

4 in 5

4 meals with 4 servings made with 5 ingredients each

Sweet Potato Hash

- 1 medium sweet potato, diced
- 12 oz. sliced brussels sprouts
- ¼ medium yellow onion, diced
- 12 oz. chicken breakfast sausage, sliced
- 4 large eggs
- *Pantry staples: avocado oil, salt, pepper*

Instructions: Add everything to a baking sheet and toss with 2 tbsp. avocado oil, ½ tsp. salt, and ½ tsp. pepper. Bake at 400°F for 10-15 minutes. Remove from the oven, make 4 wells, and crack the eggs into the wells in the pan. Bake for another 7-9 minutes or until eggs are fully cooked.

Beef Chili

- 1 lb. 85% ground beef
- 10 oz. can Rotel original
- 15 oz. can diced tomatoes
- 15 oz. can pinto beans
- 1 packet chili seasoning
- *Pantry staples: maple syrup, salt, pepper & favorite chili toppers*

Instructions: Brown ground beef in a Dutch oven over medium heat. Then add the chili seasoning, Rotel, diced tomatoes, pinto beans, and ½ tbsp. maple syrup. Bring to a boil, then let simmer for 15 minutes on low. Add salt and pepper to taste.

Caesar Salad Smash Tacos

- 11.5 oz. Caesar salad kit
- 1 lb. ground chicken
- 8 street taco flour tortillas
- ¼ cup grated parmesan
- 2 tablespoons lemon juice
- *Pantry staples: olive oil, salt & pepper*

Instructions: Combine ground chicken, lemon juice, ½ tsp. salt, ½ tsp. pepper & parmesan cheese. Measure out 8 2-oz. meatballs. Use a knife to spread each meatball on top of each tortilla. Fry the smash tacos meat-side down in oil for 2 min., flip, and cook for 30 more seconds. Prep the Caesar salad kit according to the package and serve on top of tacos.

Tortellini Boursin Pasta

- 9 oz. packaged tortellini
- 1 pint cherry tomatoes
- ½ medium yellow onion, diced
- 5.3 oz. Boursin cheese
- 1 cup frozen peas
- *Pantry staples: olive oil, salt & pepper*

Instructions: Boil tortellini according to the package. Cook cherry tomatoes and onion in a large skillet in 1.5 tbsp. olive oil for about 5 minutes. Once the tomatoes have burst add the peas and cook for 2 minutes. Add the Boursin to the tomatoes and cook until it has completely melted. Toss the tortellini in the sauce and serve.