



The Lunch Bunch

Your weekly guide to prepping and packing your lunch

Groceries

Note: this guide helps prep lunch for one person. If you're prepping for two, double everything.

Produce:

- 1/2 white onion
- 1 red pepper
- 2 cloves garlic
- 1 jalapeño

Staples/Pantry:

- 3/4 cup cornmeal
- 1 can (14 oz.) diced tomatoes, no salt added
- 1 can black beans
- 1 can garbanzo beans
- 1/4 cup veggie stock
- 2 tsp. coriander
- 2 tsp. chili powder

- 2 tsp. cumin
- 3 Tbsp. olive oil
- 1 Tbsp. butter
- Salt and pepper

Protein:

- 1 pound skinless chicken breast

Frozen/Other:

- Corn

Optional add-ins:

- Guacamole
- Fresh salsa
- Corn chips
- Brown rice

Mexican Casserole

Ingredients

- 1 pound skinless chicken breast, cubed into 1-2" pieces
- 1 (14 oz.) can diced tomatoes, no salt added
- 1 cup corn, frozen
- 1/2 white onion, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 jalapeño, chopped with seeds
- 1 can black beans, rinsed and drained
- 1 can garbanzo beans, rinsed and drained
- 1/4 cup veggie stock
- 2 tsp. coriander
- 2 tsp. chili powder
- 2 tsp. cumin
- 3 T olive oil
- Polenta crust:
 - 3/4 cup cornmeal
 - 2 cups water
 - 1 T. butter
 - 1/2 tsp. salt

Directions:

1. Preheat oven to 375° F.
2. Prep all veggies first and put aside.
3. In a large pot, heat olive oil over medium heat. Add cubed chicken and brown on all sides. Season with salt and pepper
4. In same pot, add chopped onion, garlic and spices. Cook down (about 5 minutes) until the onion is soft and fragrant.
5. Add chopped pepper, jalapeño, beans, corn and tomatoes (including liquid) to the pot. Pour up to 1/4 cup vegetable stock for added liquid to cook everything together. Let simmer for about 20 minutes and allow to thicken.
6. While simmering, heat 2 cups water and 1/2 tsp. salt over medium heat in a separate, small pot. Soon before boil, stir in cornmeal.
7. Continue to whisk while the cornmeal thickens (so not to burn on bottom of pan), about 5 minutes. When thick, add butter and mix in to melt. Remove from heat.
8. Pour the chili into a deep 9inch square pan. With a large spoon, spread the (now) polenta mixture over the chili into a single layer. Bake for 30 minutes, or until polenta is firm and chili is bubbling on sides. Enjoy.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Casserole, side of guacamole	Mexican Casserole with small salad	Burrito Bowl – Cook brown rice & pour stew on top	Mexican Casserole with fresh fruit for dessert	Mexican Nachos – Pour remaining stew over chips and sprinkle with cheese or (dairy-free Daiya), top with salsa or guacamole