

Tuesday

(Before leaving for work, put together Albondigas Soup.)

Lunch

Herbed Vegetable Chicken Soup, cheese lace, apple slices with peanut butter, cinnamon muffin

Dinner

Albondigas Soup, fruit salad, Spice cake

Albondigas Soup

This is a delicious soup!

Soup:

- 4 c. homemade chicken broth
- 2 c. water
- 2 c. homemade beef broth, or water
- 1 t. oregano leaves, crushed
- 1 or 2 medium-sized onions, chopped
- 6 medium sized carrots, very thinly sliced
- 1/3 c. chopped fresh cilantro
- 3/4 pound fresh spinach, chopped, or use frozen salt & pepper

Meatballs:

Combine and drop gently by spoonfuls into soup:

- 1 pound lean ground turkey (*To avoid additives such as "natural flavoring [sugar]" have a butcher grind you a whole turkey and package in 1/2 lb. (or 1 lb.) packages. Freeze and use as needed.*)
- 2 eggs
- 1-2 T. dried parsley

Serve with:

- 1 lime, cut into wedges
- (rice, cooked, to be added to non-SCD bowls)

Combine soup ingredients in crock pot. Gently spoon in meatball mixture, trying to keep it in individual lumps. Cook on LOW for 8-10 hours. Before serving, gently stir to separate meatballs. Serve in wide bowls with squeezes of lime and a spoonful of cooked rice for non-SCDers. May also serve with warmed corn tortillas for non-SCDers. Serves 5-6.



Wednesday

(Before leaving for work, put together Fajitas.)

Lunch

Yogurt, honey and blueberries, Albondigas Soup, grilled cheese sandwich, granola cookies.

Dinner

Flank Steak Fajitas, Green Salad, Candy

Grilled Cheese Sandwich

Take 2 Onion or Garlic rolls (see first page for recipe) and place slices of cheese between them. Fry in a non-stick skillet with a little butter until cheese is melted.

Crock Pot Flank Steak Fajitas

- 1 1/2 -2 lb. beef flank steak, cut into thin strips
- 3-4 diced tomatoes
- 1/2 c. or 1 small can Campbell's tomato juice
- 1 t. crushed garlic
- 1/4 t. Tabasco sauce
- 1 T. minced fresh cilantro
- 1/2 t. cumin
- 1/4 t. salt

- 1 med. sweet red pepper and 1 med. green pepper, cut into long narrow strips
- 1-2 onions, sliced

Combine all ingredients except peppers and onions in crock pot and cook on LOW for 7-8 hours. Stir in red and green peppers and onions and cook 1 hour longer until meat, peppers and onions are tender. Serve to non-SCD diners wrapped in:

(8-10 flour tortillas 7-8 inch for non-SCDers)

Serve with homemade yogurt (sour cream for non-SCDers), homemade salsa and cheese if desired.

Serves 4-5.

Thursday

Lunch

Leftovers from a dinner this week, yogurt and berries, cheese lace, apple slices, cinnamon muffin

Dinner

Greek Pork Dinner, Cucumber Salad, tomato slices