

# ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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## Winter Meal Plan

**Sunday**~ Roast leg of lamb with mint jelly, baked Yukon Golds, and multi-colored beet salad

**Monday**~ Vegetarian Chili

**Tuesday**~ Pasta with dried tomatoes, olives and grated cheese

**Wednesday**~ Steak with winter potato salad or baked yams

**Thursday**~ Bean burritos with sautéed onion and dried tomatoes

**Friday**~ Crock pot chicken soup with vegetables, served with warm bread

**Saturday**~ Cheese and mushroom tortellini with tomato sauce.