



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

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

## **MENU:**

- Korean Stir-fried Beef Bowl with rice
- Kung Pao Cauliflower with rice and steamed broccoli
- Sweet Potato and Corn Chowder with salad
- Slow Cooker Turkey Breast with Easy Mashed Potatoes and green beans
- Pasta with a Simple Tomato Sauce and salad



# KOREAN STIR FRIED BEEF BOWL

Recipe from [Tasty Food Videos](#)

Serves 4-6

Ingredients:

## *Beef Marinade*

- 6 tbs tamari (or soy sauce)
- 3 tbs granulated sugar
- 1 tbs minced garlic
- 1 tbs minced fresh ginger
- 1 tbs toasted sesame oil
- 1 1/4 lb flank steak, thinly sliced

## *Vegetable Marinade*

- 2 tbs rice vinegar
- 1 tbs toasted sesame oil
- 1 1/2 tsp sugar
- 1/2 tsp kosher salt
- 1 cup sugar snap peas, thinly sliced
- 1 cup matchstick carrots
- 1 bell pepper, thinly sliced

## *Remaining Ingredients*

- 1 tbs canola oil
- 1/4 cup beef broth
- 1/4 cup thinly sliced scallions
- 2 tsp toasted sesame seeds

*Directions:*

1. Whisk together tamari, sugar, garlic, ginger, and sesame oil in a large bowl. Add the sliced beef and toss to coat. Let stand 10 minutes.
2. In a separate bowl, stir together rice vinegar, sesame oil, sugar, and salt. Add snap peas, carrots, and bell pepper and toss to coat. Let stand while meat is cooked.
3. Heat 1/2 tbs of the oil in a wok over high. Add half of the marinated beef and cook, stirring constantly, until beef is no longer pink, about 2 minutes. Transfer beef to a bowl. Repeat process until beef is cooked.
4. Add the vegetables to the wok and cook until crisp tender, about 5 minutes. Return beef to the bowl with the beef broth and heat through. Can add 1 tbs of corn starch dissolved in 1 tbs water if you want a thicker sauce.
5. Sprinkle with scallions and sesame seeds and serve.

NOTE: See original recipe for instructions on keeping pickled veggies raw.



## KUNG PAO CAULIFLOWER

Recipe from [Cheap Recipe Blog](#)

Serves 4

### *Ingredients:*

- 1 medium head cauliflower, cut into florets
- 1/4 cup soy sauce (or tamari for gluten-free diets)
- 2 tbs brown sugar
- 1 tbs sriracha sauce
- 1 tbs rice vinegar
- 1/2 tsp garlic powder
- 2 tsp cornstarch dissolved in 1 tbs cold water
- Olive oil
- Sesame seeds and chopped scallions, for topping

### *Directions:*

1. Preheat oven to 400°F. Place cauliflower florets in a large mixing bowl.
2. In a small saucepan, combine soy sauce or tamari, brown sugar, sriracha sauce, rice vinegar, and garlic powder. Turn on heat to medium-high and bring the mixture to a simmer, stirring. Add the dissolved cornstarch and continue mixing until the sauce thickens, about a minute.
3. Pour sauce over cauliflower florets and stir to evenly coat.
4. Coat a large baking sheet with olive oil. Pour cauliflower on to baking sheet and spread out so florets are not touching each other. Bake for 25 to 30 minutes, until cauliflower is tender.
5. Top with sesame seeds and chopped scallions, and serve.



## *SWEET POTATO AND CORN CHOWDER*

Recipe from Made With Lev

Serves 4-6

### *Ingredients:*

- 2-3 tbs olive oil
- 2 onions, diced
- 2 large sweet potato, peeled and cubed
- 1 tsp dried sage
- 1 tsp dried basil
- 1 tsp salt
- fresh black pepper
- 5 cups vegetable broth
- 4 cups corn kernels (frozen or fresh)

### *Directions:*

1. Place onions into a medium stock pan and sauté for 5-7 minutes, until translucent. Add sweet potatoes and continue to sauté for another 3 minutes. Add herbs and salt and sauté another minute more. Add corn and stock. bring to a boil.
2. Reduce heat and simmer for about 15-20 minutes, until potatoes are tender.
3. Puree half of the chowder with an immersion blender (or very carefully in a blender) and stir to combine.
4. Serve hot!



## SLOW COOKER TURKEY BREAST

Recipe from [Slow Cooker Gourmet](#)

Serves 7

### *Ingredients:*

- 3 lb boneless turkey breast, thawed
- 2 cups turkey broth
- 1 sweet onion, cut into rings
- 1 tbs minced garlic
- 1/4 cup cornstarch

### *Directions:*

1. Fully thaw turkey according to package directions. Remove package and netting and lay flat in bottom of slow cooker.
2. Add turkey broth, onion rings, and minced garlic.
3. Cover and cook on low for 8 hours and don't open the lid!
4. Carefully remove fully cooked turkey to platter and let rest while making gravy.
5. To make the gravy: strain all liquid from slow cooker into a saucepan. Whisk together 1/4 cup of cornstarch with 1/4 cup water until smooth and then whisk into pan drippings. Bring to a simmer while whisking for about 5 minutes or until thickened.
6. Slice turkey and serve with gravy.



## EASY MASHED POTATOES

Recipe from Made With Lev

Serves 4-6

### *Ingredients:*

- 1.5 - 2 lbs Idaho potatoes (or any other potato you have on hand)
- 3 tbs butter
- 1/2 cup milk
- salt + pepper to taste

### *Directions:*

1. Peel potatoes and cut into large chunks. Put in a medium to large stock pot and cover with water. Bring to a boil and cook until potatoes are fork tender; approximately 15 minutes.
2. Drain water. Return potatoes to pot and mash with a potato masher (or fork, or blender). Add vegan margarine or butter, (cow or nut) milk, salt, and pepper. Stir to combine.



## *SIMPLE TOMATO SAUCE*

Recipe from Made With Lev

Serves 4-6

### *Ingredients:*

- 1 (28 oz) can of San Marzano Tomatoes
- 1/4 cup olive oil
- 1 tbs salt
- 1/2 tsp pepper

### *Directions:*

1. Place all ingredients into a blender and process until smooth.
2. Pour into a medium saucepan and heat over medium-low heat and cover. Simmer for 10-15 minutes, while your pasta is cooking.
3. Serve atop your favorite (gluten-free) pasta, ravioli, or other noodle of choice.



## SHOPPING LIST

### From the store:

- Beef Stock
- Bell Pepper
- Broccoli, head
- Butter (or Earth Balance)
- Cauliflower, head
- Flank Steak, 1-2 lbs
- Frozen Corn
- Ginger Root (if not using paste)
- Green Beans
- Matchstick Carrots
- Milk
- Onions x4
- Potatoes (Russet or Yukon Gold)
- Rice
- Salad Stuff
- San Marzano Tomatoes, 28-oz can
- Scallions
- Spaghetti
- Sugar Snap Peas
- Sweet Potato x2
- Turkey Breast, boneless, 3 lbs
- Turkey Broth
- Vegetable Broth x2

### From the pantry:

- Brown Sugar
- Canola Oil
- Cornstarch
- Dried Basil
- Dried Sage
- Garlic, minced
- Garlic Powder
- Ginger paste
- Olive Oil
- Pepper
- Red Pepper Flakes
- Rice Vinegar
- Salt
- Sesame Seeds
- Sesame Oil
- Sriracha
- Sugar
- Tamari (or soy sauce)