STOCK YOUR PANTRY WITH 3 WEEKS OF EASY DINNERS

We love our community! Thanks to Rochelle Garrison and Lisette Barsikhian for sharing their meal plan and grocery list.
### WEEK 1 DINNER MEAL PLAN

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FETTUCCINE ALFREDO</strong></td>
<td><strong>CHILI BAKED SWEET POTATO</strong></td>
<td><strong>TUNA MAC N CHEESE</strong></td>
<td><strong>PULLED CHICKEN NOURISH BOWL</strong></td>
<td><strong>CHEESY TACO PASTA</strong></td>
</tr>
<tr>
<td>6 servings</td>
<td>4 servings</td>
<td>6 servings</td>
<td>4 servings</td>
<td>8 servings</td>
</tr>
<tr>
<td>$1.31 total</td>
<td>$9.85 total</td>
<td>$11.01 total</td>
<td>$11.50 total</td>
<td>$10.25 total</td>
</tr>
<tr>
<td>$0.22 per serving</td>
<td>$2.46 per serving</td>
<td>$1.84 per serving</td>
<td>$2.87 per serving</td>
<td>$1.71 per serving</td>
</tr>
</tbody>
</table>

### WEEK 2 DINNER MEAL PLAN

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SALMON ALFREDO BOW TIES</strong></td>
<td><strong>TANGY VEGGIE CHILI</strong></td>
<td><strong>CHICKEN MAC N CHEESE</strong></td>
<td><strong>PULLED CHICKEN BREAKFAST TOSTADAS</strong></td>
<td><strong>TACO ZUCCHINI BOATS</strong></td>
</tr>
<tr>
<td>6 servings</td>
<td>4 servings</td>
<td>6 SERVINGS</td>
<td>4 servings</td>
<td>8 servings</td>
</tr>
<tr>
<td>$7.43 total</td>
<td>$10.00 total</td>
<td>$4.30 TOTAL</td>
<td>$12.50 total</td>
<td>$9.88 total</td>
</tr>
<tr>
<td>$1.24 per serving</td>
<td>$2.50 per serving</td>
<td>$0.72 PER SERVING</td>
<td>$3.12 per serving</td>
<td>$2.47 per serving</td>
</tr>
</tbody>
</table>

### WEEK 3 DINNER MEAL PLAN

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GARDEN CHICKEN ALFREDO</strong></td>
<td><strong>BEEF CHILI TACOS</strong></td>
<td><strong>MAC N CHEESE</strong></td>
<td><strong>PULLED CHICKEN SOUP</strong></td>
<td><strong>TURKEY TACO BURGERS</strong></td>
</tr>
<tr>
<td>6 servings</td>
<td>4 servings</td>
<td>6 servings</td>
<td>6 servings</td>
<td>8 servings</td>
</tr>
<tr>
<td>$5.43 total</td>
<td>$7.25 total</td>
<td>$1.30 total</td>
<td>$11.00 total</td>
<td>$9.00 total</td>
</tr>
<tr>
<td>$0.93 per serving</td>
<td>$1.81 per serving</td>
<td>$0.22 per serving</td>
<td>$1.83 per serving</td>
<td>$1.50 per serving</td>
</tr>
</tbody>
</table>

**Total Grocery:** $122.01*  
**Total for 3 weeks of meals:** $172.01*  
**Average cost of serving:** $2.20*

---

*Grocery costs represent budget-friendly grocery store pricing (Walmart, Superstore, etc). Feel free to substitute with local or organic options to suit your family's preferences.

*Costs are all in CAD
# WEEK 1 GROCERY LIST

<table>
<thead>
<tr>
<th>PANTRY STAPLES</th>
<th>PRODUCE</th>
<th>DAIRY</th>
<th>PROTEIN</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) $1 (Alfredo)</td>
<td>□ 2 large sweet potatoes $2 (Chili Baked Sweet Potato)</td>
<td>□ 1 cup milk $0.31 (Alfredo)</td>
<td>□ ½ lb ground beef $1.35 (Chili Baked Sweet Potato)</td>
<td>□ 1 cup broccoli $1 (Cheesy Taco Pasta)</td>
</tr>
<tr>
<td>□ ½ can kidney beans $0.50 (Chili Baked Sweet Potato)</td>
<td>□ mixed greens $2 (Chili Baked Sweet Potato Side)</td>
<td>□ ¼ cup grated cheese $0.50 (Chili Baked Sweet Potato)</td>
<td>□ 3 lbs chicken $10 (4$ worth in Nourish Bowls - $2 worth Pulled Chicken Nourish Bowls - $2 worth Pulled Chicken Soup)</td>
<td></td>
</tr>
<tr>
<td>□ ½ can diced tomato $0.50 (Chili Baked Sweet Potato)</td>
<td>□ cherry tomatoes $2 (Chili Baked Potato Side)</td>
<td>□ 1 cup cheese $2 (Tuna Mac n Cheese)</td>
<td>□ 1 and ½ lb ground beef $4.25 (Cheesy Taco Pasta)</td>
<td></td>
</tr>
<tr>
<td>□ 1 can chickpeas $1 (Chili Baked Sweet Potato side)</td>
<td>□ 2 cups steamed broccoli $2 (Tuna mac n cheese)</td>
<td>□ ¼ cup grated cheese $0.50 (Pulled Chicken Nourish Bowls)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) $1 (Tuna Mac n Cheese)</td>
<td>□ 2 cups cherry tomatoes $2 (Pulled Chicken Nourish Bowls)</td>
<td>□ 1/4 cup grated cheese $0.50 (Pulled Chicken Nourish Bowls)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 x 170 g can tuna $1 (Tuna Mac n Cheese)</td>
<td>□ 1 Tbsp CCB Dip Mix $1.67 (Tuna Mac n Cheese)</td>
<td>□ ½ cup feta $1 (Cheesy Taco Pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 Tbsp Lemon Dilly Dip Mix $1.67 (Tuna Mac n Cheese)</td>
<td>□ 1 Tbsp 3 Onion Dip Mix $1.67 (Tuna Mac n Cheese)</td>
<td>□ mixed greens $2 (Cheesy Taco Pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 cup ketchup $0.50 (Pulled Chicken Nourish Bowls)</td>
<td>□ 1 cup ketchup $0.50 (Pulled Chicken Nourish Bowls)</td>
<td>□ 1 tomato $1 (Cheesy Taco Pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ ½ cup vinegar $0.25 (Pulled Chicken Nourish Bowls)</td>
<td>□ ½ cup vinegar $0.25 (Pulled Chicken Nourish Bowls)</td>
<td>□ 1 red pepper $1 (Cheesy Taco Pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1/4 cup grated cheese $0.50 (Pulled Chicken Nourish Bowls)</td>
<td>□ 1/4 cup grated cheese $0.50 (Pulled Chicken Nourish Bowls)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ ½ cup cooked rice $0.50 (Pulled Chicken Nourish Bowls)</td>
<td>□ ½ cup cooked rice $0.50 (Pulled Chicken Nourish Bowls)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ ½ cup black beans $0.50 (Pulled Chicken Nourish Bowls)</td>
<td>□ ½ cup black beans $0.50 (Pulled Chicken Nourish Bowls)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) 1$ (Cheesy Taco Pasta)</td>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) 1$ (Cheesy Taco Pasta)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EXTRAS (OPTIONAL)**

□ Toppings for Chili Baked Sweet Potatoes $2
<table>
<thead>
<tr>
<th>PANTRY STAPLES</th>
<th>PRODUCE</th>
<th>DAIRY</th>
<th>PROTEIN</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) 1$ (Salmon Alfredo Bow Tie Pasta)</td>
<td>□ 200 g mushrooms $2 (Tangy Veggie Chili)</td>
<td>□ 1 lb chicken breast $2 (Chicken Mac n Cheese)</td>
<td>□ 2 cups snow peas $2 (Salmon Alfredo Bow Tie Pasta)</td>
<td></td>
</tr>
<tr>
<td>□ 2 cans sockeye salmon 3$ (Salmon Alfredo Bow Tie Pasta)</td>
<td>□ 1 red pepper $1 (Tangy Veggie Chili)</td>
<td>□ ½ lb chicken breast $2 (Chicken Mac n Cheese)</td>
<td>□ ½ cup frozen peas $0.50 (Salmon Alfredo Bow Tie Pasta)</td>
<td></td>
</tr>
<tr>
<td>□ 1 can black beans 1$ (Tangy Veggie Chili)</td>
<td>□ 4 cups baby spinach $3 (Pulled Chicken Breakfast Tostadas)</td>
<td>□ 2 Tbsp butter $0.20 (Chicken Mac n Cheese)</td>
<td>□ 1 cup frozen corn kernels $1 (Tangy Veggie Chili)</td>
<td></td>
</tr>
<tr>
<td>□ 1 can chickpeas 1$ (Tangy Veggie Chili)</td>
<td>□ 2 cups coleslaw mix $2 (Pulled Chicken Breakfast Tostadas)</td>
<td>□ ½ cup Mexican blend shredded cheese $0.75 (Taco Zucchini Boats)</td>
<td>□ 2 cups broccoli $2 (Chicken Mac n Cheese)</td>
<td></td>
</tr>
<tr>
<td>□ 1 can diced tomatoes 1$ (Tangy Veggie Chili)</td>
<td>□ 4 medium zucchini $2 (Taco Zucchini Boats)</td>
<td>□ mixed greens $2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ ½ cup sundried tomatoes in oil 1$ (Tangy Veggie Chili)</td>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) 1$ (Chicken Mac n Cheese)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 Tbsp Herb &amp; Garlic Dip Mix 1$ (Chicken Mac n Cheese)</td>
<td>□ 2 cups snow peas $2 (Salmon Alfredo Bow Tie Pasta)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 8 tortillas 1$ (Pulled Chicken Breakfast Tostadas)</td>
<td>□ ½ cup milk $0.10 (Chicken Mac n Cheese)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 1 can diced tomato 1$ (Pulled Chicken Breakfast Tostadas)</td>
<td>□ 2 Tbsp butter $0.20 (Chicken Mac n Cheese)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ 2 cups salsa $1.75 (Taco Zucchini Boats)</td>
<td>□ ½ cup Mexican blend shredded cheese $0.75 (Taco Zucchini Boats)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EXTRAS (OPTIONAL)**

□ Toppings for Tangy Veggie Chili $2

□ 4 Tbsp prepared salsa for Pulled Chicken Breakfast Tostadas $1.50

□ Toppings for Pulled Chicken Breakfast Tostadas $2

□ Toppings for Taco Zucchini Boats $2
### WEEK 3 GROCERY LIST

<table>
<thead>
<tr>
<th>PANTRY STAPLES</th>
<th>PRODUCE</th>
<th>DAIRY</th>
<th>PROTEIN</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) $1 (Garden Chicken Alfredo)</td>
<td>□ 2 bell peppers $2 (Pulled Chicken Soup)</td>
<td>□ 1 and ½ cup milk $0.93 (Garden Chicken Alfredo)</td>
<td>□ ½ cup shrimp $2 (Garden Chicken Alfredo)</td>
<td>□ 1 cup mix veggies $1 (Garden Chicken Alfredo)</td>
</tr>
<tr>
<td>□ 8 tortillas 1$ (Beef Chili Tacos)</td>
<td>□ 1 and ½ cup milk $0.10 (Mac n Cheese)</td>
<td>□ 1 and ½ lb ground beef $4.25 (Beef Chili Tacos)</td>
<td>□ 1 and ½ lb ground turkey $4.25 (Turkey Taco Burgers)</td>
<td>□ 2 cups frozen corn kernels $2 (Pulled Chicken Soup)</td>
</tr>
<tr>
<td>□ 6 cups cooked pasta (1 x 900 g package dry) $1$ (Mac n Cheese)</td>
<td>□ 2 Tbsp butter $0.20 (Mac n Cheese)</td>
<td>□ 1 cup brown rice $1 (Pulled Chicken Soup)</td>
<td>□ ½ cup chicken broth $1 (Pulled Chicken Soup)</td>
<td></td>
</tr>
<tr>
<td>□ 1 cup bread crumbs $0.50 (Turkey Taco Burgers)</td>
<td>□ ¼ cup Chicken Broth $0.25 (Turkey Taco Burgers)</td>
<td>□ 1 cup mix veggies $1 (Pulled Chicken Soup)</td>
<td>□ 1 cup mix veggies $1 (Garden Chicken Alfredo)</td>
<td></td>
</tr>
<tr>
<td>□ ½ cup shrimp $2 (Garden Chicken Alfredo)</td>
<td>□ 1 and ½ cup milk $0.10 (Mac n Cheese)</td>
<td>□ 2 Tbsp butter $0.20 (Mac n Cheese)</td>
<td>□ ½ cup shrimp $2 (Garden Chicken Alfredo)</td>
<td></td>
</tr>
<tr>
<td>□ 6 whole wheat buns $1 (Turkey Taco Burgers)</td>
<td>□ 2 bell peppers $2 (Pulled Chicken Soup)</td>
<td>□ 1 cup brown rice $1 (Pulled Chicken Soup)</td>
<td>□ ½ cup chicken broth $1 (Pulled Chicken Soup)</td>
<td></td>
</tr>
</tbody>
</table>

### EXTRAS (OPTIONAL)
- □ Parmesan cheese to taste for Garden Chicken Alfredo $0.50
- □ Toppings for Beef Chili Tacos 2$
- □ Toppings for Pulled Chicken Soup 2$
- □ Toppings for Turkey Taco Burgers 2$
FETTUCCINE ALFREDO

INGREDIENTS
1 Alfredo Sauce Mix
1½ cup milk
6 C cooked pasta

DIRECTIONS
Microwave: In a 4 cup (1 L) microwaveable bowl, combine mix with milk. Microwave on high 4-5 min, whisking halfway through or until thickened.

Stovetop: Combine mix with milk in a saucepan. Whisking constantly, bring to a boil over medium-high, reduce heat, and simmer 3 min or until thickened.

Pasta Alfredo: Combine prepared sauce with your choice of cooked pasta.
CHILI BAKED SWEET POTATO

INGREDIENTS
2 large sweet potatoes, halved
½ recipe prepared Cha Cha Chili
¼ C grated cheese

Topping suggestions (optional): Diced avocado, pickled jalapeños, sliced red or green onion, chopped fresh cilantro

DIRECTIONS
1. In a Multipurpose Steamer, microwave sweet potato halves for 6 min.
2. Meanwhile, in Fry Pan on medium-low heat, warm chili until heated through.
3. Spoon over baked potato halves; garnish with cheese and toppings, if desired

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 2 cups mixed greens and cherry tomatoes and ½ cup chickpeas.

MAKES 4 SERVINGS
COST PER SERVING: $2.46 CA
**TUNA MAC N CHEESE**

**INGREDIENTS**
- 1 ¼ C bite-sized pasta
- 1 pkg Mac & Cheese Seasoning
- 2 Tbsp milk
- 1 can (5 oz/170 g) low-sodium light tuna
- 1 Tbsp CCB Dip Mix
- 1 Tbsp Lemon Dilly Dip Mix
- 1 Tbsp 3 Onion Dip Mix
- 2 C steamed broccoli
- 1 C shredded cheese, divided

**DIRECTIONS**
1. Preheat oven to 400° F (200° C).
2. Cook pasta according to package directions in a Multipurpose Pot. Drain.
3. Add Mac & Cheese Seasoning and milk, stirring to combine.
4. Mix in tuna, broccoli, half the cheese and dip mixes.
5. Pour into a casserole dish, top with remaining cheese and bake for 10 minutes. Serve.

**MAKES** 6 SERVINGS

**COST PER SERVING:** $1.84 CA
PULLED CHICKEN NOURISH BOWL

INGREDIENTS
8 C mixed greens
2 C Pulled Chicken, prepared and warmed
2 C halved cherry tomatoes
2 red peppers, diced
½ C cooked grains, such as brown rice or quinoa
½ C black or kidney beans
½ C grated cheddar or Monterey Jack cheese
4 Tbsp Balsamic Vinaigrette, or your favourite Epicure Dressing

DIRECTIONS
1. Arrange first seven ingredients in 4 serving bowls.
2. Drizzle with dressing.
CHEESY TACO PASTA

INGREDIENTS
1 ½ lb lean ground beef, chicken, or turkey
1 pkg Taco Seasoning
1 C water
1 tomato, diced
1 red pepper, diced
1 C chopped broccoli florets
½ C crumbled feta
4 C cooked pasta shells
Chopped green onion, optional

DIRECTIONS
1. In a pan over medium heat, brown beef for 8–10 min, stirring frequently. Drain excess fat.
2. Stir seasoning with water; add to pan. Add tomato, pepper, and broccoli. Simmer for 5 min, or until thickened.
3. Stir in pasta until evenly coated and warmed through, 1–2 min. Sprinkle with feta cheese and green onion, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup mixed greens.

MAKES 6 SERVINGS
COST PER SERVING: $1.84 CA
INGREDIENTS
4 C bowtie pasta
2 C snow peas, halved
½ C frozen peas
1 pkg Alfredo Sauce Mix
1½ C milk
2 cans (6 oz/170 g each) sockeye salmon, drained

DIRECTIONS
1. In a Multipurpose Pot, cook pasta according to package directions. Stir in snow peas and frozen peas for last 1 min of cooking. Strain and reserve 1 cup pasta cooking water.
2. Meanwhile, in a pan combine sauce mix with milk. Whisking constantly, bring to a boil over medium-high, reduce heat, and simmer 3 min or until thickened.
3. Stir in drained pasta, peas, and salmon. If needed, stir in some of the reserved pasta cooking water, a little at time, to reach desired consistency.
TANGY VEGGIE CHILI

INGREDIENTS
1 tsp oil
200 g sliced mushrooms
1 red or green pepper, chopped
1 C frozen corn kernels
1 can (19 oz/540 ml) black beans, drained and rinsed
1 can (19 oz/540 ml) chickpeas, drained and rinsed
1 can (28 oz/796 ml) diced tomatoes
½ C sundried tomatoes packed in oil, coarsely chopped
1 pkg Cha Cha Chili Seasoning
½ C water

DIRECTIONS
1. Heat oil in frying pan over medium-high; add mushrooms. Cook, stirring frequently, 5 min.
2. Stir in pepper, corn, beans, chickpeas, tomatoes, seasoning, and water; simmer for 10 min, or until veggies are tender.
3. Spoon into bowls and garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup mixed greens.
CHICKEN MAC N CHEESE

INGREDIENTS
2 C bite-sized pasta, any kind
2 C chopped broccoli florets
½ lb skinless, boneless chicken, cut into strips
1 Tbsp Herb & Garlic Dip Mix, or Nacho Cheese Dip Mix
1 pkg Mac & Cheese Seasoning
½ C milk
2 Tbsp butter, optional

DIRECTIONS
1. Cook pasta in a Multipurpose Pot, according to package directions. Stir in broccoli for last 1 min of cooking.
2. While pasta is cooking, combine chicken and dip mix in a Rectangular Steamer. Cover and microwave on high for 4-6 min, or until cooked through.
3. Drain pasta and broccoli; return to pot. Stir in milk, seasoning for Mac & Cheese, butter and chicken. Stir to coat.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup mixed greens and 1 tsp Epicure dressing.
PULLED CHICKEN BREAKFAST TOSTADAS

INGREDIENTS
1 tsp oil
8 eggs
8 corn tostadas or tortillas
4 C baby spinach
2 C shredded coleslaw mix
1 C Pullled Chicken Seasoning, prepared and warmed
Topping suggestions (optional): Epicure Guacamole, Epicure Salsa, shredded cheddar cheese or crumbled feta, lime wedges

DIRECTIONS
1. Heat oil in a fry pan over medium heat; crack in eggs. Fry until whites are set and yolk is done to your liking.
2. Arrange two tostadas on each plate. Top with spinach, coleslaw, and chicken.
3. Place 2 eggs on each tostada. Garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup each mixed greens and chopped veggies with 2 tsp Epicure dressing.

EPICURE™
INGREDIENTS
4 medium zucchinis, cut in half lengthwise
½ Taco Filling, prepared, about 2 cups
2 C Poco Picante salsa, prepared
¼ C Mexican blend shredded cheese
Topping suggestions (optional): Extra salsa, chopped avocado, chopped cilantro or green onion

DIRECTIONS
1. Preheat oven to 400° F.
2. Using the tip of a spoon, scrape out centres of zucchini halves, leaving ⅛” thick shell on each half. Chop and stir zucchini centres into taco mixture; set aside.
3. Place zucchini shells in Multipurpose Steamer. Cover and microwave on high for 4 min, or just until tender.
4. Spread salsa in bottom of a large baking dish. Tuck in zucchini halves; it’s OK if they touch. Fill zucchini hollows with taco mixture; press in to pack down. Sprinkle cheese on top.
5. Loosely cover dish with foil; roast until filling is warm and cheese melts, 15 min. Garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 2 cups mixed greens and veggies and ½ cup brown rice.

EPICURE™
GARDEN CHICKEN ALFREDO

INGREDIENTS
1 pkg (450 g) pasta, your choice
1 pkg Alfredo Sauce
1 ½ C milk
Parmesan cheese, optional, to taste

DIRECTIONS
1. Cook pasta, in a pot according to package directions.
2. Meanwhile, in a 4 C saucepan, combine sauce mix with milk.
3. Whisking constantly, bring to a boil over medium-high, reduce heat, and simmer 3 min or until thickened. Keep warm.
4. Toss sauce with cooked pasta.

MAKE IT A PERFECTLY BALANCED PLATE:
½ cup cooked chicken, shrimp or tofu and 1 cup steamed vegetables

MAKES 6 SERVINGS
COST PER SERVING: $0.91 CA
BEEF CHILI TACOS

INGREDIENTS
½ tsp oil
1 ½ lb lean ground beef
1 pkg Taco Seasoning
1 C water
8 corn tortillas
Topping suggestions (optional): Epicure Guacamole, Epicure Salsa, grated cheese, shredded lettuce, sliced radish, pickled red onion rings, pickled jalapeños, lime wedges

DIRECTIONS
2. Stir seasoning mix with water; pour over beef. Stir often, until thickened, 5 min.
3. Place 2 tortillas on each plate. Divide beef mixture on top of each. Garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 3 Tbsp prepared Guacamole dip and 1 cup veggies.

EPICURE™
MAC N CHEESE

INGREDIENTS
2 C bite-sized pasta - any kind
1/3 C milk
1 pkg Mac & Cheese Seasoning
2 Tbsp butter, optional

DIRECTIONS
1. Cook pasta according to package directions in Multipurpose Pot. Drain and return to pot.
2. Stir in milk, seasoning for Mac & Cheese and butter, if desired. Stir to coat.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup steamed broccoli and 1/2 cup tuna, chicken or tofu.

MAKES 6 SERVINGS
COST PER SERVING: $0.22 CA
PULLED CHICKEN SOUP

INGREDIENTS
1 can (28 oz/796 ml) plum tomatoes
4 C Chicken Broth, prepared
2 C Pulled Chicken, prepared
2 bell peppers, chopped
2 C frozen corn kernels
1 C cooked brown rice

Topping suggestions (optional): Chopped avocado, chopped cilantro or green onion, sour cream or yogurt, feta cheese

DIRECTIONS
1. Pour tomatoes (including juice) into Multipurpose Pot. Using your hands, coarsely crush.
2. Stir in broth, chicken, and peppers. Bring to a boil over high heat, stirring frequently. Partially cover; simmer for 10 min.
3. Stir in corn and rice. Continue to simmer until corn is warmed through, 5 min. Ladle into bowls and garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 1 cup mixed veggies and 1 tbsp Epicure Dip.
TURKEY TACO BURGERS

MAKES 6 SERVINGS  COST PER SERVING: $1.50 CA

INGREDIENTS
1 C fresh breadcrumbs
2/3 C Chicken Broth, prepared and cooled
1 ½ lbs ground turkey or chicken 1 pkg Taco Seasoning
1 tsp oil
6 whole-wheat buns
Topping suggestions (optional): Epicure Guacamole, Epicure Salsa, grated cheese, sliced tomato, shredded lettuce, zucchini ribbons, sliced radish, pickled red onion rings, pickled jalapeños, lime wedges

DIRECTIONS
1. In a large bowl, combine breadcrumbs with broth; let stand 5 min to absorb.
2. Crumble in turkey and add seasoning. Using your hands, mix just until combined.
3. Wet hands to prevent sticking and form mixture into 6 patties.
4. Heat oil in a frying pan over medium heat. Working in batches, pan-fry patties for approximately 5 min per side, until brown on the outside and cooked through.
5. Place on bottom halves of buns. Add toppings and top of buns.

MAKE IT A PERFECTLY BALANCED PLATE:
Serve with 3 Tbsp prepared Guacamole dip and 1 cup veggies.