

Title: Quick & Delicious: 20 Easy 30-Minute Recipes for Busy Weeknights

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1. A Note from Evelyn Marcella Rivera

Hello, dear readers! My name is Evelyn Marcella Rivera. I'm a 48-year-old mother of two wonderful children, and I've been in love with the culinary arts for as long as I can remember. My journey has spanned over three decades of professional cooking, restaurant consulting, and teaching cooking classes, all while juggling the challenges (and joys) of being a mom.

In this eBook, you'll find a collection of twenty of my favorite recipes—all designed to be ready in about thirty minutes or less. I crafted these recipes with busy families in mind, drawing on my years of professional experience to ensure each dish is quick, flavorful, and satisfying. Let's dive in and get cooking!

2. Why 30-Minute Meals?

In today's fast-paced world, finding the time to cook nourishing meals can be a challenge. Between working, running errands, and caring for children, we often find ourselves craving something easy yet delicious—and we need it, well, now! That's where these 30-minute recipes come in.

Preparing home-cooked meals has so many benefits:

- You gain control over the quality and freshness of ingredients.
- You can tailor dishes to accommodate any dietary needs or preferences.
- You bond with loved ones over shared meals.

With that in mind, I've chosen simple, versatile recipes that come together quickly. The key to speed without sacrificing flavor lies in strategic ingredient choices and efficient cooking methods. Let's explore the tools and essentials you need to whip up these recipes in a flash.

3. Kitchen Essentials for Busy Home Cooks

1. **Sharp Chef's Knife** – Makes chopping, slicing, and dicing faster and safer.
2. **Nonstick or Cast-Iron Skillet** – Ensures even heat distribution and easy cleanup.
3. **Large Saucepan or Dutch Oven** – Ideal for one-pot meals, soups, and sauces.
4. **Cutting Board** – Keep at least two on hand to prevent cross-contamination (one for produce, one for meats).
5. **Measuring Cups & Spoons** – Accuracy leads to consistently great results.
6. **Sheet Pan** – Essential for roasting vegetables, proteins, and sheet pan dinners.
7. **Basic Spices & Pantry Staples** – Salt, pepper, garlic powder, onion powder, dried herbs (oregano, basil, thyme), olive oil, soy sauce, etc.

Equipped with these essentials, you're ready to tackle each recipe with confidence and efficiency.

4. 20 Fast & Flavorful Recipes

1. Creamy Lemon Garlic Pasta

Why I Love It: This dish is zesty, creamy, and wonderfully comforting. Perfect for busy weeknights when you crave something indulgent yet quick.

- **Ingredients (4 servings)**

- 8 ounces spaghetti (or your favorite pasta)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon red chili flakes (optional)
- 1 cup heavy cream (or half-and-half)
- Zest of 1 lemon
- Juice of 1 lemon
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Chopped parsley (for garnish)

- **Instructions**

1. Boil the pasta according to package instructions. Drain and set aside.
2. In a skillet over medium heat, warm olive oil. Add garlic (and chili flakes if desired) and sauté for about 1 minute.
3. Stir in cream, lemon zest, and lemon juice. Season with salt and pepper. Let the sauce simmer for 3–4 minutes.
4. Add the cooked pasta to the skillet along with the Parmesan cheese. Toss until the pasta is evenly coated.
5. Serve hot and garnish with chopped parsley.

- **Tip:** This dish can be turned into a heartier meal by adding chicken or shrimp.

2. One-Pan Honey Garlic Chicken & Vegetables

Why I Love It: Less cleanup, more flavor! The sweet and savory honey garlic sauce pairs beautifully with tender chicken and fresh veggies.

- **Ingredients (4 servings)**

- 1½ pounds boneless, skinless chicken thighs (or breasts)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons soy sauce (low-sodium preferred)
- 1 tablespoon apple cider vinegar (or rice vinegar)
- 2 cups mixed vegetables (broccoli florets, carrots, zucchini, etc.)
- Salt and pepper to taste

- **Instructions**

1. Season chicken with salt and pepper. In a large skillet, heat olive oil over medium-high heat.
2. Sear chicken for 3–4 minutes per side, until golden brown.
3. In a small bowl, whisk together garlic, honey, soy sauce, and vinegar.
4. Lower heat to medium and pour the sauce over the chicken. Add vegetables to the pan.
5. Cover and simmer for about 10 minutes, or until chicken is cooked through and veggies are tender.
6. Adjust seasoning if needed and serve with rice or quinoa.

- **Tip:** Add a dash of chili sauce if you like a kick of spice.

3. Taco Tuesday Skillet

Why I Love It: All the fun of tacos without the fuss of multiple dishes. This skillet can be customized with your favorite toppings.

- **Ingredients (4 servings)**

- 1 pound ground beef (or turkey)
- 1 tablespoon olive oil
- 1 small onion, diced

- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 1 can (14.5 ounces) diced tomatoes
- 1 cup black beans, drained and rinsed
- 1 cup frozen corn
- 1 cup shredded cheddar cheese

- **Instructions**

1. In a large skillet, heat olive oil over medium-high heat. Add ground beef, onion, and garlic. Cook until the meat is browned. Drain any excess grease.
 2. Stir in chili powder, cumin, paprika, salt, and pepper.
 3. Add diced tomatoes, black beans, and corn. Simmer for 5–7 minutes.
 4. Top with shredded cheese, cover the skillet, and let the cheese melt.
 5. Serve in taco shells or over rice.
- **Tip:** Offer bowls of sour cream, guacamole, and chopped cilantro on the side for a fun DIY taco bar feel.

4. Salmon with Herbed Yogurt Sauce

Why I Love It: Salmon cooks quickly, and the creamy yogurt sauce brightens up the whole meal.

- **Ingredients (4 servings)**

- 4 salmon fillets (about 5–6 ounces each)
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 cup plain Greek yogurt
- 1 tablespoon chopped dill

- 1 tablespoon chopped chives
- 1 tablespoon lemon juice
- ½ teaspoon lemon zest

- **Instructions**

1. Season salmon fillets with salt and pepper.
2. In a nonstick pan, heat olive oil over medium-high heat. Place salmon fillets skin-side down and cook for about 4–5 minutes. Flip and cook for another 3–4 minutes, until salmon flakes easily.
3. Meanwhile, in a small bowl, mix Greek yogurt with dill, chives, lemon juice, and zest. Season lightly with salt and pepper.
4. Plate the salmon and spoon the herbed yogurt sauce on top. Serve with roasted vegetables or a side salad.

- **Tip:** For a burst of extra freshness, garnish with additional chopped herbs and a wedge of lemon.

5. Veggie-Loaded Egg Fried Rice

Why I Love It: A perfect way to use leftover rice and sneak more vegetables into your family's diet.

- **Ingredients (4 servings)**

- 2 cups cooked and cooled rice (preferably leftover)
- 1 tablespoon sesame oil (or vegetable oil)
- 2 cloves garlic, minced
- 1 cup mixed vegetables (carrots, peas, bell peppers)
- 2 eggs, lightly beaten
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (optional)
- 2 green onions, sliced

- **Instructions**

1. In a wok or large skillet, heat sesame oil over medium-high heat. Add garlic and stir-fry for about 30 seconds.
2. Add mixed vegetables and cook until slightly tender, about 3–4 minutes.

3. Push veggies to one side of the pan and pour in the beaten eggs, scrambling them quickly.
4. Add the cooked rice, soy sauce, and oyster sauce (if using). Stir-fry until everything is well combined and heated through.
5. Garnish with sliced green onions.

- **Tip:** For added protein, toss in cooked chicken, shrimp, or tofu.

6. Pesto Shrimp Linguine

Why I Love It: The freshness of pesto paired with succulent shrimp is a flavor match made in heaven.

- **Ingredients (4 servings)**

- 8 ounces linguine
- 1 tablespoon olive oil
- 1 pound shrimp, peeled and deveined
- Salt and pepper to taste
- 1 cup store-bought or homemade pesto
- ¼ cup grated Parmesan cheese

- **Instructions**

1. Cook linguine according to package instructions. Drain and set aside.
 2. In a skillet, heat olive oil over medium-high heat. Season shrimp with salt and pepper and sauté for about 2 minutes per side, until pink.
 3. Reduce heat to low and stir in pesto. Add the cooked linguine and toss to coat thoroughly.
 4. Top with grated Parmesan cheese.
- **Tip:** If you have extra time, make fresh pesto with basil, pine nuts, Parmesan, garlic, and olive oil—it's worth it!

7. Mediterranean Couscous Salad with Chicken

Why I Love It: A light yet satisfying meal that combines lean protein with vibrant vegetables and tangy feta.

- **Ingredients (4 servings)**

- 1 cup couscous

- 1 tablespoon olive oil
- 1 pound chicken breast, cut into bite-sized pieces
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 1 cup chopped cucumbers
- 1 cup halved cherry tomatoes
- ½ cup chopped kalamata olives
- ½ cup crumbled feta cheese
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil

- **Instructions**

1. Prepare couscous according to package instructions. Fluff with a fork and set aside.
2. In a skillet, heat olive oil over medium-high heat. Season chicken with salt, pepper, and oregano, then sauté until cooked through (about 6–7 minutes).
3. In a large bowl, combine couscous, chicken, cucumbers, tomatoes, and olives.
4. Drizzle with lemon juice and extra-virgin olive oil. Toss well.
5. Top with crumbled feta cheese before serving.

- **Tip:** Add chopped fresh herbs (parsley, mint, or basil) for extra brightness.

8. Southwest Turkey Lettuce Wraps

Why I Love It: Crisp lettuce cups hold a bold, spiced turkey mixture—filling yet delightfully light.

- **Ingredients (4 servings)**

- 1 pound ground turkey
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 tablespoon taco seasoning

- Salt and pepper to taste
- 1 cup black beans, drained and rinsed
- 1 head of lettuce (butter lettuce or romaine)
- Optional toppings: shredded cheese, salsa, sour cream, chopped cilantro

- **Instructions**

1. In a skillet over medium-high heat, warm olive oil. Add ground turkey, onion, and bell pepper. Cook until turkey is browned.
2. Stir in taco seasoning, salt, pepper, and black beans. Cook for an additional 2–3 minutes.
3. Rinse and dry lettuce leaves, then fill each leaf with the turkey mixture.
4. Top with cheese, salsa, sour cream, or any preferred garnishes.

- **Tip:** For extra flavor, add a splash of lime juice over the turkey mixture just before serving.

9. Creamy Tuscan Sausage and Spinach

Why I Love It: Rich, decadent flavors without the fuss. This dish pairs wonderfully with pasta or crusty bread.

- **Ingredients (4 servings)**

- 1 pound Italian sausage (mild or spicy), casings removed
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup heavy cream (or half-and-half)
- 1 cup chopped spinach (fresh or frozen)
- ½ cup grated Parmesan cheese
- Salt, pepper, and chili flakes (optional) to taste

- **Instructions**

1. In a skillet, heat olive oil over medium-high heat. Brown the sausage, breaking it into small pieces.
2. Drain any excess fat, then add garlic and sauté for about 1 minute.

3. Lower heat to medium. Stir in cream, spinach, and Parmesan cheese. Let the sauce simmer for 3–5 minutes, until it thickens slightly.
 4. Season with salt, pepper, and chili flakes if desired.
 5. Serve over your favorite pasta or with crusty bread for dipping.
- **Tip:** If you want a lighter version, try using turkey sausage and reduced-fat cream.

10. Quick Teriyaki Beef Bowls

Why I Love It: This sweet and savory meal is ready in under half an hour, perfect for a post-soccer-practice dinner.

- **Ingredients (4 servings)**
 - 1 pound thinly sliced beef (flank steak or sirloin), cut into bite-sized strips
 - 1 tablespoon vegetable oil
 - 2 cloves garlic, minced
 - 1 teaspoon minced ginger
 - ¼ cup soy sauce
 - 2 tablespoons brown sugar or honey
 - 2 tablespoons mirin (or rice vinegar)
 - 1 teaspoon cornstarch (dissolved in 1 tablespoon water)
 - 2 cups cooked rice
 - 1 cup steamed broccoli (optional)
- **Instructions**
 1. In a skillet, heat oil over high heat. Sear beef strips until browned, about 2–3 minutes.
 2. Add garlic and ginger, cooking for an additional 1 minute.
 3. Mix soy sauce, brown sugar, and mirin. Pour into the pan.
 4. Stir in the cornstarch slurry and let the sauce thicken, about 2 minutes.
 5. Serve over rice with steamed broccoli on the side.
- **Tip:** Top with sesame seeds and sliced green onions for a restaurant-quality finish.

11. Light & Zesty Chicken Piccata

Why I Love It: A bright lemon-caper sauce transforms simple chicken cutlets into an elegant weeknight dish.

- **Ingredients (4 servings)**

- 2 large chicken breasts, sliced horizontally into 4 cutlets
- Salt and pepper to taste
- ¼ cup all-purpose flour
- 2 tablespoons olive oil
- 2 tablespoons butter (optional)
- ½ cup chicken broth
- Juice of 1 lemon
- 2 tablespoons capers, drained
- Chopped parsley for garnish

- **Instructions**

1. Season chicken with salt and pepper. Dredge lightly in flour, shaking off excess.
 2. In a skillet over medium-high heat, warm olive oil and butter. Sear chicken cutlets for about 3 minutes per side until golden. Remove from pan and set aside.
 3. Pour in chicken broth and lemon juice to deglaze the pan, scraping up any browned bits.
 4. Add capers and return chicken to the pan. Simmer for about 2–3 minutes, until the sauce slightly thickens.
 5. Garnish with parsley and serve with pasta, rice, or mashed potatoes.
- **Tip:** For a healthier take, omit the butter and stick with olive oil, or use a butter-flavored cooking spray.

12. Baked BBQ Pork Chops with Pineapple

Why I Love It: Tangy barbecue sauce and sweet pineapple complement the richness of pork chops.

- **Ingredients (4 servings)**

- 4 boneless pork chops

- Salt, pepper, and garlic powder to taste
- 1 cup barbecue sauce (homemade or store-bought)
- 1 cup pineapple chunks (canned or fresh)
- 1 tablespoon olive oil

- **Instructions**

1. Preheat oven to 400°F (200°C).
2. Season pork chops with salt, pepper, and garlic powder.
3. Heat olive oil in a skillet over medium-high heat. Sear pork chops for 2–3 minutes on each side.
4. Transfer pork chops to a baking dish. Top each chop with barbecue sauce and pineapple chunks.
5. Bake for 10–12 minutes, or until the pork reaches an internal temperature of 145°F (63°C).
6. Let the chops rest for 3 minutes before serving.

- **Tip:** Serve with a simple side of roasted vegetables or a fresh green salad.

13. Sweet & Spicy Tofu Stir-Fry

Why I Love It: A healthy plant-based option bursting with bold flavors.

- **Ingredients (4 servings)**

- 1 block (14 ounces) extra-firm tofu, drained and cubed
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil
- 2 cups mixed vegetables (broccoli, bell peppers, onions)
- 2 cloves garlic, minced
- 1 teaspoon minced ginger
- 2 tablespoons soy sauce
- 2 tablespoons sweet chili sauce (or sriracha mixed with honey)
- 1 tablespoon rice vinegar

- **Instructions**

1. Pat tofu dry and toss in cornstarch to coat.
 2. In a skillet or wok, heat 1 tablespoon of oil over medium-high heat. Fry the tofu until golden on all sides. Remove and set aside.
 3. Add remaining 1 tablespoon oil. Stir-fry mixed vegetables until tender-crisp, about 4–5 minutes.
 4. Add garlic and ginger, cooking for 1 minute.
 5. Stir in soy sauce, sweet chili sauce, and rice vinegar. Return tofu to the pan, tossing to coat.
 6. Serve over rice or noodles.
- **Tip:** Use arrowroot powder instead of cornstarch for a gluten-free option.

14. Lemon-Thyme Sheet Pan Fish

Why I Love It: Minimal effort but maximum flavor—sheet pan meals are a lifesaver on hectic nights.

- **Ingredients (4 servings)**

- 4 white fish fillets (cod, tilapia, or haddock)
- 1 pound baby potatoes, halved
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Juice of 1 lemon
- Salt and pepper to taste

- **Instructions**

1. Preheat oven to 400°F (200°C).
2. On a sheet pan, toss potatoes with 1 tablespoon olive oil, thyme, salt, and pepper. Roast for 15 minutes.
3. Remove the pan and add the fish fillets and cherry tomatoes. Drizzle fish with remaining olive oil, lemon juice, salt, and pepper.
4. Return to the oven and bake for an additional 10–12 minutes, or until the fish is opaque and flakes easily.

- **Tip:** If you love fresh herbs, add chopped fresh thyme and parsley after baking for a bright finishing touch.

15. Sautéed Gnocchi with Cherry Tomatoes & Spinach

Why I Love It: Packaged gnocchi cooks in minutes, making this a super-speedy dish ideal for meatless Mondays.

- **Ingredients (4 servings)**

- 1 pound store-bought gnocchi
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 cups cherry tomatoes, halved
- 2 cups fresh spinach
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

- **Instructions**

1. Cook gnocchi according to package instructions. Drain and set aside.
2. In a skillet over medium-high heat, warm olive oil. Add garlic and cherry tomatoes. Cook for about 2–3 minutes until tomatoes start to soften.
3. Add gnocchi to the skillet and sauté for 2 more minutes.
4. Stir in spinach until wilted.
5. Season with salt, pepper, and top with Parmesan cheese.

- **Tip:** For extra flavor, toss in some fresh basil or a spoonful of pesto at the end.

16. Creamy Mushroom & Spinach Quesadillas

Why I Love It: A delightful twist on traditional quesadillas, with earthy mushrooms and nutritious spinach enveloped in melty cheese.

- **Ingredients (4 servings)**

- 1 tablespoon butter
- 1 tablespoon olive oil

- 2 cups sliced mushrooms
- 2 cups fresh spinach, chopped
- Salt, pepper, and garlic powder to taste
- 1 cup shredded Monterey Jack or mozzarella cheese
- 4 large flour tortillas

- **Instructions**

1. In a skillet, melt butter with olive oil over medium heat. Add mushrooms and cook until browned, about 5 minutes.
2. Add spinach and cook until wilted. Season with salt, pepper, and garlic powder. Remove mixture from pan and set aside.
3. Place a tortilla in the skillet. Add a layer of cheese, followed by the mushroom-spinach mixture, and top with another layer of cheese.
4. Fold the tortilla in half and cook until golden and the cheese is melted, about 2 minutes per side.
5. Slice into wedges and serve with salsa or sour cream.

- **Tip:** Add some sautéed onions and peppers for extra flavor and texture.

17. Ground Turkey Stuffed Peppers

Why I Love It: Colorful bell peppers stuffed with lean turkey and veggies, then quickly baked for a wholesome dinner.

- **Ingredients (4 servings)**

- 4 bell peppers, tops sliced off and seeds removed
- 1 pound ground turkey
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 cup cooked rice (or quinoa)
- 1 can (8 ounces) tomato sauce
- Salt, pepper, and Italian seasoning to taste
- 1 cup shredded mozzarella cheese

- **Instructions**

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil over medium-high heat. Add ground turkey and onion. Cook until turkey is browned.
3. Stir in cooked rice, tomato sauce, salt, pepper, and Italian seasoning.
4. Stuff each bell pepper with the turkey mixture. Place peppers in a baking dish.
5. Top with shredded mozzarella cheese. Bake for 15–20 minutes or until peppers are tender and cheese is melted.

- **Tip:** Use different colored bell peppers (red, yellow, orange) for a vibrant presentation.

18. Weeknight Chicken & Broccoli Alfredo

Why I Love It: This classic comfort dish gets to your table quickly with pantry-friendly ingredients.

- **Ingredients (4 servings)**

- 8 ounces fettuccine or penne
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 pound chicken breast, cut into bite-sized pieces
- Salt and pepper to taste
- 1 cup heavy cream (or half-and-half)
- 1 cup grated Parmesan cheese
- 2 cups broccoli florets (fresh or frozen)

- **Instructions**

1. Cook pasta according to package instructions. During the last 3 minutes of cooking, add broccoli florets to the boiling pot. Drain and set aside.
2. Meanwhile, melt butter in a skillet over medium-high heat. Add garlic and chicken. Season with salt and pepper. Cook until chicken is no longer pink.
3. Reduce heat to medium. Stir in heavy cream and Parmesan cheese, whisking until smooth.
4. Add cooked pasta and broccoli to the sauce, tossing to coat.

- **Tip:** If the sauce is too thick, add a splash of pasta water. If it's too thin, let it simmer for a minute or two to thicken.

19. Spiced Chickpea Wraps with Avocado Mash

Why I Love It: A hearty vegetarian wrap that's loaded with protein, fiber, and vibrant flavors.

- **Ingredients (4 servings)**

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon chili powder
- Salt and pepper to taste
- 2 ripe avocados
- Juice of 1 lime
- 4 large tortillas (whole wheat or regular)
- 1 cup shredded lettuce
- 1 cup diced tomatoes

- **Instructions**

1. In a skillet over medium heat, warm olive oil. Add chickpeas and spices. Sauté for 3–4 minutes. Season with salt and pepper.
2. Mash avocados with lime juice and a pinch of salt.
3. Spread avocado mash on each tortilla. Fill with spiced chickpeas, shredded lettuce, and diced tomatoes.
4. Roll up tightly and slice in half.

- **Tip:** Add a dollop of Greek yogurt or a drizzle of hot sauce if you want extra tang or heat.

20. 30-Minute Minestrone Soup

Why I Love It: A comforting soup packed with vegetables, beans, and pasta that comes together quicker than you'd think.

- **Ingredients (4–6 servings)**

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 can (14.5 ounces) diced tomatoes
- 6 cups chicken or vegetable broth
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 cup small pasta (ditali, macaroni, or shells)
- 1 cup chopped zucchini (optional)
- Salt and pepper to taste
- Grated Parmesan (optional)

- **Instructions**

1. In a large pot, warm olive oil over medium-high heat. Add onion, garlic, carrots, and celery. Sauté for 5 minutes.
2. Stir in oregano and basil. Add diced tomatoes and broth. Bring to a boil.
3. Reduce heat to medium, add beans and pasta. Cook for about 8–10 minutes, until pasta is al dente.
4. Stir in zucchini (if using) and cook for an additional 2–3 minutes. Season with salt and pepper.
5. Ladle into bowls and top with grated Parmesan if desired.

- **Tip:** Serve with crusty bread for dipping. Leftovers taste even better the next day!

5. Tips for Making the Most of Limited Time

1. **Plan Ahead:** Create a weekly menu and shopping list. Having all ingredients on hand means you can dive straight into cooking.
2. **Pre-Prep Ingredients:** Wash and chop veggies in bulk. Store them in airtight containers so you can add them quickly to recipes.
3. **Use Time-Saving Tools:** Instant-read thermometers, food processors, and microwaves (for quick reheating or par-cooking) can significantly speed up meal prep.
4. **Batch Cooking:** Double a recipe and freeze half for a quick meal on extra busy nights.
5. **Embrace One-Pot or One-Pan Meals:** Fewer dishes to clean and less time spent cooking individual components.

6. Closing Thoughts

Thank you for joining me on this culinary journey! As a mother of two and a chef with over 30 years of experience, I understand the importance of balancing a busy lifestyle with the desire to serve delicious, nutritious meals. The recipes in this eBook are meant to inspire you to spend less time in the kitchen while still delivering meals that bring comfort, excitement, and satisfaction to the entire family.

I hope these 20 easy 30-minute recipes become staples in your weeknight rotation. Feel free to experiment with different ingredients, add your personal flair, and share your creations with those you love. After all, there's nothing quite like the joy of gathering around the table for a home-cooked meal—no matter how hectic life can be.

Happy Cooking!

— Evelyn Marcella Rivera

Chef, Mother, Food Enthusiast