CLASSIC November 2nd

MAKE AHEAD

Meal # 1

- Cut beef and vegetables

Meal # 3 & # 5

- Roast pumpkin and pumpkin seeds

For pumpkin (Meal # 3)

1 - Sugar pumpkin, about 2 pounds

1. Pumpkin can be a little tough, so be prepared with a sharp knife. You can also purchase organic, no salt added pumpkin puree.
2. Preheat oven to 450 degrees.
3. Cut pumpkin into fourths and remove seeds into a strainer (save for toasted pumpkin seeds, recipe below).
4. Lay pumpkin out onto a baking sheet and roast for 30 minutes or until very tender.
5. Cool slightly and then peel the pumpkin flesh away from the skin - discard skin.
6. Place into a blender or food processor with ¼ cup of water and puree until smooth. 1 sugar pumpkin should yield 2 cups of pumpkin puree. If you choose to use a canned, organic pumpkin make sure it is plain pumpkin not pumpkin pie filling.

For toasted pumpkin seeds (Meal # 5)

1. Rinse 1 cup of pumpkin seeds and lay out onto a flat surface to dry out for at least a day.
2. Toss with 1 Tablespoon of olive oil and sprinkle with seasoned salt or kosher salt and paprika.
3. Roast in 425 degree oven for 20 minutes or until golden brown and toasted.
4. Reserve for Meal #5.

MENU

MONDAY ①
GUINESS BEEF STEW

TUESDAY ②
TILAPIA
Potatoes and garlicky green beans

WEDNESDAY ③
PUMPKIN POTATO & PEA GOULASH
Wide egg noodles

THURSDAY ④
CHICKEN SAUSAGE
Potato carrot gratin with parmesan and fresh thyme

FRIDAY ⑤
PUMPKIN & PARSNIP SOUP
Pear & goat cheese salad
with toasted pumpkin seeds

Classic November 2

Shopping List

(1) Guiness Beef Stew (2) Tilapia w/Potatoes & Green Beans (3) Pumpkin Goulash (4) Chicken Sausage (5) Pumpkin & Parsnip Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chuck roast	2 pounds		14
4	chicken apple sausages	6	pre-cooked	8
2	tilapia	1-1/4 pounds	about 4 fillets	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	carrots	8		3
1,4,5	onion	2		2
1	celery	4		2
1,2,4	russett potato	6		4
1,5	parsnips	4		4
1,4	thyme	6 sprigs		1.5
3,5	sugar pumpkins	2	can substitute organic pumpkin puree	6
3	frozen organic peas	1 cup		2
3,5	red leaf lettuce	2 bunches		3
5	pears	3		2
2	lemon	2		2
3	cucumber	1		1.5
3	cherry tomatoes	1 cup		2.5
2	green beans	1/2 pound		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
4	parmesan	1 cup		4
5	goat cheese	2 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	Guiness beer	12 ounces		2

Fresh 20 Grocery Est	80
Cost Per Dinner	16
Cost Per Serving	4

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	1 teaspoon
	balsamic vinegar	4 teaspoons	ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium	5 cups	organic tomato paste	1/4 cup
	garlic	4 cloves	Dijon mustard or brown mustard	1 Tblsp + 1 teaspoon
	kosher salt	3-3/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2-1/2 teaspoons	whole grain pasta (wide egg noodles)	6 ounces
	cayenne pepper		long grain brown rice	
	paprika	1/2 teaspoon	whole wheat flour	2 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) GUINNESS BEEF STEW

MADE AHEAD

- Cut beef and vegetables

DIRECTIONS

For Guinness beef stew

1. In a large bowl, combine meat, salt & pepper, and whole wheat flour- toss to combine.
2. Heat a large Dutch oven or a heavy bottom soup pot over medium heat; once hot, add in oil. Brown the meat in two batches, each batch should take about 3 minutes. Watch the heat so that the flour doesn't burn.
3. Place all the meat back into the pot with the cut vegetables, tomato paste, Dijon and garlic. Stir to combine and cook for 3-4 minutes.
4. Add in beer, broth, water, and thyme sprigs.
5. Bring to a boil, cover with a lid, and reduce the heat slightly. Keep the liquid to a low boil and cook for 25 minutes. Discard any thyme stems floating at the top.

Remove 4 full cups of vegetables and meat without liquid, then remove 1 ½ full cups of just the liquid. Cool and store vegetables and broth together in an airtight container for meal #3.

Serve remaining stew warm for dinner.

INGREDIENTS

For Guinness Beef Stew

2 pounds chuck roast, trimmed and cut into 1 inch pieces (for two meals)
* *Boneless skinless chicken thighs can be substituted*

1 teaspoon kosher salt

½ teaspoon black pepper

2 Tablespoons whole wheat flour

2 Tablespoons grapeseed oil - divided

1 medium yellow onion, cut into small dice

4 medium carrots, peeled and cut into large dice

4 ribs of celery, cut into 1 inch slices

2 parsnips, peeled and cut into large dice

2 – 8 ounce russet potatoes peeled and cut into large dice

¼ cup tomato paste

1 Tablespoon Dijon mustard

2 garlic cloves

1 – 12 ounce Guinness Beer or 1 ½ cups of red wine

2 cups low sodium chicken broth

1 cup water

4 sprigs of fresh thyme

(2) TILAPIA

potatoes and garlicky green beans

DIRECTIONS

For Tilapia

1. Season the Tilapia fillets with salt & pepper and paprika on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat; add in oil, and once hot, add the fillets.
3. Cook about 2 minutes on each side or until the fish flakes with a fork. Squeeze fresh lemon juice over the top *(* for chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle).*

For potatoes and garlicky green beans

1. In a small bowl, whisk to combine lemon juice, zest, olive oil, garlic, and salt & pepper – set aside.
2. Fill a large pot with cold water and two heavy pinches of salt, add potatoes and bring to a boil.
3. Boil potatoes until just about fork tender, about 8 -10 minutes. When potatoes are just minutes from being done, add in green beans for 2 minutes. Drain the potatoes and green beans and return them to the pot.
4. Add in the lemon juice and olive oil mixture, toss to coat.

INGREDIENTS

For Tilapia

4 Tilapia fillets (or any white fish of your choice), about 1 ¼ pounds
**1 pound of chicken breast can be substituted (2 breasts sliced in half lengthwise)*
¼ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon paprika
1 Tablespoon grapeseed oil
1 lemon, cut in half

For potatoes and garlicky green beans

1 lemon, zested and juiced
2 Tablespoons olive oil
2 garlic cloves, minced or pressed
¾ teaspoon kosher salt
½ teaspoon black pepper
2 – 8 ounce russet potatoes, peeled and cut into large dice
½ pound of fresh green beans, trimmed and cut in half

(3) PUMPKIN GOULASH

wide egg noodles

MADE AHEAD

- 4 cups meat and vegetables **see Meal #1*
- 1 ½ cups of broth ** see Meal #1*
- 2 cups pumpkin puree **see prep guide*

DIRECTIONS

For pumpkin goulash with wide egg noodles

1. Heat a large pot of water with a heavy pinch of salt. Bring to a boil and cook noodles until aldente – about 9 minutes. Drain and set aside.

Meanwhile

2. Heat a large, nonstick sauté pan over medium heat. Add in meat & vegetables, broth, pumpkin puree, peas, vinegar, and salt & pepper – stir to combine and simmer until warmed through.

3. Serve over warm noodles.

For green salad

1. Toss salad together in a medium bowl with your choice of pantry dressing.

INGREDIENTS

For pumpkin goulash with wide egg noodles

6 ounces wide, whole wheat egg noodles
4 cups of meat and vegetables ** see Meal #1*
1 ½ cups of broth ** see Meal #1*
2 cups pumpkin puree **see prep guide*
1 cup frozen organic peas
1 Tablespoon white wine vinegar
Pinch of kosher salt & pepper

For green salad

1 small bunch red or green leaf lettuce, washed and cut into bite sized pieces
1 cup cherry tomatoes
½ cucumber, peeled and cut into thin slices
Pantry dressing of your choice

(4) CHICKEN SAUSAGES

Potato carrot gratin with parmesan and fresh thyme

DIRECTIONS

For potato carrot gratin with parmesan and fresh thyme

1. Preheat oven to 425 degrees and lightly oil an 8”x8” brownie pan or a small casserole dish. Adjust oven racks to the upper and lower third.
2. In a large bowl, combine grated potatoes, carrots and onions, ¾ cup of Parmesan cheese, salt & pepper, thyme, and olive oil. Mix to combine and spread evenly into prepared baking dish.
3. Top with remaining ¼ cup of cheese and cover with foil. Bake on the upper rack for 20 minutes, remove foil and bake for an additional 10 minutes to melt the cheese.

For chicken sausages

1. Arrange sausages on a foil lined baking sheet and place into the oven on the lower rack below the potatoes. Bake for 20 minutes or until the sausages are warmed through.

INGREDIENTS

For potato carrot gratin with parmesan and fresh thyme

2 – 8 ounce Russet potatoes, peeled and grated

4 medium carrots, peeled and grated

¼ medium yellow onion, grated

1 cup parmesan cheese, grated (2 ounces) – divided

¾ teaspoon kosher salt

½ teaspoon black pepper

1 Tablespoon of fresh thyme leaves

3 Tablespoons olive oil

6 pre-cooked chicken sausages

(5) PUMPKIN & PARSNIP SOUP

pear and goat cheese salad

MADE AHEAD

- Toasted pumpkin seeds * *see prep guide*

DIRECTIONS

For pumpkin & parsnip soup

1. Preheat oven to 450 degrees and adjust the rack to the middle of the oven.
2. Line a baking sheet with parchment or lightly rub with grapeseed oil.
3. Lightly brush cut vegetables with olive oil and sprinkle with kosher salt.
4. Roast for 30 minutes or until very soft and tender.
5. Remove from oven and cool slightly.
6. Peel the skin from the pumpkin.
7. In batches, puree the vegetables with broth until completely smooth.
8. Place pureed vegetables into a soup pot with water, syrup, vinegar, Herbes, and salt & pepper. Simmer for 10 minutes over low heat.

Serve 2 cups per adult and 1 cup per child. Recipe makes a total of 6 -1 cup servings.

For pear & goat cheese salad

In a medium salad bowl, toss together lettuce, pears, goat cheese, and pumpkin seeds with dressing.

For basic balsamic vinaigrette

Whisk all ingredients together until well blended.

INGREDIENTS

For pumpkin & parsnip soup

1 – 2 pound sugar pumpkin, cut into fourths, seeds removed - leave the skin on (you can substitute 2 cups of pumpkin puree)

2 large parsnips, peeled and cut into large chunks

½ medium yellow onion, cut into large chunks

1 Tablespoon of olive oil

Pinch of kosher salt

3 cups low sodium chicken broth

1 cup of water

2 Tablespoons pure maple syrup

1 teaspoon balsamic or white wine vinegar

1 teaspoon Herbes de Provence

¾ teaspoon kosher salt

¼ teaspoon black pepper

For pear & goat cheese salad

1 head red leaf lettuce, rinsed and cut into bite size pieces

3 pears, ripe but firm, cored and sliced into fourths

2 ounces goat cheese, crumbled or sliced

¼ cup toasted pumpkin seeds **see prep guide*

For basic balsamic vinaigrette

1 Tablespoon balsamic vinegar

1/2 teaspoon Dijon mustard

1/4 teaspoon kosher salt

1/8 teaspoon ground black pepper

3 Tablespoons extra-virgin olive

Nutrition Information

Guinness beef stew					Serves: 4
Serving Size: 1 cup					
Calories	491	kcal	Fat	29	g
Protein	22.7	g	Saturated	11	g
Carbohydrate	31.4	g	Sugar	5.8	g
Sodium	502	mg	Calcium	6.4	%DV
Fiber	5.2	g	Iron	18	%DV
Cholesterol	82	mg			

Tilapia					Serves: 4
Serving Size: 1 fillet					
Calories	173	kcal	Fat	5.9	g
Protein	29	g	Saturated	1.2	g
Carbohydrate	3.2	g	Sugar	0.7	g
Sodium	198	mg	Calcium	3.2	%DV
Fiber	1.4	g	Iron	5.9	%DV
Cholesterol	71	mg			

Potatoes and garlicky green beans					Serves: 4
Serving Size: 1 cup					
Calories	183	kcal	Fat	7.1	g
Protein	3.4	g	Saturated	1	g
Carbohydrate	30.2	g	Sugar	3.5	g
Sodium	379	mg	Calcium	5.1	%DV
Fiber	4.9	g	Iron	6.7	%DV
Cholesterol	0	mg			

Pumpkin goulash					Serves: 5
Serving Size: 1 1/2 cup					
Calories	660	kcal	Fat	30	g
Protein	29.7	g	Saturated	11	g
Carbohydrate	63.3	g	Sugar	9.2	g
Sodium	654	mg	Calcium	8.2	%DV
Fiber	7.8	g	Iron	29	%DV
Cholesterol	115	mg			

Green salad					Serves: 4
Serving Size: 1/2 cup (no added dressing)					
Calories	20.7	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	4.3	g	Sugar	2.8	g
Sodium	6.5	mg	Calcium	1.5	%DV
Fiber	1.3	g	Iron	2.1	%DV
Cholesterol	0	mg			

Chicken sausages				Serves: 4	
Serving Size: 1 1/2 sausage *Nutrition will vary depending on type purchased					
Calories	360	kcal	Fat	21	g
Protein	42	g	Saturated	6	g
Carbohydrate	0	g	Sugar	0	g
Sodium	1140	mg	Calcium	0	%DV
Fiber	0	g	Iron	12	%DV
Cholesterol	180	mg			

Potato carrot gratin with parmesan and thyme				Serves: 4	
Serving Size: 1 cup					
Calories	295	kcal	Fat	15	g
Protein	8.6	g	Saturated	3.9	g
Carbohydrate	34.1	g	Sugar	6.3	g
Sodium	642	mg	Calcium	20	%DV
Fiber	4.2	g	Iron	5.4	%DV
Cholesterol	13	mg			

Pumpkin parsnip soup				Serves: 6	
Serving Size: 1 cup					
Calories	163	kcal	Fat	2.6	g
Protein	2.5	g	Saturated	0	g
Carbohydrate	34.5	g	Sugar	20	g
Sodium	288	mg	Calcium	7.2	%DV
Fiber	3.8	g	Iron	5.6	%DV
Cholesterol	0	mg			

Pear goat cheese salad				Serves: 4	
Serving Size: 1 cup + 2 teaspoons basic vinaigrette					
Calories	296	kcal	Fat	21	g
Protein	7.6	g	Saturated	4.8	g
Carbohydrate	22.6	g	Sugar	13	g
Sodium	200	mg	Calcium	4.7	%DV
Fiber	5	g	Iron	11	%DV
Cholesterol	7	mg			