

pampered|chef

Meal Planning Packet *Rockcrok[®] Everyday Pan*



On average,
North Americans spend
\$2,900
eating out every year.*

*USD, Bureau of Labor Statistics and Statistics Canada

Meal Planning Tips

New to meal planning? Here are 10 tips to get you started!

- 1. Use the 3 P's.** Meal planning works best when you take it one stage at a time. **Plan** your recipes, **purchase** your groceries, and **prep** your ingredients.
- 2. Check schedules.** Before you choose recipes for the week, look at your calendar to see what your family's schedule will be.
- 3. Leave room to be flexible.** Don't plan an entire week of meals. Unexpected things happen and you don't want food waste! Leave a couple nights in your plan open.
- 4. Give yourself time.** Don't pack all 3 P's into one afternoon. It's easy to get overwhelmed. Instead, break them up over a few days.
- 5. Use theme nights.** Don't be afraid of theme nights when you're starting out. Knowing that you can count on Meatless Monday and Spaghetti Sunday takes away a lot of the stress in planning.
- 6. Rely on family favorites.** Every family has favorites. Use those recipes for most of your weekly meals. Keep it easy—aim to try only one or two new recipes each week.
- 7. Make your list.** Once you've chosen your recipes, make a master ingredient list. This is the list of all the ingredients you need to make your meals that week.
- 8. Check your pantry first.** Go through this master ingredient list and cross off everything you already have in the house. What's left over is your grocery list.
- 9. Have fallback recipes.** Some nights your plan might fall through. For those nights, have simple go-to recipes that are made with foods from the pantry or freezer.
- 10. Take some time to prep.** Only have 30 minutes? Great! You don't have to prep everything for your week. You just don't want to start from scratch every night.

These recipes take
30 min
or less to make and cost an average of \$12 USD per recipe.

Beef Stroganoff & Green Bean Casserole



This dish combines two classic favorites in one pot, so you have twice the flavor but half the cleanup.

SERVES 6 ▶ Prep Time: 2 minutes | Total Time: 20 minutes

Ingredients

- 8 oz. (250 g) white mushrooms
- 2 garlic cloves
- 2 tbsp (30 mL) flour
- ½ tsp (2 mL) salt
- 8 oz. (250 g) 90% lean ground beef
- 6 oz. (175 g) fresh green beans
- 1½ tsp (7 mL) **All-Purpose Dill Mix**, divided
- 4 oz. (125 g) egg noodles (about 2 cups/500 mL)
- 1¾ cups (425 mL) low-sodium beef broth
- ½ cup (125 mL) French fried onions
- ¼ cup (50 mL) panko bread crumbs
- ½ cup (125 mL) sour cream

Directions

1. Slice the mushrooms with the **Quick Slice**. Add the mushrooms, garlic pressed with the **Garlic Press**, flour, and salt to the **Rockcrok® Everyday Pan** or **Deep Covered Baker** and stir to combine.
2. Add the beef and mix well. Microwave, covered, on HIGH for 7–9 minutes, or until the beef is no longer pink, breaking into crumbles halfway through with the **Mix 'N Chop**.
3. Meanwhile, trim the green beans and cut them into bite-sized pieces. When the beef is done, add 1 tsp (5 mL) of the seasoning, green beans, noodles, and broth. Microwave, covered, on HIGH for 8–10 minutes, or until the noodles are cooked.
4. Meanwhile, combine the remaining seasoning, fried onions, and panko in the **Manual Food Processor** and process until combined.
5. Add the sour cream to the pan and stir to combine. Let it stand for 3–5 minutes, then top with the onion mixture.

Cook's Tip

You can make this recipe with ground turkey instead of ground beef.

Go-To Tools



Rockcrok®
Everyday Pan

— OR —



Deep Covered Baker



Quick Slice



Garlic Press



Mix 'N Chop



Manual Food
Processor

One-Pot Chicken Parmesan & Zucchini Noodles



Think takeout is the only option? This dish only has 5 ingredients and is ready in 20 minutes!

SERVES 4 ▶ Prep Time: 10 minutes | Total Time: 20 minutes

Ingredients

- 12 oz. (350 g) chicken tenderloins
- Salt and pepper
- 4 medium zucchini
- 1 cup (250 mL) marinara sauce (see cook's tip)

- 2 oz. (60 g) fresh Parmesan cheese
- $\frac{3}{4}$ cup (175 mL) gluten-free croutons or crackers

Directions

- Season both sides of the chicken with salt and pepper and place it in the **Rockcrock® Everyday Pan**. Microwave, covered, on HIGH for 4–5 minutes, or until the internal temperature reaches 165°F (74°C).
- Spiralize the zucchini using the fettuccine blade on the **Veggie Spiralizer** or grate into long strips with the **Veggie Strip Maker**. Place the zucchini noodles in a bowl and use paper towels to press out excess liquid.
- Remove the chicken from the microwave and chop with the **Salad Chopper**.
- Add the zucchini noodles and sauce to the pan and stir to combine. Microwave, covered, on HIGH for 5–6 minutes, or until the zucchini is softened.
- Grate the cheese with the **Microplane® Adjustable Fine Grater**. Place the croutons in the **Manual Food Processor** and process until very finely chopped.
- Place an oven rack 2–4" (5–10 cm) from the heating element. Preheat the broiler. Remove the pan from the microwave and stir in half of the cheese. Top with the remaining cheese and crouton crumbs.
- Broil, uncovered, for 1–2 minutes, or until the crumbs are browned.

Cook's Tip

Want to make your own marinara sauce instead? Use $\frac{1}{2}$ can (28 oz./796 g) of crushed tomatoes, 3 pressed garlic cloves, $\frac{1}{4}$ tsp (1 mL) of dried basil leaves, $\frac{1}{4}$ tsp (1 mL) of dried oregano leaves, and $\frac{1}{2}$ tsp (2 mL) of salt. Add all the ingredients to the pan as directed in step 4.

Go-To Tools



Rockcrock®
Everyday Pan



Veggie Spiralizer

— OR —



Veggie Strip Maker



Salad Chopper



Microplane®
Adjustable Fine Grater



Manual Food
Processor

Quick Chicken Fajitas



In a rush? These Quick Chicken Fajitas come together quickly in the microwave.

SERVES 6 ▶ Prep Time: 5 minutes | Total Time: 20 minutes

Ingredients

- 2 medium green or red bell peppers or combination
- 2 medium onions
- 2 garlic cloves
- 1½ lbs. (700 g) boneless, skinless chicken breasts

- 2 tbsp (30 mL) taco seasoning
- 1 lime
- 12 (6–7"/15–18 cm) flour tortillas, warmed
- 4 oz. (125 g) mild cheddar cheese
- Optional: sour cream, salsa, and guacamole

Directions

1. Cut off the tops of the bell peppers and remove the seeds. Cut off the tops of the onions and peel. Using the **Simple Slicer** on the No. 3 setting, slice the bell peppers and onions. Stack the rings and cut them in half. Place the vegetables in the **Rockcrok® Everyday Pan**.
2. Add the garlic pressed with the **Garlic Press** on top of the vegetables.
3. Grate the cheese with the **Microplane® Adjustable Coarse Grater** and set it aside in the small **Glass Mixing Bowl**.
4. Juice the lime into the medium Glass Mixing Bowl. Add the taco seasoning and chicken, turning to coat. Place the seasoned chicken over the vegetables in the pan.
5. Microwave, covered, on HIGH for 12–15 minutes or until the internal temperature reaches 165°F (74°C) in the thickest part of the chicken and the juices run clear.
6. Transfer the chicken to **Flexible Cutting Mat** and slice it into thin strips. Return the chicken to the pan and combine it with the vegetables.
7. Wrap the tortillas with a damp paper towel and microwave them on HIGH for 30 seconds, or until warm. To serve, spoon the chicken and vegetable mixture onto the centers of the tortillas. Top with the cheese and optional toppings.

Go-To Tools



Rockcrok®
Everyday Pan



Simple Slicer



Garlic Press



Microplane® Adjustable
Coarse Grater



Glass Mixing Bowl

Cheesy Shells & Italian Sausage



This delicious dish is made in just 23 minutes! And because it's a one-pot meal, you'll have fast cleanup, too.

SERVES 8 ▶ Prep Time: 5 minutes | Total Time: 23 minutes

Ingredients

- | | |
|--|--|
| 8 oz. (250 g) bulk hot Italian pork sausage (see cook's tip) | 12 oz. (360 g) medium shell pasta |
| 3 garlic cloves | ¼ cup (50 mL) fresh basil leaves |
| 3 cups (750 mL) unsalted chicken stock | 1 cup (250 mL) seasoned croutons |
| 1 jar (24 oz./680 mL) marinara sauce (2½ cups/625 mL) | 2 oz. (60 g) fresh Parmesan cheese (½ cup/125 mL grated) |
| | 4 oz. (125 g) reduced-fat cream cheese (Neufchâtel) |

Directions

1. Preheat the broiler. Cook the sausage in the **Rockcrok® Everyday Pan** or the **Rockcrok® Dutch Oven** over medium heat for 4–6 minutes, breaking into crumbles with the **Mix 'N Chop**.
2. Press the garlic with the **Garlic Press** into the pan. Cook 30–60 seconds or just until fragrant.
3. Stir the stock, marinara, and pasta into the pan. Increase to high heat; cover and bring to a boil. Reduce to medium heat and cook, stirring occasionally, 7–9 minutes or until pasta is cooked but firm.
4. Meanwhile, chop the basil leaves with the **8" (20-cm) Chef's Knife**. Process the croutons in the **Manual Food Processor** until finely chopped; place in the **Classic Batter Bowl**. Grate the Parmesan with the **Microplane® Adjustable Fine Grater** over the batter bowl. Mix the crouton and Parmesan mixture well.
5. Remove the pan from the heat. Stir in the cream cheese and basil until blended. Sprinkle the cheese mixture evenly over the pasta. Place the pan 2–4" (5–10 cm) from the heating element. Broil for 1–2 minutes or until the top is golden brown.

Cook's Tip

You can substitute 8 oz. (250 g) of Italian turkey sausage (2 links, casings removed) or 8 oz. (250 g) of 90% lean ground beef for the bulk hot Italian pork sausage.

Go-To Tools



Rockcrok®
Everyday Pan

— OR —



Rockcrok®
Dutch Oven



Mix 'N Chop



Garlic Press



8" (20-cm)
Chef's Knife

Mexican Quinoa Bowl



This healthy, gluten-free and vegan recipe is a one-pot wonder that comes together in a snap!

SERVES 5 ▶ Prep Time: 15 minutes | Total Time: 25 minutes

Ingredients

- 1 cup (250 mL) uncooked quinoa
 - 1 cup (250 mL) vegetable broth
 - 1 orange or red bell pepper, seeded
 - 1 medium zucchini, ends trimmed and cut into 3" (7.5-cm) pieces
 - 1 cup (250 mL) fresh corn kernels (about 2 ears)
 - 2 garlic cloves
 - 1 can (15 oz./425 g) low-sodium black beans, drained and rinsed
 - 1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained
 - 1–2 tbsp (15–30 mL) **Tex-Mex Rub**
 - ¼ cup (50 mL) fresh cilantro leaves
- Optional toppings: diced avocado, sour cream, and lime wedges

Directions

1. Combine the quinoa and broth in the **Rockcrock® Everyday Pan** or **Deep Covered Baker**. Microwave, covered, on HIGH for 10 minutes.
2. Meanwhile, cut the bell pepper into quarters and the zucchini in half lengthwise. Using the **Quick Slice**, cut the bell pepper (skin-side up) into strips. Slice the zucchini halves crosswise.
3. Remove the baker from the microwave. Stir in the vegetables, corn, garlic pressed with the **Garlic Press**, beans, tomatoes with juice, and rub.
4. Microwave, covered, for 8–10 minutes, or until the quinoa has absorbed the liquid.
5. Remove the baker from the microwave and let it stand, covered, for 5 minutes.
6. Snip the cilantro in a small bowl with the **Professional Shears**.
7. To serve, sprinkle the quinoa with cilantro and top each serving with avocado and sour cream, if desired.

Cook's Tips

You can use 2 tsp (10 mL) of chili powder and 1 tsp (5 mL) of ground cumin as a substitute for the Tex-Mex Rub.

To make this recipe on the stovetop, increase the vegetable broth to 1½ cups (375 mL). Combine the quinoa and broth in the **Rockcrock® Everyday Pan** and cover. Bring it to a boil over medium-high heat; reduce the heat to a simmer for 10 minutes. Continue as directed in steps 2 and 3. In step 4, bring to a simmer, covered, for 15 minutes or until quinoa has absorbed the liquid. Let it stand for 5 minutes. Continue as directed.

Go-To Tools



Rockcrock®
Everyday Pan

OR



Deep Covered Baker



Quick Slice



Garlic Press



Professional Shears

Meal Planning Template

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

3 Ps of Meal Planning

- 1 *Planning*
- 2 *Purchasing*
- 3 *Prepping*

Ingredients to Use This Week:

Prep:

Grocery List

Beef Stroganoff & Green Bean Casserole

- 8 oz. (250 g) white mushrooms
- 2 garlic cloves
- 2 tbsp (30 mL) flour
- ½ tsp (2 mL) salt
- 8 oz. (250 g) 90% lean ground beef
- 6 oz. (175 g) fresh green beans
- 1½ tsp (7 mL) **All-Purpose Dill Mix**
- 4 oz. (125 g) egg noodles (about 2 cups/500 mL)
- 1¾ cups (425 mL) low-sodium beef broth
- ½ cup (125 mL) French fried onions
- ¼ cup (50 mL) panko bread crumbs
- ½ cup (125 mL) sour cream

Notes:

One-Pot Chicken Parmesan & Zucchini Noodles

- 12 oz. (350 g) chicken tenderloins
- Salt and pepper
- 4 medium zucchini
- 1 cup (250 mL) marinara sauce
- 2 oz. (60 g) fresh Parmesan cheese
- ¾ cup (175 mL) gluten-free croutons or crackers

Notes:

Quick Chicken Fajitas

- 2 medium green or red bell peppers or combination
- 2 medium onions
- 2 garlic cloves
- 1½ lbs. (700 g) boneless, skinless chicken breasts
- 2 tbsp (30 mL) taco seasoning
- 1 lime
- 12 (6–7"/15–18 cm) flour tortillas
- 4 oz. (125 g) mild cheddar cheese
- Optional toppings: sour cream, salsa, and guacamole

Notes:

Grocery List

Cheesy Shells & Italian Sausage

- 8 oz. (250 g) bulk hot Italian pork sausage
- 3 garlic cloves
- 3 cups (750 mL) unsalted chicken stock
- 1 jar (24 oz./680 mL) marinara sauce
- 12 oz. (360 g) medium shell pasta
- 4 oz. (125 g) reduced-fat cream cheese (Neufchâtel)
- ¼ cup (50 mL) fresh basil leaves
- 1 cup (250 mL) seasoned croutons
- 2 oz. (60 g) fresh Parmesan cheese

Notes:

Mexican Quinoa Bowl

- 1 cup (250 mL) uncooked quinoa
- 1 cup (250 mL) vegetable broth
- 1 orange or red bell pepper
- 1 medium zucchini
- 1 cup (250 mL) fresh corn kernels (about 2 ears)
- 2 garlic cloves
- 1 can (15 oz/425 g) low-sodium black beans
- 1 can (14.5 oz/411 g) fire-roasted diced tomatoes
- 1-2 tbsp (15-30 mL) **Tex-Mex Rub**
- ¼ cup (50 mL) fresh cilantro leaves
- Optional: Diced avocado, sour cream, and lime wedges

Notes:
