



# WEEK OF 30 MINUTE MEALS

DELICIOUS  
FAMILY-FAVORITE  
MEALS THAT ARE READY  
IN JUST 30 MINUTES  
FOR BUSY NIGHTS

MADE IN A PINCH

WELCOME!



Who doesn't love a great, hot home-cooked meal? How about happy kids who gobble their food with ZERO complaining or whining?

***But who has the time?*** Delicious, fresh dinners require a lot of time and effort, right?

Think again! Terrific family meals don't have to be complicated or time-consuming. This mini cookbook serves up 7 quick and easy meals, each only requiring **30 minutes** to make.

So don't worry about who has practice or music lessons or a game tonight. These recipes are family-friendly and come together in a snap

Grab a plate and enjoy the time together as a family – not the frantic frenzy of trying to pull together something for dinner on the fly.

See you soon!

Heather

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## MONDAY



# Sloppy Joes

### **INGREDIENTS:**

2 lbs ground turkey  
1 sm onion, minced  
2 stalks celery, minced  
1 tbsp light olive oil  
2 cloves garlic, minced  
1 16oz can tomato sauce  
1/2 cup ketchup  
2 Tbsp sweet pickle relish  
1-2 tsp Worcestershire sauce  
3 Tbsp brown sugar  
1 Tbsp apple cider vinegar  
1 tsp prepared yellow mustard

*Prep. time:*  
15 min

*Total time:*  
30 min

*Serves:*  
6

### **DIRECTIONS:**

Brown ground turkey with onion and celery with olive oil in a skillet on the stove, over medium-high heat.

Meanwhile, spray the inside of your crock pot with cooking spray. Add remaining ingredients to crock pot.

Once turkey is browned, add turkey, onion and celery to the other ingredients in the slow cooker.

Turn slow cooker on low for 8-9 hours or on high for 4-5 hours.

Serve on toast or whole wheat hamburger buns. Refrigerate any leftovers for up to 1 week.

### **Recipe Notes**

Alternatively, if you want a quick version on the stove top here is what you do:

1. Brown the turkey with onion and celery with olive oil in a skillet on the stove over medium-high heat.
2. Once meat is browned, add remaining ingredients. Cook 20-25 minutes, until all the flavors are married and everything is cooked through.
3. Serve on toast or whole wheat hamburger buns.
4. Refrigerate any leftovers for up to 1 week, or freeze any leftovers.





## Homemade Enchiladas

### DIRECTIONS:

Preheat oven to 350 degrees. In a s large sauté pan, brown your meat in olive oil with minced onion and minced garlic.

Add 2/3 of your jar of red enchilada sauce and 2/3 of your jar of green enchilada sauce, and your can of refried beans. Stir, let ingredients combine and heat to a soft boil.

Add approximately 1.5 cups of shredded cheese to the meat and sauce mixture and let the cheese melt.

Spray the bottom of a glass 9x13 pan. Take a tortilla and put about 1/3 cup into the center of the tortilla. Roll up the tortilla and place in your pan. Repeat this process for each tortilla. Once your pan is full, mix the remaining sauce in your jars together and spread over the top of the enchiladas. Top with remaining cheese.

Bake for approximately 15 minutes, until the sauce starts to bubble and the cheese melt. Top with toppings.

### NOTES:

Use mild enchilada sauces if you or your kiddos don't like spicy foods.

*Prep. time:*  
15 min

*Total time:*  
30 min

*Serves:*  
6

### INGREDIENTS:

1 lb ground beef (or turkey)  
1 tsp dried minced onion  
1/2 tsp dried minced garlic  
1 15oz jar red enchilada sauce  
1 15oz jar green enchilada sauce  
2 tbsp olive oil  
1 15oz can refried beans  
2-2.5 cups shredded cheese  
salt & pepper to taste  
6 tortillas

sour cream, olives, diced tomatoes, spinach or lettuce, avocado for toppings, if desired



## Shrimp Fried Rice

*Prep. time:*  
5 min

*Total time:*  
30 min

### **INGREDIENTS:**

4 Tbsp Soy Sauce I use a gluten-free, reduced sodium version  
2 Tbsp sesame oil  
1 tsp Ginger Powder  
1 tsp white pepper  
2 Tbsp olive oil  
1 lb medium shrimp peeled, de-veined, and tails off  
2 cloves garlic minced  
1 medium red onion diced  
2 carrots peeled and diced  
1/2 cup Frozen Corn\*  
1/2 cup Frozen Peas\*  
1/2 cup Frozen Green Beans\*  
4 cups Cooked Rice See notes about rice  
3 Green Onions sliced, optional

### **DIRECTIONS:**

Whisk together soy sauce, sesame oil, ginger, and pepper in a small bowl. Set aside.

Heat olive oil in a skillet or wok on medium-high heat. Add shrimp. Season with salt and pepper. Cook until shrimp is pink and just starts to curl. remove shrimp from the pan and set aside.

Add garlic and onion to the pan. Cook until the onions are translucent (3-4 minutes). Add carrots, corn, peas, and green beans. Cook until tender (3-4 minutes).

Add rice, soy sauce mixture, and green onions (if using). Stirring to combine and heat through. Add shrimp.

Serve immediately. Save any leftovers in an airtight container for up to 7 days.

### **NOTES:**

If you prefer, instead of using frozen veggies from separate bags, buy a bag of mixed frozen veggies that has the veggies in it that you want and use 2 CUPS of that mixture in this recipe.

For the rice, I recommend using a medium-grain or Jasmine variety - make sure to use leftover, day-old rice (or cook rice and spread it out on baking sheets for 1-2 hours to dry out).

## THURSDAY

<i>Prep. time:</i> 10 min	<i>Cook time:</i> 20 min
<i>Total time:</i> 30 min	<i>Serves:</i> 4-6



### **INGREDIENTS:**

#### **Roux**

3 cups whole milk (I use 1%)  
½ cup unsalted butter  
½ cup all-purpose flour  
1 tsp salt

#### **Cheesecake**

1 lb dried pasta (elbows, spirals, etc)  
3 cups Mac Sauce  
1 ½ cups grated 2-year aged sharp cheddar  
½ cup grated cheese (I used Asiago because it's creamy & yummy)

### **NOTES:**

For the ultimate comfort food meal, make this homemade mac and cheese - it's the best I've ever had, and I've tried every recipe out there!

## Macaroni and Cheese

### **DIRECTIONS:**

#### **Roux:**

Heat butter in bottom of a pan until melted. Add flour and whisk constantly until mixture turns light brown, about 3 minutes. Slowly pour in the warm milk, about 1 cup at a time, whisking constantly. It will get very thick when you first add milk and thinner as you add the full amount of milk. This is normal. Heat all together in pan over medium-high heat and continue to whisk continuously. In the next 2-3 minutes, the sauce should come together and become silky and thick.

The sauce is ready to use immediately and does not need to cool.

#### **Mac & Cheese:**

Cook pasta in salted boiling water until a little less than al dente. Drain, rinse the pasta with cold water and drain it again. Add the sauce and both cheeses to a large, heavy-bottomed pot and cook over medium heat. Stir until the cheese is barely melted, about 3 minutes. Slowly add the cooked pasta, stir and continue cooking while stirring continuously until the pasta is hot and steaming, another 5 minutes.

Spoon into bowls and enjoy!

Option: sprinkle a little panko on top and cook in a 400 degree oven for 10-15 minutes for a version that's crispy on top and creamy inside.

<i>Prep. time:</i> 15 min	<i>Cook time:</i> 15 min
<i>Total time:</i> 30 min	<i>Serves:</i> 6



## **INGREDIENTS:**

### **Tzatziki Sauce**

1 cup Greek yogurt  
 1/3 cup sour cream  
 1 medium English Cucumber  
 2 tsp lemon juice  
 3 tbsp olive oil  
 4 tbsp water  
 2 tsp minced onion (may use dried minced onion)  
 1/2 tsp minced garlic (may use dried minced garlic)  
 2 tsp dill  
 pinch salt  
 pinch pepper

### **Greek Chicken**

2 Chicken breasts, diced  
 1/3 cup olive oil  
 2 tbsp lemon juice  
 2 cloves garlic, minced  
 2 tsp onion, minced  
 1 tsp dried oregano  
 1/2 tsp dried thyme  
 2 tsp fresh rosemary  
 pinch salt  
 pinch pepper

### **Recipe Notes**

Use your favorite pita bread and top gyros with spinach, cucumbers, tomatoes and olives (optional).

# **Greek Chicken Gyros with Homemade Tzatziki**

## **DIRECTIONS:**

### **Tzatziki Sauce**

Finely grate the English cucumber into a piece of cheese cloth or thin dish towel sitting in a colander over a bowl. Add a dash of salt to the cucumber to help sweat out the excess moisture from the cucumber. Let sit for 10 minutes.

Meanwhile, put 4 Tbsp of water into a small bowl. Add onion, garlic, and dill. Let sit while mixing other ingredients. In a small mixing bowl (or glass bowl with lid), add yogurt, sour cream, olive oil and lemon juice. Whisk together. Add water with spices. Squeeze out remaining moisture from cucumber then add to yogurt mixture. Whisk to combine.

Refrigerate for at least 15 minutes to let the flavors marry together. Cover and store any leftovers in the fridge for up to one week.

### **Greek Chicken**

Combine oil, lemon juice and spices into a bowl. Add chicken and let marinate for at least 1 hour in the fridge. When ready to cook, put the chicken into a skillet on medium high heat. Stir occasionally to ensure even cooking. Once chicken is browned and cooked through, remove from heat and serve immediately. Refrigerate any leftovers for up to 7 days.





## Ultimate Quiche

### **DIRECTIONS:**

Preheat oven to 375°. Spray the inside of a 9 inch pie plate.

Scramble together eggs, milk, salt, and pepper in a medium bowl.

Mix together Simply Potatoes diced potatoes with onions, Canadian bacon, spinach, and cheese in a large bowl. Add egg scramble and combine.

Pour all ingredients into the pie plate and bake for about 40 min. Quiche is done when the middle doesn't jiggle when pie plate is gently shaken.

Let sit for 10 minutes, then cut in slices.

### **INGREDIENTS:**

8 large eggs  
1/2 cup milk  
1 cup Simply Potatoes® diced potatoes  
1/3 cup Canadian bacon, cubed  
1/2 cup fresh spinach, roughly chopped  
1/2 cup smoked gouda cheese, cubed  
1/4 tsp salt  
1/4 tsp pepper

### **NOTES:**

Sausage tastes fantastic in this recipe as well, if you prefer sausage to Canadian bacon.

<i>Prep. time:</i> 15 min	<i>Total time:</i> 30 min	<i>Serves:</i> 6
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## Beef Stroganoff

### DIRECTIONS:

Cut meat into bite-sized thin strips, about 3/4 inches x 1/2 inches

Sauté mushrooms, onion, garlic in butter in a skillet. Once onions are tender, remove from heat.

Cook beef in same skillet until medium doneness.

Stir in 1 cup broth, salt, and Worcestershire sauce. Heat to boiling; reduce heat. Cover and simmer 15 minutes

Stir remaining cup broth into flour. Stir into beef and broth. Add onion mixture.

Heat to boiling and boil for 1 minute.

Stir in Greek yogurt; heat until hot (don't boil).

Serve immediately over hot egg noodles.

Refrigerate any leftovers in an airtight container for up to 7 days.

### INGREDIENTS:

1 lb stew meat  
1 medium onion, diced  
2.5 cups mushrooms, diced  
1 clove garlic, minced  
¼ cup butter or olive oil  
2 cups beef broth  
½ tsp salt  
2 tsp Worcestershire sauce  
1 tsp Dijon mustard  
¼ cup all-purpose flour  
1.5 cups Greek yogurt  
3 cups hot cooked egg noodles

### NOTES:

For beef broth, either use a carton of beef broth (I like Pacific brand), or make your own using Better Than Bouillon Beef Base (my favorite method - it's cheaper)

*Prep. time:*  
15 min

*Total time:*  
30 min

*Serves:*  
6