



# ***THIS WEEK'S EATS:*** *menu one*

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

## **MENU:**

Sweet Potato + Black Bean Quinoa Bake

Flank Steak with Roasted Potatoes, Carrots, and Green Beans

Slow Cooker Beef Stew

Baked Buffalo Cauliflower Bites and salad

Slow Cooker Chana Masala with rice



## *SWEET POTATO + BLACK BEAN QUINOA BAKE*

Recipe from [Eat Yourself Skinny](#)

Serves 6

### Ingredients:

- 4 cups sweet potatoes (1/2-inch cubes)
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup uncooked quinoa, rinsed
- 1 cup frozen corn, thawed
- 2 cups vegetable broth
- 1 tsp chili powder
- 2 tsp cumin
- 1 tsp garlic salt
- ½ tsp dried thyme
- ½ cup green onions, chopped

### *Directions:*

1. Preheat oven to 375°F.
2. Combine all ingredients, except for the green onions, in a 9x13 baking dish sprayed with cooking spray and bake, covered with tin foil, for 45 minutes.
3. Remove tin foil and continue baking for an additional 15 to 20 minutes until liquid is mostly absorbed and the potatoes are tender.
4. Remove from oven and let the casserole sit for 5 minutes so that any remaining liquid can be fully absorbed and sprinkle with green onions. Serve and enjoy!



## FLANK STEAK MARINADE

Recipe from [All Recipes](#)

Serves 6-8

### *Ingredients:*

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 tbs garlic powder
- 3 tbs dried basil
- 1 1/2 tbs dried parsley flakes
- 1 tsp ground white pepper
- 1/4 tsp hot pepper sauce (optional)
- 1 tsp dried minced garlic (optional)
- 1-2 lbs flank steak

### *Directions:*

1. Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
2. Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.



# GARLIC HERB ROASTED POTATOES CARROTS AND GREEN BEANS

Recipe from [Cooking Classy](#)  
Serves 5

## *Ingredients:*

- 1 1/4 lbs baby red potatoes, halved and larger ones quartered
- 1 lb carrots, cut into 2-inch pieces and thicker portions halved
- 3 tbs olive oil, divided
- 1 tbs minced fresh thyme
- 1 tbs minced fresh rosemary
- Salt and freshly ground black pepper
- 12 oz. green beans, ends trimmed, halved
- 1 1/2 tbs minced garlic (4 cloves)

## *Directions:*

1. Preheat oven to 400°F. In a large bowl toss together potatoes, carrots with 2 1/2 tbs olive oil, thyme, rosemary and season with salt and pepper to taste. Spread onto a rimmed 18 by 13-inch baking sheet. Roast in preheated oven 20 minutes.
2. Toss green beans in bowl with remaining 1/2 tbs olive oil and season lightly with salt. Add to baking sheet with other veggies, add garlic and toss everything and spread into an even layer. Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer. Serve warm.



## SLOW COOKER BEEF STEW

Recipe from [Cooking Classy](#)

Serves 7

### *Ingredients:*

- 2 1/2 lbs chuck roast, trimmed of excess fat and diced into 1-1/2 inch cubes
- 2 1/2 tbs olive oil
- Salt and freshly ground black pepper
- 1 large yellow onion, chopped (1 1/2 cups)
- 3 medium celery stalks, chopped (1 1/4 cups)
- 4 cloves garlic, minced (1 1/2 Tbsp)
- 1/4 cup tomato paste
- 3 cups low-sodium beef broth or chicken broth, divided
- 1 tbs Worcestershire sauce
- 1 tbs low-sodium soy sauce
- 1 tbs minced fresh thyme (or 1 tsp dried)
- 1 (7-inch) single sprig rosemary (or 3/4 tsp dried)
- 1 1/2 lbs yellow potatoes, diced into 1 1/2-inch chunks
- 1 lb carrots, peeled and cut into 1-inch chunks (don't use thin carrots)
- 1 1/2 tbs cornstarch (depending on how thick you like it)
- 1 1/2 cups frozen petite peas
- 1/4 cup minced fresh parsley

### *Directions:*

1. Heat 1 tbs olive oil in a large heavy bottomed skillet over medium-high heat. Working with half of the beef at a time, dab both sides dry with paper towels and season with salt and pepper to taste.
2. Sear in skillet until browned, turning once halfway through, about 4 - 5 minutes total. Transfer beef to slow cooker. Add an additional 1 tbs oil to skillet, repeat with remaining beef. Leave excess oil in skillet.



3. Add remaining 1/2 tbs oil to oil in skillet (there should be about 1/2 tbs left after searing beef), reduce burner to medium. Sauté onions and celery 3 minutes, add garlic sauté 30 seconds longer then add in tomato paste and cook, stirring constantly, 1 minute.
4. Pour 1 cup beef broth into skillet along with Worcestershire, soy sauce, thyme and rosemary. Add potatoes and carrots over beef layer in slow cooker, then pour broth mixture in skillet into slow cooker along with remaining 2 cups beef broth. Season lightly with salt and pepper (add more to taste at the end). Cover and cook on low heat for 7 - 8 hours.
5. In a small bowl whisk together cornstarch with 1 1/2 tbs cold water until smooth. Pour into slow cooker and gently stir, cover and cook on high heat for 20 - 30 minutes until thickened slightly. Stir in peas and half of the parsley. Serve warm garnished with remaining parsley.



## BAKED BUFFALO CAULIFLOWER BITES

Recipe from [The Forked Spoon](#)

Serves 2-4

### *Ingredients:*

- 1 large cauliflower, cut into small florets
- 1/2 cup Frank's RedHot Sauce, plus more for serving
- 2 tbs butter, melted
- 1 tbs olive oil
- 1 tbs fresh lemon juice
- 1/2 tsp garlic powder
- 1 tsp salt

### *Directions:*

1. Preheat oven to 425°F and line a large baking sheet with parchment paper. Set aside. Transfer cauliflower florets to a large mixing bowl.
2. In a small bowl whisk together the hot sauce, melted butter, olive oil, lemon juice, garlic powder, and salt. Pour the buffalo sauce over the cauliflower florets and toss well to coat.
3. Spread the cauliflower in a single layer over lined baking sheet and bake for 25-30 minutes or until cauliflower is fork tender and browned around the edges.



## SLOW COOKER CHANA MASALA

Recipe from [Forks Over Knives](#)

Serves 6-8

### *Ingredients:*

- 2 onions, chopped (2 cups)
- 6 cloves garlic, minced
- 1 tbs grated fresh ginger
- 1½ cups chopped tomatoes
- 1 tbs mild curry powder
- 1 tbs ground coriander
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ¼ tsp cayenne pepper
- 1 pinch black pepper
- 1 large russet potato, cut into ½-inch cubes (2 cups)
- 1 cup dried chickpeas, rinsed
- 1 tbs fresh lemon juice
- 1 tsp snipped fresh cilantro
- 1 pinch of sea salt

### *Directions:*

1. Bring ¼ cup of water to a boil in a large skillet. Add the onions, garlic, and ginger; cook over medium-low heat for 10 minutes or until onions are starting to turn golden, stirring occasionally and adding additional water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
2. Stir in the tomatoes, curry, coriander, cumin, turmeric, cayenne, and black pepper. Cook for 10 minutes more or until tomatoes are softened, stirring occasionally.
3. Transfer the tomato mixture to a 4- to 5-quart slow cooker. Stir in the potato, chickpeas, and 2½ cups of water. Cover and cook on high heat for 5 hours or until the stew is thick and chickpeas are tender.
4. Stir in the lemon juice and cilantro (or parsley); season with salt. Serve over brown basmati rice or your favorite whole grain.



## SHOPPING LIST

### From the store:

- Baby Red Potatoes
- Beef Broth
- Black Beans
- Butter or Earth Balance
- Carrots x2
- Cauliflower, head or florets
- Celery
- Chuck Roast (2 1/2 lbs)
- Dried Chickpeas
- Garlic head
- Green Beans (12 oz)
- Green Onions
- Frank's Red Hot
- Fresh Herbs: Thyme, Rosemary, Cilantro or Parsley
- Frozen Corn
- Frozen Petit Peas
- Ginger Root
- Lemons x3
- Onions x3
- Russet Potato, 1 large
- Quinoa
- Rice (white, brown, basmati, jasmine, etc)
- Salad Stuff
- Sweet Potatoes x2-3
- Tomatoes x3-4 large
- Tomato Paste (tube or can)
- Vegetable Broth
- Worcestershire Sauce
- Yukon Gold Potatoes

### From the pantry:

- Cayenne Pepper
- Chili Powder
- Coriander
- Cornstarch
- Cumin
- Curry Powder
- Dried Basil
- Dried Parsley
- Garlic, minced
- Garlic Powder
- Ginger paste
- Olive Oil
- Pepper
- Salt
- Tamari (or soy sauce)
- Thyme
- Turmeric