



THIS WEEK'S EATS: ***DECEMBER 9-15***

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

MENU:

White Bean Turkey Chili with corn chips or salad

Mongolian Beef with Asian Roasted Carrots + Broccoli and Rice

Thai Pineapple Fried Rice

Slow Cooker Butternut Squash Risotto with salad

Slow Cooker Lentil and Veggie Stew



WHITE BEAN TURKEY CHILI

Recipe from [Flavor The Moments](#)

Serves 4-6

Ingredients:

- 1 tbs extra virgin olive oil
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 2 tbs chili powder
- 1 tbs cumin
- 1 tsp smoked paprika
- 1/8 tsp cayenne pepper
- 1 lb lean ground turkey
- (2) 15-oz cans of cannellini or Great Northern beans, rinsed and drained
- (1) 15-oz can fire roasted diced tomatoes
- 3 cups turkey or chicken broth
- juice of 1 lime (about 2 tablespoons), plus additional lime wedges for serving
- 1/4 cup fresh parsley, chopped
- salt and pepper, to taste

Directions:

1. Heat the olive oil in a large pot over medium heat. Add the onion and sauté 5-6 minutes until onion is translucent and softened.
2. Add the garlic and spices and sauté 30 seconds. Add the ground turkey and 1/4 cup water and stir, breaking up the meat into pieces with a wooden spoon. Cook, stirring occasionally, until the turkey is no longer pink, about 5-6 minutes.
3. While the turkey is cooking, mash one cup of the rinsed and drained beans in a bowl with a fork. When the turkey is cooked through, add the mashed beans, whole beans, tomatoes and chicken broth, and stir until combined. Bring to a boil, reduce heat slightly, and simmer 20-30 more minutes until thickened.
4. Remove from heat and add the lime juice, cilantro, salt and pepper to taste. Serve with lime wedges and avocado if desired and enjoy!



MONGOLIAN BEEF

Recipe from [Savory Tooth](#)

Serves 3-4

Ingredients:

- 1 lb flank steak, sliced into 1/4 inch thick strips
- 5 cloves garlic, minced
- 1 jalapeño, seeded and diced
- 1 inch ginger, peeled and diced
- 3 scallions, thinly sliced
- 2 tbs corn starch
- 1 tbs canola oil

For the sauce:

- 1/2 cup tamari (or gf soy sauce)
- 1/2 cup brown sugar
- 2 tsp corn starch

Directions:

1. Toss the sliced beef in a large bowl with 2 tablespoons corn starch. Set aside.
2. Add all sauce ingredients to a mixing bowl, and stir until combined. Set aside.
3. Heat a pan over medium heat for a few minutes until hot. Add canola oil to coat the bottom. Add jalapeño and ginger. Cook for a few minutes, stirring occasionally.
4. Add garlic and sliced beef to the pan, evenly distributing the beef. Cook until the beef browns, about 5 minutes, stirring frequently.
5. Stir the sauce and pour it into the pan with the beef. Mix well until everything is coated with the sticky sauce. Let simmer for a minute until thickened.
6. Remove the pan from heat and stir in scallions. Serve over cooked white rice.



ASIAN ROASTED CARROTS AND BROCCOLI

Recipe from [Damn Delicious](#)

Serves 4

Ingredients:

- 3 tbs tamari (or gf soy sauce)
- 1 tbs brown sugar, packed
- 2 tsp sesame oil
- 1 tsp rice vinegar
- 1 tsp Sriracha
- 16-oz baby carrots
- 1 tbs olive oil
- 3 cloves garlic, minced
- 16-oz broccoli florets*
- 2 tsp sesame seeds

Directions:

1. Preheat oven to 425°F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together tamari, brown sugar, sesame oil, rice vinegar and Sriracha; set aside.
3. Place carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with garlic.
4. Place into oven and bake for 20-25 minutes, or until tender. Stir in broccoli during the last 7-10 minutes of cooking time.
5. Stir in tamari mixture and gently toss to combine.
6. Serve immediately, garnished with sesame seeds, if desired.



THAI PINEAPPLE FRIED RICE

Recipe from [COOKIE + kate](#)

Serves 2-4

Ingredients:

- 2 tbs coconut oil or quality vegetable oil, divided
- 2 eggs, beaten with a dash of salt
- 1 ½ cups chopped fresh pineapple
- 1 large red bell pepper, diced
- ¾ cup chopped green onions (about ½ bunch)
- 2 cloves garlic, pressed or minced
- ½ cup chopped raw, unsalted cashews
- 2 cups cooked and chilled brown rice*, preferably long-grain brown jasmine rice
- 1 tbs reduced-sodium tamari or soy sauce
- 1 to 2 tsp chili garlic sauce or sriracha
- 1 small lime, halved
- Salt, to taste
- Handful of fresh cilantro leaves, torn into little pieces, for garnishing

Directions:

1. Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set, about 30 seconds to 1 minute. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel (be careful, it's hot!).
2. Add 1 tablespoon oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, about 3 to 5 minutes. Then add the green onion and garlic. Cook until fragrant while stirring constantly, about 30 seconds. Transfer the contents of the pan to your bowl of eggs.
3. Reduce the heat to medium and add the remaining 2 teaspoons oil to the pan. Pour in the cashews and cook until fragrant, stirring constantly, about 30



seconds. Add the rice to the pan and stir to combine. Cook until the rice is hot, stirring occasionally, about 3 minutes.

4. Pour the contents of the bowl back into the pan and stir to combine, breaking up the scrambled eggs with your spoon. Cook until the contents are warmed through, then remove the pan from heat. Add the tamari and chili garlic sauce, to taste. Squeeze the juice of $\frac{1}{2}$ lime over the dish and stir to combine. Season to taste with salt and set aside.
5. Slice the remaining $\frac{1}{2}$ lime into 4 wedges. Transfer the stir-fry to individual serving bowls and garnish each bowl with a lime wedge and a light sprinkle of cilantro. Serve with bottles of tamari and chili garlic sauce or sriracha on the side, for those who might want to add more to their bowls.



SLOW COOKER BUTTERNUT SQUASH RISOTTO

Recipe from [Made With Lev](#)

Serves 4-6

Ingredients:

- 2 cups butternut squash, diced into 1/2-inch cubes
- 1 tbs olive oil
- 1 medium onion (red or white), chopped
- 2 garlic cloves, minced
- 1 1/2 cups Arborio rice
- 1/4 cup apple cider
- 4 1/2 cups vegetable stock
- salt and pepper to taste
- Optional: 1 tbs freshly chopped parsley or basil

Directions:

1. Lightly coat the bottom of a 5- or 6-quart slow cooker with cooking spray.
2. Place all ingredients into the slow cooker and cook on high for 2 1/2 to 3 hours (or on low for 4 to 6 hours), until the rice is tender and creamy.
3. Serve immediately, topped with fresh parsley or basil as desired.



SLOW COOKER LENTIL + VEGGIE STEW

Recipe from [SkinnyMs.](#)

Serves 6-8

Ingredients:

- 1 cup frozen or fresh whole kernel corn
- 1 large red potato, cut into 1" cubes
- 4 carrots, sliced
- 1/2 cup diced sweet onion
- 2 stalks celery, sliced into 1/2" pieces
- 1 cup (fresh or frozen) green beans, broken into 1" pieces
- 1/2 tsp paprika
- 1/2 tsp black pepper
- salt to taste
- 1 1/2 cups tomato juice, low sodium
- 3 cups vegetable broth, low sodium
- 1 cup (dry) lentils

Directions:

1. Add all of the above ingredients, except lentils, to the slow cooker, stir to combine. Cover and cook on low 8 to 10 hours. Add lentils the last hour of cooking time. Feel free to add or substitute your favorite vegetables.
2. Tip: Adjust the liquid for less or more thickness. First, try adding 1 cup each tomato juice and 1 cup vegetable broth. Remember, the slow cooker does not allow for much evaporation, so the amount of liquid you add initially will be about the same toward the end of the cooking cycle. It's easier to add liquid than to remove it. We like ours fairly juicy so we add the full amount and sometimes even more.
3. Minimum slow cooker size 4 quarts.



SHOPPING LIST

From the store:

- Apple Cider
- Arborio Rice
- Baby Carrots, 16-oz
- Bell Pepper
- Broccoli, 16-oz
- Butternut Squash (whole or pre-cut)
- Cannellini or Great Northern Beans x2 15-oz cans
- Carrots
- Celery
- Chicken or Turkey Stock, 32-oz box
- Corn Chips
- Eggs
- Fire Roasted Diced Tomatoes, 15-oz can
- Flank Steak, 1 lb
- Frozen Corn
- Ginger Root
- Green Beans
- Ground Turkey, 1 lb
- Jalapeño Pepper
- Jasmine Rice
- Lentils
- Lime x2
- Pineapple (fresh or canned)
- Red or Russet Potato
- Salad Stuff (lettuce, tomatoes, cucumbers, etc.)
- Scallions
- Tomato Juice (low sodium)
- Unsalted Cashews
- Vegetable Stock, 2 32-oz boxes
- Yellow Onion x3

From the pantry:

- Brown Sugar
- Canola Oil
- Cayenne Pepper
- Chili Powder
- Corn Starch
- Cumin
- Minced Garlic
- Olive Oil
- Paprika
- Pepper
- Rice Vinegar
- Salt
- Sesame Oil
- Sesame seeds
- Sriracha
- Tamari (gluten-free soy sauce)