



Devine Nutrition On the Go Meal Plan

September Week 2:

Stuffed Green Pepper Soup
Jambalaya
Lemon Spaghetti
Pulled Beef in Crockpot

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:

- If you decide to make the low sodium Italian seasoning mix, make one large portion to save for future recipes.
- Brown the beef the night before to save some time for the soup recipe.

Meal 1: Stuffed Green Pepper Soup

Ingredients:

1 lb. ground beef
1 small onion, diced
1 large bell pepper, diced
1 can (29 oz.) diced tomatoes
1 (10 oz) can tomato soup (or tomato sauce)
1 (14 Oz) can chicken broth (or beef broth)
2 cups cooked rice
1 tbsp. sugar
1 tsp. garlic powder
Salt & pepper, to taste
Shredded cheddar cheese, for topping

Directions:

In a large pot, brown and crumble ground beef along with diced green peppers and onion over medium-high heat. When meat is thoroughly cooked, drain excess grease from beef mixture. Put beef mixture back into pot. Add in diced tomatoes, chicken (or beef) broth and tomato soup (or tomato sauce). Give it all a good stir. Then add in rice. Stir again. Then stir in seasonings; sugar, garlic powder, salt & pepper (to taste).

Cover and let soup simmer on low heat for about 30 minutes to let all the flavors blend. (The longer it simmers, the thicker it will get.) Serve with shredded cheddar cheese on top of each serving.

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Meal 2: Jambalaya

Ingredients

2 cans (14-1/2 oz. each) stewed tomatoes, undrained
1 cup water
1 Smoked Turkey Sausage, sliced
3 chicken bouillon cubes
1 tsp. hot pepper sauce
2 cups instant white rice, uncooked

Bring all ingredients except rice to boil in large skillet on medium heat, stirring occasionally. Simmer on medium-low heat 1 to 2 min. or until bouillon is completely dissolved, stirring occasionally. Stir in rice; cover. Cook 5 min.

Meal 3: Lemon Spaghetti

Ingredients

1 pound spaghetti
2/3 cup olive oil
2/3 cup grated Parmesan
1/2 cup fresh lemon juice (about 3 lemons)
Salt and freshly ground black pepper
1 tablespoon lemon zest
1/3 cup chopped fresh basil leaves

Directions

Cook the pasta in a large pot of boiling salted water until tender but still firm to the bite, stirring occasionally, about 8 minutes. Meanwhile, whisk the oil, Parmesan, and lemon juice in a large bowl to blend.

Drain the pasta, reserving 1 cup of the cooking liquid. Toss the pasta with the lemon sauce, and the reserved cooking liquid, adding 1/4 cup at a time as needed to moisten. Season with salt and pepper. Garnish with lemon zest and chopped basil.

Recipe courtesy of Giada De Laurentiis

Read more at: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/lemon-spaghetti-recipe.print.html?oc=linkback>

Meal 4: Pulled Beef in Crockpot

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Ingredients

- 2-3 lb beef chuck roast
- 1 can light beer
- 2 packages Italian dressing mix (by salad dressing in store. For a lower salt alternative, see recipe below).

Directions

1. Add beef, seasoning packets (or 1/8 cup of homemade mix) and beer in crockpot and cook for 8 hours on low setting.
2. Shred beef discarding fatty pieces.
3. Serve on whole grain bun or whole grain sandwich thins with a side salad or cooked vegetable.

Italian dressing mix. (Use 1/8 c for this recipe. Can use 2 tbsp of this mixed with 1/4 cup vinegar, 2 tbs water, and 1/2 to 2/3 cup olive oil or canola oil for salad dressing)

- 1 1/2 teaspoons garlic powder
- 1tablespoon onion powder
- 2tablespoons oregano, ground or 2 tablespoons oregano leaves
- 1tablespoon dried parsley
- 1tablespoon granulated sugar
- 2 tablespoons salt or 2 tablespoons salt substitute
- 1teaspoon black pepper
- 1teaspoon ground basil or 1 teaspoon basil leaves
- 1/4teaspoon ground thyme or 1/4teaspoon thyme leaves
- 1/2teaspoon dried celery leaves or 1/2 teaspoon dried celery flakes

Grocery List

Produce	Bread/Pasta/Misc.	Dairy/Refrigerated
1 small onion, diced	4 cups cooked rice	Shredded cheddar cheese
1 large bell pepper, diced	1 pound spaghetti	2/3 cup grated Parmesan
1/2 cup fresh lemon juice (about 3 lemons)		
1 lemon (for vest)		
Bakery	Condiments / Sauces	Meat/Dairy/Seafood
Wheat dinner rolls/buns		1 lb. ground beef
		1 Smoked Turkey Sausage
		2-3 lb beef chuck roast
Snacks	Canned foods	Baking
	1 can (29 oz.) diced tomatoes	1 tbsp. sugar
	1 (10 oz) can tomato soup (or tomato sauce)	
	1 (14 Oz) can chicken broth (or beef broth)	
	2 cans (14-1/2 oz. each) stewed tomatoes, undrained	
	2/3 cup olive oil	
Frozen	Spices & herbs	Beverages
	Garlic Powder	1 can light beer
	Basil	
	2 packages Italian dressing mix	