Seasonal Supper Planning Collection

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A planning companion to six recipes in the Harvest²Cuisine catalog. Open each linked recipe for the full ingredients, method, yield, and safety notes. Pick the dishes that suit the produce and time you have; this is not a fixed six-day menu.

Butternut Squash Soup

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/butternut-squash-soup.php

Check your stock: 1 large butternut squash, peeled and cubed; 1 large onion, chopped; 3 cloves garlic, minced; 4 cups vegetable broth; 1/2 cup heavy cream; 2 tablespoons olive oil; Salt and pepper to taste; 1 teaspoon ground nutmeg.

Lentil Soup

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/lentil-soup.php

Check your stock: 1 cup dried lentils, rinsed; 2 tablespoons olive oil; 1 onion, chopped; 2 cloves garlic, minced; 2 carrots, chopped; 2 celery stalks, chopped; 1 can (14.5 oz) diced tomatoes; 6 cups low-sodium vegetable broth; 1 teaspoon ground cumin; 1 teaspoon ground coriander; Salt and black pepper to taste; Juice of 1 lemon; Chopped fresh parsley for garnish.

Baked Chicken and Vegetables

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/baked-chicken-and-vegetables.php

Check your stock: 4 boneless, skinless chicken breasts; 2 cups broccoli florets; 2 cups baby carrots; 2 tablespoons olive oil; 1 teaspoon garlic powder; 1 teaspoon dried thyme; Salt and black pepper to taste.

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Seasonal suppers continued

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Vegetable Ratatouille

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/vegetable_ratatouille.php

Check your stock: 2 tablespoons olive oil; 1 onion, diced; 3 cloves garlic, minced; 1 eggplant, diced; 1 zucchini, sliced; 1 yellow squash, sliced; 1 red bell pepper, diced; 1 yellow bell pepper, diced; 4 tomatoes, diced; 1 teaspoon dried thyme; 1 teaspoon dried basil; Salt and pepper to taste; 2 tablespoons chopped fresh parsley.

Apple Crisp

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/apple-crisp.php

Check your stock: 6 cups sliced and peeled apples; 1 tablespoon lemon juice; 1/2 cup granulated sugar; 1 teaspoon ground cinnamon; 1/2 cup old-fashioned oats; 1/2 cup all-purpose flour; 1/2 cup packed brown sugar; 1/4 teaspoon salt; 1/2 cup cold unsalted butter, diced.

Pumpkin Muffins

Recipe: https://harvest2cuisine.com/ingredients/recipes/catalog/pumpkin-muffins.php

Check your stock: 1 cup canned pumpkin; 1/2 cup Greek yogurt; 1/4 cup honey; 2 egg whites; 1 cup whole wheat flour; 1 tsp baking powder; 1 tsp cinnamon.

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My seasonal supper plan

Choose the recipes you will actually cook, then copy the quantities from those recipes. Adjust for your household before shopping.

Day / meal	Chosen recipe	Ingredients shared with another meal

Consolidated shopping list

Produce	Pantry	Refrigerated / other

Preparation order and equipment conflicts to avoid

See https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety for safe preparation and storage practices.

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