



30 MINUTE DINNERS

TURKEY MEAL PLAN 3

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: Cajun Turkey, Beans, + Rice

Suggested Side: Side Salad

Meal 2: Muffin Tin Meatloaf // Green Beans

Suggested Side: Side Salad

Meal 3: Shakshuka // Cauliflower Rice

Suggested Side: Bunch of Greens

Optional Protein: Muffin Tin Meatloaf

Meal 4: Five Ingredient Sausage // Cauliflower Rice

Suggested Side: Corn

Meal 5: Mostly Meatless Nacho Dip

Suggested Side: Toppings

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: Cajun Turkey, Beans, + Rice (Suggested Side: Side Salad)

Meal 2: Muffin Tin Meatloaf // Green Beans (Suggested Side: Side Salad)

Meal 3: Shakshuka // Cauliflower Rice (Suggested Side: Bunch of Greens // Optional Protein: Muffin Tin Meatloaf)

Meal 4: Five Ingredient Sausage // Cauliflower Rice (Suggested Side: Corn)

Meal 5: Mostly Meatless Nacho Dip (Suggested Side: Toppings // Optional Protein: Ground Meat)

Pantry

- coconut oil, 2 Tbsp
- white rice, 1 cup
- kidney beans (15 oz), 1 can
- tomatoes (14 oz diced), 1 can
- cooking spray
- flour (all-purpose or almond), 1 cup
- BBQ sauce, 1/2 cup
- olive oil, 1 Tbsp 3 Tbsp
- tomatoes (28 oz crushed), 1 can
- tomato paste, 3 Tbsp
- chickpeas (15 oz), 1 can
- kalamata or green olives (optional)
- lentils (15 oz), 1 can
- refried or pinto beans (15 oz), 1 can
- salsa, 16 oz
- corn chips, 1 bag

Produce

- onion, 1 + 1 + 1 (3 total)
- celery, 6 ribs
- bell pepper (any), 1 + 1 + 1 (3 total)
- parsley (fresh), 1/2 bunch
- green beans, 1 lb
- garlic cloves, 4 + 3 (7 total)
- lettuce (romaine or iceberg), 1 head

Meat

- ground turkey, 1 lb + 1 lb + 1 lb (3 lbs total)

Cold Case

- eggs, 2 + 1-4 (optional)
- cauliflower rice (frozen), 32 oz
- cream cheese, 4 oz
- parmesan cheese, 1/2 cup (optional)

Spices

- cayenne pepper (!), meal 1 + meal 3
- cumin, meal 1 + meal 3
- cinnamon
- garlic powder
- salt, (all meals)
- cardamom
- onion powder
- pepper, meal 1 + meal 2 + meal 4
- coriander
- red pepper flakes (!), meal 1 + meal 4
- garlic salt
- sage
- oregano
- chili powder
- taco seasoning*
- paprika, meal 1 + meal 3

Optional Protein

- cooking spray
- onion, 1
- ground turkey, 1 lb
- flour (all-purpose or almond), 1 cup
- parsley (fresh), 1/2 bunch
- garlic salt
- BBQ sauce, 1/2 cup
- eggs, 2
- ground meat, 1 lb
- bell pepper, 1
- parmesan cheese, 1/2 cup (optional)

Suggested Sides

- lettuce (butter or romaine), 1 head
- greens (kale, spinach, other), 1 bunch
- sour cream
- spring mix, 5 oz
- corn (frozen), 16 oz
- black olives
- cucumbers, 2
- black beans (15 oz), 1 can
- guacamole
- cherry tomatoes, 1 pint
- shredded cheese
- jalapeno (!)
- favorite salad dressing

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: Cajun Turkey, Beans, + Rice

- Chop the vegetables.
3 minutes
- Cook the rice.
25 minutes
- Make the Cajun seasoning.
2 minutes

Meal 2: Muffin Tin Meatloaf // Green Beans

- Mix the meatloaf.
5 minutes
- Trim the green beans.
1 minute

Meal 3: Shakshuka // Cauliflower Rice

- Prep the vegetables.
3 minutes
- Mix the meatloaf (above).

Meal 4: Five Ingredient Sausage // Cauliflower Rice

- Combine the sausage ingredients.

2 minutes

Meal 5: Mostly Meatless Nacho Dip

- N/A



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Rice

- 1 cup rice
- 2 cups water

Cajun Seasoning

- 1 tsp cayenne pepper (!)
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed red pepper flakes (!)
- 1 1/4 tsp dried oregano
- 2 1/2 tsp paprika
- 1 1/2 tsp cumin
- 2 tsp salt
- 1/2 tsp pepper

Turkey Sausage

- 1 lb ground turkey
- 2 Tbsp ground sage
- 1/4-1 tsp crushed red pepper (!)
- 1 tsp salt
- 1/4 tsp pepper

Vegetables

- 4 bell peppers
- 6 celery ribs
- 1 lb green beans
- 1 bunch greens
- 4 onions
- 6 garlic cloves

Meatloaf (Doubled batch)

- 2 lb ground turkey
- 2 cups flour (all-purpose or almond)
- 2 diced bell pepper
- 2 diced onion
- 1 tsp garlic salt
- 1 tsp garlic pepper
- 4 eggs lightly beaten
- 1 cup grated Parmesan cheese (optional)
- 1/2 cup BBQ sauce

Supplies

- (Instant) Pot
- Small jar with lid
- Glassware with lid
- Cutting board + sharp knife
- Mixing bowl with lid
- Muffin tins

Step 1: Boil 2 cups of water. Cover askew.

Step 2: Mix the Cajun Seasoning in a small jar:

- 1 tsp cayenne pepper
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed red pepper flakes
- 1 1/4 tsp dried oregano
- 2 1/2 tsp paprika
- 1 1/2 tsp cumin
- 2 tsp salt
- 1/2 tsp pepper

Step 3: Combine the Turkey Sausage in a glassware dish:

- 1 lb ground turkey
- 2 Tbsp ground sage
- 1 pinch - 1 tsp crushed red pepper (!)
- 1 tsp salt
- 1/4 tsp pepper

Step 4: When the water boils, add 1 cup of rice. Cover askew. When it boils, turn down 1-2 notches so it doesn't boil over. Set a timer for 15 minutes.

Step 5: Prep the Vegetables:

Bell pepper

- Julienne 1 for Cajun Turkey.
- Dice 2 for Muffin Tin Meatloaf.
- Thinly slice 1 for Shakshuka.

Celery

- Thinly slice 6 ribs for Cajun Turkey.

Green Beans

- Line up 1 lb of green beans across the cutting board and trim all the ends off one side and line up again and trim the ends off the other side. If desired, in the same way, slide your knife across all of them to make 1" pieces.

Greens

- *Thinly slice 1 bunch for Shakshuka (suggested side).*

What to cut last:

Onion

- Thinly slice 1 for Cajun Turkey.
- Dice 2 for Muffin Tin Meatloaf.
- Thinly slice 1 for Shakshuka.

Garlic

- Mince 3 cloves for Green Beans.
- Mince 3 cloves for Shakshuka.

Step 6: Prep the meatloaf. In a mixing bowl, combine in this order:

- 2 lb ground turkey
- 2 cups flour (all-purpose or almond)
- 2 diced bell pepper
- 2 diced onion

- 1 tsp garlic salt
- 1 tsp garlic pepper
- 4 eggs lightly beaten
- 1 cup grated Parmesan cheese (optional)

Mix to combine. Divide in half for 2 chunks, divide in half for 4 chunks and divide each of those into 3 balls giving you 12 meatloaf balls.

Tip: If you have a large melon baller or ice cream scoop with a trigger, it may be more efficient to make the meatloaf balls with it.

Spray a 12 cup muffin tin with nonstick cooking spray and add the meatloaf balls. Top with 1/4-1/2 cups BBQ sauce.

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

How to Store Your Meal Prep

Meal 1: Cajun Turkey, Beans, + Rice

- Onion, bell pepper, + celery
- Cajun Seasoning
- 2 cups cooked rice

Meal 2: Muffin Tin Meatloaf // Green Beans

- Muffin Tin Meatloaf
- Green Beans + Garlic

Meal 3: Shakshuka // Cauliflower Rice

- Greens

Meal 4: Five Ingredient Sausage // Cauliflower Rice

- Sausage

Meal 5: Mostly Meatless Nacho Dip

- N/A



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Cajun Turkey, Beans, + Rice

- Use your Instant Pot to cook the rice. Cook 1 cup rice and 1 cup water for 4 minutes on manual. Quick release the pressure.
- Use your food processor's slicing disc to slice the onion, celery, and bell pepper after cutting off the ends (and onion skins.)

Meal 2: Muffin Tin Meatloaf // Green Beans

- Use your food processor's shredding blade to dice onion and bell pepper.

Meal 3: Shakshuka // Cauliflower Rice

- Slow cook your Shakshuka to let the flavors simmer for 7 hours on low or 3 hours on high.
- Use your food processor's slicing disc to thinly slice the greens.

Meal 4: Five Ingredient Sausage // Cauliflower Rice

- N/A

Meal 5: Mostly Meatless Nacho Dip

- N/A



STEP-BY-STEP: MEAL 1

Cajun Turkey, Beans, + Rice

Suggested Side: Side Salad

Add a crunchy side salad to this soft warm dish.

Mise en Place

Cajun Turkey, Beans, + Rice

- 2 Tbsp coconut oil
- 1 onion
- 6 celery ribs
- 1 bell pepper (any color)
- 1 lb ground turkey
- 1 cup white rice, uncooked
- 1 1/2 cups water or broth
- 1 (15 oz) can kidney beans
- 1 (14 oz) can diced tomatoes

Cajun Seasoning

- 1 tsp cayenne pepper
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed red pepper flakes
- 1 1/4 tsp dried oregano
- 2 1/2 tsp paprika
- 1 1/2 tsp cumin
- 2 tsp salt
- 1/2 tsp pepper

Vegetables for Meal 2

- 2 diced bell pepper
- 2 diced onion

Suggested Side: Side Salad (Doubled for Meal 2's suggested side)

- 1 head butter or romaine lettuce
- 5 oz spring mix
- 2 cucumbers
- 1 pint cherry (or grape) tomatoes
- Favorite salad dressing

Supplies

- Large skillet
- Cutting board + sharp knife
- Strainer
- Large salad bowl with lid

Step 1: Heat 2 Tbsp olive oil in a large skillet over medium heat.

Step 2: Thinly slice and add in this order: 1 onion, 6 celery ribs, and 1 bell pepper (any color). Cover.

Step 3: Rinse and drain 1 (15 oz) can of kidney beans.

Step 4: When the onions start to look translucent, add the 1 lb ground turkey, taking care to break apart the chunks.

Step 5: Add 1 1/2 Tbsp cajun seasoning and 1 cup uncooked rice and let it lightly toast for 1 minute. Then turn up to high to bring it to a boil. Pour in 1 (14 oz) can tomatoes, 1 (15 oz) can of beans, and 1 1/2 cups of water. Stir well.

Tip: If you have any extra greens, feel free to also add to this dish after slicing thinly.

Step 6: Cover. When it boils, reduce heat to low. Cook for 15-20 minutes. Set a timer!

Step 7: Meanwhile, if desired, prepare your side salad. Begin by slicing your head of lettuce into bite sized strips. Top with spring mix. Cut your cucumbers into slices and top with cherry tomatoes. Let individuals dress their own salads so it doesn't get soggy for Meal 2.

Tip: If you have small kids who are prone to choking, place the cherry tomatoes between 2 plates to slice them in half all at once!

Tip: If you're using a large knife, try slicing both cucumbers at the same time by holding them side by side!

Step 8: While you have the cutting board out, dice the vegetables for Meal 2: 2 onions and 2 bell peppers.

Step 9: If desired, reserve half of the suggested side salad for Meal 2.

Step 10: Add another dash of salt before serving Cajun Turkey, Beans, + Rice.



STEP-BY-STEP: MEAL 2

Muffin Tin Meatloaf // Green Beans

Suggested Side: Side Salad

Cook once, eat twice when you make a big side salad with Meal 1 and eat the rest with Meal 2.

Mise en Place

Muffin Tin Meatloaf (doubled batch for Meal 3's suggested side)

- Cooking spray
- 1-2 lb ground turkey
- 1-2 cups flour (all-purpose or almond)
- 1-2 diced bell pepper
- 1-2 diced onion
- 1/2-1 tsp garlic salt
- 1/2-1 tsp pepper
- 2-4 eggs lightly beaten
- 1/2-1 cup grated Parmesan cheese (optional)
- 1/4-1/2 cup BBQ sauce
- flat leaf parsley, chopped

Green Beans

- 1 Tbsp olive oil
- 1 lb fresh green beans
- 4 garlic cloves
- 1 tsp salt
- 1/2 tsp pepper

Suggested Side

- ✓ *reserved side salad*
- favorite dressing*

Supplies

- 2 (12 cup) muffin tins
- Cutting board + sharp knife
- Mixing bowl

Note: If you are wanting the optional protein for Meal 3, follow the larger numbers on the meatloaf instructions. If you are omitting the optional protein, follow the smaller numbers.

Step 1: Preheat the oven to 450F.

Step 2: Dice 2 bell peppers and 2 onions.

Step 3: In a mixing bowl, combine in this order:

- 1-2 lb ground turkey
- 1-2 cups flour (all-purpose or almond)
- 1-2 diced bell pepper
- 1-2 diced onion
- 1/2-1 tsp garlic salt
- 1/2-1 tsp garlic pepper
- 2-4 eggs lightly beaten
- 1/2-1 cup grated Parmesan cheese (optional)

Mix to combine. Divine in half for 2 chunks, divide in half for 4 chunks, divide in half for 8 chunks, and divide each of those into 3 balls.

Tip: If you have a large melon baller or ice cream scoop with a trigger, it may be more efficient to make the meatloaf balls.

Step 4: Spray 2 (12 cup) muffin tins with nonstick cooking spray and add the meatloaf balls. Top with BBQ sauce. Place in the oven and set a timer for 20 minutes. (Note: you'll only need one muffin tin for a single batch.)

Step 5: Turn a cast iron skillet to medium high with 1 Tbsp olive oil.

Step 6: Line up 1 lb of green beans across the cutting board and trim all the ends off one side and line up again and trim the ends off the other side. If desired, in the same way, slide your knife across all of them to make 1" pieces. Place in the cast iron.

Step 7: Mince 3 cloves of garlic and stir in with the green beans. Top with 1 tsp salt and 1/2 tsp pepper. Set a timer for 4 minutes to stir.

Step 8: Chop the parsley to top the meatloaves.

Step 9: When the green bean timer goes off, stir and set a timer for 2-4 minutes depending on desired doneness.

Step 10: When the meatloaf timer goes off, ensure the internal temperature has reached at least 125F (mine were around 140 which is also great!).

Step 11: If desired, serve your reserved salad and dressing on the side of your Muffin Tin Meatloaf and Green Beans.

Step 12: Defrost the frozen Cauliflower Rice for Meal 3 by placing it in the fridge.



STEP-BY-STEP: MEAL 3

Shakshuka // Cauliflower Rice

Suggested Side: Bunch of Greens

Simply slice your favorite greens like Kale or Chard and add to this Middle Eastern dish!

Optional Protein: Muffin Tin Meatloaf

Cook once, eat twice when you make Muffin Tin Meatloaf with Meal 2 and reheat it to top on Meal 3.

Mise en Place

Shakshuka

- 1 Tbsp olive oil
- 1 onion
- 1 bell pepper
- 3 garlic cloves
- 1 (28 oz) can crushed tomatoes
- 1-3 Tbsp tomato paste
- 1 Tbsp salt
- 2 tsp paprika
- 1 tsp cumin
- 2 tsp chili powder
- 1/4 tsp ground cinnamon
- 1 pinch cayenne pepper (!)
- 1 pinch each cardamom
- 1 pinch coriander
- 1 (15 oz) cans chickpeas
- kalamata or green olives (optional)*
- 1-4 eggs (optional)*

Cauliflower Rice (doubled for meal 4)

- 32 oz frozen cauliflower rice
- 2 Tbsp olive oil
- 1 Tbsp salt

Suggested Side

- 1 bunch greens*

Optional Protein

✓ *Reserved Muffin Tin Meatloaf*

Supplies

- Stock pot
- Strainer
- Cutting board + sharp knife
- Skillet

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

Step 1: Heat a stock pot over medium heat with 1 Tbsp olive oil.

Step 2: Thinly slice and add in this order: 1 onion, 1 bell pepper, and mince 3 garlic cloves. If desired, thinly slice 1 bunch of greens. Season with:

- 1 Tbsp salt
- 2 tsp smoked or sweet paprika
- 1 tsp cumin
- 2 tsp chili powder
- 1/4 tsp ground cinnamon
- 1 pinch cayenne pepper (!)
- 1 pinch each cardamom
- 1 pinch coriander

Stir and cover.

Step 3: Drain and rinse the chickpeas. Add to the pot along with 1 (28 oz) can crushed tomatoes and 3 Tbsp tomato paste. When it reaches a simmer, turn down to medium low. Stir.

Step 4: If desired, using a serving spoon, make 1-4 bowls shaped craters in the main dish and crack eggs to fill. Cover. Set a timer for 15 minutes. Do not stir if adding eggs.

Tip: Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, cardamom and coriander for earthiness (or slight curry flavor), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavor.

Step 5: Turn a skillet to medium high heat with 2 Tbsp olive oil. Meanwhile, cut a slit in the bag and squeeze the liquid out of the cauliflower rice. Repeat. Then place in the pan. Add 1/2 Tbsp salt. Stir frequently until the edges are golden brown and slightly softened, about 5-8 minutes.

Tip: For firmer cauliflower rice, leave uncovered. To cook faster and softer, cover with a lid.

Step 6: If desired, after 15 minutes, top with Muffin Tin Meatloaf to reheat for 5 minutes.

Step 7: Before serving add 1/2 Tbsp of salt to cauliflower rice and reserve half.

Step 8: Enjoy Shakshuka and Cauliflower Rice. Top with olives, if desired.

Tip: Add any leftover parsley from the Muffin Tin Meatloaf from earlier in the week. It will taste good on this dish too!



STEP-BY-STEP: MEAL 4

Five Ingredient Sausage // Cauliflower Rice

Suggested Side: Corn

Try corn on the cob if it's available in your area this time of year or get 16 oz frozen to add something starchy to this meal.

Mise en Place

Sausage

- ✓ 1 lb ground turkey
- ✓ 2 Tbsp ground sage
- ✓ 1/4-1 tsp crushed red pepper
- ✓ 1 tsp salt
- ✓ 1/4 tsp pepper
- ✓ 16 oz reserved cauliflower rice

Suggested Side

- 16 oz corn
- 1 tsp salt

Supplies

- Skillet
- Pan(s)
- Strainer

Step 1: Turn a skillet to medium heat and add:

- 1 lb ground turkey
- 2 Tbsp ground sage
- 1/2-1 tsp crushed red pepper (this is spicy – start with 1/2 tsp)
- 1 tsp salt
- 1/4 tsp pepper

Take care to break pieces into small chunks so it browns evenly.

Step 2: Once the turkey is almost cooked, simply add the reserved cauliflower rice and corn if desired. If you have picky eaters, reheat the Cauliflower Rice and Corn in separate pans.

Step 3: Enjoy Five Ingredient Turkey Sausage with Cauliflower on the side and Corn if desired.



STEP-BY-STEP: MEAL 5

Mostly Meatless Nacho Dip

Suggested Side: Toppings

Simply chop and serve as many optional toppings as your family desires.

Optional Protein: Ground Meat

Insert a layer of your favorite ground meat to beef up this layered dip.

Mise en Place

Nacho Dip

- 1 (15 oz) can lentils
- 1-2 Tbsp taco seasoning
- 1 (15 oz) can refried or pinto beans
- 4 oz cream cheese
- 16 oz salsa
- 1 lettuce head
- 1 bag corn chips

Suggested Side: Toppings

- 1 (15 oz) can black beans
- shredded cheese
- sour cream
- black olives
- guacamole
- jalapeno (!)

Optional Protein

- 1 lb ground meat

Supplies

- Pan
- Baking dish
- Strainer
- Cutting board + sharp knife

Step 1: If desired, cook 1 lb of ground meat on medium high heat in a large pan, taking care to break apart bigger chunks. Cover.

Step 2: Preheat the oven to 350F.

Step 3: Meanwhile, in a 9" pie dish, cast iron pan, or 8×8-" baking dish, stir together 1 (15 oz) can of lentils, 1-2 Tbsp taco seasoning, and a splash of water (just a few Tbsp) and smooth out flat. Then, use a spatula to carefully spread the refried beans on top of the lentils, then if desired, add slices of cream cheese, distributing them as evenly as possible. If desired, strain and rinse, and add a layer of 1 (15 oz) can of black beans.

Step 4: Bake for 15-20 minutes. Set a timer!

Step 5: Meanwhile, shred 1 head of lettuce. If desired, prepare any optional toppings.

Step 6: When the timer goes off, add ground meat and shredded cheese on top as desired.

Step 7: Enjoy over chips with optional toppings.



RECIPE CARDS

Meal 1 Recipes

Cajun Sausage, Beans, & Rice



Recipe inspired by Cheapskate Cook.

INGREDIENTS

2 Tbsp oil	Salt, to taste
1/2 cup onion, chopped	Pepper, to taste
1 Andouille or similar sausage, sliced (I usually use Kielbasa)	Optional:
1 1/2 tsp Cajun seasoning	1-2 cups mixed vegetables, chopped (bell peppers, zucchini, summer squash, and corn all work great)
1 cup white rice, uncooked	1-2 cups greens, chopped (spinach, collards, and baby kale work great)
1 (14-oz) can kidney beans	Hot sauce, to serve
1 (14-oz) can diced tomatoes	
1 1/2 cups water or broth	

INSTRUCTIONS

1. Heat oil in a medium-size skillet over medium heat. Saute onion (and veggies, if using) until onion is translucent. Add kielbasa about halfway through onion cooking.
2. Stir in Cajun seasoning and rice and let it lightly toast for 1 minute. Pour in tomatoes (and greens, if using) and water. Stir well.
3. Open and drain kidney beans, then add them to the skillet and stir. Cover pan and reduce heat to low. Cook for 15-20 minutes – or until rice is done.
4. Add salt, pepper, and hot sauce to taste. Serve with a salad or steamed vegetables.

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Cajun Seasoning



Find the original recipe here.

INGREDIENTS

1 tsp cayenne pepper	2 1/2 tsp paprika
2 tsp garlic powder	1 1/2 tsp cumin
1 tsp onion powder	2 tsp salt
1/2 tsp crushed red pepper flakes	1/2 tsp pepper
1 1/4 tsp dried oregano	

INSTRUCTIONS

1. Combine ingredients and store in air tight container.

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Meal 2 Recipes

Muffin Tin Meatloaf



Recipe inspired by The Food Cafe.

INGREDIENTS

1 1/2 lbs ground turkey	1/2 tsp garlic salt
1 cup seasoned stuffing mix ground into fine crumbs	1/2 tsp garlic pepper
1/2 cup diced green pepper	1/2 cup grated Parmesan cheese
1/2 cup diced red pepper	2 eggs lightly beaten
1/2 cup diced onions	1/4 cup BBQ sauce
	Flat leaf parsley chopped

INSTRUCTIONS

1. Preheat oven to 450F degrees and spray a 12 cup muffin tin with nonstick cooking spray, set aside
2. Add all ingredients except the BBQ sauce and parsley in a large bowl and mix to combine. Form into 12 large balls and place one in each muffin cup. Top each one with BBQ sauce and bake for 20 minutes.
3. Remove from oven and top with additional BBQ sauce and garnish with chopped parsley.

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Sauteed Green Beans



Find the original recipe here.

INGREDIENTS

1 lb fresh green beans, ends trimmed	salt
4 cloves of garlic, chopped	pepper
2 Tbsp unsalted butter	olive oil

INSTRUCTIONS

1. Trim the ends of the green beans and cut into 1" pieces (if desired). Place the green beans on a cast iron skillet and spray them with cooking spray for 2-3 seconds.
2. Top the green beans with the butter, garlic and salt and pepper.
3. Cook on medium-high for 4-6 minutes, or until the green beans are your desired tenderness.

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Meal 3 Recipes

Shakshuka



Recipe inspired by Minimalist Baker.

INGREDIENTS

1 Tbsp olive or avocado oil	1 tsp ground cumin
1/2 cup diced white onion or shallot	2 tsp chili powder
1/2 medium red bell pepper (chopped)	1/4 tsp ground cinnamon
3 cloves garlic, minced	1 pinch cayenne pepper (optional)
1 28-oz can crushed tomatoes	1 pinch each cardamom and coriander (optional)
1-3 Tbsp tomato paste	1 1/2 15-oz cans cooked chickpeas
2-3 tsp coconut sugar or maple syrup	4-5 whole kalamata or green olives (optional)
Sea salt to taste	
2 tsp smoked or sweet paprika	

INSTRUCTIONS

1. Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.
2. Add tomato puree or diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.

Recipe continues on the next card.

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Shakshuka (continued)



Recipe inspired by Minimalist Baker.

INSTRUCTIONS

3. Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.
4. Add chickpeas and olives (optional). Stir to combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to develop and marry with the beans.
5. Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, coconut sugar for sweetness, cardamom and coriander for earthiness (or slight curry flavor), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavor. Cook longer, as needed, to develop flavors.
6. Serve as is or with bread, pasta, or rice. I loved this alongside a kale salad, and it went especially well over gluten-free pasta! Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavor (optional).
7. Store leftovers covered in the refrigerator up to 4 days or in the freezer up to 1 month. Reheat on the stovetop until completely warmed through.

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Cauliflower Rice



Find the original recipe here.

INGREDIENTS

1 head cauliflower

1-2 Tbsp coconut oil

salt and pepper, to taste

INSTRUCTIONS

1. Wash cauliflower and remove as much of the green leaves as possible. Cut the cauliflower in half from top to bottom.
2. Using the large holes on a box grater, grate the cauliflower florets only. Do not grate the stems of the cauliflower. Reserve those and use in another recipe.
3. Preheat a large frying pan or cast iron skillet or wok to high heat (not SUPER high, just high) and add 1 Tbsp coconut oil.
4. When you can easily feel the heat coming off the pan when you hover your hand over the pan (without touching it!) AND the oil swirls easily around the pan, it's ready. Add the cauliflower to the pan and stir constantly with a wooden spoon. Make sure you're moving the cauliflower around the pan. I like to make one big "round the pan" motion, and then move side to side as I cross the pan, then repeat this over and over.
5. Cook the cauliflower until it is light to medium golden brown, or as desired. Season with salt and pepper to taste.

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Meal 4 Recipes

Five Ingredient Sausage



Recipe inspired by Cheapskate Cook.

INGREDIENTS

1 lb ground beef, turkey, or chicken
2 Tbsp ground sage
1/2-1 tsp crushed red pepper (this is spicy –
start with 1/2 tsp)

1 tsp salt
1/4 tsp pepper (optional)

INSTRUCTIONS

1. In a medium size frying pan, begin browning the meat over medium heat. Sprinkle in seasonings, and stir thoroughly while the meat cooks.
2. When meat is thoroughly cooked and no longer pink, serve as desired.

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Meal 5 Recipes

Mostly Meatless Nacho Dip



Recipe inspired by Cheapskate Cook.

INGREDIENTS

1 can lentils, cooked	1/4 cup cheese, shredded
1-2 Tbsp taco seasoning	1/2 cup salsa, to taste
1 cup refried beans	2-3 cups lettuce, shredded (romaine or iceberg)
4-oz cream cheese, sliced thin	

INSTRUCTIONS

1. In a 9-inch pie dish, cast iron pan, or 8×8-inch baking dish, stir together beef, lentils, taco seasoning, and a splash of water (just a few Tbsp).
2. Use a spatula to carefully spread the refried beans on top of the lentils, then add the slices of cream cheese, distributing them as evenly as possible.
3. Bake for 15-20 minutes at 350 degrees Fahrenheit, until cheese is melted and beans are heated through.
4. Meanwhile, chop and assemble the rest of the ingredients.
5. Remove pan from oven. If desired, use a spatula to spread the melted cream cheese evenly over the beans.
6. Top with salsa, lettuce, peppers, shredded cheese, and any additional toppings.
7. Serve with tortilla chips.

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Simple Guacamole Dip



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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PERSONAL NOTES
