

*Toni Spilsbury*

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

**Week 12**

*Day 1: Slow Cooker Barbeque Chicken with Loaded Beans & Classic Cole Slaw*

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*Day 2: Peggy Sue Enchiladas with Easy Spanish Rice*

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*Day 3: Classic Tuna Casserole & Barbeque Chicken Pizza*

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*Day 4: Greek Pita Pockets with Cucumber-Yogurt Sauce & Mediterranean Potatoes*

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*Day 5: Sweet & Sour Shrimp with Steamed Rice*





## *Slow Cooker Barbeque Chicken with Loaded Beans & Classic Cole Slaw*

### What You Will Need:

- Boneless skinless chicken breasts – 3-4lbs (about 6-8 trimmed breasts), thawed
- barbeque sauce- 1 large 28oz. bottle
- ground beef- 3-4 lbs
- baked beans- 1 large can, drained
- onion, white- 1 large, minced- store half of minced onion for Day 2-Peggy Sue Enchiladas
- barbeque sauce- 1 small 18oz. bottle
- cabbage cole slaw mix- 1 pre-cut ready-to-eat bag

### STAPLES

- brown sugar- ½ cup
- dijon mustard- about 3 tbsps
- mayonnaise- ½ cup
- white vinegar- ¼ cup
- sugar- 1 tbspn

### Cooking Instructions:

Chicken will need at least 5 hours in slow cooker on high

#### IN THE MORNING:

##### Chicken

1. Place chicken breasts in slow cooker; cover with entire large bottle of barbeque sauce
2. Turn cooker to high for 5-6 hours; during last hour use spoon to shred and stir chicken periodically

##### Beans

3. In large skillet cook beef with a masher until brown; do not overcook
4. Transfer ¾ of cooked beef to store for Day 2-Peggy Sue Enchiladas and Day 5-Greek Pita Pockets
5. Heat oven to 425
6. Add to remaining beef beans, onion, brown sugar, Dijon mustard and half of small bottle barbeque sauce; mix
7. Transfer to baking dish; bake for about 25 minutes

##### Slaw

8. In salad or mixing bowl combine pre-cut cabbage mix, mayonnaise, vinegar and sugar; mix well

#### AFTER DINNER:

1. Store leftover chicken for Day 3-Barbeque Chicken Pizza
2. Store remaining barbeque sauce for Day 3-Barbeque Chicken Pizza (only a small amount needed)

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## *Peggy Sue Enchiladas with Easy Spanish Rice*

### What You Will Need:

- about half of remaining cooked ground beef- keep half stored for day 4-Greek Pita Pockets
- remaining minced onion
- Red chile enchilada sauce, mild- 1 14oz. can
- Green chile enchilada sauce, mild- 1 14oz. can
- shredded cheese, cheddar/monterey jack- 1 large bag or about 2-3 cups
- corn tortillas, small- 1 24-ct bag
- long grain rice- 3 cups
- petite diced tomatoes with green chiles- 1 14oz. can

### STAPLES

- vegetable oil
- garlic salt

### Cooking Instructions:

#### Enchiladas

1. In mixing bowl combine beef, onion, ½ can of red enchilada sauce, ½ can green enchilada sauce and about half bag (or 2 cups) shredded cheese, mix well
2. Heat oven to 375
3. In small skillet, heat vegetable oil about ¼ inch deep over medium heat
4. Dip tortillas one at a time in oil until just soft, approximately 3 seconds each; let excess oil drip off back into skillet
5. Transfer tortilla to long baking dish and add a spoonful of beef mixture in the center; fold and secure with toothpick
6. Repeat steps 4 & 5 until the baking sheet is completely lined up with enchiladas and/or beef mixture is gone
7. Mix the remaining red and green enchilada sauce together and pour over the top of enchiladas; remove the toothpicks; then sprinkle with remaining cheese (about a cup)
8. Bake until crispy at the edges, approximately 25-30 minutes

#### Rice

9. Bring 6 cups water and 3 cups jasmine rice to boil in medium-sized saucepan; cover and reduce heat to simmer until water is absorbed, approximately 20 minutes
10. Scoop out about 2/3 of cooked rice and store for Day 5-Steamed Rice
11. Add tomatoes to remaining rice in saucepan, sprinkle with garlic salt, heat over medium high heat until warm, approximately 4 minutes

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## *Classic Tuna Casserole & Barbeque Chicken Pizza*

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

- egg noodles- 1 lb
- peas, 1 small 8oz. can, drained
- tuna- 2 7oz. cans, drained
- cream of mushroom soup- 1 can
- cream of celery soup- 1 can
- pizza crust- 1 ready-to-bake
- remaining barbeque sauce
- shredded mozzarella cheese- 1 small 8oz. bag
- leftover barbeque chicken, chopped
- onion, red- 1 medium, sliced thin- store half of onion slices for day 5-mediterranean potatoes

### **STAPLES**

- milk- 1 cup
- bread crumbs- ½ cup

### **Cooking Instructions:**

#### **Casserole**

1. Boil noodles until tender, drain
2. Heat oven to 400
3. In large mixing bowl combine cooked noodles, peas, tuna, mushroom soup, celery soup and milk; sprinkle with salt and pepper; mix well
4. Transfer to casserole dish; sprinkle top with bread crumbs
5. Bake until hot, approximately 30-35 minutes

#### **Pizza**

6. Place pizza crust on a baking sheet and spread barbeque sauce; top with cheese, chicken then onion
7. Bake alongside casserole until cheese is melted and chicken is warmed thoroughly; approximately 18 minutes

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## *Greek Pita Pockets with Cucumber-Yogurt Sauce & Mediterranean Potatoes*

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

- potatoes, russet or gold- 3-4 peeled and sliced into ¼-inch slices
- feta cheese, crumbled- 4oz.
- kalamata olives, pitted- 1 small 6oz. jar
- cucumber- 1, peeled
- plain low-fat yogurt- 2 6oz. containers
- remaining cooked ground beef
- pita bread pockets

#### Potatoes:

- salt
- olive oil- ¼ cup
- dried oregano- 1 tspn
- ground cumin- 1 tspn

#### Sauce:

- dried basil- 1 tbspn
- lemon pepper- 1 tbspn
- onion powder- 1 tspn

#### Beef:

- ground cumin- 1 tbspn

### **Cooking Instructions:**

#### **Potatoes**

1. Heat oven to 425
2. Arrange potato slices onto greased baking dish; sprinkle with salt
3. In small mixing bowl or measuring cup combine olive oil, oregano and cumin; mix well and pour over potatoes
4. Top with feta cheese and kalamata olives
5. Bake until brown, approximately 40-45 minutes

#### **Cucumber-Yogurt Sauce**

6. Chop cucumber into tiny pieces
7. In small mixing bowl combine chopped cucumber, yogurt, basil, lemon pepper and onion powder; mix well

#### **Pitas**

8. Combine cooked ground beef and cumin; mix well
9. Warm beef either in skillet until hot, approximately 3 minutes or in microwave
10. Arrange beef mixture in pita pockets and top with cucumber-yogurt sauce

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## *Sweet & Sour Shrimp with Steamed Rice*

### What You Will Need:

- carrots, whole- 3, peeled and diced into ¼ inch slices
- green bell pepper- 1, diced into medium size chunks
- frozen uncooked shrimp, large- 1 2lb bag, thawed and peeled
- sweet & sour sauce- 1 jar
- pineapple chunks in juice- 1 20oz. can, drained
- leftover cooked rice

### STAPLES

- sesame or vegetable oil

### Cooking Instructions:

#### Shrimp:

1. Heat a few tablespoons oil in wok or skillet over medium-high heat; add carrot and bell pepper slices; sauté until vegetables start to become tender, approximately 3 minutes
2. Add peeled shrimp and sauté until just cooked (pink); approximately 3 minutes
3. Add sweet & sour sauce and pineapple chunks, simmer until hot, approximately 2 more minutes

#### Rice:

4. To re-heat steamed rice, in microwave-safe bowl, add a couple tablespoons water to rice and heat covered in microwave until rice is steamy, approximately 3 minutes; mix with a couple tablespoons sesame or vegetable oil if desired

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