



# 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](http://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](mailto:heather@heatherlikesfood.com)

Best,

Heather

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Visit [www.heatherlikesfood.com](http://www.heatherlikesfood.com) to rate the recipe you tried!

Week 1



# Deliciously Planned >>> Dinner-time

## Week 1

- Creamy Spinach and Tomato Spaghetti
- Jalapeno Popper Cheesesteaks
- Slow Cooker Blackberry BBQ Pork w/ Baked Sweet Potatoes
- Zuppa Toscana w/ Bakery French Bread and Green Salad
- Gluten Free Tamale Pie (can be made non gluten free as well)
- Ranger Cookies

## Shopping List

### To Pick Up

- 1 C old-fashioned rolled oats
- 1 C shredded coconut
- ½ C white chocolate chips
- ½ C mini semi sweet chocolate chips
- 1 C dried cranberries
- 3 C crispy rice cereal
- 12 oz cream cheese
- ½ C mozzarella cheese, grated
- ½ C parmesan cheese, grated
- 2 C monterry or Colby jack cheese
- ½ C jarred Jalapeno peppers
- 1 lb sliced deli roast beef
- ½ lb Italian Sausage (mild or hot)
- ½ lb Turkey Italian Sausage
- 1 Head garlic
- 3 lb pork roast
- 3 yellow onions
- 4 sm-med. russet potatoes
- 2 C fresh Kale
- 1 C cream
- ½ C blackberry preserves
- BBQ Sauce
- 1 (15 oz) box krusteaz gluten free cornbread mix or similar regular mix
- 1 can (14.5 oz) creamed corn
- 1 lb lean ground beef
- Taco Seasoning
- 2 cans (14.5oz) petite diced tomatoes

- 1 can (8 oz) tomato sauce
- 2 tbsp tomato paste
- 1 ½ C enchilada sauce
- 7 C chicken broth
- 4 C fresh baby spinach
- 1 lb dry spaghetti
- Sweet Potatoes
- French Bread
- 4 large sandwich rolls
- Salad Greens

### Pantry Items

- Brown Sugar
- Granulated sugar
- Vanilla
- Kosher salt
- Olive Oil
- Milk
- Dried Oregano
- Red pepper flakes
- Panko Bread Crumbs
- 1 lb salted butter
- ¼ C vegetable oil
- 3 large eggs

## Gluten Free Tamale Pie

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### Ingredients

- 1 (15 oz) box Krusteaz Gluten Free Honey Corn Bread Mix
- 1 egg
- ½ C milk
- 1 can (14.5 oz) creamed corn
- ¼ C vegetable oil
- 1 lb ground beef
- 1 packet or ¼ C taco seasoning
- 1 can (14.5 oz) petite diced tomatoes
- 1½ C enchilada sauce
- 1-2 C cheese, grated



### Instructions

1. Preheat oven to 375 degrees.
2. Combine mix, egg, corn, milk and oil in a bowl and mix until moistened. Spread into a non-stick 12" skillet and bake until set, about 20-25 minutes.
3. Brown meat until cooked, drain off fat and stir in taco seasoning, tomatoes and enchilada sauce. Bring to a simmer and set aside.
4. Remove bread from oven and poke holes all over the bread with a wooden skewer. Pour meat mixture over the bread and top with cheese. Return pan to the oven and bake for an additional 10-15 minutes or until cheese is melted and sauce is bubbling. Top with fresh cilantro if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/gluten-free-tamale-pie-giveaway/>

## Creamy Spinach and Tomato Spaghetti

### Ingredients

- 1 medium onion, diced
- 2 cloves garlic, sliced
- 2 tbsp olive oil
- 1 tbsp sugar
- 1 tbsp dried oregano
- 1/8 tsp dried red pepper flakes
- 3/4 tsp salt
- 1 can (14.5 oz) petite diced tomatoes
- 1 can (8 oz) tomato sauce
- 2 tbsp tomato paste
- 1 C chicken broth
- 4 oz full-fat cream cheese (low-fat and fat-free have the tendency to curdle)
- 4 C fresh baby spinach
- 1 lb dry spaghetti



### Instructions

1. In a large skillet heat olive oil over medium heat and cook onions and garlic until the onions are soft, lightly browned and sweet.
2. Add sugar, oregano, red pepper, and salt to the onions and stir. Add tomatoes, sauce, paste, and chicken broth to the skillet and bring to a simmer.
3. Cut the cream cheese into small chunks and stir into the sauce. Continue to stir until the cream cheese has completely melted into the sauce- about 5 minutes.
4. Cook spaghetti according to package directions and reserve 1 C of the hot pasta water before draining. Set aside.
5. Add spinach to the sauce and stir until wilted. Remove from heat and transfer the cooked spaghetti into the sauce. Toss until coated, adding in a little bit of the pasta water to loosen it up if needed.
6. Serve topped with grated Parmesan cheese.

### Nutrition Information

Serving size: 4-6 Servings

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/creamy-spinach-tomato-spaghetti/>

## Jalapeno Popper Cheesesteaks

Serves: 4 large sandwiches

### Ingredients

- 8 oz cream cheese, softened
- ½ C mozzarella cheese, grated
- ¼ C + 2 Tbsp parmesan cheese, grated
- ⅓ C sliced [Mezzetta Deli Sliced Hot Jalapeno Peppers](#), chopped
- 1 lb sliced deli roast beef
- 4 large sandwich rolls
- 2 Tbsp panko bread crumbs
- 2 Tbsp butter, softened
- [Mezzetta Cheese Stuffed Olives](#) optional



### Instructions

1. Preheat broiler on high
2. Combine softened cream cheese with jalapenos, mozzarella, and ¼ C parmesan cheese. Mix until smooth.
3. Arrange sliced sandwich rolls on a baking sheet. Divide the meat between the 4 sandwich roll halves and top with the cheese mixture.
4. Spread the other halves of the sandwich rolls with butter and top with remaining parmesan and breadcrumbs.
5. Place under the broiler for 3-4 minutes, watching closely until the cream cheese is melted and starting to brown and the other half is browned and crisp.
6. Garnish with an olive and serve hot.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/jalapeno-popper-cheesesteaks/>

## Ranger Cookies

Serves: 5-6 Dozen Cookies

### Ingredients

- 1 C salted butter
- 1 C brown sugar, firmly packed
- 1 C granulated sugar
- 1 teaspoon vanilla
- 1 teaspoon kosher salt
- 2 large eggs
- 2 C All-Purpose Flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 C old-fashioned rolled oats
- 1 C shredded coconut
- ½ C white chocolate chips
- ½ C mini semi sweet chocolate chips
- 1 C dried cranberries
- 3 C crispy rice cereal

### Instructions

1. Beat together the butter, sugars, vanilla and salt until fluffy; add the eggs and beat until smooth.
2. In a separate mixing bowl, whisk together the flour, baking powder and baking soda; add the flour mixture to the butter and beat until well blended. Stir in the oats, coconut, chips, cranberries and cereal, mixing just until blended.
3. Drop the dough by rounded teaspoons onto lightly greased or parchment-lined cookie sheets. Bake the cookies in a preheated 350°F oven for 10 to 12 minutes, or until they're golden brown--- mine were done at exactly 11 minutes.

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



## Slow Cooker Blackberry BBQ Pulled Pork

Serves: 4- 6 servings

### Ingredients

- 3 lb pork roast ( I used a picnic roast)
- 5-6 cloves garlic
- salt and pepper
- 2 tbsp olive oil
- ½ C blackberry preserves
- ½ C favorite BBQ sauce



### Instructions

1. Cut each garlic clove into 2 or 3 slices. Cut slits into the roast and insert garlic into the slits, scattering them throughout the meat. Season roast generously with salt and pepper
2. Heat olive oil in a large skillet and brown the roast on all sides until golden brown. Place roast in a slow cooker and cook on low for 6-8 hours or until tender and shreds easily.
3. Combine preserves with bbq sauce and pour over shredded pork. Serve hot.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/slow-cooker-blackberry-bbq-pulled-pork/>

## Zuppa Toscana (Olive Garden Copy-Cat)

Serves: 6-8 servings

### Ingredients

- ½ lb Italian Sausage (mild or hot)
- ½ lb Turkey Italian Sausage
- 4 sm.-med. russet potatoes, cut in half and then in ¼" slices
- 1 large onion, diced
- 2 cloves garlic, minced
- 6 C chicken broth
- 1 tsp kosher salt
- 2 C kale, washed and chopped
- 1 C heavy cream
- Parmesan cheese for serving



### Instructions

1. In a soup pot or dutch oven, brown and crumble the sausages until cook through over medium heat.
2. Leaving behind about 1 tbsp of the rendered fat, remove the sausage from the pan and transfer on to paper towels to drain.
3. Add onion and garlic to the fat in the pot and cook until soft and fragrant, about 3-4 minutes.
4. Stir chicken broth into the onions and garlic and stir in the potatoes and salt. Bring pot to a simmer and let cook until the potatoes are tender, about 12-15 minutes.
5. Stir the kale into the soup followed by the cream. Serve with crusty bread and Parmesan cheese.

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