

Meal Plan #29

This weekly meal plan includes 5 main dishes, 1 bread, 1 side dish, and 1 dessert. All recipes can be found at GoodCheapEats.com and LifeasMOM.com. Click on the link in this PDF to go directly to the online recipe.



Recipes

- **Slow Cooker Meal:** Pasta with [Easy CrockPot Red Sauce](#) (add veggies)
- **Freezer Meal:** [Chihuahua Chili](#) (freeze leftovers for another meal)
- **Soup Meal:** [Aunt Sandy's Broccoli Cauliflower Soup](#)
- **Mexican-style Meal:** [Chicken Enchilada Casserole](#) (add beans and salad)
- **“Chicken & Potatoes” Meal:** [Chicken Smothered in Onions](#) (serve with veggies and mashed potatoes)
- **Side:** [Mashed Potatoes](#)
- **Bread:** [Buttermilk Cornbread](#)
- **Dessert:** [Whole Wheat Snickerdoodles](#)

Notes:

- This menu uses lots of onions. Save time by chopping and slicing the onions on the same day.
- You will have lots of leftovers for the Slow Cooker Red Sauce. Freeze the extras into 2-cup portions for later use. The sauce is great in lasagna, on pasta, and even on pizza.
- If you'd prefer to use up some leftover whipping cream, you can add warmed, liquid whipping cream to the mashed potatoes instead of cream cheese. Just add the butter to the potatoes first and then add whipping cream a little at a time until you get your desired texture. (Note: You will still need 4 ounces cream cheese for the soup recipe.)
- Homemade cookies are an easy dessert. [Check out these tips](#) to make them more convenient for you!

Shopping List

Produce:

- 7 large onions
- 8 russet potatoes
- 2 cups chopped broccoli
- 2 cups chopped cauliflower
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 tablespoons chopped garlic
- cilantro (optional chili topping)

Dairy:

- 2 cups butter
- 4 eggs
- 1/4 cup whipping cream
- 12 ounces cream cheese
- 8 ounces sour cream plus extra for chili topping
- 4 1/2 cups milk
- 1 1/4 cup buttermilk
- 2 cups shredded cheddar cheese plus extra for chili topping

Butcher / Deli Case:

- 8 boneless, skinless chicken breasts
- 1 pound ground beef

Dry / Canned Goods:

- 1 1/2 cups sucanat or brown sugar
- 1/2 cup sugar (or sucanat)
- 1 cup whole wheat flour
- 3/4 cup whole wheat pastry flour
- about 3 1/4 cups unbleached flour
- 1/2 cup whole grain cornmeal
- 1/4 cup flax seed meal
- 2 1/2 teaspoons cream of tartar
- 1 1/2 teaspoon baking soda
- 1 tablespoon baking powder
- 6 cups chicken broth

- 2 cans cream of chicken soup (or [ingredients for homemade cream of celery soup](#))
- 1 small can chopped green chiles
- 1 small can chopped jalapenos
- 10 lb (or 108 oz) can crushed tomatoes
- 2 cups tomato suace
- 1 cup enchilada sauce
- 2 (29 ounce) cans pinto beans
- 2 (15 ounce) cans black beans
- 12 corn tortillas
- pasta of your choice
- olive oil
- vegetable oil

Spices:

- salt
- pepper
- garlic powder
- chili powder
- cumin
- dried basil
- dried parsley
- crushed red pepper flakes
- cinnamon
- nutmeg
- paprika

Beverages:

- 1 bottle of beer (possibly Chihuahua; you can omit this if you prefer—just add water or broth if chili is too thick)