pampered chef®

Dinner Plans, Solved

5 weeknight meals and grocery list





One-Pot Ground Beef & Pasta

8 servings

15-min prep time | 45-min total time

Ingredients

- 1 tbsp (15 mL) oil
- 1 lb. (450 g) lean ground beef or turkey
- 1 large zucchini, cut into 1" (2.5-cm) pieces (see cook's tip)
- 1 carrot, peeled and cut into 1" (2.5-cm) pieces
- 2 garlic cloves, peeled
- 2 tbsp (30 mL) tomato paste
- 2 cups (500 mL) beef broth
- 2 cups (500 mL) milk
- 8 oz. (250 g) whole grain elbow macaroni pasta
- 2 tbsp (30 mL) Worcestershire sauce
- 4 oz. (125 g) low-fat cheddar cheese, grated (1 cup/250 mL), plus more for topping
- 4 oz. (125 g) low-fat cream cheese, softened and cubed

Directions

1. Heat the oil in the **4.5-qt. (4.3-L) Stainless Steel Saute Pan** over medium-high heat for 2–3 minutes. Add the ground beef and cook until no longer pink, about 8–10 minutes, breaking it into crumbles as it cooks.
2. Working in batches, finely chop the zucchini, carrots, and garlic with the **Food Chopper**.
3. Add the chopped veggies to the meat and cook over medium heat until the veggies release their juices, about 6–8 minutes.
4. Add the tomato paste, broth, milk, pasta, and Worcestershire sauce. Stir to combine.
5. Bring the mixture to a simmer, then reduce the heat to low. Cover and cook, stirring occasionally, until the pasta is tender, about 10 minutes.
6. Turn off the heat, then stir in the cheddar and cream cheese until it's melted and combined. Sprinkle additional cheese on top, if you'd like.

Cook's Tip

- Try peeling the zucchini to help "hide" the green veggie from picky eaters.



8 servings

10-min prep time | 35-min total time

Chicken

- 2 lbs. (1 kg) boneless skinless chicken thighs
- 2 tbsp (30 mL) honey
- 1 tbsp (15 mL) **Smoky Barbecue Rub**
- 1 tbsp (15 mL) **Chipotle Rub**
- 1 tbsp (15 mL) oil

Corn Salsa

- 2 cups (500 mL) frozen corn
- 1 red bell pepper, seeded and finely chopped
- ½ small red onion, finely chopped
- 1 tsp (5 mL) Chipotle Rub
- ½ tbsp (7 mL) oil
- ¼ cup (60 mL) cilantro, finely chopped
- 1 lime, juiced

Toppings

- Warm tortillas
- Guacamole
- Sour cream
- Shredded lettuce
- Diced tomatoes
- Grated cheese

BBQ Chicken Tacos

Directions

1. Toss the chicken with the honey, seasonings, and oil. Place the chicken onto a sheet pan.
2. Set the **Deluxe Air Fryer & Oven** to SYNC FINISH. Set the Bottom compartment to AIR FRY for 20 minutes. Set the top compartment to CUSTOM and adjust the temperature to 425°F (220°C) and set the time to 25 minutes.
3. Toss the corn with the peppers, onions, rub, and oil and spread evenly onto a foil-lined Air Fryer Rack.
4. When the display says, “Add Food,” place the chicken in the bottom oven and the corn mixture in the top. Press ⏻. Rotate the chicken halfway through cooking.
5. Transfer the corn mixture to a large bowl and toss with the cilantro and lime juice.
6. Place the chicken in another large bowl and chop with the **Salad Chopper**. Serve the chicken on warm tortillas and top with the corn salsa, guacamole, and any other toppings.

Cook’s Tip

- This is a great recipe to meal prep for the week! Keep your corn salsa and other toppings in the **Store & Serve**.



8 servings

10-min prep time | 35-min total time

Ingredients

- 4 large bell peppers, any color
- 2 cups (500 mL) beef broth, divided
- 1 can (15 oz./425 g) tomato sauce
- 1 tbsp (15 mL) **Bell Pepper Herb Rub**
- 2 lbs. (1 kg) lean ground turkey, ground beef, or plant-based meat crumbles
- 1 pkg **Meatloaf Meal Mix**
- 2 cups (500 mL) cooked rice (see cook's tip)
- Optional: Grated mozzarella or cheddar cheese, sour cream, chopped parsley

Stovetop Stuffed Peppers

Directions

1. Use the **Pepper Corer** to remove the seeds from the bell peppers and then cut in half lengthwise.
2. Place *1 cup (250 mL)* of the broth, tomato sauce, and rub in the **4.5-qt. (4.3-L) Stainless Steel Saute Pan**. Stir to combine and bring to a boil over medium-high heat. Reduce the heat to low and cook for 5 minutes, stirring occasionally.
3. Meanwhile, add the ground beef, meal mix, remaining broth, and rice to the **Deluxe Stand Mixer**. Set to mix for 45 seconds.
4. Divide the meat mixture evenly into the 8 pepper halves and place them into the sauce. Reduce the heat to low and cover.
5. Cook for 35–45 minutes, or until the meat is cooked through and the peppers are tender. Top with grated cheese in the last 5 minutes of cooking, if you'd like.
6. Spoon the sauce over the peppers to serve and garnish with sour cream or chopped parsley, if you'd like.

Cook's Tips

- This recipe is a great way to use leftover rice or grains. If you're cooking rice just for this recipe, make sure it's cooled to room temperature before combining with the meat.
- You can use a combination of ground turkey and ground beef, if you'd like.
- Try using the **Roasted Red Pepper Tomato Bisque Mix**! In step 2 instead of the tomato sauce and rub, place 3 cups (750 mL) of beef broth and the soup mix in the 4.5-qt. (4.3-L) Stainless Steel Saute Pan. Whisk to combine and bring to a boil over high heat. Continue reducing for 5 minutes, whisking occasionally.



8 servings

15-min prep time | 55-min total time

Ingredients

- 2 tbsp (30 mL) olive oil
- 3 medium carrots, peeled, cut into ½" (1-cm) pieces
- 2 celery stalks, cut into ½" (1-cm) pieces
- 1 large onion, finely chopped
- 4 garlic cloves, pressed
- ½ tsp (5 mL) salt
- 4 cups (1 L) vegetable broth
- 1 can (28 oz./796 mL) diced tomatoes, undrained
- 6 cups (1.5 L) kale leaves, coarsely chopped (see cook's tip)
- 2 cans (15.5 oz./540 mL *each*) cannellini (white kidney) beans, rinsed and drained
- 1 oz. (30 g) Parmesan cheese with the rind (see cook's tips), plus additional for serving
- 2 sprigs fresh rosemary

Pressure Cooker Tuscan Bean Soup

Directions

1. Set the **Deluxe Multi Cooker** to sear on low, press and hold ⏻. Heat the oil in the inner pot for 3 minutes. Add the carrots, celery, onion, garlic, and salt. Cook uncovered for 5 minutes, stirring frequently. Press ✕.
2. Add the remaining ingredients. Lock the lid. Select soup and set the timer to 15 minutes; press and hold ⏻.
3. When the timer is up, let the steam release naturally for 10 minutes, then press ✕. Press 👨‍🍳. Open the lid and discard the rosemary stems.
4. Serve with additional grated Parmesan cheese, if you'd like.

Cook's Tips

- To quickly remove kale leaves from the stem, hold the thick end of the stem with one hand and pinch and pull the leaf along the stem with your other hand.
- The Parmesan cheese rind dissolves in the soup as it cooks thickening the broth and adding richness.



6 servings

5-min prep time | 20-min total time

Pizza

- 3 small precooked flatbreads (see cook's tip)
- ½ cup (125 mL) marinara sauce
- 2 tsp (10 mL) **Crunchy Garlic Crisp Seasoning Mix** (see cook's tip)
- 4 oz. (125 g) mozzarella cheese, grated (1 cup/250 mL)
- 12 slices pepperoni
- ½ cup (125 mL) ricotta cheese
- Optional: Fresh basil

Honey Topping

- 1 tbsp (15 mL) honey
- ½ tsp (2 mL) Crunchy Garlic Crisp Seasoning Mix

Hot Honey Pepperoni Pizza

Directions

1. Set the **Deluxe Air Fryer & Oven** to PIZZA for 8 minutes.
2. Mix together the sauce and seasoning mix in a small bowl; set aside.
3. Place the flatbreads on the **12" (30-cm) Metal Pizza Pan**. Spread the sauce on the flatbreads, sprinkle with the cheese, and top with the pepperoni. Dollop small scoops of the ricotta on top.
4. When the display says, "Add Food," add the pan (on the Wire Rack) to the oven. Press ⏻.
5. Combine the honey and seasoning mix; set aside.
6. Remove the pan from the oven and drizzle with the honey topping and sprinkle with basil, if you'd like.

Cook's Tips

- Use our **Flatbread Mix** to make the flatbreads. Freeze them for later, then defrost at room temperature or in the microwave before using.
- You can replace the Crunchy Garlic Crisp Seasoning Mix with the same amount of hot sauce in the marinara and honey topping.



1 serving

5-min total time

Ingredients

- 1 Nespresso® original Pod or 2 tbsp (30 mL) ground espresso
- ⅓ cup (75 mL) oat milk, or milk of choice
- 1 tbsp (15 mL) **Gourmet Toffee Apple Crisp Syrup**, divided
- Optional: Whipped cream, caramel sauce, cinnamon

Toffee Apple Crisp Oatmilk Latte

Directions

1. Froth the milk with *2 tsp (10 mL)* of the syrup and set aside.
2. Adjust the drip tray of the **Deluxe Coffee Machine** to your desired height and place a coffee mug on the tray plate.
3. Place the Nespresso® original Pod in the Nespresso® Pod insert, or add the espresso to the **Deluxe Coffee Machine Espresso Insert**. Select the 4-oz. (60-mL) size option and press start. After it chimes, remove the mug and stir in *1 tsp (5 mL)* of the syrup.
4. Pour the frothed milk slowly over the coffee.
5. Top with whipped cream, drizzle with caramel sauce, and sprinkle with cinnamon, if you'd like.

Cook's Tips

- You can use any kind of milk you like; however, some milks froth more than others.
- Try this drink iced! Chill the brewed espresso first, then pour over ice and use the cold foam setting on the **Electric Milk Frother**.

Grocery List (by recipe)

One-Pot Ground Beef & Pasta

Oil (1 tbsp/15 mL)

Lean ground beef or turkey (1 lb./450 g)

1 large zucchini

1 carrot

2 garlic cloves

Tomato paste (2 tbsp/30 mL)

Beef broth (2 cups/500 mL)

Milk (2 cups/500 mL)

Whole grain elbow macaroni pasta (8 oz./250 g)

Worcestershire sauce (2 tbsp/30 mL)

Low-fat cheddar cheese (4 oz./125 g)

Low-fat cream cheese (4 oz./125 g)

Pressure Cooker Tuscan Bean Soup

Olive oil (2 tbsp/30 mL)

3 medium carrots

2 celery stalks

1 large onion

4 garlic cloves

Salt (½ tsp/5 mL)

Vegetable broth (4 cups/1 L)

1 can diced tomatoes (28 oz./796 mL)

Kale (6 cups/1.5 L)

2 cans cannellini (white kidney) beans (15.5 oz./540 mL each)

Parmesan cheese with the rind (1 oz./30 g)

Fresh rosemary

BBQ Chicken Tacos

Boneless skinless chicken thighs (2 lbs./1 kg)

Honey (2 tbsp/30 mL)

Smoky Barbecue Rub (1 tbsp/15 mL)

Chipotle Rub (1 tbsp + 1 tsp/20 mL)

Oil (1½ tbsp/22 mL)

Frozen corn (2 cups/500 mL)

1 red bell pepper

½ small red onion

Cilantro (¼ cup/60 mL)

1 lime

Tortillas

Guacamole

Sour cream

Lettuce

Tomatoes

Grated cheese

Stovetop Stuffed Peppers

4 large bell peppers, any color

Beef broth (2 cups/500 mL)

1 can tomato sauce (15 oz./425 g)

Bell Pepper Herb Rub (1 tbsp/15 mL)

Lean ground turkey, ground beef, or plant-based meat crumbles (2 lbs./1 kg)

Meatloaf Meal Mix(1 pkg)

Rice (1 cup/250 mL)

Mozzarella or cheddar cheese (optional)

Sour cream (optional)

Parsley (optional)

Hot Honey Pepperoni Pizza

3 small precooked flatbreads (or **Flatbread Mix** and ingredients to prepare)

Marinara sauce (½ cup/125 mL)

Crunchy Garlic Crisp Seasoning Mix (2½ tsp/12 mL)

Mozzarella cheese (4 oz./125 g)

12 slices pepperoni

Ricotta cheese (½ cup/125 mL)

Fresh basil (optional)

Honey (1 tbsp/15 mL)

Toffee Apple Crisp Oatmilk Latte

1 Nespresso® original Pod or 2 tbsp (30 mL) ground espresso

Oat milk or milk of choice (⅓ cup/75 mL)

Gourmet Toffee Apple Crisp Syrup (1 tbsp/15 mL)

Whipped cream (optional)

Caramel sauce (optional)

Cinnamon (optional)

Grocery List (all recipes)

Pampered Chef

Meatloaf Meal Mix (1 pkg)

Smoky Barbecue Rub (1 tbsp/15 mL)

Chipotle Rub (1 tbsp + 1 tsp/20 mL)

Bell Pepper Herb Rub (1 tbsp/15 mL)

Crunchy Garlic Crisp Seasoning Mix (2½ tsp/12 mL)

Flatbread Mix (1 pkg) (optional)

Gourmet Toffee Apple Crisp Syrup (1 tbsp/15 mL)

Produce

Zucchini (1 large)

Carrots (4)

Celery stalks (2)

Red onion (½ small)

Yellow onion (1 large)

Garlic cloves (6)

Red bell pepper (1)

Large bell peppers (any color) (4)

Tomatoes (as needed)

Lettuce (as needed)

Cilantro (¼ cup/60 mL)

Lime (1)

Kale (6 cups/1.5 L)

Fresh rosemary (as needed)

Fresh basil (optional)

Parsley (optional)

Meat & Protein

Lean ground beef or turkey (3 lbs./1.4 kg)

Plant-based crumbles (optional alternative to meat) (1 lb./450 g)

Boneless skinless chicken thighs (2 lbs./1 kg)

Pepperoni (12 slices)

Pantry & Spices

Oil (vegetable or olive): 3½ tbsp (52 mL)

Olive oil (already included above)

Honey: 3 tbsp (45 mL)

Worcestershire sauce: 2 tbsp (30 mL)

Tomato paste: 2 tbsp (30 mL)

Tomato sauce (canned): 1 can (15 oz./425 g)

Diced tomatoes (canned): 1 can (28 oz./796 mL)

Rice (1 cup/250 mL)

Elbow macaroni pasta (whole grain) (8 oz./250 g)

Marinara sauce (½ cup/125 mL)

1 Nespresso® original Pod or ground espresso (2 tbsp/30 mL)

Cinnamon (optional)

Caramel sauce (optional)

Salt (½ tsp/5 mL)

Dairy

Low-fat cheddar cheese (4 oz./125 g)

Low-fat cream cheese (4 oz./125 g)

Milk (2 cups/500 mL)

Oat milk (or milk of choice) (⅓ cup/75 mL)

Mozzarella cheese (8 oz./250 g) (includes optional)

Ricotta cheese (½ cup/125 mL)

Parmesan cheese with rind (1 oz./30 g)

Grated cheese (any type) (as needed)

Sour cream (optional)

Whipped cream (optional)

Frozen & Canned

Frozen corn (2 cups/500 mL)

Beef broth (4 cups/1 L)

Vegetable broth (4 cups/1 L)

Cannellini (white kidney) beans (2 cans, 15.5 oz./540 mL each)

Guacamole (as needed)

Bakery

Tortillas (as needed)

Precooked flatbreads (3 small or Pampered Chef® Flatbread Mix)



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