

CROCK POT/SLOW COOK	MEAT-LESS	UNDER 15 MINUTES	ONE PAN ONLY	ALL AHEAD PREP
 <p>Slow cooker Spaghetti Bolognese</p>	 <p>Creamy cashew black bean mushroom enchiladas</p>	 <p>15-minute Garlic Butter Chicken Thighs</p>	 <p>Cheesy Chicken Sausage and Pasta Skillet</p>	 <p>Balsamic glazed salmon</p>

VEGGIES/FRUITS

- 4 sweet onions
- 3 carrots
- 4 stalks celery
- 19 cloves garlic
- 1 pound + 3 cups button mushrooms
- Fresh rosemary
- $\frac{1}{4}$ red onion
- 1 jalapeno
- 2 avocados
- Cilantro - for toppings

MEAT/PROTEIN/DAIRY

- 12 pieces bacon
- 3 lbs ground beef (or pork)
- Parmesan cheese - shredded
- 4 salmon fillets
- 2-½ lbs chicken thighs
- 4 T unsalted butter
- 1 pound chicken sausage
- 2 cups italian blend shredded cheese

DRY GOODS

- 4 cans (14 oz.) diced tomatoes
- 6 T tomato paste
- 1 large glass red wine
- 4 T red wine vinegar
- Pasta of choice (8 oz. plus enough for 4 servings)
- 1 ¼ cup Chicken broth
- Honey
- Dijon mustard
- ½ cup whole cashews
- 2 cups black beans
- 8 corn tortillas
- 1 cup Vegetable broth
- 1 cup tomato sauce
- 1 can chipotle pepper in adobo sauce
- 1 can (14.5 oz) canned crushed tomatoes

GROCERY STAPLES

- Salt
- Pepper
- Olive oil
- Sugar

SPICE CUPBOARD

- Paprika
- Ground cumin
- Garlic powder
- Crushed red pepper
- 2 bay leaves
- 2 T Mixed herbs