



## Italian Sausage Soup + Rolls

*(adapted from foodiecrush.com) Make the rolls today, save half to go with the orange chicken. OR if you made the orange chicken first, eat the rest of the rolls with this soup. There's so many vegetables in this soup there is no need for a veggie side. If you have other vegetables that you need to use up (potatoes, peppers, squash) feel free to throw them in too! There's also no probably no need for bread because the beans provide some good carbohydrates, but I think soup just needs bread.*

## Breaded Tilapia + Oven Fries + Steamed Broccoli

*The chicken nuggets of the fish world! Woo! (Took the spice mixture from the homemade chicken nuggets we made a few weeks ago for the breading).*

## Orange Chicken + Rolls + Buttered Green Beans + Salad

*Use the rolls from the Italian sausage soup day or if making these first, save half of the rolls to go with the soup*

## Philly Cheesesteak Skillet + Salad

*The Philly cheesesteak skillet can be eaten traditionally, as a sandwich, or just next to salad for a low-bread option, or over rice or noodles if you feel like it. Have all your ingredients at hand when you begin cooking this!*

## Math specifically for this week's meal plan

- Read the number of containers needed in each size
- Sort containers by size (big/small) or shape (round/square/rectangular) or material (glass/plastic) or color
- Sort the vegetables after washing by size/color/shape/taste?
- Count scoops of ingredients while making spice mixes, bread dough
- Name the numbers on the measuring cups/spoons
- Name the numbers in the recipe (either with fractions or just the numerals. You can always discuss fractions – you never know what will stick!)
- Compare sizes of chopped broccoli pieces
- Count out 7 cloves of garlic
- Separate them into 2 groups of 3 and 4 cloves each and count each group (1,2,3,; 1,2,3,4)
- Put them back into one group (4 and 3 is 7 – addition!)
- Count out 3 cloves to mince for the soup
- Count the remaining cloves (7, take away 3 is 4 – subtraction!)
- While shaping roll dough, discuss shapes (cylinder, sphere, etc.)
- Bonus non-math suggestion: Look at/smell/taste the spices before adding them to the mix. What words would you use to describe them? Does it remind you of anything? Red/brown/dusty/spicy/sweet/sour/flowery/herby/bitter

Surprisingly few containers this week!



## Prep

1. Wash hands with soap and water
2. Collect:
  - a. Ziploc bags
  - b. (2) small containers and label: breaded tilapia spice, breading for the chicken
  - c. 1 medium containers and label: philly cheesesteak steak,
  - d. 3 large containers and label: philly cheesesteak skillet veggies, Italian sausage soup, broccoli,
3. Wash 1 head broccoli, 1 carrot, 1 rib celery, 2 oranges, and 2 bell peppers
4. Mix spices for breaded tilapia in a small container: 1 tsp salt, ½ tsp paprika, 1/8 tsp black pepper, ½ tsp garlic powder, ½ tsp onion powder, ½ tsp dried dill - done
5. Zest 1 orange and mix with 1 cup bread crumbs, 1 Tbsp paprika, and ½ tsp salt. This is the breading for the chicken
6. Make roll dough (1 cup warm milk, ¼ cup sugar, 2 eggs, ½ cup soft butter, ¾ tsp salt, 4 cups flour, 3 tsp yeast) OR dry mix (1/4 cup sugar, ¾ tsp salt, 4 cup flour)
7. Cut/prep broccoli and place in large container
8. Chop 1 carrot and 1 celery and place in large container for Italian sausage soup
9. To the same large container, add 2 bay leaves, 1 tsp thyme, ¾ tsp salt, ¼ tsp pepper
10. Thinly slice 2 bell peppers and the yellow onion and place in large container for philly cheesesteak skillet
11. Onion:
  - a. Chop ½ onion and add to the other veggies for Italian sausage soup
  - b. Thinly slice 1 onion and place in large container for philly cheesesteak
12. Garlic
  - a. Mince 3 cloves garlic and add to Italian sausage soup container - done
  - b. Mince 4 cloves garlic and add to the large container for philly cheesesteak skillet – done
13. Thinly slice steak and season with salt and pepper – place in medium container
14. Wash hands, utensils, and cutting boards with soap and water after handling raw meat

## Italian Sausage Soup + Rolls

*(adapted from [foodiecrush.com](http://foodiecrush.com)) Make the rolls today, save half to go with the orange chicken. OR if you made the orange chicken first, eat the rest of the rolls with this soup. There's so many vegetables in this soup there is no need for a veggie side. If you have other vegetables that you need to use up (potatoes, peppers, squash) feel free to throw them in too! There's also no probably no need for bread because the beans provide some good carbohydrates, but I think soup just needs bread.*

1. Wash hands with soap and water
2. Put the chopped vegetables and spices in the slow cooker with 4 cups of broth, ½ bag of frozen green beans, and 1 cup frozen butternut squash
3. Cook on low for 8 hours
4. To make the roll dough (if already made, skip to the next step): Microwave 1 cup milk and ½ cup butter for about 1 minute to bring to a little warmer than room temperature, add to the bread machine pan followed by ½ cup sugar, 2 eggs, dry



- ingredients and finally 3 tsp yeast. Set on dough cycle. Once they have risen, shape into rolls and let rise until doubled.
5. Remove rolls from fridge about 2 hours before dinnertime so they have time to rise for about an hour before they bake
  6. After 8 hours, add in Italian sausage formed into meatballs, 1 cans of white beans rinsed and drained
  7. Take a small bit of the broth from the soup and put it into a small bowl or cup. Add 3 Tbsp tomato paste to this and whisk until combined. Then add this back to the slow cooker
  8. Cook 30-45 more minutes until the meatballs are cooked through
  9. Preheat oven to 350 degrees Farenheight
  10. Once the oven is preheated, place the rolls into the oven and bake for 20 minutes or until the bottoms are brown
  11. Serve the soup with rolls and Parmesan cheese

### **Breaded Tilapia + Oven Fries + Steamed Broccoli**

*The chicken nuggets of the fish world! Woo! (Took the spice mixture from the [homemade chicken nuggets](#) we made a few weeks ago for the breading).*

1. Wash hands with soap and water
2. Preheat oven to 425 F
3. Wash and cut potatoes into fry shapes
4. Toss with about 1 Tbsp canola oil, salt, and pepper
5. Spread on lined baking sheet and place in oven. Set timer for 25 minutes.
6. Spread 1 cup bread crumbs on another lined baking sheet and toss with 1 tsp oil. Toast in oven for 10 minutes
7. Put about ¼ cup flour in a shallow dish, beat an egg in another shallow dish, and combine the toasted breadcrumbs with the spice mix in a third shallow dish
8. Dip fish fillets first into the flour, next into the egg, and finally into the breading. Then place on lined baking sheet (can use the same one that you toasted the bread crumbs on – if you have a wire rack, you can place the fish on one on top of the baking sheet to to promote crispiness)
9. When the timer for the potatoes goes off, stir them around and place them back in
10. Place the fish in the oven as well and bake for about 10 minutes, or until it flakes easily (potatoes should be done or very close to done by this time too)
11. Steam or boil the broccoli

### **Orange Chicken + Rolls + Buttered Green Beans + Salad**

*Use the rolls from the Italian sausage soup day or if making these first, save half of the rolls to go with the soup*

1. Wash hands with soap and water
2. Begin by making the roll dough (if already made, skip to the next step): Microwave 1 cup milk and ½ cup butter for about 1 minute to bring to a little warmer than room temperature, add to the bread machine pan followed by ½ cup sugar, 2 eggs, dry ingredients and finally 3 tsp yeast. Set on dough cycle. Once they have risen, shape into rolls and let rise until doubled.



3. Remove rolls from fridge about 2 hours before dinnertime so they have time to rise for about an hour before they bake
4. Preheat oven to 350 degrees Fahrenheit
5. Once the oven is preheated, place the rolls into the oven and bake for 20 minutes or until the bottoms are brown
6. While the rolls are baking, beat 1 egg in a shallow dish, and then juice 2 oranges into the same dish
7. Place the breadcrumb mixture in another shallow dish
8. Spray a pan with nonstick spray
9. Dredge 3-4 lbs chicken breasts or thighs first in the juice mixture, then in the crumb mixture before placing in the pan. Do not rinse raw poultry, but wash hands and utensils after touching it
10. Spray the top of the chicken with nonstick spray as well
11. Turn up the oven to 400 F. Bake chicken for 30 minutes, then flip.
12. Continue baking chicken until internal temperature reaches 165 F on a food thermometer (could be anywhere from 5 minutes -25 minutes depending on size and thickness of pieces)
13. Meanwhile, steam green beans. Top with butter or margarine
14. Serve orange chicken alongside rolls, green beans, and salad

### **Philly Cheesesteak Skillet + Salad**

*The Philly cheesesteak skillet can be eaten traditionally, as a sandwich, or just next to salad for a low-bread option, or over rice or noodles if you feel like it. Have all your ingredients at hand when you begin cooking this!*

1. Wash hands with soap and water
2. Heat a large skillet over medium high heat. Once it is hot, add 1 Tbsp oil and the thinly sliced steak
3. Cook steak 2-3 minutes on each side, or until brown, then remove from skillet to a plate
4. Add 1 Tbsp Worcestershire sauce and 1 Tbsp vinegar to the pan and scrape off and stir in any browned meat bits
5. Add the peppers, onions, and garlic to the skillet along with 1 tsp salt. Cook, stirring occasionally until the peppers are tender but still crisp
6. Then add the steak back and stir to combine
7. Sprinkle the Parmesan and mozzarella on top and cover with a lid until the cheese is just melted
8. Serve as sandwich filling for the rolls, or alongside the salad, by itself.

### **Shopping list**

- 1 lb sirloin or flank steak
- 3-4 lbs boneless skinless chicken
- ½ lb white fish
- ½ lb Italian sausage
- 4 potatoes
- 2 bell peppers (2 colors is nice)
- Lettuce for 2 side salads
- 1 bag frozen green beans
- 1 bag frozen butternut squash



- 2 yellow onion
- 7 cloves garlic
- 1 carrot
- 1 celery
- 2 oranges
- 1 head broccoli
- 1 can white beans
- 4 cups broth
- Tomato paste
- 4 oz shredded mozzarella
- 2 oz Parmesan
- Milk
- Butter
- Sandwich rolls
- Whole wheat flour
- All purpose flour
- Yeast
- Sugar
- Eggs
- Bread crumbs/Panko
- Dressing of choice
- Worcestershire sauce
- apple cider vinegar (or red wine vinegar)
- Garlic powder
- Paprika
- Bay leaves
- Thyme
- Nonstick spray
- Olive oil
- Canola oil or other good cooking oil
- Salt and pepper