

tastefullysimple®

Multi-Cooker 10-Meal Kit – Week A Fall-Winter 2020 • Grocery List

Bacon Pepper Meatloaf with 'Baked' Potatoes
Bayou Short Ribs
Side: Onion Onion Mashed Potatoes
Peppery Beef & Noodles
Side: Sautéed Pepper Broccoli
Tuscan Chicken & Bean Soup
Warm the Oven Chicken

Produce

- 1 pound baby carrots
- 8 medium celery ribs
- 1 (8 ounce) package sliced fresh button mushrooms
- 1 red bell pepper

Meat/Seafood

- 1 pound lean ground beef
- 1 pound ground pork
- 3 pounds bone-in beef short ribs (2-3 inches thick – English style) or 2 pounds boneless country-style beef ribs
- 1½ pounds beef for stew meat
- 3 pounds boneless skinless chicken breasts

Dry Grocery

- ½ cup plain panko bread crumbs
- 1 tablespoon vegetable oil
- 1 (14.5 ounce) can no salt added diced tomatoes

Refrigerated/Dairy

- 4 ounces grated Parmesan cheese (1 cup)
- 1 (8 ounce) package cream cheese
- 2 large eggs

Misc. Items Needed for Freezer Meal Prep

- 9 (1-gallon) resealable freezer bags
- 8 (1-quart) resealable freezer bags
- Measuring cups/spoons
- Scissors
- Small bowl
- Fork and sharp knife
- Cutting board
- Fork/tongs for handling raw meat (if meat is not already precooked and bagged)
- Cooler if attending a workshop

Tastefully Simple Products

Bacon Pepper Jam
Bayou Bourbon™ Glaze
Onion Onion™ Seasoning
Seasoned Pepper
Warm the Oven! Dip Mix

Additional Items Needed for Serving

Bacon Pepper Meatloaf with 'Baked' Potatoes

- 6 medium Russet potatoes
- Avocado or olive oil cooking spray
- Potato toppings of choice such as butter, sour cream, shredded cheese, chives

Bayou Short Ribs

- 2 tablespoons vegetable oil
- 1½ cups reduced sodium beef broth
- ¼ cup cornstarch

Peppery Beef & Noodles

- 1 tablespoon vegetable oil
- 2½ cups reduced sodium beef broth
- 1½ cups heavy whipping cream
- 1 (12 ounce) package extra-wide egg noodles

Tuscan Chicken & Beans Soup

- 4 cups unsalted chicken broth or stock
- 1½ cups dried beans (white, cannellini, pinto, or kidney)

Warm the Oven Chicken

- 2 tablespoons vegetable oil
- 1 (14.5 ounce) can diced tomatoes
- 1½ tablespoons cornstarch
- Prepared noodles or rice, optional

Don't Forget the Sides

Onion Onion Mashed Potatoes

- 2 pounds golden fleshed potatoes
- 3-4 cups reduced sodium chicken broth
- ½ cup canned light coconut milk

Sautéed Pepper Broccoli

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 (12 ounce) packages fresh or frozen broccoli florets