



SIMPLE & HEALTHY

WINTER MEAL PLAN

Serve up some nourishment for your body and soul with these simple, comforting recipes.

1 SIDE

GOOD FOR YOU CORNBREAD

2 SOUPS

BLACK BEAN QUINOA CHILI

SLOW COOKER HEARTY
VEGETABLE AND BEAN SOUP



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A Program of
 TSET



GROCERY LIST

FOR THE WEEK

Check your pantry and mark the items you already have off the list. Add any additional items you'll need for the week.

VEGETABLES

- ☐ 1 1/2 cups mix of onions, carrots and celery
- ☐ 1 red pepper
- ☐ 1/2 cup fresh cilantro
- ☐ 1 medium sweet potato
- ☐ 2 carrots, sliced into 1 inch pieces
- ☐ 2 stalks celery
- ☐ 1/4 cup fresh parsley
- ☐ 1 sweet onion
- ☐ 2 cloves garlic
- ☐ 1 cup diced tomatoes
- ☐ 1 (14.5 oz) can diced tomatoes
- ☐ Optional: 1 cup whole kernel corn, fresh, frozen or canned
- ☐ 2 cups frozen or fresh green beans
- ☐ _____
- ☐ _____

FRUIT

- ☐ 2 limes
- ☐ _____
- ☐ _____

PROTEIN

- ☐ 1 1/2 cups cooked black beans
- ☐ 2 cans navy, black, or pinto beans
- ☐ 1 large egg, room temperature
- ☐ _____
- ☐ _____

WHOLE GRAINS

- ☐ 1 1/4 cups finely ground cornmeal
- ☐ 1/2 cup white whole wheat flour
- ☐ _____

MISC.

- ☐ 3/4 cup rainbow quinoa
- ☐ Cooking spray
- ☐ 1/2 tsp. baking powder
- ☐ 1/2 tsp. baking soda
- ☐ 1 tsp. vanilla extract
- ☐ 2 Tbsps. honey
- ☐ 1 Tbsp. chili spice blend
- ☐ 1 1/2 Tbsps. chili powder
- ☐ 1 Tbsp. ground cumin
- ☐ 2 tsps. paprika
- ☐ 1/2 tsp. cayenne pepper, or more, to taste
- ☐ 1/4 tsp. salt
- ☐ 1/2 tsp. black pepper
- ☐ 1/8 tsp. allspice
- ☐ 1 tsp. paprika
- ☐ 1 bay leaf
- ☐ 1/2 tsp. crushed red pepper
- ☐ 4 cups vegetable broth, low sodium (or chicken broth can be substituted)
- ☐ 1/4 cup roasted pumpkin seeds
- ☐ Tortilla chips
- ☐ _____

DAIRY

- ☐ 1/4 cup nonfat milk
- ☐ 1 cup plain nonfat Greek yogurt
- ☐ 1/4 pound shredded Mexican cheese blend
- ☐ 1 Tbsp. unsalted butter or coconut oil
- ☐ _____

GOOD FOR YOU CORNBREAD

INGREDIENTS

- Cooking spray
- 1 1/4 cups finely ground cornmeal
- 1/2 cup white whole wheat flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 Tbsp. unsalted butter or coconut oil, melted and cooled slightly
- 1 large egg, room temperature
- 1 tsp. vanilla extract
- 1/2 cup plain nonfat Greek yogurt
- 2 Tbsps. honey
- 1/4 cup nonfat milk



Makes
1 pan

Prep & Cook
Time
35 min.

Difficulty



INSTRUCTIONS

1. Preheat oven to 350°F. Coat an 8-inch square pan with nonstick cooking spray.
2. In a medium bowl, whisk cornmeal, flour, baking powder, baking soda and salt.
3. In a different medium bowl, whisk butter, egg and vanilla. Stir in Greek yogurt, mixing out all large lumps. Stir in honey.
4. Alternate between adding milk and cornmeal mixture. Begin and end with cornmeal mixture. Stir until incorporated (works best if cornmeal mixture is added in 3 parts).
5. Pour batter into the pan and bake for 18-20 minutes. Cool in the pan for 15 minutes before removing and slicing.

SOUP

BLACK BEAN QUINOA CHILI

INGREDIENTS

- ☐ 1 red pepper, chopped
- ☐ 1 1/2 cups mix of onions, carrots and celery
- ☐ 1 Tbsp. chili spice blend
- ☐ 3/4 cup rainbow quinoa
- ☐ 1 1/2 cups cooked black beans
- ☐ 1 cup diced tomatoes
- ☐ 2 limes
- ☐ 1 1/2 Tbsps. chili powder
- ☐ 1 Tbsp. ground cumin
- ☐ 2 tsps. paprika
- ☐ 1/2 tsp. cayenne pepper, or more, to taste
- ☐ Kosher salt, to taste
- ☐ Black pepper, ground, to taste
- ☐ 1/2 cup fresh cilantro

Optional:

- ☐ 1/4 pound shredded Mexican cheese blend
- ☐ 1/2 cup Greek yogurt
- ☐ 1/4 cup roasted pumpkin seeds
- ☐ Tortilla chips



Makes

3

Prep & Cook
Time

45 min.

Difficulty



INSTRUCTIONS

1. In large skillet, heat 2 Tbsp. of oil. Add bell pepper, mix of onions, carrots and celery, salt and cook, 6 to 8 minutes. Add chili spice and cook, about 1 minute.
2. Add rinsed quinoa, black beans, tomatoes and 5 cups water to the pot and season with salt and pepper. Bring to a boil, reduce to a simmer, cover and cook 25 to 30 minutes.
3. Juice 1 lime and cut the other lime into wedges for garnish.
4. Coarsely chop the cilantro; set aside half for garnish.
5. Remove chili from heat, stir in lime juice and half the cilantro. Season with salt and pepper.
6. Use Mexican cheese blend, yogurt, pumpkin seeds, lime wedges and remaining cilantro for garnishes. Serve with tortilla chips.

SOUP

SLOW COOKER HEARTY VEGETABLE AND BEAN SOUP

INGREDIENTS

- ☐ 1 sweet onion, diced
- ☐ 2 cloves garlic, minced
- ☐ 1 medium sweet potato, peeled and cut into 1 inch cubes
- ☐ 2 carrots sliced into 1 inch pieces
- ☐ 2 stalks celery, diced
- ☐ 1/2 tsp. black pepper
- ☐ 1/8 tsp. allspice
- ☐ 1 tsp. paprika
- ☐ 1 bay leaf
- ☐ 1/2 tsp. crushed red pepper
- ☐ 2 cups frozen or fresh green beans
- ☐ 4 cups vegetable broth, low sodium (chicken broth can be substituted)
- ☐ 1/4 cup freshly chopped parsley
- ☐ 1 (14.5 oz) can diced tomatoes
- ☐ 2 cans navy, black, or pinto beans
- ☐ Optional: 1 cup whole kernel corn, fresh, frozen or canned
- ☐ Salt to taste



Makes

6

Prep & Cook
Time

4 hr.

Difficulty



INSTRUCTIONS

1. Add the ingredients to the slow cooker, stir to combine, cover and cook on low 8-10 hours or high for 4 hours.

QUICK TIP

To make this a meat dish, simply add 1 pound chicken fillets (cut into 1 inch cubes) to slow cooker along with the other ingredients.

