

Weekly Meal Plan

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Slow Cooker French Dip Sandwiches

- 6 pounds beef chuck roast
- 2 cups beef broth or better than bouillon beef with water

Seasoning Blend (feel free to experiment here!)

- 1/4 cup dried onion flakes
- 1 TBS onion powder
- 1 tsp umami blend
- 1 tsp dried parsley
- 1 tsp celery seed
- 1 tsp smoked paprika
- 2 tsp garlic powder
- Salt and pepper, to taste (about 1 tsp pepper and 2 tsp salt)
- 8 French rolls or hoagie buns
- 8 slices provolone or Swiss cheese

Sear meat in olive oil a few minutes on each side, then coat with seasoning and pour in both. Let cook on low for 10 hours. Use the broth as your sandwich dip.

Loaded Steak Fries

- 6 large russet potatoes
- Olive oil
- Smoked paprika
- Cumin
- Salt and pepper, to taste
- 2 bell peppers, sliced
- 1 large onion, sliced
- 6-8 slices provolone cheese
- Remaining French Dip Meat

Preheat oven to 450°F

Wash and scrub the russet potatoes. Cut them into wedges.

Place potato wedges on a baking sheet.

Drizzle with olive oil and season with smoked paprika, cumin, salt, and pepper.

Toss to coat evenly.

Spread the seasoned potato wedges in a single layer on the baking sheet.

Bake for 20 minutes, flip, then bake another 15 minutes until crispy.

While the potatoes are baking, sauté sliced bell peppers and onions in a pan until softened.

Once the potatoes are done, remove them from the oven and top with sautéed peppers and onions, leftover meat, and the slices of provolone

Return to the oven and bake for an additional 5 minutes or until the cheese is melted and bubbly.

Crockpot Chicken Wild Rice Soup

- 1 pound boneless, skinless chicken breasts
- 1 cup uncooked wild rice or blend
- 8 ounces mushrooms, sliced
- 3 large carrots, diced
- 3 stalks celery, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 6 cups chicken broth
- 2 cups water
- 1 teaspoon poultry seasoning
- 1 tsp thyme
- 1 tsp sage
- 1 tsp umami blend
- Salt and pepper, to taste
- ¼ cup butter
- ½ cup flour
- 2 cups milk

Place chicken breasts, wild rice, mushrooms, carrots, celery, onion, garlic, chicken broth, water, poultry seasoning, thyme, salt, and pepper in the crockpot.

Stir to combine.

Cook on low for 6-8 hours or high for 3-4 hours until chicken is cooked through and rice is tender.

Remove chicken from the crockpot and shred using two forks. Return shredded chicken to the crockpot.

Create a roux by melting $\frac{1}{4}$ cup butter, mixing in $\frac{1}{2}$ cup flour and slowly adding 2 cups of milk to form a thick paste, mix it into the soup.

Adjust seasoning if necessary.

Granola Bar Recipe:

<https://sarahtherese.co/no-bake-chewy-granola-bars/>

Sourdough Bun Recipe:

<https://sarahtherese.co/quick-sourdough-burger-buns/>

Master Grocery List

Beef chuck roast (6 pounds)

Chicken breasts (1 pound)

Wild rice blend(1 cup)

Mushrooms (8 ounces)

Carrots (3)

Celery (3 stalks)

Onion (2 large)

Garlic (8 cloves)

Beef broth (2 cups)

Chicken broth (6 cups)

Dried thyme

Onion powder

Garlic powder

Poultry seasoning

Umami Seasoning Blend

Dried Onion Flakes

Smoked paprika

Cumin

French rolls or hoagie buns (6-8)

Provolone or Swiss cheese slices (18 slices)

Russet potatoes (6 large)

Olive oil

Bell peppers (2)

**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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