

# A Week of VeggieFull Dinners

Includes printable shopping list and full recipes!

Plus a bonus breakfast!

# Shopping List:

## A week of VeggieFull Dinners

<b>Produce:</b>	<b>Other:</b>	<b>Pantry items:</b>
5-6 large beets	1 cup Guinness	1 Box Tricolor Rotini
1 medium butternut squash		1 cup rice
4 apples	<b>Meat:</b>	2 cups Arborio/risotto rice
4 small onions	1 lb. Polish Kielbasa	18-20 cups chicken broth
1 head cabbage	2 pounds chicken breasts	6 tablespoons Olive Oil
2 tomatoes	1 pound ground beef or turkey	2 Tablespoons Balsamic Vinegar
10 large potatoes	1 pound ground beef	1 tablespoon soy sauce
1 bell pepper, diced	½ pound ground lamb	1 ½ cups ketchup
8 carrots	½ pound bacon	1 cup apple juice
1 head broccoli	Stew beef, ground beef or bacon (optional—1/2 to 1 pound)	¼ cup honey
1 cup peas		¾ cup maple syrup
6 sweet potatoes	<b>Spices:</b>	3 tablespoons molasses (I use blackstrap for more flavor and an iron boost)
3 cloves garlic, minced	1 tablespoon cinnamon	1 can diced tomatoes
	1/2 teaspoon Nutmeg	1 can tomato paste
<b>Dairy:</b>	1 tablespoon seasoning blend of choice (I like McCormick Vegetable seasoning or Penzey's Mural of Flavor)	3-4 cups plus 2 tablespoons Flour
2 tablespoons butter	Salt and Pepper to taste	1 teaspoon baking powder
½ cup milk or cream	Dash of mustard powder	1 teaspoon baking soda
1 cup shredded cheddar cheese		¼-½ cup chopped pecans
Sour Cream (optional)		Hamburger buns or rolls
1 egg		

# Pasta with Sausage and Beets

## Ingredients:

- 1 Box Tricolor Rotini
- 2-3 large beets
- 2 tablespoons Olive Oil
- 1 lb. Polish Kielbasa, cut into rounds
- 2 tablespoons Flour
- 2 cups chicken stock/bouillon
- 2 Tablespoons Balsamic Vinegar

- 1) Cook pasta per directions
- 2) Peel, cube and cook beets until tender
- 3) Heat olive oil in large skillet and brown sausage until heated through
- 4) Remove sausage from pan and mix flour into remaining oil until smooth to create a roux
- 5) Slowly add chicken stock, stirring constantly to keep sauce smooth
- 6) Continue cooking sauce until thickened.
- 7) Remove from heat and add balsamic (more or less to taste)
- 8) Combine pasta, beets, sausage and sauce

# Pumpkin Risotto with Apple Maple Chicken

## Ingredients:

- 1 medium butternut squash
- 1 pound chicken breasts
- 4 apples
- 1 tablespoon cinnamon
- 1 cup apple juice
- 2 tablespoons Olive Oil
- 1 small onion, diced
- 2 cups arborio rice
- 4-6 cups chicken broth
- 1 teaspoon Nutmeg
- ¼ cup maple syrup

- 1) Peel and cube squash. Set aside 1 cup and cook the rest until soft and puree
- 2) Slice and core apples (peel if you'd prefer) and place around chicken in a large skillet with cinnamon and apple juice. Cover and simmer until chicken is cooked through
- 3) Heat olive oil and cook onion until soft
- 4) Add rice and stir until covered with oil and slightly toasted
- 5) Add uncooked squash and nutmeg
- 6) Add ½ cup broth at a time, stirring constantly, adding more broth each time pan starts to get dry
- 7) Continue adding broth and stirring until rice and squash is tender
- 8) Add 1 cup pureed squash
- 9) Remove chicken and apples from pan and add maple syrup, cook until sauce is thickened
- 10) Serve chicken and apples over the risotto and drizzle sauce over the top

# Borscht

## Ingredients:

- 8 cups stock/broth
- Salt and Pepper to taste
- 1 head cabbage, thinly sliced
- 1 small onion, diced
- 3 large beets, cubed
- 2 tomatoes, diced
- 4 large potatoes, diced
- Stew beef, ground beef or bacon (optional)
- Sour Cream (optional)

- 1) Brown beef or bacon
- 2) Add all ingredients except sour cream into crock pot
- 3) Cook on high 3-4 hours, stirring occasionally
- 4) Serve when vegetables are tender with a dollop of sour cream on top

# Sloppy Joes

## Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef or turkey
- 1 small onion, diced
- 1 bell pepper, diced
- 1 can diced tomatoes
- 1 can tomato paste
- 3 tablespoons molasses (I use blackstrap for more flavor and an iron boost)
- ¼ cup honey
- 3 cloves garlic, minced
- Dash of mustard powder
- 1 tablespoon soy sauce
- Salt and Pepper to taste
- Hamburger buns or rolls
- Butter

- 1) Heat the oil in a large skillet and brown the meat
- 2) Add the onion and pepper, cook until soft
- 3) Butter hamburger buns/rolls and toast or grill
- 4) Add remaining ingredients and simmer until sauce thickens
- 5) Pile meat mixture on top of bun/roll

# Chicken and Rice

## Ingredients:

- 1 cup rice
- 1 pound chicken breasts
- 4 carrots, sliced
- 1 head broccoli, destemmed
- 4 cups stock/broth
- 1 tablespoon seasoning blend of choice (I like McCormick Vegetable seasoning or Penzey's Mural of Flavor)

- 1) Layer rice, chicken and vegetables in a large skillet
- 2) Add chicken broth and seasoning
- 3) Cook covered, on medium heat until rice is tender and chicken is cooked through (approximately 30 minutes)

# Shepherd's Pie

## Ingredients:

- 6 large potatoes
- 1 tablespoon Olive Oil
- 1 pound ground beef
- ½ pound ground lamb
- 1 teaspoon garlic salt
- 1 small onion, diced
- 4 carrots, peeled and cut into rounds (or use frozen)
- 1 cup Guinness
- 1 ½ cups ketchup
- 1 cup peas
- 2 tablespoons butter
- ½ cup milk or cream
- 1 cup shredded cheddar cheese

- 1) Cook potatoes until soft and mash
- 2) Add butter and milk/cream to taste
- 3) Brown beef and lamb in oil with garlic salt
- 4) Add onion and carrots cook until onions are soft
- 5) Add Guinness and ketchup and mix
- 6) Cook until sauce begins to thicken
- 7) Add peas and put in lasagna pan
- 8) Spread mashed potatoes on top of the meat and vegetable mixture
- 9) Bake at 350 degrees for 30 minutes, top with cheese last 10 minutes



# Sweet Potato Gnocchi with Maple Bacon Sauce

## Ingredients:

- 6 sweet potatoes
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 2 to 3 cups flour
- ½ pound bacon, diced
- ¼ cup maple syrup

- 1) Peel, cook and puree sweet potatoes
- 2) Mix sweet potato puree, salt, nutmeg, pepper and 1 cup flour
- 3) Slowly add flour until dough begins to form and becomes too hard to stir
- 4) Heavily flour counter/cutting board and turn dough onto surface
- 5) Continue handkneading and adding flour until dough is no longer sticky
- 6) Divide dough into 6 even pieces and roll each piece into a long about ¾ inch in diameter
- 7) Cut each log into 1 inch pillows
- 8) Add pasta pillows into salted boiling water and cook until they float (do in small batches or they will stick together)
- 9) Meanwhile, cook bacon in skillet
- 10) When bacon is cooked through, add maple syrup and simmer until thickened
- 11) Drain pasta and toss with maple bacon sauce

# Bonus Breakfast: Maple Pecan Pumpkin Pancakes

## Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- ¼ cup maple syrup (plus more for topping)
- 1 cup squash puree
- ¼-½ cup chopped pecans
- Butter (optional)

- 1) Mix together dry ingredients
- 2) Add egg, syrup and puree and mix until combined (add a little water or milk if necessary to get to a pancake consistency)
- 3) Fold in chopped pecans
- 4) Cook on large skillet or griddle at medium heat/350°, flip when bubbles form and pop
- 5) Serve with maple syrup and butter if you'd like