

- ❶ Cheese Ravioli with Summer Garden Vegetables
- ❷ Italian Tomato Soup with Pizza Grilled Cheese Croutons
- ❸ Tacos al Pastor, Red Onion and Orange Salad
- ❹ One-Sheet Autumn Pork Chops with Apples and Sweet Potatoes
- ❺ Dijon Chicken in the Slow Cooker, Pressure Cooker, or Oven, Honey Sriracha Brussels Sprouts, Best Ever Roasted Sweet Potatoes with Ginger, Cinnamon, and Thyme
- ❻ Dijon Pear chicken Salad
- ❼ Skillet Peach Crisp

#### PRODUCE

- ❶ Zucchini, 1
- ❶ Red bell pepper, 1
- ❶❷❸ Onion, 1 small +1 +1
- ❶❷❸ Garlic clove, 1 +2 +1
- ❸ Shredded lettuce, 2 cups
- ❸ Cilantro, ½ cup
- ❸ {Oranges, 4}
- ❸ {Red onion, ¼ cup}
- ❹❺ {Sweet potatoes, 4} {+3}
- ❹ {Apples, 4-5}
- ❺ {Brussels sprouts, 1 lb.}
- ❻ Celery stalks, 2
- ❻ Pear, 1
- ❻ Spinach or lettuce leaves, 4-5 cups

#### CANNED/DRY

- ❶❹❺ Olive oil, 2 Tbsp. +4-5 Tbsp. {+1-2 Tbsp.} {+2-3 Tbsp.}
- ❶ Diced tomatoes, 1 15 oz. can
- ❷❷ All-purpose flour, 2 Tbsp. +¼
- ❷ Tomato sauce, 2 15 oz. cans
- ❷ Beef broth, 1 14.5 oz. can
- ❷❷ Sugar, ½ tsp. + ¼ cup
- ❸ Chipotle chiles in adobo, 1 7 oz. can
- ❸ Pineapple tidbits, 1 20 oz. can
- ❸ {Honey, ¼ cup}
- ❸ {Sriracha, 1 Tbsp.}
- ❻❷ Chopped pecans, 1/3 cup + ¼ cup
- ❻ Mayonnaise, 1/3 cup
- ❼ Quick cooking oats, ½ cup
- ❼ Light brown sugar, ½ cup packed

#### FROZEN

- ❶ Cheese ravioli, 1 24 oz. bag
- ❼ Sliced peaches, 1 16 oz. bag
- ❼ Vanilla ice cream, for serving

#### DAIRY

- ❷❹❷ Salted butter, 6 Tbsp. +1 Tbsp. +5 Tbsp.
- ❷ Mozzarella cheese, 8 oz.

#### MEAT

- ❷ Pepperoni, 6 oz.
- ❸ Pork loin or boneless roast, 2 lbs.
- ❹ Boneless pork chops, 4-6 (1-inch-thick)
- ❺ Whole chicken, 5-6 lb.

#### BREAD

- ❷ Italian bread, 1 loaf
- ❸ Corn tortillas, 12-16

#### ITEMS TO HAVE IN PANTRY/FRIDGE

- ❶❷❸❹❺❻ Salt and black pepper
- ❶❷ Dried basil
- ❶❷ Dried oregano
- ❹❺❷ Ground cinnamon
- ❺❻ Dijon mustard
- ❺ {Dried thyme}
- ❺ {Ground ginger}



# Cheese Ravioli with Summer Garden Vegetables

Yield: 4-6 Servings

Time: 15 minutes hands on

- 2 tablespoons olive oil
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 1 garlic clove, crushed
- 1 (15-ounce) can diced tomatoes, with their juice
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- Salt and black pepper
- 1 (24-ounce) bag frozen cheese ravioli

Bring a large pot of water to a boil.

Meanwhile, in a large skillet, heat the oil over medium heat. Add the zucchini, bell pepper, onion, and garlic and cook for 5 to 7 minutes, until the onion is soft. Stir in the tomatoes, basil, and oregano and season with salt and pepper. Reduce the heat to low and simmer.

While the sauce is simmering, add the ravioli to the boiling water and cook according to the package instructions. Drain the ravioli and add them to the pan with the sauce, gently stirring to coat. Serve immediately.

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# Italian Tomato Soup with Pizza-Grilled Cheese Croutons

Yield: 5-6 Servings

Time: 25-30 minutes hands on

- 6 tablespoons ( $\frac{3}{4}$  stick) salted butter
- 1 small onion, diced
- 2 garlic cloves, crushed
- 2 tablespoons all-purpose flour
- 2 (15-ounce) cans tomato sauce
- 1 (14.5-ounce) can beef broth
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and black pepper
- $\frac{1}{2}$  teaspoon sugar
- 1 loaf Italian bread, sliced about  $\frac{1}{2}$  inch thick
- 8 ounces mozzarella cheese, sliced
- 6 ounces pepperoni

Preheat the broiler.

In a large pot, melt 2 tablespoons of butter over medium heat. Add the onion and garlic and cook for 3 to 5 minutes, until the onion is soft. Whisk in the flour and cook, whisking continuously, for 1 minute. Whisk in the tomato sauce and broth. Stir in the basil, oregano, and sugar and season with salt and pepper. Reduce the heat to low and let the soup simmer while you make the sandwiches.

Use the remaining 4 tablespoons butter to butter 2 slices of bread per sandwich. Place half the bread sliced buttered-side down on a baking sheet. On each, layer a slice of cheese, a few pepperoni, and another slice of cheese. Top each with a second slice of bread, buttered-side up. Broil until the bread is toasty. Flip the sandwiches and broil until the second side is toasty too. Remove from the oven and cut the sandwiches in bite-size cubes.

Serve the soup in bowls, topped with the croutons.