Meals for October 21st

Shopping List

1 ¼ cup egg substitute

¼ cup miracle whip

¼ cup onions

1 tbsp mustard

1 tbsp vinegar

3 tsp pepper

½ cup shredded carrot

2 squash

1 onion

1 cup of great northern beans

1 tsp garlic salt

1 tsp cumin

2 tbsp olive oil

2 tortillas

1 sweet onion

2 garlic cloves

1 ½ cup water

1 can of diced tomatoes

1 tbsp cumin

1 tbsp lemon juice

1 tbsp chili powder

1 can of kidney beans

2 servings of noodles of your choice

2 laughing cow wedges (preferably garlic and herb)

1 cup broccoli

1 cup zucchini

1 tbsp sour cream

2 tbsp of parmesam

1 tsp of salt

1 tsp of garlic powder

1 english muffin

2-3 tbsp of pizza or pasta sauce

oregano and basil to taste

INGREDIENTS:

1 ¼ cup egg substitute
¼ cup miracle w hip
¼ cup onions
1 tbsp mustard
1 tbsp vinegar
2 tsp pepper
½ cup shredded carrot

DIRECTIONS:

Cook egg substitute on medium heat. Once cooked, combine all ingredients. Refrigerate at least 3 hours before serving.

INGREDIENTS:

2 squash
1 onion
1 cup of great northern beans
1 tsp garlic salt
1 tsp cumin
1 tbsp olive oil
2 tortillas

DIRECTIONS:

Cook onion and squash in pan over medium heat.
Blend beans, garlic salt, and cumin in a food processor.
Spread mixture over tortillas and divide vegetables in each tortilla.

INGREDIENTS -

1 tsp olive oil
1 sweet onion
2 garlic cloves
1 ½ cup water
1 can of diced tomatoes
1 tbsp cumin
1 tbsp lemon juice
1 tbsp chili powder
1 can of kidney beans

DIRECTIONS

Cook onion and garlic with olive oil over medium heat in pan until onions are soft. Add in water, tomatoes, cum, lemon juice, and chili powder. Cook for 10 minutes over medium. Reduce heat to low and cook for 45 minutes. Add in beans and cook for another 15 minutes.

Serve plain or add in noodles for a minestrone type soup. Add extra beans or corn for another kind of chili.

INGREDIENTS:

1 english muffin
1 laughing cow wedge (preferably garlic and herb)
2-3 tbsp of pizza or pasta sauce
Oregano, pepper, basil to taste

DIRECTIONS:

Toast english muffins.
Add cheese and sauce to muffins with spices to taste.
Broil or toast for approximately 3-4 minutes.

INGREDIENTS:

2 servings of noodles of your choice
1 laughing cow wedge (preferably garlic and herb)
1 cup broccoli
1 cup zucchini
1 tbsp sour cream
2 tbsp of parmesam
1 tsp of pepper
1 tsp of salt
1 tsp of garlic powder

DIRECTIONS:

Cook noodles.
While noodles are cooking, combine all ingredients other than the laughing cow wedge and warm up in the microwave until vegetables are tender.
Drain noodles when done and combine the vegetables with the noodles. C
hop the laughing cow wedge into small pieces and add to the mixture.
Stir until laughing cow wedge melts.