

*Toni Spilsbury*

**The Organized Cook™**  
**Weekly Meal Plan System**

**Week 11**

*Day 1: Ranch Fried Chicken with Country Roasted Potatoes & Mixed Vegetables*

•

*Day 2: Cowboy Chili & Southwest Quesadillas*

•

*Day 3: Chicken Pot Pie & Creamy Cucumber Salad*

•

*Day 4: Stuffed Pasta Shells & Italian Sausage*

•

*Day 5: Chili Cheese Dogs & Orzo Broccoli Salad*





## *Ranch Fried Chicken with Country Roasted Potatoes & Mixed Vegetables*

### What You Will Need:

- chicken parts- 8lbs (any combination of thighs, drumsticks, wings or breasts)
- potatoes, red medium- 2-3 lbs
- frozen mixed vegetables- 1lb bag
- ranch dressing mix- 2 packets

### STAPLES

- olive oil- ¼ cup
- salt
- eggs- 3
- milk- ½ cup
- flour- 2 cups
- vegetable oil
- butter- 2 tbsps

### Cooking Instructions:

#### Potatoes

1. Heat oven to 375°
2. Dice potatoes with skin into small cubes; place in shallow baking dish or round cake pan
3. Pour olive oil over potatoes; sprinkle with salt and a packet of ranch dressing mix; toss to coat potatoes evenly
4. Bake until tender and brown, approximately 30-35 minutes; for a crispy top, turn oven to Broil during last 5 minutes of cooking

#### Chicken

5. In a shallow bowl, whisk together eggs and milk
6. In another shallow bowl mix together flour and remaining ranch dressing mix packet
7. In a large non-stick skillet (I get the best results using my large electric skillet; and it can cook a lot of chicken at once); add vegetable oil about ½ inch deep; heat over medium-high heat
8. Rinse and pat dry chicken; roll each chicken piece first in the egg mixture and then in flour mixture to coat well; place in skillet to fry covered until dark brown, turning once, approximately 20 minutes each side

#### Vegetables

9. In medium saucepan, heat vegetables according to directions or with a couple tablespoons water over medium heat until cooked thoroughly, approximately 10 minutes
10. Once cooked, mix in butter

### AFTER DINNER:

1. Store leftover chicken for Day 4-Chicken Pot Pie
2. Store leftover vegetables for Day 4-Chicken Pot Pie
3. Store leftover potatoes for Day 4-Chicken Pot Pie

*Toni Spilsbury*

The Organized Cook™  
Weekly Meal Plan System



## *Cowboy Chili & Southwest Quesadillas*

### What You Will Need:

- ground beef- 1lb
- onion, white- 1, minced
- dark beer (optional)- 1 bottle
- chili seasoning- 1 packet
- chili beans- 1 28oz. can
- kidney beans- 1 14oz. can, drained
- white beans (cannellini)- 1 14oz. can, drained
- tomatoes, petite diced- 1 14oz. can
- flour tortillas, any size
- red bell pepper- 1, diced; store half of diced bell pepper for Day 5-Orzo Broccoli Salad
- pepperoncini peppers, sliced- 1 jar
- shredded pepper jack cheese- 1 packet
- sour cream (for garnish)

### STAPLES

- garlic salt
- butter or margarine

### Cooking Instructions:

#### Chili

1. In dutch oven or large pot over medium-high heat, cook beef with a masher until brown; season with garlic salt
2. Add onion and beer; boil until onion is tender and beer is mostly absorbed, approximately 4 minutes
3. Add chili seasoning; mix well
4. Add chili beans (not drained), kidney beans (drained), white beans (drained) and tomatoes;
5. Simmer over medium heat for about 20-30 minutes

#### Quesadillas

6. Butter one side of tortillas; sprinkle with cheese and top with diced bell pepper and pepperoncini peppers; fold in half; save remaining pepperoncini peppers for Day 5- Chili Cheese Dogs
7. For soft quesadillas, heat in microwave until cheese is melted, approximately 1 minute; for crunchy quesadillas, heat in oven on broil until brown on top, approximately 4 minutes
8. Garnish with sour cream

### AFTER DINNER:

1. Store leftover chili for Day 5-Chili Cheese Dogs
2. Store remaining sour cream for Day 3-Creamy Cucumber Salad

*Toni Spilsbury*

The Organized Cook™  
Weekly Meal Plan System



## *Chicken Pot Pie & Creamy Cucumber Salad*

### **What You Will Need:**

- Leftover fried chicken
- Leftover mixed vegetables
- Cream of chicken soup- 1 can
- Puff pastry sheet, thawed
- Cucumber- 1, peeled and sliced into ½ inch rounds
- Red onion- 1 small, peeled and sliced into thin strips
- Sour cream- about ¼ cup

### **STAPLES**

- Milk- 1 cup
- White vinegar- 1 tspn
- Dried dill

### **Cooking Instructions:**

#### **Pie**

1. Heat oven to 350°
2. Shred chicken from bones keeping skin with chicken
3. In mixing bowl combine shredded chicken, vegetables, soup and milk; mix well
4. Place 1 pastry sheet in the bottom of a greased round cake pan using fingers to press pastry to bottom and sides
5. Add chicken mixture
6. Top with second pastry sheet using fingers to mold sides
7. Bake until golden brown, 20-25 minutes

#### **Salad**

8. In salad or mixing bowl combine cucumber and onion slices; sprinkle with vinegar and a few shakes of salt
9. Add sour cream; mix well
10. Top with sprinkled dried dill

*Toni Spilsbury*

**The Organized Cook™**  
Weekly Meal Plan System



## *Stuffed Pasta Shells & Italian Sausage*

### **What You Will Need:**

- Jumbo pasta shells- 1lb
- Ricotta cheese- 1 15oz. tub
- Shredded mozzarella cheese- 1 16oz. bag
- Shredded Parmesan cheese- 1 cup (half of 16oz. bag)
- Frozen chopped spinach- 16oz., thawed with water squeezed out
- Gourmet Italian sausage (with mozzarella cheese suggested)- 1 link per person

### **STAPLES**

- Eggs- 2

### **Cooking Instructions:**

#### **Shells**

1. Boil pasta shells in salted water until tender; drain
2. In a mixing bowl combine ricotta cheese, half of mozzarella cheese, half of parmesan cheese, eggs and drained spinach; sprinkle with a little garlic salt; mix well
3. Fill each pasta shell with cheese mixture and place in long baking dish
4. Pour spaghetti sauce over shells; sprinkle with remaining parmesan cheese and bake until cooked thoroughly, approximately 25 minutes

#### **Sausage**

5. Arrange sausage on a baking sheet
6. Bake alongside shells until crunchy brown

*Toni Spilbury*

**The Organized Cook™**  
Weekly Meal Plan System



## *Chili Cheese Dogs & Orzo Broccoli Salad*

### **What You Will Need:**

- All beef reduced fat hot dogs- 1 packet
- Leftover cowboy chili
- Hot dog buns- 1 packet
- Shredded cheddar cheese- 1 8oz. bag
- Remaining sliced pepperoncini peppers
- Orzo pasta- 1 cup
- Broccoli florets, frozen- 1 ready-to-steam bag
- Remaining diced red bell pepper
- Parmesan cheese- 1 cup (remaining from 16oz. bag)

### **STAPLES**

- Olive oil- ¼ cup
- Balsamic vinegar- 2 tbsps
- Lemon juice- 1 tbspn

### **Cooking Instructions:**

#### **Hot dogs**

1. Heat oven to broil
2. Arrange hot dogs on long baking sheet, broil, turning once until brown, approximately 6 minutes
3. In microwave safe container, heat chili in microwave until hot, approximately 3 minutes
4. Arrange cooked hot dogs in buns, top with hot chili, cheese and peppers

#### **Salad**

5. Boil orzo pasta in salted water until tender; drain orzo through strainer and rinse under cool water; transfer to mixing or salad bowl
6. Add parmesan cheese and diced bell pepper
7. Steam broccoli in microwave according to package directions; add to orzo
8. In measuring cup or small mixing bowl, whisk together olive oil, vinegar and lemon juice; pour over orzo; toss

*Toni Spilsbury*

**The Organized Cook™**  
Weekly Meal Plan System