

*Toni Spilsbury*

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

**Week 3**

*Day 1: Slow Cooker Beef Roast & Vegetables with Country Biscuits*

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*Day 2: Sesame Baked Chicken & Thai Coconut Rice with Peppered Green Beans*

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*Day 3: Peppy Spaghetti & Garlic Knots*

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*Day 4: Beef Enchiladas & Toasty Tostadas*

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*Day 5: Chinese Chicken Salad & Vegetable Fried Rice with Spring Rolls*





## *Slow Cooker Beef Roast & Vegetables with Country Biscuits*

### What You Will Need:

- beef round roast- 3-5lbs
- potatoes, russet or gold-2 large, peeled and sliced into large chunks
- carrots, whole- 2 large, peeled and diced into ¼ inch slices
- celery- 3 leafy stalks, diced into large slices
- onion, white or yellow- 1, peeled and diced into large slices; store half of onion slices for Day 3-Peppy Spaghetti
- refrigerated jumbo buttermilk biscuits- 1 canister

### STAPLES

- salt
- coarse black pepper
- dried thyme

### Cooking Instructions:

#### IN THE MORNING:

1. Place roast in large slow cooker, season generously with salt and pepper and a little thyme
2. Add potato, carrot, celery and onion slices
3. Add water to completely cover roast and vegetables; cover and cook on high for at least 6 hours

#### DINNER TIME:

Bake biscuits according to package directions

#### AFTER DINNER:

Store leftover beef for Day 4-Beef Enchiladas

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## *Sesame Baked Chicken & Thai Coconut Rice with Peppered Green Beans*

### What You Will Need:

- boneless skinless chicken thighs- 4-6lbs
- mandarin oranges (juice from)- 1 14oz. can; (store oranges for Day 5-Chinese Chicken Salad)
- long grain rice- 3 cups
- coconut milk- 1 14oz. can
- green beans, fresh- 1-2 lbs
- red bell pepper- 1, diced, store half of diced bell pepper for Day 5-Chinese Chicken Salad

#### Chicken:

- soy sauce- ¼ cup + 3 tspns
- minced garlic- 1 tspn + 1 tspn
- sesame oil- 2 tspns + 2 tspns
- sesame seeds

#### Rice:

- ground ginger- 1 tspn

#### Green Beans:

- minced garlic- 1 tspn + 1 tspn
- soy sauce- ¼ cup + 3 tspns
- sesame seeds

### Cooking Instructions:

#### IN THE MORNING OR NIGHT BEFORE:

For best results, marinate chicken ahead of time, 2-3 hours to overnight

#### DINNER TIME:

##### Chicken

1. Heat oven to 375°
2. Place chicken in a shallow baking dish
3. In a small bowl or large measuring cup, combine juice only from mandarin oranges (store oranges for Day 5-Chinese Chicken Salad), ¼ cup soy sauce, 1 tspn garlic and 2 tspns sesame oil; mix well and pour over chicken; sprinkle with sesame seeds
4. Bake until chicken is cooked thoroughly and brown on top, approximately 45 minutes; for a crispy top, for the last 10 minutes of cooking pour off marinade and turn the oven to Broil for the last 10 minutes of cooking

##### Rice

1. In large saucepan, combine rice, ginger, coconut milk and 4½ cups water; bring to boil over high heat; cover, reduce heat and simmer until water is absorbed; approximately 25 minutes

##### Green Beans

2. Fill bottom of medium skillet with water about ½ deep
3. Add green beans, bell pepper and garlic; sprinkle with soy sauce, cover and cook over medium heat until tender, approximately 10 minutes, sprinkle with sesame seeds

#### AFTER DINNER:

1. Pull chicken off bone of leftover chicken and store for Day 5-Chinese Chicken Salad
2. Store leftover rice for Day 5-Egg Fried Rice

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## *Peppy Spaghetti & Garlic Knots*

### What You Will Need:

- pepperoni, sliced- about 1lb
- remaining onion slices, minced
- spaghetti sauce- 1 jar
- spaghetti pasta- 1lb
- refrigerated breadstick dough- 1 canister

### STAPLES

- olive oil
- minced garlic- 1 tspn
- garlic salt

### Cooking Instructions:

#### DINNER TIME :

#### Spaghetti

1. Boil spaghetti in salted water until tender; drain pasta reserving some (about ½ cup) of the cooking water in pan; return pasta to warm pan and water; toss

#### Sauce

2. Chop pepperoni
3. In medium skillet heat a few tablespoons of olive oil over medium-high heat; add chopped pepperoni and minced onion; sauté until onions are tender, approximately 4 minutes
4. Add spaghetti sauce, heat until bubbly, approximately 4 minutes

#### Knots

5. Separate dough into pre-designated strips and cut in half lengthwise
6. Tie each piece into a knot
7. In small non-stick skillet heat a few tablespoons of olive oil over medium-high heat; add garlic and sauté for a minute
8. Add dough knots to skillet and fry, turning once, until golden brown on each side; sprinkle with garlic salt and transfer to a paper towel lined plate to cool

Serve spaghetti topped with peppy sauce

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## *Beef Enchiladas & Toasty Tostadas*

### What You Will Need:

- leftover beef roast
- corn tortillas, small- 1 36ct bag
- taco seasoning- 1 packet
- red enchilada sauce- 1 large 28oz. can
- shredded cheese, cheddar/monterey- 1 16oz. bag
- black olives, sliced- 1 small 4oz. can
- green onions-1 bundle, diced- store half of diced green onions for Day 5-Chinese Chicken Salad
- refried beans- 1 14oz. can
- iceberg lettuce- 1 head, chopped

### STAPLES

- vegetable oil
- toothpicks

### Cooking Instructions:

#### DINNER TIME:

#### Enchiladas

1. Heat oven to 375°
2. Shred beef into large mixing bowl; add taco seasoning; mix well
3. In small non-stick skillet, add vegetable oil about ¼ inch deep; turn heat to medium
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. Pour sauce over enchiladas, reserving a small amount of sauce for tostadas; remove toothpicks
8. Sprinkle with lots of cheese; top with sliced olives and a small handful of diced green onions (save most of green onion for tostadas)
9. Bake until edges are brown, approximately 35 minutes

#### Tostadas

10. Continue cooking remaining tortillas in hot oil until crunchy; approximately 2 minutes each; transfer each cooked tortilla to a paper towel lined plate to cool
11. In microwave-safe dish or stove top, heat beans until just warm; approximately 2 minutes
12. Spoon beans on top of cooked tortillas; top with enchilada sauce, chopped lettuce and shredded cheese

Store remaining chopped lettuce for Day 5-Chinese Chicken Salad

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## *Chinese Chicken Salad & Vegetable Fried Rice with Spring Rolls*

### What You Will Need:

- frozen stir-fry vegetables- 1 medium bag
- leftover cooked rice
- remaining diced green onions
- remaining chopped iceberg lettuce
- romaine salad lettuce- 1 pre-cut ready-to-eat bag
- leftover cooked chicken
- shredded carrots- 1 small ready-to-eat bag
- remaining diced red bell pepper
- reserved mandarin oranges
- chinese-chicken salad dressing- 1 bottle
- wonton salad chips
- spring rolls, frozen- 1 box

### STAPLES

- sesame or vegetable oil
- soy sauce
- eggs- 3
- soy sauce
- sesame seeds

### Cooking Instructions:

#### DINNER TIME:

#### Rice

1. In large non-stick skillet or wok heat a few tablespoons oil over medium-high heat, add frozen vegetables and sauté until just tender, approximately 6 minutes
2. Add rice and diced green onions; sprinkle with a few shakes of soy sauce and sauté for about 4 minutes
3. In small mixing bowl or measuring cup beat eggs
4. Once rice begins to brown, push rice mixture to one side of the pan; pour egg onto empty side of pan and scramble; once egg is scrambled, mix into rice

#### Salad

5. In large salad bowl combine iceberg lettuce and romaine lettuce
6. Top with chicken, shredded carrots, bell pepper and mandarin oranges; drizzle with salad dressing and toss
7. Sprinkle with sesame seeds and top with wonton chips

#### Spring Rolls

8. Coat bottom of small non-stick skillet with vegetable oil over medium-high heat; add spring rolls
9. Cook spring rolls, turning once, until golden brown, approximately 4 minutes each side

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