

DINNER

Meal Planning Series 3

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This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

Slow Cooker Ideas:

- Sloppy Joe
- White Chicken Chili
- Peach Cobbler
- Beef Stew
- Apple Butter
- Chicken and Wild Rice Soup
- Split Pea Soup
- Black Bean Soup
- Banana Upside Down Cake
- Stuffed Apples
- Berry Cobbler

Monday: One Sheet Pan Chicken Fajitas

- Red Bell Pepper
- Yellow Bell Pepper
- Chicken Breast
- Whole Wheat Tortillas
- Onion
- Fajita Seasoning

Tuesday: Buffalo Baked Ziti

- Ziti
- Garlic
- Hot Sauce
- Cream Cheese
- Chicken Breast
- Mozzarella Cheese

Wednesday: Deconstructed Burger Bowls

- Ground Beef
- Onion
- Lettuce
- Pickles
- Tomato
- Avocado
- Ketchup/mustard/mayo/ bbq sauce/pickle juice (for dressing)

Thursday: Cheesy Enchiladas

- Corn Tortillas
- Refried Beans
- Monterey Jack Cheese
- Oregano/Cumin/Crushed tomato
- Yellow Onion

Friday: Cauliflower Sheppards Pie

- Cauliflower
- Onion
- Garlic
- Carrots
- Peas
- Corn
- Milk
- Cream Cheese
- All Purpose Flour
- Chicken Broth
- Salt/Pepper

30 minute meals:

- BBQ Chicken Burgers
- Southwest Turkey Burgers
- Vegetable Lasagna
- Lemon Chicken and Greens
- Chili
- Cobb Salad
- Pasta Primavera

Ideas for the grill:

- Veggie Kabobs
- Fruits (Peaches, Pineapple, Mango)
- Veggie Pizza
- Butternut Squash
- Stuffed Zucchini
- Corn
- Eggplant

Sweet Potato Black Bean Burrito Bowls

Ingredients:

- 2 large sweet potatoes
- 2 bell peppers (red & green)
- Small onion
- Chili powder/cumin/garlic powder/smoked paprika/onion powder/salt/pepper
- 2 cups brown rice
- 3 1/2 cups water
- 1 (15.5 ounce) can black beans

Directions:

1. Preheat the oven to 425 degrees.
2. Cube the sweet potatoes into small pieces, and thinly slice the red and green bell peppers. Toss with a little oil and seasonings in a bowl. Transfer to a lined baking sheet and cook for 20 minutes or until soft.
3. While the vegetables are in the oven, prep the rice. Add water to a medium sized pot and once the water is boiling, add the rice, cover and reduce the heat and cook for 30 minutes.
4. Assemble the bowls with the rice on the bottom and add the assortment of veggies and black beans.

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Recipe adapted from: <https://www.nutmegnanny.com/sweet-potato-black-bean-burrito-bowls/>

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