

Help! What are good weeknight dinner recipes that you are loving? Bonus points for any of these variables: ease, child-friendly and healthy. So far we've heard these are good:

[Egg Roll in a Bowl with Creamy Chili Sauce \(Keto, Whole30, Paleo\) - 40 Aprons](#)

- You can take shortcuts on this one.

[Change Your Life Shawarma — The Lazy Genius Collective](#)

- We make this spice mix and marinade chicken or shrimp the night before and this is like ~15 min in the oven.

Hi it's Megan, this is perfect:

<https://giadzy.com/recipes/sheet-pan-parmesan-shrimp-and-veggies-giada-de-laurentiis/>



Easy and quick meatballs. Save even more time by using sauce from a jar. :)

Quick and easy:

## **Chunky Vegetarian Chili** , Serves 2-3

Ingredients:

1 can chili beans (kidney beans with chili seasoning)

1 can diced tomatoes

diced carrots

diced onions

diced red pepper

diced green pepper

olive oil

corn

Saute carrots, onions, and peppers in pan with olive oil until soft. ( I usually cook the carrots a little longer...) Add corn, beans, and tomatoes. Simmer until cooked through. (The longer you simmer, the better the flavor...)

Garnish with scallions, sour cream, crushed tortilla chips, shredded cheese, etc.  
Serve with Krusteaz Honey Cornbread.