



THIS WEEK'S EATS:

JANUARY 13 - 19

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

MENU:

- Slow Cooker Korean Beef with rice and sautéed vegetables
- 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



SLOW COOKER KOREAN BEEF

Recipe from [My Incredible Recipes](#)

Serves 4-6

Ingredients:

- 1 1/2 lbs. flank steak, cut into thin strips
- 1/4 cup cornstarch
- 2 Tbsp. sesame oil
- 1/2 tsp. minced garlic
- 1/2 cup soy sauce
- 1/2 cup beef stock
- 3/4 cup brown sugar
- 1/4 cup white onion, diced
- 1/4 tsp. dried red pepper flakes
- sesame seeds
- green onions

Directions:

1. Shake flank steak strips and cornstarch in a Ziploc bag to coat.
2. In the slow cooker, mix sesame oil, garlic, soy sauce, beef stock, brown sugar, onion, and red pepper flakes until combined. Stir in flank steak strips until coated in sauce.
3. Cover and cook on low for 4 to 5 hours, or until steak is cooked through and tender. Serve hot over rice and garnish with sesame seeds and green onions.



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
- ☐ Broccoli, head
- ☐ Butter (or Earth Balance)
- ☐ Cauliflower, head
- ☐ Flank Steak, 1-2 lbs
- ☐ Frozen Corn
- ☐ Green Beans
- ☐ Milk
- ☐ Onions x4
- ☐ Potatoes (Russet or Yukon Gold)
- ☐ Rice
- ☐ Salad Stuff
- ☐ San Marzano Tomatoes, 28-oz can
- ☐ Scallions
- ☐ Spaghetti
- ☐ Stir-fry veggies
- ☐ Sweet Potato x2
- ☐ Turkey Breast, boneless, 3 lbs
- ☐ Turkey Broth
- ☐ Vegetable Broth x2

From the pantry:

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