meal 2 + meal 3
- salt, meal 2 + meal 3 + meal 5
- pepper, meal 2 + meal 3 + meal 5
- chili powder
- garlic powder, meal 3 + meal 5
- parsley
- onion powder
- basil
- paprika
- red pepper flakes (!)
- ground fennel seed (optional)
- oregano
- thyme

Optional Protein

- ground beef, 1 lb
- bacon, 1 lb

Suggested Sides

- lettuce, 1 head
- avocado, 1-4
- weird vegetables: rutabaga, sunchoke, Jerusalem artichoke, radish, golden beets, etc.
- greens (kale, spinach, mustard), 1 bunch
- toppings: jalapeno, shredded cheese, sour cream, salsa, olives, corn

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: Broccoli Salad with Chickpeas // Bacon

- Cook the bacon.

20 minutes

- Chop the vegetables.

3 minutes

- Assemble the salad.

5 minutes

Meal 2: Picadillo Stew

- Chop the vegetables.

3 minutes

Meal 3: Southwest Sweet Potato Skillet

- Dice the vegetables.

3 minutes

Meal 4: Baked Potato Bar

- Cook the bacon (above).

Meal 5: Homemade Italian Sausage // Root Vegetable Saute

- Combine the Italian Sausage seasoning.

2 minutes

- Dice the vegetables.

5 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Bacon

- 1-2 lb bacon

Broccoli Salad

- 2 broccoli heads
- 1/2 red onion
- 1/2 cup golden raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar
- 1 mayonnaise
- 2 cups sunflower seeds
- 1 head lettuce

Italian Sausage Spices

- 1 tsp salt
- 1 tsp black pepper
- 1 Tbsp fresh chopped parsley or 2 tsp dried
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 1 tsp paprika
- 1 tsp red pepper flakes
- 1/4 tsp ground fennel seed (optional)
- pinch dried oregano
- pinch dried thyme

Vegetables

- 4 potatoes
- 2 sweet potatoes
- 3-6 root vegetables (parsnip, carrots, or turnips)
- Weird vegetables (rutabaga, radish, golden beet, Jerusalem artichoke, or sunchoke)*
- 1 bunch greens
- 1 onion

Supplies

- Large pan
- Cutting board + sharp knife
- Large bowl with lid
- Jar with lid

Step 1: Turn your largest burner to medium high heat. Place your largest pan on the burner. Separate bacon so it is no thicker than 1 piece and lay in the pan. Cover. Set a timer for 5 minutes to flip.

Step 2: Drain and rinse 1 (15 oz) can of chickpeas.

Step 3: Cut your broccoli heads into florets and dice 1/2 red onion. Add to a large bowl along with:

- 1/2 cup golden raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar
- 1 mayonnaise*
- 2 cup sunflower seeds
- 1 (15 oz) can chickpeas

Stir well.

Step 4: Flip any bacon pieces that need more time.

Step 5: Combine the Italian Sausage Spices in a jar:

- 1 tsp salt
- 1 tsp black pepper
- 1 Tbsp fresh chopped parsley or 2 tsp dried
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 1 tsp paprika
- 1 tsp red pepper flakes
- 1/4 tsp ground fennel seed (optional)
- pinch dried oregano and thyme

Step 6: Prep the other vegetables:

Potatoes

- Wash, quarter, and slice about 1/2" pieces for Picadillo Stew.

Sweet potato

- Dice 2 into 1/4" cubes for Southwest Sweet Potato Skillet.

Root vegetables

- Dice 3-6 for Root Vegetable Saute.

Weird vegetables

- *Dice for Root Vegetable Saute.*

Lettuce

- *Chop 1 head into bite sized pieces for Bed of Lettuce.*

Greens

- *Thinly slice 1 bunch for Picadillo Stew's suggested side.*

What to cut last:

Onion

- Dice 1/2 for Picadillo Stew.
- Dice 1/2 for Southwest Sweet Potato Skillet.

Step 7: Reserve half of the bacon for the baked potato bar if desired. Stack other bacon pieces and hold with tongs in your non-dominant hand, cut the bacon with kitchen shears in your dominant hand over the broccoli salad. Stir everything together. Cover broccoli salad and save for Meal 1.

Tip: Save the bacon pan to saute something in tomorrow when it's done by sticking it in the fridge.

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

How to Store Your Meal Prep

Meal 1: Broccoli Salad with Chickpeas // Bacon

- Broccoli Salad + 1 lb Bacon
- Shredded lettuce

Meal 2: Picadillo Stew

- Potato, onion, + greens

Meal 3: Southwest Sweet Potato Skillet

- Sweet potato + onion

Meal 4: Baked Potato Bar

- 1 lb Bacon

Meal 5: Homemade Italian Sausage // Root Vegetable Saute

- Italian Sausage seasoning
- Root vegetables + Weird vegetables



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Broccoli Salad with Chickpeas // Bacon

- Use your food processor's shredding blade to dice the red onion.

Meal 2: Picadillo Stew

- Add all ingredients to your slow cooker on high for 4 hours or on low for 8 hours.

Meal 3: Southwest Sweet Potato Skillet

- Use your food processor's shredding blade to dice the sweet potatoes and onion.

Meal 4: Baked Potato Bar

- Use your Instant Pot to bake the potatoes on a trivet. Use these guidelines based on their size:
 - Small Potatoes (2" or less in diameter, or 4-5 oz): 10 minutes cook time
 - Medium Potatoes (2-3" in diameter, or 6-7 oz): 12 minutes cook time
 - Large Potato (3-4" in diameter, or 8-10 oz): 16 minutes cook time
 - Extra Large Potato (4-4.5" in diameter, or 11-13 oz): 20 minutes cook time
- Let the pressure release naturally.

Meal 5: Homemade Italian Sausage // Root Vegetable Saute

- Use your food processor shredding disc to shred the root vegetables.



STEP-BY-STEP: MEAL 1

Broccoli Salad with Chickpeas // Bacon

Suggested Side: Bed of Lettuce

Serve this tasty salad on top of your favorite salad green like butter or Romaine lettuce.

Mise en Place

Broccoli Salad

- ✓ 1-2 lb bacon (1 lb for Meal 4's suggested side)
- ✓ 2 Tbsp sugar
- ✓ 2 broccoli heads
- ✓ 1 cup mayonnaise
- ✓ 1/2 red onion
- ✓ 2 cups sunflower seeds
- ✓ 1/2 cup golden raisins
- ✓ 1 (15 oz) can chickpeas
- ✓ 3 Tbsp apple cider vinegar

Suggested Side

- 1 head of lettuce

Supplies

- Largest pan
- Large bowl
- Cutting board + sharp knife

Step 1: Turn your largest burner to medium high heat. Place your largest pan on the burner. Separate bacon so it is no thicker than 1 piece and lay in the pan. Cover. Set a timer for 5 minutes to flip.

Step 2: Drain and rinse 1 (15 oz) can of chickpeas.

Step 3: Cut your broccoli heads into florets and dice 1/2 red onion. Add to a large bowl along with:

- 1/2 cup golden raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar
- 1 cup mayonnaise
- 2 cups sunflower seeds
- 15 oz chickpeas

Stir well. Place in the fridge while the bacon cooks.

Step 4: If desired, shred lettuce to serve under broccoli salad.

Step 5: Flip any bacon pieces that need more time.

Step 6: Reserve half of the bacon for the potato bar if desired. Stack bacon pieces and hold with tongs in your non-dominant hand, cut the bacon with kitchen shears in your dominant hand over the broccoli salad. Stir everything together.

Tip: Save the bacon pan by placing it in the fridge to saute breakfast or Meal 2 in it.

Step 7: Enjoy Broccoli Salad, on top of a bed of lettuce if desired.



STEP-BY-STEP: MEAL 2

Picadillo Stew

Suggested Side: Bunch of Greens

Simply shred your favorite bunch of greens like kale or chard and add to this tasty one pot dish!

Mise en Place

Picadillo Stew

- 1 Tbsp olive oil
- 1 lb ground beef
- ✓ 4 large potatoes
- 2 tsp minced garlic
- ✓ 1/2 onion
- 4 tsp cumin
- 2 (8 oz) cans tomato sauce
- 3 cups water or broth
- 1 tsp salt
- 1 tsp pepper

Suggested Side

- ✓ 1 bunch greens

Supplies

- Stock pot
- Cutting board + sharp knife

Step 1: Heat a large stock pot to medium high heat with 1 Tbsp olive oil.

Step 2: Quarter 4 large potatoes and slice into 1/2" pieces. Add to the oil and cover.

Step 3: Dice 1/2 an onion and add.

Tip: If you don't have plans to use it elsewhere, dice the other 1/2 of Meal 1's red onion and add now.

Step 4: Add 1 lb ground beef, taking care to break apart any large chunks.

Step 5: Turn the burner to high and 16 oz tomato sauce, and just enough water to cover the potatoes.

Step 6: Season it with 2 tsp garlic, 1 tsp salt, 1 tsp pepper, and 4 tsp cumin and cover askew.

Step 7: If desired, thinly slice 1 bunch of greens and add.

Step 8: When it boils, turn it down 1 notch for a light boil. Stir occasionally. Let cook for 20-25 minutes covered.

Step 9: Enjoy Picadillo Stew.



STEP-BY-STEP: MEAL 3

Southwest Sweet Potato Skillet

Suggested Side: Avocado

Add some good fats and green to this dish with sliced avocado.

Optional Protein: Ground Beef

Add 1 lb ground beef to this one pan skillet!

Mise en Place

Southwest Skillet

- 1 Tbsp olive oil
- 2 sweet potatoes
- 1/2 onion
- 2 (15 oz) cans black beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 1 Tbsp salt
- 1 tsp pepper
- 1 tsp grated garlic
- 1 (14.5 oz) can fire roasted tomatoes
- 4 oz canned diced green chiles
- 1/4 cup water

Optional Toppings

- shredded cheese*
- cilantro*

Suggested Side

- 1-4 avocado

Optional Protein

- 1 lb ground beef

Supplies

- Large skillet
- Strainer
- Cutting board + sharp knife

Step 1: Heat 1 Tbsp of olive oil in a large skillet over medium high heat.

Step 2: Dice 2 sweet potatoes into 1/4" cubes and add to the skillet and cover. Dice and add the 1/2 onion.

Step 3: If desired, add 1 lb ground beef, taking care to break apart before covering.

Step 4: Add in 2 Tbsp of chili powder, 2 tsp of cumin, 1 tsp garlic, 1 Tbsp salt and 1 tsp pepper.

Step 5: Drain and rinse 2 (15 oz) cans black beans.

Step 6: Add the 14.5 oz can of fire roasted tomatoes, 4 oz of green chiles, and 30 oz black beans. Lower the heat and let it simmer for about 20 minutes or until the sweet potatoes are tender.

Step 7: If desired, shred your cheese, chop the cilantro, and/or slice the avocado.

Step 8: Enjoy Southwest Sweet Potato Skillet with desired toppings.

Tip: If you have any leftovers, save it to top on tomorrow's Baked Potato Bar.



STEP-BY-STEP: MEAL 4

Baked Potato Bar

Suggested Side: Optional Toppings

Beef up your baked potatoes with these extra optional toppings. Pick which ones suit your family's preferences.

Optional Protein: Bacon

Cook once, eat twice when you make bacon for Meal 1 and save half for Meal 4.

Mise en Place

Potato Bar

- 8 medium potatoes
- 1 bunch green onion
- 16 oz baked beans
- 8 Tbsp olive oil

Suggested Side: Toppings

- jalapeno*
- salsa*
- shredded cheese*
- olives*
- sour cream*
- corn*

Optional Protein

- 1 lb reserved bacon*

Supplies

- Cutting board + sharp knife
- Baking sheet or baking rack
- Small saucepan

Step 1: Preheat the oven to 425F.

Step 2: Wash and poke the potatoes. Place the potatoes directly in the microwave and cook on high for 5 minutes.

Step 3: Warm the baked beans in a small saucepan on low and cover.

Step 4: Begin slicing the green onion.

Step 5: Using an oven mitt or towel (because the potato will be HOT), remove the potatoes from the microwave. Place potatoes directly on a baking rack or on a cookie sheet, cover with 4 Tbsp olive oil, 1 Tbsp salt and 1 tsp pepper. Bake for 10-20 minutes, or until a fork inserts easily into the middle of the potato. Set a timer for 10 minutes to check on them!

Step 6: Meanwhile, prep any optional toppings: Jalapeno, shredded cheese, salsa, olives, corn, reserved bacon, etc.

Step 7: When the timer goes off, see if you can poke a hole easily or not. If needed, continue to cook in 5 minute increments.

Step 8: Enjoy your baked potato bar with baked beans, green onion, and desired toppings!



STEP-BY-STEP: MEAL 5

Homemade Italian Sausage // Root Vegetable Saute

Suggested Side: Weird Root Vegetables

Add more vegetables, like rutabaga, radish, golden beet, Jerusalem artichoke, sunchoke, etc, to this dish! Find the best weird ones from your CSA, garden, or health food store! Just dice and add along with the others!

Mise en Place

Root Vegetable Saute

- 2 Tbsp olive oil
- 2 parsnip
- 2 turnip
- 2 carrot
- 1 Tbsp salt
- 1 tsp pepper

Italian Sausage

- 1 lb ground pork
- 1 Tbsp red wine vinegar
- ✓ 1 tsp salt
- ✓ 1 tsp black pepper
- ✓ 1 Tbsp fresh chopped parsley or 2 tsp dried
- ✓ 1 tsp garlic powder
- ✓ 1 tsp onion powder
- ✓ 1 tsp dried basil
- ✓ 1 tsp paprika
- ✓ 1 tsp red pepper flakes
- ✓ 1/4 tsp ground fennel seed (optional)
- ✓ pinch dried oregano
- ✓ pinch dried thyme

Suggested Side

- Weird Vegetables: Rutabaga, sunchoke, Jerusalem artichoke, radish, golden beets, etc.*

Supplies

- Medium pot
- Large pan
- Cutting board + sharp knife

Step 1: In a medium pot with a lid, melt 2 Tbsp olive oil over medium heat.

Step 2: Dice 2 parsnips, 2 turnips, 2 carrots, and any other vegetables (rutabaga, radish, golden beet, Jerusalem artichoke, sunchoke) and add to the pot as you go.

Tip: Dice the carrots last since they are the softest.

Step 3: Season with 1 Tbsp salt and 1 tsp pepper.

Step 4: Cover with a lid. Stir occasionally.

Step 5: Start another large pan on medium heat. Add in this order:

- 1 lb ground pork
- 1 Tbsp red wine vinegar
- 1 tsp salt
- 1 tsp black pepper
- 1 Tbsp fresh chopped parsley or 2 tsp dried
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 1 tsp paprika
- 1 tsp red pepper flakes
- 1/4 tsp ground fennel seed (optional)
- pinch dried oregano
- pinch dried thyme

Take care to break apart the pork and stir.

Step 6: When the pork is no longer pink and the vegetables have softened, enjoy!



RECIPE CARDS

Meal 1 Recipes

Broccoli Salad



Find the original recipe here.

INGREDIENTS

6 cups fresh broccoli florets (chop larger florets into smaller pieces)
1/4 cup red onion, chopped finely
1/2 cup golden raisins
3 Tbsp apple cider vinegar

2 Tbsp sugar
1 cup yogurt or mayonnaise
1 cup sunflower seeds
10 slices bacon

INSTRUCTIONS

1. Cook bacon, crumble and set aside.
2. Combine broccoli, onion and raisins in a large bowl. In a smaller bowl, whisk vinegar, sugar and yogurt/mayonnaise. Add dressing to broccoli and combine well. Refrigerate 2-24 hours.
3. Add sunflower seeds and bacon before serving.

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Homemade Mayo



Find the original recipe here.

INGREDIENTS

1 large lemon, juiced (or 2 tbsp lemon juice) flavors/seasonings (optional, see below)
1 tsp kosher salt (or 1/2 tsp table salt) 1 Tbsp whey (optional, see below)
1 whole egg immersion blender
1 cup light olive oil

INSTRUCTIONS

1. In a wide-mouth jar, layer your ingredients as follows. First, lemon juice. Second, salt. Third, egg. Finally, light olive oil.
2. Wait about one minute, or until the egg is at the bottom of the jar and the oils is sitting at the top of the jar.
3. Place the immersion blender in the jar, all the way to the bottom.
4. With the immersion blender at the bottom of the jar, press the button to “go” and let it blend for 20 seconds while sitting at the bottom of the jar.
5. After 5 seconds, you’ll have mayo at the bottom.
6. At the 10-15 second mark, you’ll notice the mayo creeping to the top.

Recipe continues on the next card.

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Homemade Mayo (continued)



Find the original recipe here.

INSTRUCTIONS

7. At about 20 seconds, you’ll have mayo near the top of the ingredients with a very thin layer of oil right on top.
8. Very slowly (and carefully), bring the immersion blend up the side of the jar while still blending. As you do this, the thin layer of oil on the top will slowly drizzle down the side of the jar and blend with the mayo underneath.
9. Keep bringing your immersion blender almost to the top, stopping just short so you don’t splatter mayo everywhere. Your mayo is done when all the ingredients are incorporated together!
10. Taste your mayo and adjust your salt and/or lemon juice if desired.

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Meal 2 Recipes

Picadillo Stew



Recipe inspired by Cheapskate Cook.

INGREDIENTS

1 lb ground beef	Two 8-oz cans tomato sauce
4 large potatoes, quartered and sliced about 1/2-inch thick	3 cups water or vegetable broth, approximately
2 tsp garlic, minced	Salt, to taste
1/2 onion, diced	Pepper, to taste
3-4 tsp cumin, to taste	

INSTRUCTIONS

1. In a large pot over medium heat, brown the ground beef until no longer pink.
2. Season it with salt, pepper, and cumin.
3. Add onions and garlic. Saute until onions are translucent.
4. Add potatoes, tomato sauce, and just enough water to cover the potatoes.
5. Give it a good stir and simmer, uncovered, on medium-low heat until potatoes are tender and liquid has reduced, approximately 30-45 minutes (depending on how reduced you want the liquid.)
6. Serve warm.

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Meal 3 Recipes

Southwest Sweet Potato Skillet



Recipe inspired by Recipe Runner.

INGREDIENTS

1 Tbsp olive oil	2 cups peeled and diced sweet potatoes
1/2 cup diced onion	14.5 oz can fire roasted diced tomatoes
1 pound lean ground beef	4 oz canned diced green chiles
5 tsp chili powder, divided	1/4 cup water
2 tsp ground cumin	1/2 cup shredded cheddar cheese
salt and black pepper, to taste	Cilantro for garnish (optional)
1 tsp grated garlic	

INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium high heat. Add in the ground beef and diced onion. Add in 1 Tbsp of chili powder, 1 tsp of cumin, and season with salt and pepper. When the beef is nearly cooked through add in the garlic and cook for another minute. Pour it out onto a plate and wipe out the skillet.
2. Add the diced sweet potato, fire roasted tomatoes, green chiles, water, 2 tsp of chili powder, 1 tsp cumin, salt and pepper to the skillet. Stir everything together and cover it with a lid. Lower the heat and let it simmer for about 20 minutes or until the sweet potatoes are tender.

Recipe continues on the next card.

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Southwest Sweet Potato Skillet (continued)



Recipe inspired by Recipe Runner.

INSTRUCTIONS

3. Add the ground beef mixture in with the sweet potatoes and stir everything together. Top with shredded cheese and cover with the lid again for another minute or until the cheese is melted. Top with chopped cilantro and serve.

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Meal 4 Recipes

Instant Pot Baked Potatoes



Find the original recipe here.

INGREDIENTS

4-8 potatoes, scrubbed clean

INSTRUCTIONS

1. Add 1 cup of room temperature or cold water and the trivet to the Instant Pot. (If you have an 8 quart Instant Pot, add 1 ½ cups water).
2. Poke the potatoes at least twice with a fork or a knife to allow steam to escape while cooking.
3. Place the potatoes on the trivet, place the lid on the Instant Pot, and set the pressure valve to “sealing.”
4. Cook on high pressure for 10-20 minutes, depending on the size of your potato:
 - Small Potatoes (2” or less in diameter, or 4-5 oz): 10 minutes cook time
 - Medium Potatoes (2-3” in diameter, or 6-7 oz): 12 minutes cook time
 - Large Potato (3-4” in diameter, or 8-10 oz): 16 minutes cook time
 - Extra Large Potato (4-4.5” in diameter, or 11-13 oz): 20 minutes cook time
5. When the timer goes off, let the pressure release naturally.

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Slow Cooker Baked Beans



Recipe inspired by The Peaceful Haven.

INGREDIENTS

8 cups pre-soaked and pre-cooked navy beans or canned
1/4 cup dried onion
1/2 cup coconut sugar
1/2 cup molasses
2 Tbsp gluten-free prepared mustard
1 tsp salt

1 tsp pepper
15 oz can of tomato sauce
1 cup pure maple syrup
1 cup water
1/2 cup apple cider vinegar
1/4 cup crumbled grass-fed bacon

INSTRUCTIONS

1. Dump all the ingredients into your slow cooker and mix well.
2. Turn on High temperature for 8 hours. Stir occasionally and make sure that the beans are bubbling for a half an hour before serving.

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Meal 5 Recipes

Root Vegetable Saute



Find the original recipe here.

INGREDIENTS

2 Tbsp butter	1 cup peeled, chopped turnip (1 medium)
1 cup peeled, chopped carrot (1 medium)	2-4 Tbsp shredded Parmesan cheese
1 cup peeled, chopped parsnip (1 medium)	salt and pepper, to taste

INSTRUCTIONS

1. In a medium pot with a lid, melt butter over medium heat.
2. Add chopped vegetables and season with salt and pepper.
3. Cover with a lid and allow to cook for 5-10 minutes or until vegetables are fork tender, stirring occasionally.
4. Season again with salt and pepper as necessary, and sprinkle with Parmesan cheese.
5. Stir to combine well and serve hot.

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Homemade Italian Sausage



Find the original recipe here.

INGREDIENTS

1 pound ground pork	1 tsp dried basil
1 Tbsp red wine vinegar	1 tsp paprika
1 tsp salt	1 tsp red pepper flakes
1 tsp black pepper	1/4 tsp ground fennel seed (optional)
1 Tbsp fresh chopped parsley or 2 tsp dried	pinch dried oregano
1 tsp garlic powder	pinch dried thyme
1 tsp onion powder	

INSTRUCTIONS

1. Combine the ground pork and spices and vinegar in a heavy bottom pan.
2. Cook on medium-high heat until the pork is cooked through, about 15 minutes.

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PERSONAL NOTES
