

# Meal Plan

# feat. FALL flavors

Recommendations from an **ENFJ**

## Orange Pork Chops with Wild Rice

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Roxy's Cookbook, Page 268

- 6 (2-inch thick) pork chops
- 1 (8.25 oz) can mandarin oranges
- 1/3 cup uncooked wild rice
- 1 cup chicken stock
- 1/2 cup milk
- 1/2 cup flour

- 1 can frozen orange juice concentrate
- 3 tablespoons oil
- 1/4 cup honey
- optional: side fresh green beans

## Reuben Sandwiches

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Allrecipes

- 2 tablespoons butter
- 8 slices rye bread
- 8 slices deli-sliced corned beef
- 8 slices Swiss cheese
- 1 cup sauerkraut
- 1/2 cup Thousand Island dressing

## Crispy Caramel Chicken Skewers

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Serious Eats

- 2 1/2 pounds chicken thighs
- 2/3 cup Asian fish sauce
- 2/3 cup light brown sugar
- 1/3 cup orange juice
- 1/3 cup rice vinegar
- 2 tablespoons honey
- 4 medium cloves garlic

- 2 medium shallots
- 1 (1-inch) piece peeled fresh ginger
- 1/4 cup white sesame seeds
- 1/4 cup black sesame seeds
- 1/3 cup sliced almonds
- 2 scallions, white & light green parts

## Maple Salmon & Israeli Couscous

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Allrecipes, a couple cooks

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

- 1 cup Israeli/pearl couscous
- 1 1/2 cups chicken broth
- 1/4 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 tablespoon chopped parsley
- zest of 1/2 lemon

## Chicken & Biscuits Bake

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Tasty

- 6 tablespoons butter
- 1 yellow onion
- 1/2 cup flour
- 3 cups chicken broth
- 1 cup heavy cream
- 2 1/2 cups frozen mixed vegetables

- 1 rotisserie chicken
- 2 tubes biscuit dough, 8 biscuits each
- our additions:**
- 3 cloves garlic
- 8 oz. sliced mushroom medley
- 8 oz. block sharp cheddar cheese

## Beef Barley Soup

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Serious Eats

- 2 pounds boneless beef chuck roast
- OR** 3 pounds bone-in beef short ribs
- 3 large carrots
- 1 large yellow onion
- 2 ribs celery
- 4 medium cloves garlic
- 3 quarts chicken stock

- 2 sprigs thyme
- 1 bay leaf
- 1 cup pearly barley
- 1/2 tsp Asian fish sauce (optional)
- fresh parsley (garnish)
- optional: side of baked bread