

RAINBOW

eat the rainbow!

DELICIOUS

Fall 2014 Week 8

Slow Cooker Creamy Tomato Basil Tortellini Soup from
Cooking Classy

Slow Cooker Chicken Noodle Soup from Cooking Classy

Slow Cooker Root Vegetable Soup from Gimme Some
Oven

Super Easy Skinny Vegetable Lasagna from Pinch of Yum
Crockpot Sweet Potato and Quinoa Turkey Chili from Iowa
Girl Eats

Produce

- carrots (1 3/4 C) (1 lb)
- yellow onion (1 3/4 C) (1)
- garlic cloves (5) (3) (6) (3)
- medium carrots (5)
- celery (4) (2)
- lemon (1-2 for juice)
- white onion (1) or leek (2)
- butternut squash (1 lb)
- parsnips (1 lb)
- sweet potatoes (1 lb) (1 large)
- yukon gold potatoes (1 lb)
- kale (2 C)
- shallot (1 large)
- avocado (topping)
- green onion (topping)
- chopped vegetables like kale, butternut squash or spinach (3-4 C)

Meat

- chicken breasts (1 1/2 lbs)
- ground turkey (1 lb)

Herbs

- fresh basil (1/3 C +)
- sage leaves (1 T+)
- fresh parsley (3 1/2 T) (garnish)

Spices & Dried Herbs

- bay leaves (2) (2) (1)
- dried thyme (1/2 t)
- dried rosemary (1/2 t)
- crushed celery seed (1/4 t)
- chili powder (2 T)
- cumin (1 t)
- paprika (1/2 t)
- red chili pepper flakes (1/4 t)

Dairy

- heavy cream (3/4 C)
- parmesan (garnish) (garnish) (garnish)
- ricotta or cottage cheese (24 oz)
- mozzarella or provolone (2 C)
- shredded cheese (topping)

Pasta & Grains

- three cheese tortellini (16 oz)
- wide egg noodles (2 C)
- thick lasagna noodles (9)
- quinoa (1 C)

Pantry Items

- olive oil (2 T) (3 T)
- whole roma tomatoes (3, 28 oz cans)
- vegetable broth (32 oz) (3 C)
- sugar (1 T)
- chicken broth (6 C) (3 C)
- italian tomato sauce (2, 24 oz cans)
- crushed tomatoes (28 oz)
- baked beans (15 oz)
- tortilla chips (topping)

Extras

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