



THIS WEEK'S EATS: ***DECEMBER 16-22***

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

MENU:

Cauliflower Chickpea Sheet Pan Dinner with baked sweet potatoes
Sriracha Honey Slow Cooker Meatballs with rice and snow peas
Flank Steak with Potato Latkes and salad
Fiesta Rice with leftover beef
Slow Cooker Lentil and Veggie Stew



CAULIFLOWER CHICKPEA SHEET PAN DINNER

Recipe from [May I Have That Recipe?](#)

Serves 4-6

Ingredients:

- 1.5 lbs fresh or frozen cauliflower florets
- 1 lb mushrooms, sliced
- 1 pint grape tomatoes, sliced in half length wise
- 15oz can of chickpeas, rinsed and drained

Seasoning mix:

- 1/4 cup balsamic vinegar
- 2 tbs extra virgin olive oil
- 1 tbs sumac
- 1 tbs dry oregano
- 1 tsp salt

Garnish:

- Fresh chopped cilantro or parsley (optional)

Directions:

1. Preheat the oven to 400F. Line a large baking sheet with parchment paper
2. Arrange the cauliflower, mushrooms, tomatoes and chickpeas evenly on the baking sheet
3. Whisk the seasoning mix ingredients in a bowl or glass measuring cup, and pour it over the vegetables and chickpeas. Mix gently to evenly distribute the seasoning
4. Bake for 30 minutes or until the cauliflower is done. Garnish with chopped cilantro or parsley (optional)



SRIRACHA HONEY SLOW COOKER MEATBALLS

Recipe from [The Slow Roasted Italian](#)

Serves 6-8

Ingredients:

- 1 cup sriracha
- 1 cup honey
- 1/4 cup fresh lime juice (approximately 2 limes)
- 2 pounds lean ground beef (I used 85%)
- 1 cup panko bread crumbs
- 1/4 cup milk
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- 1 tsp fresh ground pepper
- 2 large eggs

Directions:

1. Combine sriracha, honey and lime juice in a slow cooker on high heat.
2. In a large bowl add remaining ingredients, except eggs. Stir sriracha sauce in slow cooker until combined. Taste and add additional honey or sriracha as necessary to suit your heat preference. Add 1/4 cup of sauce into meatball mixture, fold mixture together 2 times, then add eggs.
3. Mix well, do not over mix or you will have tough meatballs. Place a sheet of wax paper (approximately 9"x9") on your countertop. Using a 2 tablespoon scoop, portion out meat and place on wax paper. After all meatballs have been scooped, roll into balls and place them into the slow cooker. Once about half of the meatballs are in the slow cooker, spoon sauce over the tops of them. Continue adding meatballs until they are all in the slow cooker. You may have to layer them, just be sure the bottom layer is thoroughly coated in sauce before you add the next layer.
4. Reduce heat to low, cover slow cooker and cook for 4-8 hours.
5. Serve and enjoy.



MOM'S EASY MARINATED FLANK STEAK

Recipe from [The Seasoned Mom](#)

Serves 4-6

Ingredients:

- 1 cup tamari or soy sauce
- 4 tbs rice vinegar
- 2 tsp dried ginger powder
- 6 tbs honey
- 2 tsp garlic powder
- 1 cup canola oil
- 2 lbs flank steak
- 4 chopped green onions

Directions:

1. In a small bowl, whisk together all of the marinade ingredients until completely combined.
2. Place steak in a deep dish or in a large zip-top bag. Pour marinade over steaks, add green onions, and cover (or seal bag) and refrigerate for at least 2 hours and up to overnight.
3. When ready to cook, preheat broiler on HI. Remove steak from marinade and place on broiler pan. Broil 4-5 minutes per side. Remove to a cutting board to rest for about 10 minutes.
4. Cut the steak across the grain of the meat, at a steep diagonal, so that the slices are wide. A serrated knife works best for this.



CLASSIC POTATO LATKES

Recipe from Made With Lev
Serves 4-6

Ingredients:

- 4 potatoes
- 1 small onion
- 2 large eggs
- 2 tbs gluten-free flour or chickpea flour
- 1/2 tsp pepper
- 1/4 tsp baking powder
- oil for frying
- applesauce
- sour cream

Directions:

1. In a mixer with the grating attachment, grate potatoes and onions. Transfer to a large bowl and squeeze out all excess liquid. There will be a lot. Return to the bowl.
2. Add remaining ingredients and mix well.
3. In a large frying pan, add 1/4 inch of oil and heat over medium-high heat.
4. Once hot, drop potato mixture by the tablespoon into the pan. Brown both sides, turning only once. Transfer to a paper towel lined plate and cover. (You can also place on a baking sheet to keep warm in oven set at 200°F.)
5. Continue to cook potato mixture until it is all gone.
6. Serve with applesauce and/or sour cream (if you can) for extra yumminess.



FIESTA RICE

Recipe from [Cooking Classy](#)

Serves 6

Ingredients:

- 2 1/2 tbs olive oil
- 2 tbs lime juice
- 1 tsp lime zest
- 1/4 cup finely chopped fresh cilantro
- 1/2 tsp ground cumin
- 1 1/2 tsp minced garlic
- 2 1/2 cups cooked rice, chilled
- 1 (14.5 oz) can black beans, rinsed and drained well
- 2 medium roma tomatoes, chopped
- 3/4 cup chopped green or orange bell pepper (or a blend)
- 1 small jalapeño, seeded and minced
- 1 cup frozen corn, thawed according to package instructions*
- 1/2 cup chopped red onion, rinsed under cold water to remove harsh bite and drained well
- 1 avocado, diced (optional)
- Salt and freshly ground black pepper

Directions:

1. In a small mixing bowl whisk together olive oil, lime juice, lime zest, cilantro, cumin and garlic.
2. To a large bowl add brown rice, black beans, tomatoes, bell pepper, jalapeño, corn, red onion and avocado.
3. Pour lime mixture over ingredients rice mixture and toss to evenly coat while seasoning with salt and pepper to taste.
4. If you want to serve this as a warm dish, sauté the bell pepper, onion, corn and jalapeño in a little oil until just crisp tender, then add tomatoes and black beans and just heat through. Toss with warm rice and dressing.



SLOW COOKER LENTIL + VEGGIE STEW

Recipe from [SkinnyMs.](#)

Serves 6-8

Ingredients:

- 1 cup frozen or fresh whole kernel corn
- 1 large red potato, cut into 1" cubes
- 4 carrots, sliced
- 1/2 cup diced sweet onion
- 2 stalks celery, sliced into 1/2" pieces
- 1 cup (fresh or frozen) green beans, broken into 1" pieces
- 1/2 tsp paprika
- 1/2 tsp black pepper
- salt to taste
- 1 1/2 cups tomato juice, low sodium
- 3 cups vegetable broth, low sodium
- 1 cup (dry) lentils

Directions:

1. Add all of the above ingredients, except lentils, to the slow cooker, stir to combine. Cover and cook on low 8 to 10 hours. Add lentils the last hour of cooking time. Feel free to add or substitute your favorite vegetables.
2. Tip: Adjust the liquid for less or more thickness. First, try adding 1 cup each tomato juice and 1 cup vegetable broth. Remember, the slow cooker does not allow for much evaporation, so the amount of liquid you add initially will be about the same toward the end of the cooking cycle. It's easier to add liquid than to remove it. We like ours fairly juicy so we add the full amount and sometimes even more.
3. Minimum slow cooker size 4 quarts.



SHOPPING LIST

From the store:

- Applesauce
- Avocado
- Bell Pepper
- Black Beans, 15-oz can
- Bread Crumbs (gluten-free or Panko)
- Carrots
- Cauliflower, fresh or frozen
- Celery
- Chickpeas, 15-oz can
- Eggs
- Flank Steak, 2 lbs
- Frozen Corn
- Ginger Root
- Grape Tomatoes, 1 pint
- Green Beans
- Green Lentils (dried)
- Green Onions
- Ground Beef, 2lbs
- Jalapeño Pepper
- Lemon Juice
- Lentils
- Lime x2
- Milk (Nut or Cow)
- Mushrooms
- Parsley (or Cilantro)
- Red Onion
- Red Potato, 1 large
- Rice (Brown or White)
- Roma Tomatoes x2
- Russet Potato x4
- Salad Stuff (lettuce, tomatoes, cucumbers, etc.)
- Snow or Snap peas
- Sour cream
- Sweet Potatoes x2

- Tomato Juice (low sodium)
- Vegetable Stock, 1 32-oz boxes
- Yellow Onion x2

From the pantry:

- Baking Powder
- Balsamic Vinegar
- Canola Oil
- Cumin
- Flour (gluten-free or all-purpose)
- Garlic Powder
- Ginger Powder
- Honey
- Minced Garlic
- Olive Oil
- Onion Powder
- Oregano
- Paprika
- Pepper
- Rice Vinegar
- Salt
- Sriracha
- Tamari (gluten-free soy sauce)