

31 DAYS
towards



minute dinners
10minutedinners.com

Family Favorites:

Taco Soup

*Black Beans - can	Onions
*Pinto or Kidney Beans - can	Ground Beef
*Great Northern - can	Frozen or canned corn
*mix & match favorite beans	Diced Tomatoes (or Rotel)
Garlic	Taco Seasoning
Green Chilies - can (optional)	Dry Ranch Dressing (optional)

Sesame Chicken

Boneless, Skinless Chicken Breast	Soy Sauce
Rice Wine Vinegar	Red Pepper Flakes
Garlic	Sesame Seeds
Ginger (fresh or ground)	Sesame Oil
Honey or Brown Sugar	Cornstarch

Asian Pork Tenderloin

Pork Tenderloin	Lemon Juice
Soy Sauce	Dry Mustard
Worcestershire Sauce	garlic cloves
Brown Sugar	Olive Oil, Pepper

Family Favorite Recipe:

Recipe:

Recipe:

Recipe:

Recipe:

Recipe:
