



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 7

- Sausage Stuffed Zucchini Boats
- Saucy Slow Cooker BBQ Beef Sandwiches & Buttery Dinner Rolls for Serving
- Slow Cooker Chicken Tortilla Soup
- Hashbrown Breakfast Tostadas
- Cheesy Vegetable Quinoa Bake
- The Devil's Brownies

Shopping List

To Pick Up

- 1 C butter
- 2/3 C whipping cream
- 3 C whole milk
- 3 C sharp cheddar, grated
- 14 eggs
- 6 zucchini
- 3 onions
- 1 bell pepper
- 8 oz white mushrooms
- 2 yellow squash
- 1 head garlic
- 1 bunch cilantro
- 2 limes
- 1 Devil's Food Cake Mix (18.25 oz)
- ¼ C chocolate chips
- 1 bag caramel bits (11 oz)
- 1 ½ C quinoa
- 1 jar marinara sauce
- ½ C sliced pepperonccinis
- 12 oz can cola
- 1 can petite diced tomatoes (14.5 oz)
- 1 can enchilada sauce (10 oz)
- 1 can green chiles (4oz)
- 7 C chicken broth
- 1 lb Italian sausage- I used chicken
- 3 lb beef chuck roast
- 1 lb breakfast sausage
- 2 boneless skinless chicken breasts

- 10 oz frozen corn kernels
- 16 oz frozen hashbrown shreds
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Pantry Items

- Brown Sugar
- Granulated sugar
- Vanilla
- Kosher salt
- 2 pkts yeast or 4 ½ tsp instant yeast
- 7 C All Purpose Flour
- 1 C ketchup
- Worcestershire sauce
- Chili Powder
- Dried Mustard
- Black Pepper
- Liquid Smoke Flavoring
- Garlic Powder
- Ground Cumin
- Oregano
- Bay Leaf
- Red Pepper Flakes
- ½ C panko bread crumbs
- parsley

Cheesy Vegetable Quinoa Bake

Serves: 8 servings

Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 8 oz white mushrooms, sliced
- ¼ tsp salt
- 2 C fresh zucchini, cut into 1" chunks
- 2 C fresh yellow squash, cut into 1" chunks
- 1½ C quinoa, rinsed and drained
- 3 C chicken broth
- 1 pinch red pepper flakes
- 2 eggs
- 1 C milk
- ½ tsp salt
- ¼ tsp black pepper
- 2½ C sharp cheddar cheese, shredded

Topping

- ½ C panko bread crumbs
- 1 tbsp butter, melted
- ½ tsp dried parsley
- ½ C sharp cheddar, shredded

Instructions

1. Preheat oven to 350 degrees.
2. In a large skillet heat olive oil and saute onions and garlic just until they start to soften.
3. Add mushrooms and ¼ tsp salt and cook the mushrooms down until they have released most of their water, about 3 minutes.
4. Stir in squashes and quinoa. Continue to cook, stirring constantly until the quinoa is slightly toasted- about 4 minutes.
5. Add 3 C of chicken broth to the quinoa and bring to a simmer. Cover, turn heat to low and cook for 15-20 minutes or until most of the liquid is absorbed.
6. Transfer quinoa mixture to a greased 9x13" pan. Set aside.
7. Combine milk, eggs, salt and pepper in a separate container and whisk until smooth. Stir in shredded cheese.
8. Pour egg mixture over quinoa and slightly stir to combine. Mixture will be soupy.
9. Combine panko bread crumbs with melted butter, parsley, and remaining cheese. Sprinkle over the top of the quinoa.
10. Bake for 35-45 minutes or until the center is set and top is golden.
11. Let cool for at least 10 minutes before serving.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/cheesy-vegetable-quinoa-bake/>



Fiesta Slow-Cooker Chicken Tortilla Soup

Ingredients

- 1 can (15oz) petite diced tomatoes
- 1 can (10 oz) red enchilada sauce
- 1 can (4 oz) diced green chilies
- 1 can (14.5 oz) black beans, drained
- 10 oz frozen corn kernels
- 1 medium onion, diced
- 2 cloves garlic, minced
- 4 C chicken broth
- 1 tsp ground cumin
- 1 tsp chili powder
- 2 tsp kosher salt
- 1 tsp oregano
- ¼ tsp black pepper
- 1 bay leaf
- 2 boneless/skinless chicken breasts
- ½ C fresh cilantro, chopped
- 2 limes, juiced
- tortilla chips, cheese, sour cream, avocado for serving



Instructions

1. Combine all ingredients except for the cilantro and lime juice in a slow-cooker.
2. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.
3. Remove chicken from soup, shred into bite-sized pieces and return to soup.
4. Stir in chopped cilantro and lime juice.
5. Serve with tortilla chips, cheese, sour cream, and avocado if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/fiesta-slow-cooker-chicken-tortilla-soup/>

Hashbrown Breakfast Tostadas

Serves: 4 Tostadas

Ingredients

- 16 oz frozen hashbrown potatoes
- 8 eggs, scrambled
- 1 lb breakfast sausage, crumbled and cooked
- shredded cheese
- salsa
- sour cream
- avocado

Instructions

1. Heat waffle iron and place 1½ C of frozen potatoes in iron.
2. Cook for 5 minutes or until browned and crispy
3. Top with eggs, sausage, cheese and other desired toppings.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/hashbrown-breakfast-tostadas/>



Saucy Slow Cooker BBQ Beef Sandwiches

Serves: 6 servings

Ingredients

- 2½-3 lb beef chuck roast
- ½ C sliced pepperoncinis
- 2 C sliced onions
- 12 oz can cola, not diet
- 1 C ketchup
- ¼ C Worcestershire sauce
- 1 tsp each, chili powder and ground mustard
- ¼ tsp black pepper
- ½ C brown sugar
- 1 tsp liquid smoke flavoring
- ½ tsp garlic powder
- 1 tsp kosher salt

Instructions

1. Trim roast of any excess fat and place in a slow-cooker and top with pepperoncinis and onion.
2. In a separate bowl combine the remaining ingredients and whisk until smooth.
3. Measure 1½ C of the sauce and set aside. Pour remaining sauce over the meat, cover and let cook on low for 6-8 hours or high for 4. Meat is done when tender and shreds easily.
4. Transfer reserved sauce into a sauce pan and bring to a simmer. Reduce for 15- 20 minutes over medium heat until it has thickened and coats the back of a spoon. Remove from heat.
5. When meat is done, remove from slow-cooker and shred into bite-sized pieces. Discard the cooking liquid and return meat to the slow-cooker.
6. Stir thickened BBQ sauce into the shredded meat and heat until hot throughout. Serve on soft rolls topped with onion rings and pepperoncinis if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/saucy-crock-pot-bbq-beef-sanwiches-and-a-giveaway/>



Buttery Dinner Rolls

Ingredients

- ¼ cup warm water
- 2 packets (1/4 ounce each) active dry yeast or 4½ tsp instant yeast
- 1½ cups warm whole milk (115 degrees)
- ½ cup butter, melted
- ¼ cup sugar
- 2¼ teaspoons kosher salt
- 2 large eggs
- 6 to 6½ cups all-purpose flour (spooned and leveled), plus more for work surface

For the egg wash

- 1 egg
- 1 tbsp water

Instructions

1. If using active dry yeast dissolve yeast in ¼ C warm water, otherwise combine sugar, warm milk, melted butter, salt, eggs, in bowl of a mixer. Mix until well combined.
2. Add flour 1 C at a time until you have a soft, shaggy, slightly sticky dough (adding additional flour if needed).
3. Knead for 5-10 minutes until dough is smooth and elastic. Shape into a ball and cover with plastic wrap. Let rise until ball is doubled in size- about 1 hour.
4. Remove dough from ball and divide into half, divide each half in half again, and repeat until you have 32 pieces of dough.
5. Shape each piece of dough into a smooth ball by pinching the bottom of each ball and place on a lined baking sheet. Cover sheet with plastic wrap and let rise until doubled- about 1 hour.
6. Combine egg with 1 tbsp of water and brush over tops of risen rolls. Bake at 375 degrees for about 20 minutes and golden brown. Remove rolls from oven and brush tops with melted butter.

Notes

Adapted from Martha Stewart, Everyday Food Dec. 2008

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/buttery-dinner-rolls-thanksgiving-blitz-1/>



Sausage Stuffed Zucchini Boats

Author: Heather Cheney

Serves: 4-6 servings

Ingredients

- 4 medium sized zucchini
- 1 lb italian sausage- I used chicken
- ½ C onion, finely diced
- ½ C bell pepper, finely diced
- 1 egg, beaten
- salt and pepper
- 1 jar marinara sauce



Instructions

1. Preheat oven to 375 degrees
2. Cut each zucchini in half lengthways and gently scrape out the seeds so that each half has a little well to fill with the sausage.
3. Spread a few spoonfuls of marinara sauce over the bottom of a 9x13 baking dish and arrange the zucchini, cut side up, in the baking dish.
4. In a medium sized bowl, combine sausage with onions, pepper and egg. Mix to just combine and spoon into zucchini.
5. Pour remaining marinara sauce over the zucchini and cover dish with foil. Bake for 30 minutes, remove foil and bake an additional 10-15 minutes or until bubbly and zucchini is soft.
6. Serve hot with a sprinkle of cheese if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/sausage-stuffed-zucchini-boats/>

The Devil's Brownies

Ingredients

- 1 box Devil's Food Cake Mix (18.25 oz)
- ½ C butter, melted
- ⅔ C whipping cream, divided
- ¼ C chocolate chips
- 1 bag caramel bits (11 oz)
- 1 tsp vanilla extract



Instructions

1. Preheat oven to 350
2. Combine caramel bits, ⅓ C whipping cream, and vanilla in a small sauce pan and melt over medium heat until smooth, stirring constantly. Set aside.
3. In a medium sized bowl, combine dry cake mix with the remaining cream and melted butter. Press ⅔ for the brownie batter into the bottom of a greased 8x8" pan and bake for 6 minutes.
4. Remove from oven and top with chocolate chips followed by the caramel. Crumble remaining brownie batter over the caramel and return to the oven for 15-18 minutes.
5. Cool completely before cutting.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/the-devils-brownies/>