

Feeling Meal Planning Fatigue? Meijer Offers New Meal Inspirations to Try

GRAND RAPIDS, Mich. – One of the challenges that many at-home cooks find draining is the time that goes into meal prepping. While testing new soup recipes, the Meijer chefs realized that there was an opportunity to cut time away from dicing vegetables.

Meijer's new Meal Inspirations draw on the culinary skill of creating a classic mirepoix, defined as a flavorful mixture of diced vegetables and seasonings. Plus, Meal Inspiration kits are designed to inspire at-home chefs to create their own unique recipes.

Each of the four new Meal Inspiration kits offers three recipes included on the peel-away label. The recipes call for minimal additional ingredients and each recipe is ready in under 40 minutes with no chopping of vegetables.

Southwest Blend – This is a blend of black beans, chick peas, sweet corn, diced tomatoes, peppers and onions. This is a great base for any Southwestern or Mexican-inspired dish. Recipe to try: [Southwest Avocado Veggie Sliders](#)

Asparagus & Mushroom – Asparagus' bright vegetal taste complements the earthiness of mushrooms. Together they create a powerful umami flavor combination. Recipe to try: [Creamy Mushroom & Asparagus Gnocchi](#)

Ham & Vegetable – If you're craving something a little heartier like potatoes au gratin, this flavorful diced mix of ham, onions, and green, yellow, and red peppers will add a savory punch. Recipe to try: [Cheesy New Potato & Ham Au Gratin](#)

Rosemary Vegetable – This combination of rosemary sprigs, diced carrots, celery and onions makes a great flavor base for an oven-roasted meal, such as a beef roast or braised chicken. Recipe to try: [Roast Beef Sirloin & Red Wine Sauce](#)

Meijer also introduced four new vegetable kits called "Roasters" that are perfect for roasting. Each kit has cooking instructions and all ingredients are included to prepare. The customer simply needs to add olive oil and roast.

- **Young Potatoes with Scallions & Mushrooms**
- **Chimichurri Sweet Potatoes & Cauliflower**
- **Herb Roasted New Potatoes with Bacon**
- **Mediterranean Style Green Beans**

To get ideas for main dishes that pair well with Roasters, click [here](#) to access recipes on More for a Healthier You.

About Meijer:

Meijer is a Grand Rapids, Mich.-based retailer that operates 235 supercenters and grocery stores throughout Michigan, Ohio, Indiana, Illinois, Kentucky and Wisconsin. A privately-owned and family-operated company since 1934, Meijer pioneered the "one-stop shopping" concept and has evolved through the years to include expanded fresh produce and meat departments, as well as pharmacies, comprehensive apparel departments, pet departments, garden centers, toys and electronics. For additional information on Meijer, please visit www.meijer.com. Follow Meijer on Twitter [@twitter.com/Meijer](https://twitter.com/Meijer) and [@twitter.com/MeijerPR](https://twitter.com/MeijerPR) or become a fan at www.facebook.com/meijer.

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