

# Sunday Prep Plan

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Pick a Sunday, then make our base recipes to get a head start on your meals for the week. Follow our time-saving tips and see how easy it is to make weeknight dinner prep a snap! By taking time on Sunday to prepare these recipes and steps you will enjoy a more relaxed meal preparation. Start here and then move to the day of the week to finish off the recipe.

## Roast Chicken and Vegetables

PREP 20 min COOK 55 min SERVES 4

2 green bell peppers, chopped

1 large onion, sliced

HALF a 680 g pkg Longo's fresh white mushrooms, sliced

4 cloves garlic, minced, divided

1 tbsp Italian seasoning, divided

1/2 tsp each salt and pepper, divided

3 tbsp Longo's 100% Pure Canola Oil, divided

1 pkg (2 kg) chicken leg quarters

TOSS together pepper, onions, mushrooms, half of the garlic, 1 tsp of the Italian seasoning and half each of the salt and pepper. Drizzle with 1 tbsp of the oil and spread over foil lined baking sheet.

CUT quarters into 2 at drumstick and place in large bowl. Drizzle with remaining oil, garlic, Italian seasoning, salt and pepper. Place chicken pieces on top of vegetables.

ROAST in preheated 375°F oven for about 55 minutes or until chicken is golden and no longer pink inside.

REMOVE 2 thighs and 2 drumsticks; remove bones and chop meat. Refrigerate for Wednesday dinner. Refrigerate chicken and vegetables for Monday dinner.

## Pork Loin Rolls

PREP 15 min COOK 25 min SERVES 4

1 boneless pork loin roast, about 1lb

6 cloves garlic, minced

1/2 cup freshly grated Romano cheese

1/3 cup chopped fresh parsley

PINCH each salt and pepper

1 tbsp Longo's extra virgin olive oil

1 jar (700 mL) Longo's signature tomato basil sauce

SLICE pork roast into thin slices and using meat mallet; pound slices to even and thin out. Sprinkle slices with garlic, cheese and parsley. Roll each up and secure with a toothpick or string. Sprinkle with salt and pepper.

HEAT oil in saucepan and lightly brown rolls. Add sauce and bring to a simmer. Partially cover and simmer for about 20 minutes or until pork is no longer pink inside.

LET cool and refrigerate for Tuesday dinner.

## Chickpea and Greens Soup

PREP 10 min COOK 30 min

SERVES/YIELD 6 to 8 -9 cups

1 tbsp Longo's extra virgin olive oil

1 onion, chopped

3 cloves garlic, minced

2 tsp Longo's dried oregano flakes

1/4 tsp hot pepper flakes

1/4 tsp each salt and fresh ground pepper

1 tub (312 g) Longo's organic power blend cooking greens

4 cups vegetable broth

1 can (796 mL) Longo's diced tomatoes

1 can (398 mL) Longo's organic chick peas

HEAT oil in soup pot over medium heat. Cook onion, garlic, oregano, hot pepper flakes, salt and pepper for 5 minutes or until softened. Stir in cooking greens and cook until wilted.

ADD broth, tomatoes and chick peas; bring to a boil. Cover and simmer for 15 minutes. Let cool and freeze for Thursday's dinner.

## Slow Cooker Pork Stew

PREP: 15 min COOK 4 or 8 hr SERVES 4

1 lb boneless pork loin roast

1 large onion, coarsely chopped

3 cloves garlic, minced

HALF a 680 g pkg Longo's fresh white mushrooms, sliced

2 red bell peppers, chopped

CUBE pork roast and freeze in airtight container.

COMBINE onion, garlic, mushrooms and peppers and combine in resealable bag and freeze for Friday dinner.