



Weekly Meal Plan, Compliments of For The Love Of www.fortheloveof.net

Monday – Vegetarian twist on chicken tortilla soup. I threw this dish together at the last minute for meatless Monday, and I was thrilled with how it came out. Inspired a bit by chicken tortilla soup and a traditional Mexican dish called Calabacitas, it's a great mix of veggies and flavor.

Ingredients: 3-4 good sized squash, we used a mix of 3 different varieties, cut into thin ½" slices, the kernels cut off of 2-3 ears of fresh corn (or use 1-2 cups of frozen), 3-4 sliced carrots, and about 6 cups of broth of choice (veggie or chicken would be best).

Directions: Warm about 2 tbsp each of olive oil and butter in a heavy pan, and then add the veggies and season with salt and pepper. Cook till warmed through, but still plenty crisp. Add the stock and season with a pinch of ground cumin and oregano (optional), and more salt & pepper. Cook on a low simmer for about 20-30 minutes until the veggies are cooked through but not mushy, and serve with desired toppings like shredded cheese, crumbled tortilla chips & avocado.

Tuesday – Slow Braised Pork Carnitas - <http://www.fortheloveof.net/slow-braised-carnitas-tacos/> served as tacos or as a topping to a salad, or with rice & beans, your choice!

Wednesday – Shredded Ancho & Chipotle Beef Tacos, in the crockpot.

Ingredients: ½ onion, finely chopped, 2-3 dried ancho chiles, stemmed & deseeded and torn into 1 inch pieces, 3 garlic cloves, minced, 2 tablespoons tomato paste, 1 teaspoon canola oil, 1 tsp minced canned chipotle chile in adobo sauce, or you can also use 2 dried chipotles roughly chopped, ½ tsp ground cinnamon, ¾ cup water plus extra as needed, 1 tbsp honey & 1.5-2 lbs boneless beef chuck-eye roast cut into 2-inch pieces.

Directions: Microwave onion, anchos, garlic, tomato paste, oil, chipotle & cinnamon in bowl, stirring occasionally until the onion is soft, about 5 minutes. This is what ATK always refers to as aromatics. When done, add contents of bowl to slow cooker then stir in water & honey. Season beef with salt & pepper and nestle into the slow cooker. Cover & cook until beef is tender, on low for about 7 hours and on high for about 5 hours. Transfer beef to bowl, shred as desired, and stir in some of the remaining liquid from the slow cooker. You can also blend the remaining liquid/chile mix and toss in beef for a thicker sauce. Serve as tacos or as a dish alongside a salad or cauliflower rice.

Thursday – Easy Breaded & Baked Chicken Cutlets - <http://www.fortheloveof.net/easy-breaded-baked-chicken-cutlets/>

Friday – Pan-Steamed Chicken & Broccoli (plus carrots & snow peas if you want to add more veggies) - <http://goop.com/recipes/pan-steamed-chicken-broccoli/>

Saturday – Easy Vegan Veggie Curry - <http://www.fortheloveof.net/easiest-vegan-coconut-red-curry/>

Sunday – Relax, have leftovers or go out to eat!