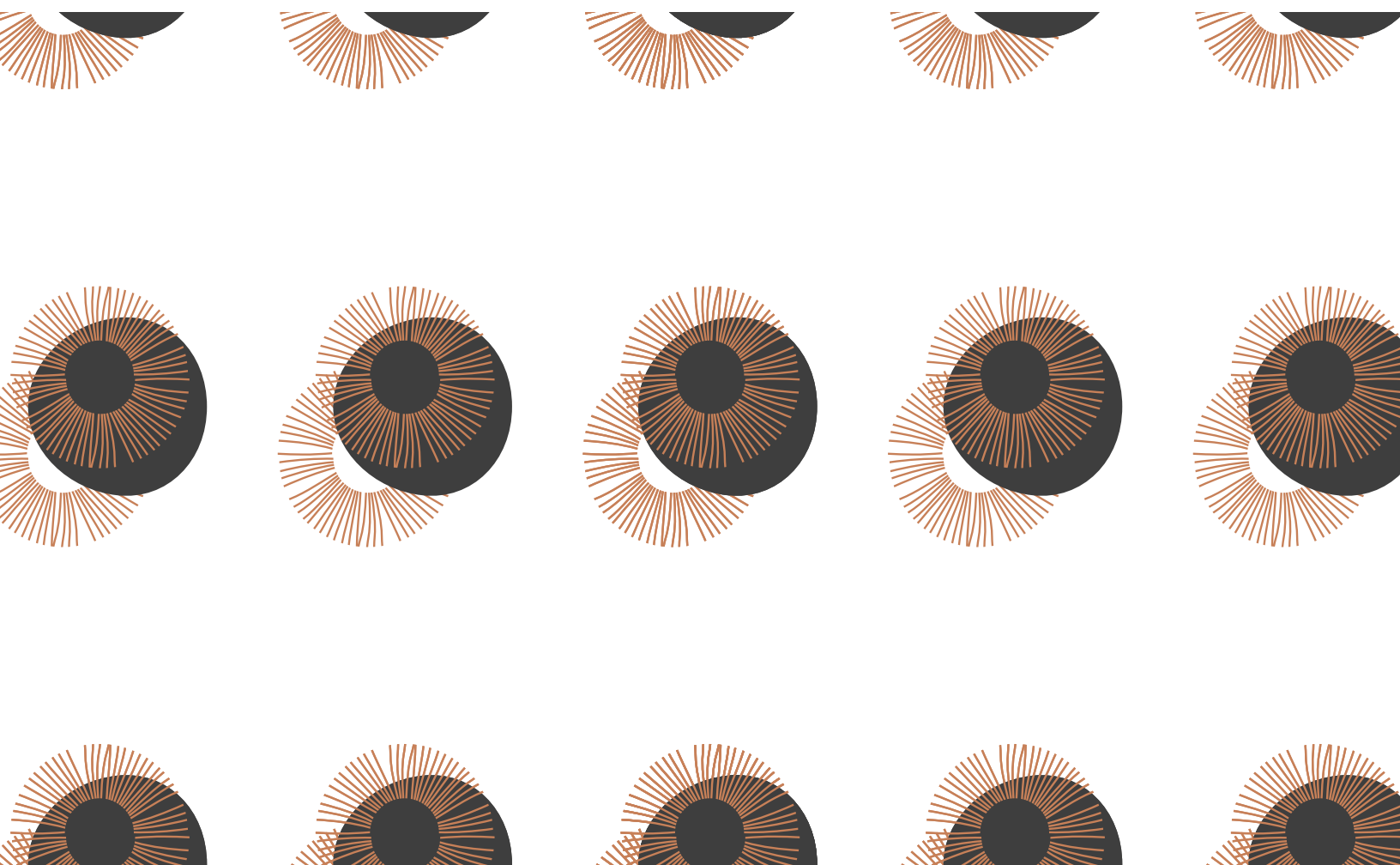


Week of Spooky Kids Meals

5 spooky weekday meals



Monday

CHICKEN "BOO"DLE SOUP

INGREDIENTS

3 STALKS CELERY, CHOPPED
2 CARROTS, CHOPPED
1 ONION, CHOPPED
3 TABLESPOONS PARSLEY, CHOPPED
1 TSP DRIED THYME
1 TABLESPOON GARLIC, MINCED
SALT + PEPPER TO TASTE
1 OR 2 CHICKEN BREASTS
8 OZ BLACK NOODLES, COOKED
3 CUPS CHICKEN STOCK
2 CUPS WATER
DRIZZLE OF OLIVE OIL



DIRECTIONS

COOK CHICKEN IN OLIVE OIL FOR A FEW MINUTES ON EACH SIDE

ADD IN CHOPPED VEGGIES AND COOK FOR ABOUT 4 MINUTES. STIR IN DRIED THYME

POUR IN CHICKEN STOCK AND WATER. SEASON WITH SALT, PEPPER, AND THYME

BRING TO BOIL THEN REDUCE HEAT AND SIMMER 10-15 MINUTES REMOVE THE CHICKEN AND SHRED

STIR IN COOKED BLACK NOODLES AND SHREDDED CHICKEN

BEFORE SERVING, STIR IN CHOPPED PARSLEY



Tuesday

TURKEY STUFFED JACK O PEPPERS

INGREDIENTS

1 LB GROUND TURKEY
1 TABLESPOON OLIVE OIL
1 1/2 CUP BLACK BEANS
1/2 CUP CORN
1/2 CUP OF YOUR FAVORITE SALSA
1/2 CUP BROWN RICE OR QUINOA
8 OZ CAN OF TOMATO SAUCE
8 OZ WATER, MAY NEED MORE DEPENDING HOW FAST
YOUR RICE/QUINOA COOKS IN THE LIQUID
1 TSP CAYENNE PEPPER
1 TABLESPOON CUMIN
1/2 TABLESPOON CHILI POWDER
1/2 TSP SALT
1/4 TSP PEPPER
1 TABLESPOON MINCED GARLIC
CILANTRO
1 BELL PEPPER PER SERVING



DIRECTIONS

HEAT UP OLIVE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH THEN ADD YOUR TURKEY & BROWN

ADD SALT, PEPPER, CUMIN, CAYENNE, CHILI POWDER, AND GARLIC. STIR TO COMBINE

ADD CORN, BLACK BEANS, AND RICE/QUINOA, TOMATO SAUCE, SALSA, AND WATER
HEAT THROUGH UNTIL MIXTURE IS BUBBLING

THEN TURN HEAT TO MEDIUM-LOW AND SIMMER UNTIL RICE OR QUINOA IS COOKED!

CUT THE TOP OFF OF YOUR BELL PEPPER AND SCRAPE OUT THE SEEDS. CUT OUT A FUN JACK-O-LANTERN FACE AND ROAST AT 375 FOR 15 MIN

STUFF TACO SKILLET FILLING INTO THE PEPPER AND SERVE.



Wednesday

HOT DOG MUMMIES

INGREDIENTS

1 PACKAGE OF YOUR FAVORITE HOT DOGS.

1 PACKAGE OF CRESCENT ROLL DOUGH

KETCHUP OR MUSTARD

DIRECTIONS

PRE HEAT THE OVEN TO 350

TAKE YOUR DOUGH AND UNROLL IT. CUT INTO THIN STRIPS

WRAP UP YOUR HOT DOG OR SAUSAGE LIKE A MUMMY LEAVING A LITTLE SPACE FOR THEIR EYES TO PEEK THROUGH

BAKE ACCORDING TO THE CRESCENT ROLL DOUGH PACKAGE

MAKE EYES ON YOUR MUMMY WITH KETCHUP OR MUSTARD. ENJOY!



Thursday

PUMPKIN FACE QUESIDILLAS

INGREDIENTS

2 CORN TORTILLAS PER SERVING

SHREDDED CHEESE

SLICE OF TURKEY OR HAM

DIRECTIONS

CUT OUT A JACK-O-LANTERN FACE ON YOUR TORTILLA

LAY DOWN YOUR SLICE OF TURKEY OR HAM ON THE TORTILLA YOU DIDNT CUT THE FACE IN

SPRINKLE WITH CHEESE AND TOP WITH JACK-O-LANTERN FACE TORTILLA

HEAT UP A PEA SIZE AMOUNT OF OLIVE OIL IN A SKILLET. HEAT THE TORTILLA ON BOTH SIDES UNTIL CHEESE IS ALL MELTY.

I LIKE TO SERVE THIS WITH A LITTLE MARINARA TO MAKE IT EVEN MORE SPOOKY!



Friday

CANDY CORN FRUIT CUP

INGREDIENTS

PARFAIT CUPS

VANILLA GREEK YOGURT OR WHIPPED CREAM

4 CUTIES, PEELED AND SEGMENTED

2 CUPS CUBED PINEAPPLE

DIRECTIONS

LAYER THE PINEAPPLE THEN THE ORANGE SLICES

TOP WITH GREEK YOGURT OR WHIPPED CREAM

SERVE TO YOUR LITTLE MONSTER!

