

©2010 MakeDinnerEasy.com Grocery List – for the week of February 8, 2010

Side = Side dish as outlined in weekly menus

Item	Italian Beef Sandwiches	Meatballs & Mushroom Gravy	Harvest Tuna Melts	Corn & Bean Salad	White Chicken Chili	Chile Cheese Bread	Roast Beef with Gravy	Roasted Asparagus
PRODUCE								
Sliced mushrooms (two – 8 oz. containers)		√						
Onions		1/2	1/4	1/8	1		1	
Broccoli		Side						
Celery			√					
Apple			√					
Tomato			√					
Red pepper				√				
Assorted fruit for a fruit salad	Side		Side					
Lettuce & ingredients for a side salad					Side			
Garlic	2 cloves							3 cloves
Asparagus								√
Loaf of unsliced French bread						√		
Hoagie Rolls	√							
MEAT								
Lean ground turkey or lean ground beef		1 lb.						
Cooked rotisserie chicken or cook your own					3 cups			
Beef bottom round or eye of round roast	3-4 lb.						2.5 – 3 lb.	
IN THE AISLES								
Old fashioned oats (not instant oatmeal)		√						
Beef broth	32 oz.	2.5 cups						
Chicken broth					32 oz.			
Evaporated milk		5 oz.			12 oz.			
Wide egg noodles		Side					Side	
Canned tuna (two 6 oz. cans)			√					
English muffins			√					
Canned kernel corn, 15 oz. (not creamed style)				√				
Canned black beans (15 oz.)				√				
Canned cannellini beans (15 oz.)					2			
Canned diced mild chiles (4 oz.)					2	1		
Italian salad dressing mix (.70 envelope, i.e. Good Seasons)	√							
Chili powder					√			
Cumin (in the spice aisle)				√	√			
Worcestershire sauce		√						
DAIRY / FROZEN								
Grated cheddar cheese			1 cup					
Grated Monterey jack cheese						√		
Frozen French fries	Side							

I'm assuming you have: 1 egg, ketchup, milk, butter, flour, salt, black pepper, mayo or miracle whip, Italian salad dressing, dried oregano, dried basil, dried parsley, garlic powder, paprika, cornstarch, light olive oil

Make Dinner Easy Recipe Summary for the Week of February 8, 2010

Please refer to individual recipe pages for hits, tips, and techniques

Menus for This Week:

Slow Cooker Italian Beef Sandwiches served with French fries and a fruit salad
Turkey Meatballs with Mega Mushroom Gravy served over wide noodles with steamed broccoli
Harvest Tuna Melts served with a Corn & Bean Salad
White Chicken Chili served Chile Cheese Bread and a side salad
Slow Cooker Roast Beef with Gravy served over buttered noodles and Oven Roasted Asparagus

Slow Cooker Italian Beef Sandwiches

(Prep time: 10 minutes, cooking time 8-10 hours)

2-3 pound beef bottom round or eye of round roast
1 (32 ounce) box of beef [broth](#)
1/2 teaspoon salt
1 teaspoon freshly ground black pepper
1 teaspoon dried oregano
1 teaspoon dried basil
2 garlic cloves, minced
1 teaspoon dried parsley
1 (.70 ounce) package Italian salad dressing mix

Place beef roast in a slow cooker, fat side up. Pour broth into a medium saucepan and add all other ingredients. Stir well and bring to a boil. Pour broth mixture over the roast. Cover and cook on high 8-10 hours. If possible, turn roast over after 5-6 hours. Prior to serving, flip roast over again and scrap off any visible fat. Remove the roast from the slow cooker and using two forks "shred" the roast. Return the beef back to the broth in the slow cooker. Serve on Italian rolls with peppers if desired.

Serves 6-8

Turkey Meatballs with Mega Mushroom Gravy

Preparation Time: 30 minutes. Cooking Time: 20 minutes

Meatballs: (see cook's notes)

1 egg
1 Tablespoon ketchup
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 Tablespoon milk
¾ cup old fashioned uncooked oats
1 – 1.25 lbs. lean ground turkey or lean ground beef

Mushroom Gravy:

4 Tablespoons butter, divided
2 (8 oz.) cartons sliced mushrooms
½ onion, diced (about 1 cup)
½ cup flour
2 ½ cups beef broth

2/3 cup fat free half and half or milk or a 5 oz can of evaporated milk

¾ teaspoon salt

To make the meatballs, preheat oven to 375°F. Place egg in a medium sized bowl and beat well. Stir in the ketchup, salt, Worcestershire, and milk. Add the oats and stir until the oats are coated with the liquid ingredients. Add the meat and mix using your hands (I use disposable gloves for this!). Form into 2" meatballs and place meatballs on a rimmed cookie sheet lined with non-stick foil. Bake at 375°F for 20 minutes. (This makes about 15-17 two inch meatballs)

Meanwhile, to make the gravy, melt 1 Tablespoon of the butter in a large saucepan. Add one of the 8 oz. containers of sliced mushroom and sauté until tender. Transfer the sautéed, sliced mushrooms into a small bowl and set aside. Finely chop the remaining 8 oz. container of uncooked mushrooms. Using the same saucepan, melt the remaining 3 Tablespoons of butter. Add the chopped mushrooms and the onion and sauté until tender. Remove the pan from the heat and stir the flour in well. Return the pan to medium heat and add the broth, milk and salt. Stir until mixture thickens (1-3 minutes). Add the sliced mushrooms that were previously sautéed and let this mixture simmer on low until the meatballs are done, stirring occasionally. Add the cooked meatballs to the mushroom gravy and allow to simmer for 5-10 minutes. Serve over rice or noodles

Serves 5-6 and leftovers can be frozen

Harvest Tuna Melts

(Prep Time 10 minutes Broiling Time 2 minutes)

¼ chopped onion (3 Tablespoons)

2 stalks celery, diced

½ apple, chopped

2 (6 ounce) cans water packed tuna, drained

5 Tablespoons Mayo or Miracle Whip

¼ teaspoon, freshly ground black pepper

4 English Muffins split in half

1 Tomato

1 Cup shredded cheddar cheese

Combine onion, celery, apple, tuna, salad dressing and black pepper in a medium sized bowl. Place English Muffin halves on a foil lined baking sheet and broil for 1-2 minutes or until lightly toasted. Remove from oven and top each English muffin half with 1/4 of the tuna mixture. Top each with a tomato slice and cheddar cheese. Broil for 2-4 minutes, or until cheese is melted.

Serves 4

Corn and Bean Salad

1 can corn (not cream style), drained

1 can black beans, rinsed and drained well

½ red pepper, finely diced

2 Tablespoons onion, finely diced (I prefer to use red onion, but use whatever you have in the house)

2 Tablespoons Italian Salad Dressing

¼ teaspoon cumin

Combine all ingredients in a bowl. Mix well. You can easily adjust the quantities to suit your taste or use up ingredients in your refrigerator. Taste improves if chilled before serving.

White Chicken Chili

(Prep Time: 10 minutes. Cooking Time: 25 minutes)

½ cup butter
1 onion, diced
¾ cup flour
32 ounce box, chicken broth
1 (12 ounce) can evaporated milk
2 Tablespoons, chili powder
1 Tablespoon cumin
1 teaspoon salt
½ teaspoon black pepper
3 cups cooked chicken
2 (15 ounce) cans undrained cannellini beans
1-2 (4 ounce) cans diced mild green chiles

1. In a large stockpot, melt butter and sauté onions. Stir in flour and mix until flour is well blended
 2. Add broth and evaporated milk cook over medium heat while stirring.
 3. When mixture is thickened, add remaining ingredients, stirring after each addition. I would recommend adding only 1 can of the chiles at first, tasting, and then adding the other can if you prefer
 4. Simmer for 15 minutes or until heated through.
 5. Serve with desired toppings such as shredded cheese, sour cream, chopped onions and cilantro
- Serves 6-8 and leftovers freeze well

Chile Cheese Bread

1 loaf of French bread (uncut)
1/2 cup melted butter
1 (4 ounce) can diced green chiles, drained
3/4 cup grated Monterey jack cheese

Slice bread into 1-inch slices. Do not cut all the way through. Mix the butter, chiles and cheese. Spread between sliced. Wrap in foil and bake for 25 minutes at 350 degrees.

Slow Cooker Roast Beef with Gravy

Preparation time: 15 minutes. Cooking Time: 8-9 hours

1 (2.5 - 3 pound) beef roast (i.e. eye of round)
1/2 cup flour
1 teaspoon salt
2 teaspoons paprika
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
3 Tablespoons olive oil
1 onion, diced
2 cups beef broth

Combine the flour, salt, paprika, garlic powder, and black pepper in a large zip style bag. Add the roast to the bag and shake so that the roast is covered with the flour mixture.

Heat the olive oil over medium-low heat in a large non-stick skillet. Place the flour covered roast in the skillet, leaving the remaining flour in the bag (don't discard the bag yet!)

Brown the roast 3-4 minutes per side over med-low heat.

Place browned roast in a slow cooker. Add the onions to the skillet and saute for several minutes. Add the remaining flour in the bag into the skillet with the onions. Stir well until the flour is no longer white and is mixed well with the oil left in the pan. Add the broth and cook over medium heat, stirring constantly, 1-2 minutes until thickened. Pour this gravy over the meat.

Cook on low heat in a slow cooker, 8-9 hours

Serves 5-6

Oven Roasted Asparagus

1 pound fresh asparagus (about 2 bunches – try to select bunches with narrow stems if possible)
2-3 garlic cloves, minced
2 Tablespoons, light olive oil
½ teaspoon, salt

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 ½ - 2" off of the cut ends. Place the asparagus in a 9"x12" glass baking dish along with the minced garlic cloves. Pour olive oil over veggies and sprinkle with salt. Toss the asparagus so the olive oil coats all pieces. Roast asparagus in the preheated oven for about 10 minutes.