

3 Meal Mini Menu #38 - Canned Tomato Meals

Grocery List

Ground Chicken (1lb)
Italian Breadcrumbs
Egg (x1)
Tomato Sauce (24oz)
Pasta (any shape)
Mozzarella or Provolone Slices
Onion (x1)
Garlic
Dry Lentils
Crushed Tomatoes (15oz)
Chicken Broth (48oz)
Herb Blend
French Bread
Smoked Sausage (12-14oz)
White Rice
Diced Tomatoes w/ Chiles
Paprika
Cumin

@lowdoughfamily

Chicken Parm Patties with Pasta

1 lb ground chicken
1/2 cup Italian breadcrumbs
1 egg
24 oz tomato sauce
7-8 oz dry pasta
4-6 slices mozzarella or provolone cheese

1. In a bowl, combine ground chicken, breadcrumbs, egg, and favorite seasonings. Form into 6 small patties.
2. Heat a lightly greased skillet over medium heat. Cook patties 4-5 minutes per side until cooked through.
3. Meanwhile, boil pasta in water until tender and drain.
4. Spoon marinara over the patties, top with cheese, cover, and cook 1-2 minutes until melted.
5. Mix the remaining sauce with the cooked pasta.
6. Serve chicken patties with pasta underneath or on the side.

Tomato Lentil Soup

1/2 small onion, diced
1-2 cloves garlic, minced
1 cup dry lentils, rinsed
15 oz crushed tomatoes
4 cups chicken broth or water
Favorite Seasonings
Suggested: Thyme or an herb blend
French Bread & Slices of cheese

1. Heat a small amount of oil in a pot over medium heat. Add onion and cook until softened. Add garlic and cook 30 seconds.
2. Stir in lentils, tomatoes, broth, and favorite seasonings.
3. Bring to a boil, then reduce to a simmer and cover.
4. Cook 25-30 minutes until lentils are tender.
5. While that is cooking, slice French Bread and top with cheese. Heat the bread to melt cheese in air fryer or oven.
6. Serve soup with side of bread!

Spanish-Style Rice with Sausage

12-14 oz smoked sausage, sliced
1/2 small onion, diced
1-2 cloves garlic, minced
1 cup white rice, uncooked
10 oz diced tomatoes with green chiles
1 3/4 cups broth or water
1 teaspoon paprika
1/2 teaspoon cumin

1. Brown the sliced sausage in a deep skillet over medium heat. Remove and set aside.
2. In the same skillet, cook onion until softened. Add garlic and cook 30 seconds.
3. Stir in rice, paprika, cumin, and favorite seasonings. Toast for 1 minute.
4. Add diced tomatoes with chiles and broth. Stir well.
5. Bring to a simmer, cover, and cook on low for 18-20 minutes until rice is tender.
6. Stir sausage back in, cover, and rest 5 minutes before serving.