



30 MINUTE DINNERS

September Meal Plan 6

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Instant Pot Lasagna Soup](#) // [Pumpkin Biscuits](#)

Day 2: [Slow Cooker Ribs](#) // [Broccoli Salad](#) // [Corn on the Cob](#)

Day 3: [Apple Cranberry Delicata Squash Salad](#) // [Crock Pot Curried Soup](#) // [Pumpkin Biscuits](#)

Day 4: [Giant Italian Meatballs](#) // [Instant Pot Mashed Potatoes](#) // [Steamed Peas](#)

Day 5: [Sheet Pan Cajun Sausage, Veg, + Baby Potatoes](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Instant Pot Lasagna Soup // Pumpkin Biscuits

- 2x **Instant Pot Lasagna Soup** for leftovers or to freeze
- 3x **Pumpkin Biscuits** for leftovers or to freeze

Day 2: Slow Cooker Ribs // Broccoli Salad // Corn on the Cob

- 2x **Slow Cooker Ribs** for leftovers
- 2x or 3x **Broccoli Salad** for leftovers
- 2x **Corn on the Cob** for leftovers or to freeze (just the kernels)

Day 3: Apple Cranberry Delicata Squash Salad // Crock Pot Curried Soup // Pumpkin Biscuits

- 2x 3x or 4x **Delicata Squash** for leftovers
- 2x **Apple Cranberry Delicata Squash Salad** for leftovers
- 2x **Maple Citrus Vinaigrette** for leftovers
- 2x or 3x **Crock Pot Curried Soup** for leftovers or to freeze

Day 4: Giant Italian Meatballs // Instant Pot Mashed Potatoes // Steamed Peas

- 2x **Giant Italian Meatballs** for leftovers or to freeze
- 2x or 3x **Instant Pot Mashed Potatoes** for leftovers or to freeze
- 2x **Steamed Peas** for leftovers

Day 5: Sheet Pan Cajun Sausage, Veg, + Baby Potatoes

- 2x **Sheet Pan Cajun Sausage, Veg, + Baby Potatoes** for leftovers

WEEKLY

Mise En Place

Pumpkin Biscuits (2x)

- 1½ cup can pumpkin
- 2 tsp apple cider vinegar
- ⅔ cup milk sub almond milk
- 4 cups all-purpose flour
- 2 Tbsp baking powder
- 2 tsp salt
- 12 Tbsp cold butter cut into small pieces

Broccoli Salad

- 2 heads broccoli chop into bite sized florets
- ¼ red onion diced
- ½ cup raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar (optional)
- 1 cup Greek yogurt
- 1 lb bacon, cooked (optional)

Maple Citrus Vinaigrette

- ¼ cup orange juice
- 1 Tbsp rice vinegar
- 1 Tbsp maple syrup
- 2 Tbsp olive oil

Vegetables

- 2 sweet potatoes
- 4 carrots
- 2 cups brussel sprouts
- 1 lb baby potatoes quartered
- 4 oz baby bella mushrooms
- 1 head broccoli

- 1 red onion
- 3 onions

Equipment

- Cutting board + sharp knife
- Jar with lid
- Measuring cups + spoons
- Small bowl
- Whisk
- Stand mixer with paddle attachment OR large bowl
- Silpat mat (optional)
- Biscuit cutter or small jar

Step-by-Step

1. Preheat the oven to 425F.

2. Bake the Pumpkin Muffins. Whisk together canned pumpkin, apple cider vinegar, and milk in a small bowl and place in the fridge.

Meanwhile, combine flour, baking powder, salt and butter in a bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea. Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt. Place the flour in the fridge until the oven is preheated.

When the oven is ready, pull both the pumpkin and flour out of the fridge. Add the pumpkin to the flour and mix until the flour is just combined. The dough will be sticky.

Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square.

Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough 1/4 turn counter clockwise.

Repeat this step until you've completed four folds. After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2 -inch thick.

Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits. You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar.

Place each biscuit onto a baking sheet about 1-inch apart. Bake for 13-16 minutes (mine took 15 minutes exactly), or until the tops are golden brown.

3. Make the Broccoli Salad. Cook bacon, crumble and set aside. Combine broccoli, onion and raisins in a large bowl. In a smaller bowl, whisk vinegar, sugar and yogurt.

Tip: Keep separate unless you are eating within 24 hours and then you can combine.

4. Come the Maple Citrus Vinaigrette in a jar and shake well.

5. Prep the vegetables:

- Sweet potatoes: Chunk 2 for Crock Pot Curried Sweet Potato and Carrot Soup
- Carrots: Chop 4 for Crock Pot Curried Sweet Potato and Carrot Soup
- Brussel sprouts: Halve 2 cups for Sheet Pan Cajun Sausage, Veg, + Baby Potatoes
- Baby potatoes: Quarter 1 lb for Sheet Pan Cajun Sausage, Veg, + Baby Potatoes
- Baby bella mushrooms: Quarter 4 oz for Sheet Pan Cajun Sausage, Veg, + Baby Potatoes
- Broccoli: Cut 1 head into florets for Sheet Pan Cajun Sausage, Veg, + Baby Potatoes

Tip: The key is to have everything about the same size so it cooks evenly, except the potatoes should be slightly smaller.

What to Cut Last:

- Red onion: Chop 1 into 1-inch chunks for Sheet Pan Cajun Sausage, Veg, + Baby Potatoes
- Onion: Chop 1 for Crock Pot Curried Sweet Potato and Carrot Soup
- Onion: Slice 1 for Slow Cooker Ribs
- Onion: Dice 1 for Instant Pot Lasagna Soup

Step-by-Step Cooking Instructions

Day 1: Instant Pot Lasagna Soup // Pumpkin Biscuits

Mise en Place

Instant Pot Lasagna Soup

- 1 lb ground beef
- 1 onion diced
- 18 oz can diced tomatoes
- 4 oz tomato paste
- 3 Tbsp minced garlic
- 2 tsp parsley
- 2 tsp basil
- $\frac{1}{6}$ tsp salt
- $\frac{1}{6}$ tsp pepper
- 2 cups beef broth or stock
- 8 oz elbow pasta
- 8 oz Parmesan cheese (optional)

Pumpkin Biscuits (2x for Day 3)

- 1 $\frac{1}{2}$ cup can pumpkin
- 2 tsp apple cider vinegar
- $\frac{2}{3}$ cup milk sub almond milk
- 4 cups all-purpose flour
- 2 Tbsp baking powder
- 2 tsp salt
- 12 Tbsp cold butter cut into small pieces

Equipment

- Cutting board + sharp knife
- Instant Pot
- Measuring cups + spoons
- Small bowl
- Whisk

- Stand mixer with paddle attachment OR large bowl
- Silpat mat (optional)
- Biscuit cutter or small jar

Step-by-Step

1. Preheat the oven to 425F.

2. Make the Instant Pot Lasagna Soup. Add all ingredients to the Instant Pot, making sure noodles are covered in liquid. Cook on high pressure for 10 minutes.

Let pressure release naturally for 5 minutes, then release any remaining pressure.

3. Bake the Pumpkin Muffins. Whisk together canned pumpkin, apple cider vinegar, and milk in a small bowl and place in the fridge.

Meanwhile, combine flour, baking powder, salt and butter in a bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea.

Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt. Place the flour in the fridge until the oven is preheated.

When the oven is ready, pull both the pumpkin and flour out of the fridge. Add the pumpkin to the flour and mix until the flour is just combined. The dough will be sticky.

Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square.

Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough 1/4 turn counter clockwise.

Repeat this step until you've completed four folds. After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2" thick.

Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits. You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar.

Place each biscuit onto a baking sheet about 1" apart. Bake for 13-16 minutes (mine took 15 minutes exactly), or until the tops are golden brown.

Reserve half the Pumpkin Muffins for Day 3.

Day 2: Slow Cooker Ribs // Broccoli Salad // Corn on the Cob

Mise en Place

Slow Cooker Ribs

- 1 onion sliced
- 1 cup stock or apple juice or orange juice
- ½ Tbsp paprika
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- 1-2 slabs ribs
- 2 cups BBQ sauce*

Corn on the Cob

- 4 ears of corn
- 4 Tbsp butter
- ½ tsp salt
- ½ tsp pepper

Broccoli Salad

- 2 heads broccoli chop into bite sized florets
- ¼ red onion diced
- ½ cup raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar (optional)
- 1 cup Greek yogurt
- 1 cup sunflower seeds
- 1 lb bacon, cooked (optional)

Equipment

- Cutting board + sharp knife

- Slow cooker
- Measuring cups + spoons
- Large salad bowl
- Large stock pot

Step-by-Step

1. Slow Cook the Ribs. Place sliced onion in a single layer at the bottom of the slow cooker. Mix the spices in a small bowl. As written, these spices are enough for one slab of ribs. If you're making two slabs, double the spices.

Generously cover both sides of the ribs with the spice rub. Place ribs in the slow cooker with the meat-side up (and bone-side down). It's okay if the slabs overlap a little bit.

Cook on high for 4 hours for perfectly tender ribs. If you want them to have a bit more of a bite and less fall-off-the-bone, set the timer for 3½ hours.

2. Now or later, make the Broccoli Salad. Cook bacon, crumble and set aside. Combine broccoli, onion and raisins in a large bowl. In a smaller bowl, whisk vinegar, sugar and yogurt. Add dressing to broccoli and combine well.

Refrigerate 2-24 hours. Add sunflower seeds and bacon before serving.

Tip: If you're making the Broccoli Salad at dinner time, start it after boiling the water for the Corn on the Cob so you're not wasting time in the kitchen!

3. Preheat the broiler on high. Meanwhile, use a pair of tongs to carefully remove the ribs from the slow cooker and place on a cookie sheet or a 9×13 glass baking dish with a lid*. I recommend approaching the ribs from the very end and sliding as much of the tongs underneath the ribs as possible, so that nearly the entire slab is resting on the tongs. (This helps to keep the ribs together, instead of falling apart.)

When the broiler is ready, generously coat the ribs with barbeque sauce and place under the broiler for 5 minutes. You *can* keep them in there for another minute or two, but I've found that 5 minutes gives us the carmely outside yet leaves the inside meat still very tender.

4. Boil the Corn on the Cob. Bring a large pot of salted water to a boil. Add corn and cook 5 minutes. Drain corn and brush with melted butter, then season with salt and pepper.

Day 3: Apple Cranberry Delicata Squash Salad // Crock Pot Curried Soup // Pumpkin Biscuits

Mise en Place

Apple Cranberry Delicata Squash Salad

- 1 delicata squash
- 2 Tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper
- 9 oz spinach
- 2 apples
- ½ cup cranberries
- ½ cup nuts (I like almonds and pecans)
- ½ cup feta cheese

Maple Citrus Vinaigrette

- ¼ cup orange juice
- 1 Tbsp rice vinegar
- 1 Tbsp maple syrup
- 2 Tbsp olive oil

Crock Pot Curried Sweet Potato and Carrot Soup

- 2 sweet potatoes chunked
- 4 carrots chopped
- 1 onion chopped
- ¾ tsp curry powder
- ½ tsp salt
- ½ tsp pepper
- ½ tsp cinnamon
- ¼ tsp ginger
- 4 cups broth
- 1 Tbsp maple syrup

- $\frac{3}{4}$ cup cream (any)

Pumpkin Biscuits

- Reserved batch of Pumpkin Biscuits from Day 1

Equipment

- Slow cooker
- Cutting board + sharp knife
- Large bowl
- Jar with lid
- Measuring cups + spoons
- Baking sheet

Step-by-Step

1. Slow Cook the Curried Sweet Potato and Carrot Soup. Place potatoes, carrots, onion, curry powder, salt, pepper, cinnamon, ginger, and broth in a crock pot. Stir, cover, and cook on low for 7-8 hours. Puree soup in a blender a few cups at a time or use an immersion blender. Stir in maple syrup and cream.

2. Preheat the oven to 400F.

3. Cook the Delicata. Wash and dry the delicata squash. Cut off both ends and slice through the middle, from the top to the bottom. Scoop out the seeds and set aside for either perfectly roasted seeds, smoothies or compost. Slice the squash into 1" half-rings, and place in a single layer on a cookie sheet.

Drizzle 1 Tbsp of olive oil over the squash, and season liberally with salt and pepper. Roast in the oven for 35 minutes, or until the squash begins to caramelize and is medium-dark brown.

4. Make the Apple Cranberry Delicata Squash Salad. While the squash is roasting, chop or thinly slice the apple. Combine apples with spinach, cranberries and nuts in a large bowl. Combine ingredients for the dressing in a small jar and shake vigorously. When the squash is done, pull out to cool slightly.

Combine dressing with the salad and toss to combine well. Serve the salad and place 3-5 pieces of squash on top of each salad. Serve immediately.

Day 4: Giant Italian Meatballs // Instant Pot Mashed Potatoes // Steamed Peas

Mise en Place

Giant Italian Meatballs

- 2 lb ground beef
- 1 Tbsp salt
- ½ Tbsp pepper
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1½ Tbsp Italian seasoning
- 2 cups kale or spinach freshly chopped
- 2 eggs
- ¼ cup flour (I used all-purpose)
- 4 oz Parmesan cheese shredded

Instant Pot Mashed Potatoes

- 2 lbs potatoes washed & quartered
- 1 cup water
- 2-4 Tbsp butter room temperature
- ½ cup milk any type
- ½ tsp salt as desired
- ¼ tsp pepper as desired

Steamed Peas

- 1 cup water
- 1 lb peas (fresh or frozen)
- 2 Tbsp butter
- ½ tsp salt
- ¼ tsp pepper

Equipment

- Cutting board + sharp knife
- Instant Pot or Pressure Cooker

- Immersion Blender or Potato Masher
- Stand mixer or large bowl
- Measuring cups + spoons
- 9x13 or 9x9 baking dish
- 8x8 baking dish

Step-by-Step

1. Preheat the oven to 350F.

2. Cook the Instant Pot Mashed Potatoes. Add potatoes and water to the Instant Pot. Cook on high pressure for 10 minutes and then use the Quick

Release to release the pressure. While the potatoes are hot, mash with a potato masher until they reach the desired consistency. Add melted butter and milk. Season with salt and pepper.

3. Make the Giant Italian Meatballs. Add all the ingredients to the bowl of a stand mixer and using the paddle attachment, mix until all everything is evenly distributed and mixed well. Alternatively, combine the ingredients in a large bowl and mix using your hands or a wooden spoon.

Either using a scale to weigh 4 oz of mixture OR eyeballing it, make 10 even-sized meatballs and place them inside a 9x9 baking dish OR a 9"x13" baking dish. Bake in the oven for 15 minutes. Set a timer!

4. Steam the Peas. Since you already have the oven on, add 1 inch of water to an 8x8 baking dish and add the peas. Place in the oven for 5-8 minutes until they are soft.

Day 5: Sheet Pan Cajun Sausage, Veg, + Baby Potatoes

Mise en Place

- 12 oz andouille sausage ½-inch rounds
- 2 cups brussel sprouts halved
- 1 lb baby potatoes quartered
- 1 red onion 1-inch chunks
- 4 oz baby bella mushrooms quartered
- 1 head broccoli
- 1½ cups cherry tomatoes whole
- ¼ cup olive oil
- 3 Tbsp Cajun seasoning
- 1 Tbsp fresh parsley chopped

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- 2 sheet pans

Step-by-Step

1. Preheat the oven to 425F.

2. Cook the Sheet Pan Cajun Sausage, Veg, + Baby Potatoes. Prep all of the vegetables based on the descriptions above. The key is to have everything about the same size so it cooks evenly, except the potatoes should be slightly smaller.

In a large bowl, add all of the sausage and vegetables. Drizzle with olive oil and liberally sprinkle on Cajun seasoning. Stir to coat. Dump all of the ingredients on a baking sheet (lining with parchment is optional), and bake for 30-35 minutes, flipping halfway through.

Check to make sure potatoes are fork tender, as this takes the longest to cook. Remove from the oven and sprinkle with parsley.



SEPTEMBER MEAL PLAN 6

Day 1: Instant Pot Lasagna Soup // Pumpkin Biscuits

Day 2: Slow Cooker Ribs // Broccoli Salad // Corn on the Cob

Day 3: Apple Cranberry Delicata Squash Salad // Crock Pot Curried Soup // Pumpkin Biscuits

Day 4: Giant Italian Meatballs // Instant Pot Mashed Potatoes // Steamed Peas

Day 5: Sheet Pan Cajun Sausage, Veg, + Baby Potatoes

Cold Case

☐ butter	8 tbsp	☐ Greek yogurt	1 cup
☐ cold butter	12 tbsp	☐ milk	1.17 cups
☐ cream (any)	0.75 cup	☐ orange juice	0.25 cup
☐ eggs	2	☐ parmesan cheese	4 oz
☐ feta cheese	0.50 cup	☐ parmesan cheese (optional)	8 oz

Meat

☐ andouille sausage	12 oz	☐ ground beef	3 lb
☐ bacon - optional	1 lb	☐ ribs	1 slabs

Pantry

☐ all-purpose flour	4 cups	☐ flour (I used all-purpose)	0.25 cup
☐ apple cider vinegar	2 tsp + 3 tbsp	☐ maple syrup	2 tbsp
☐ baking powder	2 tbsp	☐ nuts (I like almonds and pecans)	0.50 cup
☐ BBQ sauce*	2 cups	☐ olive oil	0.50 cup
☐ beef broth or stock	2 cups	☐ raisins	0.50 cup
☐ broth	4 cups	☐ rice vinegar	1 tbsp
☐ can diced tomatoes	18 oz	☐ stock or apple juice or orange juice	1 cup
☐ can pumpkin	1.50 cups	☐ sugar - optional	2 tbsp

☐ cranberries	0.50 cup	☐ sunflower seeds	1 cup
☐ elbow pasta	8 oz	☐ tomato paste	4 oz

Produce

☐ apples	2	☐ fresh parsley	1 tbsp + 2 tsp
☐ baby bella mushrooms	4 oz	☐ kale (or spinach)	2 cups
☐ baby potatoes	1 lb	☐ minced garlic	3 tbsp
☐ broccoli	3 heads	☐ onions	3
☐ brussel sprouts	2 cups	☐ peas (fresh or frozen)	1 lb
☐ carrots	4	☐ potatoes	2 lb
☐ cherry tomatoes	1.50 cups	☐ red onion	1.25
☐ delicata squash	1	☐ spinach	9 oz
☐ ears of corn	4	☐ sweet potatoes	2

Spices

☐ basil	2 tsp	☐ Italian seasoning*	1.50 tbsp
☐ Cajun seasoning*	3 tbsp	☐ onion powder	1 tsp + 1 tbsp
☐ cinnamon	0.50 tsp	☐ paprika	0.50 tbsp
☐ curry powder	0.75 tsp	☐ pepper	2.92 tsp + 0.50 tbsp
☐ garlic powder	1 tsp + 1 tbsp	☐ salt	5.17 tsp + 1 tbsp
☐ ginger	0.25 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*