

This week's menu is condensed to three recipes due to the holidays. There is less focus on complete dinners and more on hearty dishes that can be prepared in advance and reheated as the busy week unfolds.

MAKE AHEAD:

Olive Oil Mashed Potatoes

2 potatoes, peeled & quartered

½ Tablespoon olive oil

¼ teaspoon black pepper

¼ teaspoon thyme

1/8 teaspoon salt

Boil potatoes. Mash with olive oil, black pepper, thyme, and salt.
Store mash in an airtight container for cauliflower Sheppard's pie.

MENU:

MEAL ①

Vegetable Noodle Soup

MEAL ②

Lasagna Pasta

MEAL ③

Cauliflower-Broccoli

Sheppard's Pie



Shopping List

1- Vegetable Noodle Soup 2- Lasagna Pasta 3-Cauli-Broc Shepherd's Pie

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2	carrots	8 medium		2
2,3	broccoli	1 pound		2
1,2	fresh parsley	1 bunch	to yield 1/2 cup + 2 Tablespoons	2
3	Idaho potatoes	2 medium		2
3	cauliflower	1/2 head	ask grocer to cut	2
1	celery	3 ribs/stalks		2
1	fennel	1/2 head	ask grocer to cut	2

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3	ricotta cheese	16 oz		5
2	grated Parmesan Reggiano	3/4 cup		4
3	milk	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 2	whole grain fusilli	16 oz	used in two recipes	3
2	tomato paste	6 oz		1.5

Fresh 20 Grocery Est 28.5
 Cost Per Dinner 5.7
 Cost Per Serving 1.425

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	4 T.	vegetable broth	12 cups
	garlic	4 cloves	organic butter	3 T.
	onions	2 medium	eggs	
	dried oregano	2 T.	tomato paste	
	cumin	2 tea	Dijon mustard	
	sea salt	4-1/4 tea	balsamic vinegar	
	black pepper	2-1/2 tea	soy sauce	
	red chili powder	1/4 tea	pasta	
	dried thyme	1/4 tea	flour	1 T.

DIRECTIONS:

Boil noodles for 5 minutes. They will still be slightly crunchy and will finish cooking in the soup. NOTE: If you add uncooked noodles to the soup, they will absorb all of the liquid.

Melt butter and olive oil in large stock pot over medium-high heat. Add chopped onion, carrots, fennel and celery and cook 5-10 minutes until slightly brown. Season with cumin, salt and black pepper and stir to coat vegetables.

Add broth; simmer for 20 minutes on low. Add in parboiled pasta cooking for a few minutes until pasta is warm.

Serve in individual bowls garnished with parsley.

KITCHEN TIP:

I like to add a Tablespoon of tomato paste to make it a little richer. You can also add some chili flakes if you want to spice it up! Throw in any extra vegetables you have in the fridge!

INGREDIENTS:

4 oz (¼ pound) short pasta noodles (fusilli)

1 Tablespoon unsalted butter

1 Tablespoon olive oil

1 medium onion, chopped

6 medium carrots, peeled & cut in round discs

½ head fennel, chopped

3 celery ribs, cut into ½" pieces

2 teaspoons each of cumin & salt

1 teaspoon black pepper

8 cups vegetable broth

2 Tablespoons chopped parsley

This dish is a tasty alternative to labor intensive lasagna. It's a great make-ahead meal for spontaneous holiday guests.

Directions:

Preheat oven to 375 degrees F.

Boil salty water for pasta. Cook pasta (fusilli) according to package, but slightly al dente so that it is not mushy.

Heat oil in a large sauce pan over medium heat. Sauté onions, carrots and garlic until translucent, about 4 minutes. Add broccoli, oregano, salt, red chili powder and black pepper.

Combine tomato paste and broth until smooth. Add liquid to vegetables, stirring to coat. Simmer for 5 minutes, and then remove from heat.

Combine fresh parsley and ricotta cheese in a small bowl.

Combine cooked pasta and ricotta cheese mix. Fold in vegetable-tomato sauce.

Spoon into a 9x13 baking pan. Sprinkle with Parmesan and bake, uncovered for 20 minutes.

INGREDIENTS:

12oz (3/4 pound) whole grain pasta (fusilli)

2 Tablespoons olive oil

½ medium onion, chopped

2 medium carrots, peeled and finely chopped

2 cloves garlic, minced

½ pound broccoli florets, finely chopped

2 Tablespoons dried oregano

1 teaspoon salt

¼ teaspoon red chili powder

½ teaspoon black pepper

6 oz tomato paste

3 cups vegetable broth

½ cup fresh parsley, finely chopped

12 oz part-skim ricotta cheese

½ cup grated Parmesan Reggiano

INSTRUCTIONS:

For mashed potatoes

Boil potatoes until tender.

Mash with ricotta, milk, black pepper, thyme, and salt.

For shepherd's pie

Preheat oven to 350° F

Heat olive oil in a medium pan. Sauté onions until slightly brown. Add garlic and sauté for a half minute before adding cauliflower and broccoli. Season with salt and pepper.

Cook through for 4-5 minutes. Transfer to bowl and set aside.

For gravy: In same pan, melt butter over medium-low heat and scrape pan for browned bits of vegetables. Add flour once butter is melted. Cook for 1 minute until flour smell is gone. Add milk. Bring to a simmer. Add 1 cup of vegetable stock. Stir vigorously. Remove from heat and add salt and pepper. Pour gravy over cauliflower-broccoli mixture and stir to coat.

Arrange cauliflower-broccoli mixture in 8" or 9" baking dish. Spread mashed potatoes on top of the vegetables. Sprinkle with Parmesan and bake for 25 minutes.

INGREDIENTS

For mashed potatoes

2 Idaho potatoes, peeled & quartered

4 ounces ricotta cheese

¼ cup milk

¼ teaspoon black pepper

¼ teaspoon dried thyme

½ teaspoon salt

For shepherd's pie

1 Tablespoon of olive oil

½ medium onion, chopped

2 cloves of garlic, minced

½ head of cauliflower, chopped

½ pound broccoli florets, chopped

½ teaspoon of salt

½ teaspoon of black pepper

For gravy:

2 Tablespoons of butter

1 Tablespoon of flour

1 cup of milk

1 cup of vegetable stock

¼ teaspoon of salt

¼ teaspoon of black pepper

¼ cup grated Parmesan Reggiano