

Menus + Grocery Lists

continued...

Recipes needed for the following meals are found on the labels that come with the product. These recipes are provided with this planner and can also be found at: www.key2thekitchen.com



For even MORE meal solutions visit the **Key to the Kitchen!**
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Menu 6

- Louisiana Gumbo
- Rice

Grocery List 6

- vegetable oil
- 1 pound chicken breasts
- 1 pound smoked sausage
- 1 14.5-ounce can diced tomatoes
- 8 oz bag frozen cut okra
- rice



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Menu 7

- Chicken Noodle Soup
- Tossed Salad

Grocery List 7

- 2 cups cooked chicken, optional
- tossed salad ingredients



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Menu 8

- Beef & Barley Stew
- French Bread

Grocery List 8

- 1 1/2 pounds stew meat
- fresh loaf French bread



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Meatball Stew

Ingredients:

- 1 **Homemade Gourmet® Beef and Barley Stew Mix**
- 24 **precooked Homemade Gourmet® Meatballs***
- 6 cups water

Directions:

1. Place all ingredients into a large sauce pot.
2. Bring to a boil. Reduce heat and simmer for 15 minutes, or until potatoes from mix are tender.

Serves 6

**If you do not have premade meatballs in the freezer, follow the label instructions for making meatballs on the Homemade Gourmet® Italian Mozzarella Meatloaf mix. One mix will make 24 two tablespoon meatballs.*

TIP: Make a double batch and put the extra in the freezer for a fast meal in the future. You can fit them all in the oven at one time.

Tomato Basil Cream Sauce

If you have leftover Tomato Basil Soup, reheat another day while stirring in a little cornstarch to thicken the soup into a sauce. Meanwhile, heat some cheese stuffed tortellini according to package directions (*use frozen tortellini from the grocer*). Pour the reheated sauce over the tortellini and serve with a salad for a fast and fabulous second meal! The will never know it as leftovers!



November 2009 Meal Planner

You can find a complete grocery list for these menus in the November *In the Mix* e-newsletter or on www.homemadegourmet.com.

HELPING CREATE GREAT-TASTING, HOME-COOKED FOOD, FAST!

Your Easy November Meal Plan—Starts Here!

Bringing your family back to the dinner table is easy as 1-2-3

1. Pick which days you will prepare Meals 1 through 9.
2. Either shop ahead or pick up the grocery list items by using the express lane the day of the meal.
3. Make your meal of choice in minutes and enjoy precious moments at the dinner table!

For your meal planning and shopping convenience we have included an easy-to-read menu with complete Grocery List for each meal. Homemade Gourmet® understands that families are on the go, so we encourage you to keep the menus in your purse or wallet so that you can answer “What’s for dinner?” anytime during your busy schedule!

8-Day Menu Plan

Here is an 8-day menu plan that you can serve in the course of a week or fill in with meals over a month as needed. Following the menu suggestions is a grocery list to make the planning even easier.

MIXES FEATURED IN The **Savory Soups Bundle** for this 8-DAY MENU PLAN:



- Homemade Gourmet® Creamy Corn Chowder Mix
- Homemade Gourmet® Tomato Basil Soup Mix
- Homemade Gourmet® Chicken Enchilada Soup Mix
- Homemade Gourmet® Hearty Beef and Vegetable Soup Mix
- Homemade Gourmet® Baked Potato Soup Mix
- Homemade Gourmet® Louisiana Gumbo Mix
- Homemade Gourmet® Chicken Noodle Soup Mix
- Homemade Gourmet® Beef and Barley Stew Mix

Contact your Consultant to order the Savory Soups Bundle featuring the above mixes to make the 8-day menu plan listed above.

The exclusive Homemade Gourmet® *Key to the Kitchen* recipe database contains some delicious recipe variations available for some of the products in the Savory Soups Collection. Listed below are just some of the many ways you can use these mixes to warm up your dinner table!

1. Go to www.key2thekitchen.com
2. Keyword Search with the recipe name listed below
3. Enjoy the variety!

 recipe search

By Keyword

Baked Potato Soup

- Great Cheese Potato Soup
- Loaded Baked Potato Soup
- Easy Clam Chowder

 recipe search

By Keyword

Chicken Enchilada Soup

- Chicken Enchilada Soup Ole
- Creamy Enchilada Dip
- Fiesta Stuffed Potatoes
- Mexican Mac-n-Cheese
- Quick Chicken and Chips Casserole

 recipe search

By Keyword

Creamy Corn Chowder

- Corn Chowder Casserole
- Corn Chowder with Chicken and Rice
- Creamy Corn Chowder Stew

 recipe search

By Keyword

Hearty Beef and Vegetable Soup

- Beef and Vegetable Layered Dip
- Hearty Beef and Barley Stroganoff
- Hearty Campers Stew
- Beef and Vegetable Taco Dip

 recipe search

By Keyword

Tomato Basil Soup

Beef Taco Bake

 recipe search

By Keyword

Louisiana Gumbo

- Cajun Pork Chops
- Red Creole Medley
- Cajun Shrimp Enchiladas
- Cajun Chicken Kabobs

Easy Meal Planning Step by Step Guide

You don't have to limit yourself to just this one meal plan for the month. Follow these simple steps to create a customized Homemade Gourmet® Meal Plan with Grocery List every week!

1. Go to www.key2thekitchen.com. Use the recipe search tool to find recipes your family will love.
 - Use one or all of the options to narrow your search for the perfect recipe.
2. Pull up each recipe and complete the following steps:
 - Decide if the recipe needs to be adjusted to serve the number being served. Use the 'resizing' option to adjust recipe accordingly.
 - Print the recipe so you have easy access when you are ready to serve.
 - Add recipe to menu (see 'add to menu' option on recipe web page).
 - As you add recipes to the menu, it creates a grocery list for you.
 - Repeat these steps with each recipe selected until you have your menu and your grocery list completed.
3. Print the menu and post in your kitchen so you know the meal options you have for the next week.
4. Print the automatically generated grocery list.
5. Take the printed grocery list to your pantry, fridge and freezer and cross off ingredients you already have on hand that you will not need to purchase at the store.
6. Highlight the Homemade Gourmet® products you need to order online or from your Independent Consultant.

Repeat these steps every week for easy meal planning and grocery shopping with Homemade Gourmet®!

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Menu 1

- Creamy Corn Chowder
- Sautéed Smoked Sausage
- Tossed Salad

Grocery List 1

- 2 15-ounce cans cream style corn
- 1 15-ounce jar Cheez Whiz®
- 2 cups milk
- 1 pound smoked sausage
- Tossed salad ingredients



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Menu 2

- Tomato Basil Soup
- Grilled Cheese Sandwich

Grocery List 2

- 6-ounces tomato paste
- 2 cups milk
- 1 cup whipping cream, *optional*
- sandwich bread, cheese and butter to make grilled cheese sandwiches



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Menu 3

- Hearty Beef Vegetable Soup
- Fresh Loaf of bread from Bakery

Grocery List 3

- 1 14.5-ounce can diced tomatoes
- 1 pound ground beef or smoked sausage
- 1 loaf bakery bread



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Menu 4

- Chicken Enchilada Soup
- Tortilla Chips
- Guacamole

Grocery List 4

- 1 14.5-ounce can diced tomatoes
- 1 cup milk
- 1 cup cooked chicken (*optional*)
- tortilla chips
- premade guacamole
- optional soup toppings: shredded cheddar, our cream and diced avocado



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Menu 5

- Baked Potato Soup
- Tossed Salad

Grocery List 5

- 1 cup milk
- 1 medium baking potato, *optional*
- tossed salad ingredients



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