

# MEAL PLAN SHOPPING LIST:

## 4 Easy Dinners Using Canned Foods

### Fresh Produce

- 2 medium onions
- 4 garlic cloves
- 1 green bell pepper
- 1 avocado
- Zest of 1 lemon, *optional*
- 2 tablespoons fresh parsley, *optional*

### Dry Goods

- 1  $\frac{3}{4}$  lb whole wheat pasta
- 1 small can tuna packed in oil or water
- 2 cans wild salmon
- 2 (14.5-ounce) cans kidney or pinto beans
- 1 (14-oz.) can black beans *or other available (low sodium)*
- $\frac{1}{2}$  cup brown rice, *uncooked*
- 1 $\frac{1}{2}$  cups low-sodium spaghetti sauce
- 3 cups diced canned tomatoes, (*low sodium*) *with juices*
- 1 (28-ounce) can whole tomatoes
- 1 (8-ounce) can tomato sauce
- 2 tablespoons olives

### Dairy

- $\frac{3}{4}$  cup Pecorino Romano cheese, *freshly grated (optional)*

### Meat

- 1 pound lean ground turkey

### Pantry Staples

- 1 tablespoon dried basil, dried oregano or black pepper
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 package chili seasoning
- 2 teaspoons ground black pepper
- Spices (*optional*) *black pepper, garlic powder, ground cumin*

## Tuna Pasta Marinara

Canned tuna can be high in sodium, which is why we do not add salt to this recipe.

Serves 4

Ready in 15 minutes

### Ingredients

- 1½ cups low-sodium spaghetti sauce
- 1 small can tuna packed in oil or water, *drained*
- 2 tablespoons olives, *diced*
- 1 tablespoon dried basil, dried oregano or black pepper, *to taste*
- 2 tablespoons fresh parsley, *optional*
- Zest of 1 lemon, *optional*
- ½ pound whole wheat pasta

**Meal Plan Tip:** Save time in the kitchen and cook all the pasta called for in this meal plan (1 ¾ lb) and set aside ~6 cups cooked pasta for **Whole Wheat Pasta with Diced Tomatoes and Salmon** (page 2).

### Directions

1. Prepare pasta according to package directions.
2. In the meanwhile, combine the sauce, tuna, olives, dried basil or oregano in a small pot, rice cooker, or microwave.
3. Cook to blend the flavors. Break up tuna, if necessary. This takes about 5 minutes in the pot or 1 cycle of the rice cooker. If using the microwave, cover and heat for 2 minutes; stir, cover, and heat for another minute.
4. Season with pepper and lemon zest. Toss sauce with pasta and additional seasonings.

**Chef Tip:** If you don't have a zester, use a vegetable peeler to remove strips of lemon peel (just the yellow part!) then finely chop.

Nutrition Information *per 2 cup serving*: Total calories: 312 Total fat: 4 g Saturated fat: 1 g Carbohydrates: 51 g Protein: 17 g Fiber: 4 g Sodium: 198 mg

Recipe Source: Leah's Pantry

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## Whole Wheat Pasta with Diced Tomatoes and Salmon

*Canned salmon is nutritious, affordable, and convenient.*

Serves 4

Ready in 40 minutes

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, *chopped*
- 4 garlic cloves, *minced*
- 3 cups diced canned tomatoes, (*low sodium*) with juices
- 1 teaspoon Dried oregano
- 1 teaspoon Dried thyme
- 2 cans wild salmon, *drained and separated into chunks*
- 12 ounces whole wheat penne, Rigatoni or fusilli pasta
- $\frac{3}{4}$  cup Pecorino Romano cheese, *freshly grated (optional)*

**Meal Plan Tip:** If using leftover cooked pasta (6 cups), follow Step 1-6 in a large pot. Skip Step 7-8 and add cooked pasta to sauce when mixture has thickened.

### Directions

1. Heat oil in large skillet over medium heat.
2. Add onion and sauté until tender, about 5 minutes.
3. Add garlic and sauté 1 minute.
4. Add tomatoes and herbs.
5. Reduce heat and simmer until mixture thickens, stirring frequently, about 20 minutes.
6. Season to taste with salt & pepper.
7. Cook pasta in large pot of boiling salted water until just al dente, stirring occasionally.
8. Drain and return pasta to pot.
9. Add sauce and salmon and toss to coat.
10. Divide pasta among plates, sprinkle with cheese (if desired) and serve.

Nutrition Information *per 1 ½ cup serving*: Total calories: 382 Total fat: 10g Saturated fat: 2g Carbohydrates: 55g Protein: 23g Fiber: 8g Sodium: 561mg

*Recipe Source: SuperFood Drive*

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## Turkey Chili

Serve with cornbread and salad for a hearty meal.

Serves 12

Ready in 40 minutes

### Ingredients

- 1 pound lean ground turkey
- 1 medium onion, *chopped*
- 1 green bell pepper, *chopped*
- 1 (28-ounce) can whole tomatoes
- 2 (14.5-ounce) cans kidney or pinto beans, *drained and rinsed*
- 1 (8-ounce) can tomato sauce
- 1 package chili seasoning
- 2 teaspoons ground black pepper

### Directions

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

Nutrition Information *per 1 cup serving*: Total calories: 176, Total fat: 3g Saturated fat: 1g Carbohydrates: 23g Protein: 15g Fiber: 6g Sodium: 503 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

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## Avocado, Rice, and Beans

*This can be a quick meal if you keep cooked rice on hand.*

**Serves 2**

**Ready in 50 minutes**

### Ingredients

- 1 (14-oz.) can black beans *or other available (low sodium)*
- ½ cup brown rice, *uncooked*
- 1 avocado
- Spices *(optional)* black pepper, garlic powder, ground cumin

### Directions

1. Bring 1 cup of water to a boil with ½ tsp. salt (optional). Stir in rice. Cover and cook over low heat until water is absorbed, about 45 minutes, or cook rice in a rice cooker.
2. Meanwhile, rinse and drain beans. Add desired spices. Cook over low heat in a small saucepan, or in the microwave.
3. Cut avocado into slices or dice into small pieces. Serve rice with beans on top, and garnish with avocado pieces.

**Chef Tip:** This dish can be topped with a variety of add-ons: Try hot sauce, salsa, sauteed greens, or a fried egg.

Nutrition Information *per 2 cups serving*: Total calories: 504 Total fat: 17g Saturated fat: 3g Carbohydrates: 76g Protein: 17g Fiber: 20g Sodium: 258 mg

*Recipe Source: Leah's Pantry*

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