



Your Weekly Menu

MONDAY – Chipotle Macaroni and Cheese

TUESDAY – Vegetable & Rice Soup with Crusty Bread

WEDNESDAY – Sweet and Sour Chicken Legs

THURSDAY – Kidney Bean Stew with Rice

FRIDAY – Beef Shawarma

Monday's mac and cheese has chipotles added to the cream sauce for an extra little kick. This is absolutely delicious. You do not need to make it very spicy. Simply add less chipotles to the sauce. You can get ahead of yourself and cook the pasta earlier and store it in a closed container with some olive oil. This is an easy meal that goes very nicely with a side salad.

Tuesday's vegetable soup is made with rice. It is hearty and a great way to use all those little bits and pieces that you might have left over in your fridge. You can make this vegan by using water or make it with chicken stock. Whatever you prefer is fine. This is a very easy soup that can be made fairly quickly. Make sure to serve it with some crusty bread and butter.

Wednesday's sweet and sour chicken legs are uber easy to make. If you want to get ahead of yourself make the sauce a day early and keep it in the fridge. These drumsticks marinate for about 20 minutes before being roasted so please make sure you allot the time. You can definitely marinate these overnight if you prefer. Then all you need to do is bake them. Serve these with some sweet potato chips and lots of napkins. Outstanding.

Thursday's kidney bean stew can be made in a slow cooker. Simply add all the ingredients and let it do its thing. Dinner will be ready when you are. Serve these delish beans with some brown rice.

Friday's beef shawarma's have to be marinated the day before so please do so on Thursday. They then cook very slowly. The end result is a magnificently flavorful and tender meat that you will make into a memorable sandwich. This meat keeps beautifully so you can go ahead and make this ahead of time.