

AP WEEK OF MEALS:



5 Ingredient Dinners

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuscan Baked Fish	Crock Pot Taco Soup	Tortellini Pesto Chicken	BBQ Beef Cups	Fish Tacos	Mini Individual Pizzas	Cheesy Ranch Chicken

Shopping List

Basics

#1212 Vegalene Premium 3-Oil Blend 21oz. can
#1432 AP Italian 'N Pizza Seasoning
#1846 AP Ole' Taco Seasoning
#1041 Custom Culinary Beef Flavored Soup Base
#3893 Rosie's Ranch Dressing Mix

Meats

#8027 Pacific Seafood Frozen Tilapia Filets
#2622 Main Street Quality Meats Beef Ground Chuck
#6519 Pierce's Boneless Skinless Chicken Breasts

Other Items

#1815 Rosina Tri-Color Tortellini
#1683 Kraft Parmesan Cheese
#1136 Bridgford Parker House Style Rolls
#1860 Kirkland Shredded Cheddar Jack Cheese
#1325 Receta De Oro 8 inch Mexican Flour Tortillas

Tuscan Baked Fish



Ingredients:

1 Tbsp. Olive Oil
1 Onion diced
1 Tomato diced
1 Tbsp. AP Italian 'N Pizza Seasoning #1432
4 Tilapia Filets #8027
2 Tbsp. Capers, drained
Salt & Pepper to taste

Directions:

Preheat oven to 375 degrees.
In a large, oven proof pan, heat olive oil on medium high heat.
Add in diced tomato, seasoning and capers.
Stir around and let reduce slightly, about 5 minutes.
Add fish to pan, brown on each side 1-2 minutes
Place pan in oven and bake about 15 minutes- until fish is flaky and white. Check after 8 minutes, then again after 12 minutes.

Serves 4

Crock Pot Taco Soup



Ingredients:

2 ½ cups Rosina Tri-Color Tortellini #1815
3 Pierce's Boneless Skinless Chicken Breast #6519
2 cups cherry tomatoes
¼ cup basil pesto
Parmesan cheese #1683

Ingredients:

1 lb. MSQM Beef Ground Chuck #2622
3- 15 ½ oz. cans Pinto beans
5 Tbsp. AP Ole' Taco Seasoning #1846
2 tsp. Custom Culinary Beef Flavored Soup Base #1041
16 oz. Water

Directions:

Brown ground beef in a skillet and drain. Put beef in crockpot, add beans (juice and all), Taco seasoning, water, and beef base. Combine well. Turn crockpot to low and cook 5-6 hours. Serve with your choice of toppings.
Serves 6-8

Tortellini Pesto Chicken

Directions: Grill or precook chicken breasts until cooked through. Set aside. Bring a 4 qt. pot filled 2/3 full of water to a boil over high heat. Add a Tbsp. salt and add the tortellini. Cook for about 2-3 min. until mostly cooked through. Meanwhile, wash tomatoes and cut each in half. Set aside. Cut chicken into bite size pieces. Drain tortellini and return to pot. Add chicken, tomatoes and pesto. Stir to combine. Serve topped with Parmesan cheese.
Serves 6



BBQ Beef Cups



Ingredients:

1 lb. MSQM Beef Ground Chuck #2622
½ cup BBQ Sauce
8-10 Bridgford Parker House Style Rolls #1136
¾ cup Shredded Cheddar Jack Cheese #1860

Directions:

Brown meat and drain. Add BBQ Sauce and mix well. Place thawed rolls into each muffin cup of a 12 cup muffin tin. Press each roll to cover the bottom and sides of the cups. Spoon meat mixture into dough cups. Sprinkle with cheese. Bake at 400 degrees for 10-12 minutes. *Serves 4*

Fish Tacos



Ingredients:

2-3 Tilapia Filets #8027
8 in. Receta De Oro Mexican Flour Tortillas #1325
1 small red onion, thinly sliced
1 10oz. jar tartar sauce
1 ½ cups shredded Romaine Lettuce

Directions:

Preheat oven to 350 degrees. Place the fish in a baking dish and sprinkle with your favorite seasoning. Drizzle with olive oil and bake for 15 minutes. Wrap the stack of tortillas in foil and place in oven for the last 5 minutes of baking. To assemble the tacos, place the warm tortillas on serving plates. Slice the fish into fourths and place 2 slices on each tortilla, then cover with a few slices of onion. Add a dollop of the tartar sauce and top with ¼ cup of the lettuce. Fold over and serve.

Serves 6

Ingredients:

½ lb. MSQM Beef Ground Chuck #2622
1- 15 oz. can pizza sauce
8 oz. Sliced mushrooms
16 Bridgford Parker House Style Rolls, thawed #1136
2 cups Shredded Cheddar Jack Cheese #1860

Directions:

Preheat oven to 400 degrees. In a large skillet cook beef over medium heat until cooked through; drain. Stir in pizza sauce and mushrooms; set aside. Spray a baking sheet with #1212 Vegalene Oil spray. Thinly roll out dough into circles and place on baking sheet. Bake in oven for 5 minutes. Remove from oven and spread Meat Sauce onto each circle. Sprinkle with cheese. Bake, uncovered, 10 minutes or until cheese melts and crust is browned around the edges. *Serves 8*

Mini Individual Pizzas



Cheesy Ranch Chicken



Ingredients:

4 Pierce Boneless Skinless Chicken Breasts #6519
½ cup prepared Rosie's Ranch Dressing #3893
½ cup Shredded Cheddar Jack Cheese #1860
½ cup Kraft Parmesan Cheese #1683

Directions:

Preheat oven to 350 degrees. Line a baking sheet with foil. Spray foil with #1212 Vegalene. Coat chicken breasts with Rosie's Ranch Dressing. Set aside. In a small bowl, mix cheeses together. Top chicken with cheeses. Bake uncovered for 30 minutes. To crisp up your cheese, put the chicken under your broiler for just a few minutes before serving. *Serves 4-6*