



Deliciously Planned >>> Dinner-time

How my meals plans work

Each week I pick 5 dinners and try to keep them a balanced mix between 30 minute meals, slow cooker recipes, and maybe one that takes a bit more effort. I know we're all busy and getting dinner on the table in the least amount of time possible is essential. I also pick one dessert to be enjoyed for the week. I only pick 5 meals because when I'm meal planning I like to work in "left-over nights" so that my fridge doesn't fill up with uneaten food and I don't become a harried mess trying to cook dinner every. single. night.

Shopping Lists

Included is a shopping list for the week's recipes and you'll see two columns: "To Pick Up" and "Pantry Items". Pantry items are things that you'll likely already have in your cooking arsenal like chili powder, baking soda, or sugar whereas "To Pick Up" will be things like Italian sausage and dried cranberries.

Recipes

Some weeks I'll exclusively use recipes from www.Heatherlikesfood.com and other weeks I may throw in a recipe or two from my cookbook and magazine collection that I've tried and love. Of course, feel free to add sides, fresh salads, or appropriate fixings to any meal. These recipes should just be a diving board to help get your head in the game and hopefully eliminate some of the dinner time chaos that just happens.

Rate and Comment

As you cook your way through the recipes on HLF, please visit the website, find the recipe you tried and rate it and/or comment so others can know how you liked it! (I'd kind of like to know, too! 😊)

Have Fun!

If you have any questions as you look over the plans each week, feel free to email me and I'll do my best to make things a little clearer. heather@heatherlikesfood.com

Best,

Heather



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Week 10

- Smoky Black Bean and Ham Soup
- Lemon Bacon Shrimp Scampi w/ Pasta
- Slow Cooker BBQ Chicken Taco Salads
- Biscuit Topped Chicken Pot Pies
- Ravioli Lasagna
- The Best Peanut Butter Cookies

Shopping List

To Pick Up

- 6 oz ham steak
- 8 slices bacon
- 2 lbs raw shrimp, shelled and deveined
- 3-4 lbs boneless skinless chicken breasts
- 1 ¼ lbs Italian sausage
- 2 onions
- 1 green bell pepper
- 4 cloves garlic
- 1 lemon
- fresh parsley
- romaine, tomato, avocado, cheese, tortilla chips, cheese, black olives, cilantro, and ranch dressing for taco salads
- celery
- 3 carrots
- 1 potato
- 1 lb butter
- 1 egg
- frozen peas
- 24 oz frozen cheese filled ravioli
- 2 C mozzarella cheese, shredded
- 1 ½ C heavy whipping cream
- 28 oz can crushed tomatoes
- 1 C BBQ Sauce

- ¼ C Italian Dressing
- Dry Pasta of choice for shrimp scampi
- 7 c chicken broth
- 1 small can green chilies
- 4 cans (14.5 oz) black beans

Pantry Items

- Olive oil
- Kosher salt
- Black pepper
- Ground Cumin
- Chili Powder
- Smoked Paprika
- Brown Sugar
- Granulated Sugar
- Peanut Butter
- Vanilla Extract
- Baking Powder
- Baking Soda
- All Purpose Flour
- Poultry Seasoning
- Garlic Salt
- Worcestershire sauce

Biscuit Topped Chicken Pot Pies

Serves: 6 pot pies

Ingredients

- ¼ C butter
- ½ medium onion, chopped
- 3 ribs celery, chopped
- ¾ C carrots, chopped
- ¼ tsp poultry seasoning
- ½ tsp garlic salt
- ¼ tsp ground black pepper
- 3 tbsp flour
- ¾ C frozen peas
- 1 medium potato, peeled and chopped
- 2 C chicken broth
- 2 boneless skinless chicken breasts, cooked and chopped
- 1 recipe [Cream Drop Biscuits](#) substituting the same amount of garlic salt for regular salt

Instructions

1. In a large skillet melt butter and saute onions, celery and carrots over medium heat until just barely tender. Stir in poultry seasoning, garlic salt, pepper and flour and cook for 1 minute while stirring.
2. Add peas, potatoes, and chicken broth. Continue to stir until it comes to a simmer, reduce heat to low, cover and cook an additional 6-8 minutes or until the veggies are tender. Remove from heat.
3. Stir in cooked chicken breast and divide among 6 individual pot pie pans-- about ¾-1 C per pan.
4. Top with small spoonfuls of the biscuit dough, dividing the dough among the six pies.
5. Bake at 450 degrees for 12-15 minutes or until the biscuits are golden and no longer doughy on the bottoms. Serve hot.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/biscuit-topped-chicken-pot-pies/>



Cream Drop Biscuits

Serves: 8 big biscuits

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons sugar
- 2 teaspoon baking powder
- ½ teaspoon salt
- 1½ cups heavy whipping cream

Instructions

1. Adjust oven rack to the upper-middle position, Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Whisk together flour, sugar, baking powder and salt in a medium bowl.
3. Add in the cream and mix by hand just until smooth and no dry spots remain- do not over mix!
4. Using a spoon or ice cream scoop, spoon portions of dough onto baking sheet.
5. Bake until golden brown, about 15 minutes and serve hot!



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/cream-drop-biscuits/>

Ravioli Lasagna

Ingredients

- 1¼ lb Italian Sausage (I use Hot Turkey)
- 1 28 oz can crushed tomatoes
- 1 C chicken broth
- 1 tsp sugar
- ¼ tsp kosher salt
- 1, 24 oz bag frozen cheese ravioli
- 1½ -2 C mozzarella cheese, grated

Instructions

1. Preheat oven to 375 degrees.
2. In a large skillet, brown and crumble sausage. Stir in Tomatoes, chicken broth, salt, and sugar. Bring to simmer and let cook for 10 minutes.
3. Ladle ¾ C sauce into the bottom of a 9x13 baking dish and spread evenly. Layer half of the ravioli over the sauce in a single layer. Top with ½ of the remaining sauce and a ½ of the cheese. Repeat 1 time.
4. Cover pan with foil and bake for 30 minutes. Uncover and bake an additional 15 minutes or until the cheese on top is browned and dish is bubbly. Let sit for 10 minutes before serving.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/ravioli-lasagna/>

Slow Cooker BBQ Chicken Taco Salad

Ingredients

For the Chicken:

- 2 lbs boneless, skinless chicken breasts
- 1 cup BBQ sauce
- ¼ cup Italian dressing
- ¼ cup brown sugar
- 1 tbsp Worcestershire sauce
- salt to taste

For the Salads:

- Chopped Romaine
- Tomatoes
- Black Beans
- Avocado
- Shredded Cheese
- Tortilla Chips
- Black Olives
- Cilantro
- Ranch Dressing

Instructions

1. Season chicken breasts lightly with salt and pepper and place in slow cooker.
2. In a mixing bowl combine BBQ sauce, Italian dressing, brown sugar and Worcestershire sauce. Stir until well combined.
3. Pour over chicken, cover and cook on HIGH for 3-4 hours. Shred chicken and continue to cook an additional 10 minutes.
4. Assemble salads as desired or use chicken in sandwiches or as a main dish.

Notes

Chicken recipe from [Family Fresh Meals](#)

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/slow-cooker-bbq-chicken-taco-salad/>



Smoky Black Bean and Ham Soup

Author: Heather Cheney

Ingredients

- 4 (14.5 oz) cans black beans
- 1 tbsp olive oil
- 6 oz ham steak
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 2 garlic cloves, minced
- 1 small can chopped green chiles
- 1 tsp ground cumin
- ½ tsp each, chili powder and smoked paprika
- 4 C chicken broth
- ¼ tsp kosher salt

Instructions

1. Place 2 cans of the black beans in a colander; rinse and drain.
2. Heat olive oil over medium-high heat. Add the ham and cook, stirring occasionally, until browned, 3-4 minutes. Add the onion, bell peppers, and garlic. Add in the Cumin and chili powder, and paprika. Cook, stirring occasionally, until fragrant, about 1 minute. Add the drained beans, broth, green chiles and remaining 2 cans of beans undrained; bring to a boil. Reduce the heat, and simmer until slightly thickened; about 30 minutes.
3. Remove the saucepan from the heat; allow to cool about 10 minutes. Pour 4 cups of the soup in a blender and puree. Return the pureed soup to the saucepan and stir in the salt. Cook, stirring occasionally, until heated through, about 2 minutes.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/smoky-black-bean-ham-soup/>





Lemon Bacon Shrimp Scampi

You really can't go wrong with butter and bacon, but when you throw some tender shrimp, garlic and lemon juice into the mix, you've got a small bite with big taste!

By [Heather Cheney](#)

INGREDIENTS

- 8 slices bacon, *cut into 1-inch pieces*
- 3 tablespoons salted butter, *divided*
- 2 pounds raw shrimp, *peeled and deveined*
- 2 small cloves garlic, *minced*
- Juice of 1 lemon
- 2 tablespoons chopped fresh parsley

DIRECTIONS

- STEP 1:** In a 10-inch nonstick skillet, cook bacon over medium heat until crisp. Remove bacon from pan and set aside, leaving about 1 teaspoon of the bacon grease in the pan.
- STEP 2:** Add 1 tablespoon of butter to the reserved bacon grease. Then, add garlic to the pan and cook until fragrant, about 1 minute. Add shrimp to the pan and cook until just opaque, about 3-4 minutes, flipping half-way through.
- STEP 3:** Remove pan from heat, add remaining 2 tablespoons of butter, parsley, lemon juice and bacon and stir to coat. Serve immediately.

Yield: 4 Servings

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Recipe developed by Anolon blog partner and recipe developer, Heather Cheney, of [Heather Likes Food](#)

The BEST Peanut Butter Cookies

Serves: 2-3 dozen cookies

Ingredients

- ½ C butter, softened
- ½ C brown sugar
- ½ C granulated sugar
- 1 egg
- 1 C creamy peanut butter
- 1 tbsp vanilla extract
- ¾ tsp baking soda
- ¾ tsp baking powder
- ½ tsp kosher salt
- 1½ C all purpose flour
- sugar for sprinkling on top

Instructions

1. In an electric mixer, cream together butter and and sugars until smooth and fluffy. Scrape sides of the bowl.
2. Add in egg, mix until smooth and scrape the bowl. Repeat with peanut butter and vanilla.
3. Whisk baking soda, powder, salt and flour in a separate bowl and slowly add to the wet ingredients. Mix until no dry spots remain.
4. Scoop dough into 2-3 tbsp balls and place on a lined baking sheet. Using the tines of a fork, gently press a criss-cross pattern into the top of each ball to slightly flatten. Sprinkle the tops with a bit of granulated sugar.
5. Bake at 350 degrees for 7-8 minutes. Do not overbake. Cookies are done when just lightly lightly browned on the bottom and just barely starting to get a little color around the edges.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/best-peanut-butter-cookies/>

