



## **Devine Nutrition On the Go Meal Plan**

**Happy Thanksgiving Week!**

**November Week 4:**

**Stuffed Green Peppers**

**Leftover Turkey Soup**

**Crockpot lasagna**

**Brisket with carrot and mushrooms (this recipe takes longer to make)**

Note: The shopping list corresponds (mostly) to the main dish. Since the sides for each meal vary upon the household, please remember to write in your sides on your shopping list!

### **Prep Ahead Tips for the week:**

- Try chopping all veggies for the week after your shopping trip to save time during the week.
- Save leftover turkey meat for the day after soup recipe.
- You can boil the noodles and brown meat the night before you cook the on pot beef pasta to speed up dinner time during the week.

### **Meal 1: Stuffed Green Peppers**

6 green peppers, tops and seeds removed

1 pound ground beef

1 1/2 cups cooked rice (suggest instant brown or boiled brown rice)

1/3 cup chopped celery (can omit this if needed)

1 tablespoon grated onion

1 (15 ounce) can tomato sauce, divided

salt and ground black pepper to taste

### **Directions**

1. Preheat oven to 375 degrees F (190 degrees C).
2. Bring a pot of water to a boil. Cook green bell peppers in the boiling water until soft, 5 to 8 minutes; drain.
3. Cook ground beef in large skillet over medium-high heat, breaking into small pieces with a spatula as it cooks, until completely browned, 7 to 10 minutes. Drain and discard excess grease. Transfer beef to a large bowl.
4. Stir rice, celery, onion, and about half the tomato sauce with the ground beef; season with salt and pepper. Stuff cooked green peppers with the ground beef mixture.
5. Arrange stuffed peppers in a baking dish. Pour enough water into the baking dish to about 1-inch deep. Pour remainder of tomato sauce over the peppers.
6. Bake in preheated oven until heated through, about 30 minutes.

## **Meal 2: Turkey Soup (great for leftover turkey!)**

### Ingredients

- 1 1/2 cups shredded cooked turkey
- 64 oz chicken broth- low sodium
- 1 onion, chopped
- 3 cloves garlic, crushed
- 4 carrots chopped
- 4 celery stalks chopped
- Parsley, 1.5 c chopped
- 2 tbsp. thyme
- salt and pepper to taste
- 8 oz egg noodles

### Directions

1. In a large pot bring all ingredients to a boil (except noodles) and simmer for 30 minutes.
2. Stir noodles and simmer for 10 minutes.

Serve with crusty bread, and a salad if needed!

## **Meal 3: Crockpot lasagna!**

- 16 oz. lean ground turkey (or beef)
- 8 oz lasagna noodles (*about 12 noodles*)
- 8 oz. of spinach, removed from stem
- 4 cups low moisture, part-skim mozzarella cheese, *divided*
- 1 medium onion, *chopped*
- 15 oz. part skim ricotta cheese
- Large jar marinara sauce (*or pasta sauce of your choice*), *approximately 24 oz.*
- 1 egg
- 1 tbsp. minced garlic
- 1 tbsp. Italian seasoning, *divided*
- salt and pepper, to taste

1. Cook ground turkey, onion and garlic in a pan until meat has browned, seasoning with ½ tbsp Italian seasoning and salt and pepper. Once cooked, combine with marinara sauce.
2. Combine ricotta cheese, egg and 2 cups of mozzarella cheese. Stir in salt, pepper and remaining Italian seasoning.
3. Rinse uncooked lasagna noodles under water, being sure to wet both sides, set aside.
4. Grease the slow cooker.
5. Place an even layer of the meat mixture on the bottom of the crockpot, being sure to cover the bottom completely.

6. Add a layer of lasagna noodles. If you have a round or oval crockpot you will need to break some noodles in order to create an even covering of noodles throughout the layer.
7. Next smear cheese mixture over lasagna noodles. Then add a layer of spinach (if desired).
8. Repeat order until final top layer is the ricotta cheese mixture. Then sprinkle the top with an even covering of the remaining mozzarella cheese. \*
9. Cover crockpot, and place on low for three to four hours; the precise cook time will vary on the temperature settings of your specific slow cooker.
10. \* If you'd prefer both a crispy and gooey top layer of cheese (as pictured), reserve a handful of shredded mozzarella and sprinkle over the top create an extra gooey cheesy center! Add this "bonus" sprinkling of cheese about 30 minutes before the lasagna is done.

Serve with homemade garlic bread, salad with Italian dressing.

### **Meal 4: Brisket**

Ingredients:

- 12 tbsp cracked peppercorns
- 1 packet powdered onion soup
- 3 lbs shoulder roast, beef
- 8 cloves garlic
- 1 onion diced
- 4 oz mushrooms, sliced
- 1 lb carrots, sliced into 1 inch chunks

1. Preheat oven to 350 degrees. Combine pepper and 2 tbsp onion soup mix. (Save the rest for another time.) Cut 8 small slits in top of roast and stuff a garlic clove in each slit. Rub the mixture all over the roast.

2. Place carrots, onions and mushrooms on bottom of greased baking dish. Place brisket on top and cover with tin foil. (Tightly!)

3. Bake for 1 hour then lower temp to 325 degrees for another hour. Lower temp one more time to 300 degrees and cook for 2 more hours.

Slice and serve!

Serve with: Pair with baked or mashed potatoes and a garden salad!

Recipe courtesy of Breaking Bread with Brooke Burke