**DP 1 - Hearty Beef Stew**

Low-sodium beef broth

Frozen veggies

Tomato paste

Worcestershire sauce

**DP 2 - Chile Chicken Nachos**

Whole grain tortilla chips

Canned corn

Cheese

Canned jalapenos

 Red/pinto beans

Nonfat plain Greek yogurt

**DP 3 – Fried Rice**

Long grain brown rice

Sesame oil

Low-sodium soy sauce

Frozen peas and carrots

**DP 4 – Chicken Noodle Soup**

Frozen boneless skinless chicken breast

Whole wheat/whole grain lasagna noodles

Low-sodium chicken broth

Frozen peas

**DP 5 - Fajita Bowl**

Sliced frozen peppers

Brown rice

Black beans

Canned corn

**DP 6 – Irish Stew**

Tomato paste

Frozen peas and carrots 16 oz.

Low-sodium beef broth

Red wine vinegar

**DP 7 – Brown Rice Pilaf/Chicken Breast Skillet**

Dried parsley

Whole wheat spaghetti noodles

Brown rice

Frozen broccoli

**DP 8 – Ham Bone Navy Bean Soup**

Dried navy beans

Bay leaf

12-16 oz. bag frozen okra

32 oz. low-sodium chicken broth

**DP 9 – Salmon Quesadillas**

Whole wheat soft tortillas

Nonfat plain Greek yogurt

Sliced black olives

Dried basil

Salsa

**DP 10 -Tofu Curry**

Tofu

Curry

Canned diced Tomatoes

Brown Rice

**DP 11 – Kielbasa Skillet Dinner**

Whole wheat/grain pasta

Shredded parmesan cheese

Low fat kielbasa sausage

Balsamic vinegar

**DP 12 - Quick White Bean, Chicken, and Kale Soup**

Cannellini beans

Frozen cooked chicken

Low-sodium chicken broth

Barley

**DP 13 – Shrimp Tacos**

Hard taco shells

Sharp cheddar cheese

Salsa

Fat free refried beans

**DP 14 – Crab Cakes**

16 oz. chilled can lump crab

Bread crumbs

Spicy brown mustard

Mayonnaise