

# Weekly Meal Plan

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## Quick Ground Beef Stroganoff

- 1 lb ground beef
- 4 cloves of garlic
- 1 onion, diced
- 1 tsp salt
- 1/2 tsp pepper
- 2 TBS tomato paste
- 16 oz sliced mushrooms
- 1 tsp thyme
- 1 tsp paprika
- 1 tsp Worcestershire sauce
- 1 cup chicken or beef broth
- 1/4 cup flour
- 1 cup sour cream
- 4 oz cream cheese

In a pan, brown 1 lb of ground beef. Add salt, pepper, diced onions, and garlic, and saute for a few minutes. Add tomato paste, sliced mushrooms, thyme, paprika, Worcestershire sauce, and cook until mushrooms are tender.

Sprinkle flour, stir, and add chicken or beef broth. Add sour cream and cream cheese. Simmer until thickened.

Serve over noodles.

## Slow Cooker Chicken & Sweet Potato Curry:

- 3 chicken breasts
- Chopped onion
- 2 cloves of garlic
- 1 tsp garlic powder
- 4 sweet potatoes
- 1 tsp curry powder
- 2 tsp salt
- Pepper
- 2 tsp chili powder
- 1 can diced tomatoes or 2 Tbs Tomato Paste (less watery)
- 1 can of coconut milk
- 2-3 cups cauliflower
- 1/2 cup cashews
- Serve over rice

- Garnish with cilantro

Place chopped chicken, onion, garlic, sweet potatoes, curry powder, salt, pepper, chili powder, diced tomatoes, coconut milk, and cauliflower in a slow cooker.

Cook on low for 6 hours. Add cashews in the last 15 minutes. Season more to taste.

Serve over rice and garnish with cilantro.

## Slow Cooker Sunday Pot Roast with Apple Butter

- 1 3-4 pound beef chuck roast
- 3 Tbs Butter
- Salt and pepper
- 2 tablespoons flour
- 2 yellow onions, thinly sliced
- 4 garlic cloves
- 2 TBS apple cider vinegar
- 2 cups chicken broth or dry white wine
- 2 tsp thyme
- 4 tablespoons apple butter
- 1 pound small to medium potatoes
- 1/4 cup fresh sage leaves or 1 tsp dried sage
- 1 teaspoon garlic powder

Season beef roast with salt and pepper, coat with flour. Sear in a pan.

In the slow cooker, combine seared roast, onions, garlic, apple cider vinegar, chicken broth or wine, thyme, apple butter, potatoes, garlic powder, and sage.

Cook on low for 6-8 hours. Smash the potatoes and serve meat on top. For added flavor, roast in the oven for the last 30 minutes at 400 until crispy. You can also remove the potatoes from the slow cooker, smash the potatoes on a baking sheet, top them with butter, and roast them at 425 until they are crispy about 25 minutes. Top with a sprinkling of salt.

## Instant Pot Apple Butter - No sugar added

- 5lbs gala apples
- 1 Tbs lemon juice
- 1 Tbs Apple Cider Vinegar
- 1 Tbs Cinnamon
- 1/8 teaspoon nutmeg
- pinch of salt

Chop apples and mix all ingredients in the instant pot and cook for 5 minutes. Blend with an immersion blender. To thicken more, leave the instant pot on the slow cooker setting with the lid off or on 'vent' for another couple of hours.

# Master Grocery List

## *Proteins:*

- 1 lb ground beef
- 3 chicken breasts
- 1 3-4 pound beef chuck roast

## *Vegetables:*

- 16 oz sliced mushrooms
- Chopped onion
- 2 cloves of garlic
- 4 sweet potatoes
- 2-3 cups cauliflower
- 3 yellow onions, thinly sliced
- 1 pound small to medium yellow potatoes

## *Canned Goods:*

- Tomato paste (2 TBS)
- Diced tomatoes (1 can)
- Coconut milk (1 can)
- Chicken broth or dry white wine (2 cups)

## *Dairy:*

- Sour cream (1 cup)
- Cream cheese (4 oz)
- Butter (3 tbs)

## *Bakery:*

- Rice (for serving)

## *Herbs and Spices:*

- Salt (as needed for each recipe)
- Pepper (1/2 tsp for Ground Beef Stroganoff)
- Thyme (1 tsp for Ground Beef Stroganoff, 2 tsp for Slow Cooker Sunday Pot Roast)
- Paprika (1 tsp for Ground Beef Stroganoff)
- Worcestershire sauce (1 tsp for Ground Beef Stroganoff)
- Flour
- Garlic powder
- Curry powder
- Chili powder
- Sage (1/4 cup fresh leaves or 1 tsp dried)

- Lemon juice
- Cinnamon
- Nutmeg

*Other:*

- Cashews (1/2 cup)
- Apple cider vinegar
- Apple butter (see recipe)

**Please share and tag me if you make any of these! I love to hear from you!  
Happy cooking and happy family time!**

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