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MENU PLAN MONDAY

WEEK 26

Salisbury Steak

Indoor BBQ Chicken

Pineapple and Green Chili Pork Tacos

Pioneer Woman Mac and Cheese

Grilled (or Stove Top) Black Bean Quesadillas

Produce:

1 small onion, optional for Salisbury Steak
1 onion
toppings for tacos: queso fresco (or feta I just used cheddar), chopped cilantro, lime wedges, green salsa, sour cream, guacamole, and pico de gallo
Plus sour cream, salsa, or guacamole to serve with quesadillas

Meat/Poultry/Seafood:

1 lb ground beef
4 boneless, skinless chicken breasts
3 lb. boneless pork roast (boneless ribs would work)

Prepared/Canned Foods:

1 can condensed beef broth (I used Campbells)
1 (4 oz) can sliced mushrooms, optional for Salisbury Steak
1 pkt brown or mushroom gravy mix (I use 2)
1 (20 oz) can crushed pineapple with juices
1 (16 oz) jar tomatillo salsa (green salsa or salsa verde)
2 (4 oz) cans green chiles, undrained
2 (15 oz) cans of Black Beans
1 cup salsa

Breads/Rice/Pasta:

cooked rice, mashed potatoes or noodles for serving Salisbury Steak
tortillas for tacos
4 cups Dried Macaroni
10 (8 inch) flour tortillas for quesadillas

Dairy:

2 eggs
¼ cups (1/2 Stick Or 4 Tablespoons) Butter
2-½ cups Whole Milk
1 pound Cheese, Grated (I used a combo of sharp cheddar, mild cheddar, and Monterrey jack)
2 cups shredded Colby- Monterey Jack cheese mix

Pantry:

½ cup bread crumbs or cracker crumbs (I used bread crumbs)
salt
pepper
cornstarch
canola oil
1 cup ketchup
molasses
cider vinegar
Worcestershire sauce
Dijon mustard
maple syrup
red pepper flakes
brown sugar
All-purpose Flour
Dry Mustard
Seasoned Salt
1 tsp cumin