

## Tuesday

### Lunch

Mexican Pork Stew, Apple with peanut butter (peanuts & salt only), cheese lace, yogurt with honey and frozen blueberries, onion roll, cookies.

### Dinner

Veggies & chicken sauted in toasted sesame oil (Thinly sliced chicken meat, onion cut in 1/8ths, sliced carrots, red or green pepper, broccoli, green beans.)  
Serve over rice for non-SCDer's.

After dinner, throw tomorrow's lunch soup together in the crock pot to cook on LOW all night.  
Recipes follow:

### Tomato Green Bean Chicken Soup

- 1 c. chopped onion
- 1 c. chopped carrots
- 4 c. homemade chicken stock
- 2 c. water
- 1 lb. fresh green beans, cut into 1-inch pieces
- 1 clove garlic, minced or 1/2 t. crushed garlic
- 3 c. diced fresh tomatoes
- 1/4 c. minced fresh basil or 1 T. dried basil
- 1/2 t. salt
- 1/4 t. pepper
- chicken chunks

Combine all ingredients in a crock pot and set on LOW over night or on high for 5-6 hours.

Makes 8 servings

### Alternate Overnight Soup:

### Homemade Minestrone

- 2 T. butter (not margarine)
- 1 lb. stew beef, cut into 1/2" - 3/4" cubes
- 4 c. water
- 2 tomatoes, diced
- 1 onion, chopped
- 2-3 stalks celery, chopped
- Homemade meat broth cubes (opt.)
- 2 T. dried parsley flakes
- 1/2 t. salt
- 1/2 t. dried thyme, crushed
- 1/4 t. pepper
- 2 c. shredded cabbage



- 1 c. zucchini, thickly sliced
- 1 c. carrots, sliced
- 1 c. navy beans, previously soaked 10-12 hours, drained and rinsed\*
- 3-4 c. tomato juice, to almost fill pot  
(cooked small macaroni for non-SCDer's bowls)

Brown meat in butter, then place in crock pot with all the rest of the ingredients except cooked macaroni. Cook for 8-10 hours on LOW or 5-6 hours on HIGH. Serves 4-6

\* introduce selected beans after being on the diet a few months and according to directions in "Breaking the Vicious Cycle."

## Wednesday

### Lunch

Tomato Green Bean Chicken Soup, onion roll, fruit salad and cheese lace.

### Dinner

Spaghetti, green salad with Italian Salad Dressing and onion or garlic roll.

### Fresh Marinara Sauce for Spaghetti

(Recipe from "Light and Tasty" June/July 2001)

- 3 large carrots, finely chopped
- 2 large onions, chopped
- 6 garlic cloves, minced or 3 t. crushed garlic
- 1/3 c. olive oil
- 15 medium tomatoes (about 6 pounds), chopped
- 1/3 c. chopped fresh basil or 2 T. dried basil
- 3 T. chopped fresh oregano or 1 T. dried oregano
- 1 1/2 t. salt
- 1/4 t. pepper
- 1/2 c. tomato juice (or more as desired)

In a large saucepan or Dutch oven, saute the carrots, onions and garlic in oil until tender. Add the tomatoes and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 1 to 1 1/2 hours or until thickened and reduced by half, stirring occasionally. (You could take some out for dinner after about 20 min. and let the rest simmer.)

Serve over cooked spaghetti squash (regular spaghetti for non SCD) or cooked broccoli cole slaw mix. Yields 7 1 c. servings. Freeze leftover servings over broccoli strips or spaghetti squash for alternate lunches.

### Italian Salad Dressing

Combine 1 1/2 t. crushed garlic, 1 t. salt, 1/2 c. olive oil, 1/2 c. mild oil, 1-2 t. honey, 1/3 c. apple cider vinegar, 1/3 c. fresh lemon juice, 1/4 t. oregano, 1/4 t. basil, and salt & pepper to taste in a jar and shake well. Keep refrigerated and shake well before using.