

©2012 MakeDinnerEasy.com Grocery List – for the week of January 9, 2012

Side = Side dish as outlined in weekly menus

Grocery List Organized by Aisle	Chicken & Stuffing Casserole	Sautéed Green Beans	Vegetable Soup	Grilled Pork Tenderloin	Mashed Potatoes	Crabby Patties	Chicken Pot Pie
PRODUCE							
Onion	1		1			1/2	1/2
Celery	√		√				√
Green Beans		√					
Garlic		3 cloves	2 cloves	2 cloves			
Tomatoes			4				
Small red potatoes							3
Carrots (need 2 whole carrots or use baby carrots and cut them up)							
Strawberries	Side						
Escarole or baby spinach leaves			√				
Zucchini (about 8" long)			√				
Yellow Squash (about 8" long)			√				
Lettuce & ingredients for a side salad							Side
Lemon				1			
Fresh ginger root				√			
Broccoli				Side			
Potatoes					5#		
Asparagus						Side	
Oranges						Side	
Carrots			√				
Bakery Bread			Side				
MEAT							
Chicken – rotisserie or cook your own	4 cups						4 cups
Pork tenderloin				1-2			
IN THE AISLES							
Canned evaporated milk (12 ounce)	1						
Chicken broth	4-5 cups						2 cups
Packaged cubed stuffing mix (14 oz)	√						
Boullion or Better Than Boullion Chicken Stock Paste							√
Canned crab meat (7.1 ounce each)						2	
Seasoned dry bread crumbs						√	
Soy sauce				√			
Extra light virgin olive oil						√	
Sesame seeds				√			
Poultry seasoning	√						
Cayenne pepper			optional				
DAIRY							
Grated parmesan cheese			√				
Sour cream					1 cup		
Cream cheese (8 ounce)					√		
Fat free half and half							√
Refrigerated Pie Crust							√

I'm assuming you have: 2 sticks butter, flour, salt, black pepper, 2 eggs. Dried oregano, dried basil

Make Dinner Easy Recipe Summary for the Week of January 9, 2012

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

Menus for this Week:

Chicken and Stuffing Casserole served with Sautéed Green Beans and fresh strawberries

Vegetable Soup served with bakery bread

Grilled Pork Tenderloin with Sesame Seeds served with Make Ahead Mashed Potatoes and steamed broccoli

Crabby Patties served with Asparagus and cut up oranges

Chicken Pot Pie served with a side salad

Chicken and Stuffing Casserole

- 3 Tablespoons butter
- 1 medium onion, diced
- 2 stalks celery, diced
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon poultry seasoning
- 1 (12 ounce) can evaporated milk
- 2 cups chicken broth
- 4 cups, cooked chicken (rotisserie or cook your own)
- 14 ounces, packaged stuffing mix (I like the cubed kind)
- 2 1/2 - 3 cups hot water or hot chicken broth

Melt the butter in a stock pot. Add the onion and celery, and sauté until tender. Add flour, salt and poultry seasoning, and stir until flour is completely combined. Add evaporated milk, and chicken broth. Continue to cook, stirring over medium heat for about 5 minutes until mixture starts to thicken. Add chicken.

Pour mixture into a 9"x13"x2-1/2" baking dish. Meanwhile, follow directions on the stuffing mix, which usually calls for combining the stuffing mix with hot water or hot broth and letting it rest for a few minutes. Pour the stuffing over the chicken mixture.

Bake covered at 350°F for 20 minutes, then uncover and bake for an additional 10 minutes or until chicken is bubbly and stuffing is crispy.

Serves 8.

This recipe can be cut in half or if you can make twice as much as you need and freeze half. If you plan on freezing part of this, I would recommend that you freeze it without the stuffing and then add the stuffing after it is thawed and before baking. You can also prepare this dish ahead of time and refrigerate it prior to baking. Again, wait until just before baking to prepare the stuffing. Cooking time will also need to be increased by at least 15 minutes.

Sautéed Green Beans

(Prep Time: 5 minutes. Cooking Time: 10-12 minutes)

- 1 pound French green beans
- 1 cup water
- 1 Tablespoon butter
- 3 cloves garlic minced
- ½ teaspoon salt or to taste

1. Rinse green beans in cold water and drain
2. Place drained green beans in a large skillet and add water
3. Place skillet over medium heat and bring to a boil, cover and reduce heat to medium low

4. Uncover the pan and stir after 3 minutes, checking to make sure there is still water in the bottom of the pan. Continue to cook with the cover on for an additional 3 minutes. Again, keep an eye on the water level. At the end of 6 minutes you want there to be just a little water left in the pan, but not so little that the green beans scorch. If additional water is needed add ¼ cup.

5. After the beans have been cooking a total of 6 minutes with the cover on, take the cover off and add the butter, and garlic. Continue to cook uncovered for an additional 5 minutes, stirring occasionally, or until green beans are crisp tender. Stir in salt and serve.

Serves: 4-6

Vegetable Soup

4 cups freshly diced tomatoes
8 cups (64 ounces) vegetable broth or chicken broth
1 large chopped onion
2 gloves minced garlic
3 chopped carrots (these don't need to be peeled)
3 chopped celery stalks
1 8" zucchini, skin left on, chopped into chunks
1 8" yellow squash, skin left on (I like to remove the seeds), chopped into chunks
sea salt, to taste (I use 1 teaspoon)
crushed red pepper or black pepper to taste
2 teaspoons dried oregano
1 heaping Tablespoon dried basil
1 1/4 cup chopped fresh baby spinach leaves or chopped escarole

Toss all ingredients (except spinach/endive) into a large stockpot and cover until it starts to boil. Turn heat down and let simmer on stove top for 1-2 hours. If you are using endive, add this during the last 30 minutes of simmering. If you are using spinach, add just prior to serving or add to each bowl and pour soup over spinach leaves. Serve with a sprinkle of shredded Parmesan cheese and your favorite bread or crackers

Grilled Pork Tenderloin with Sesame Seeds

1-2 pork tenderloins
1/2 cup soy sauce
2 Tablespoons, fresh lemon juice
2 garlic cloves, minced
1 teaspoon ground fresh ginger
1/2 teaspoon freshly ground black pepper
3 Tablespoons, or so, sesame seeds

Combine soy sauce, lemon juice, garlic, ginger and black pepper. Place tenderloins in a large zip style bag or glass dish. Pour marinade over meat and marinate in the refrigerator for at least 1-2 hours. Remove meat from marinade and roll in sesame seeds. Grill approximately 10-15 minutes or until done.

Cut into 1" slices

Make Ahead Mashed Potatoes

(Prep time: 40 minutes. Baking time: 30-45 minutes)

5 pounds potatoes
½ cup (1 stick) butter
1 cup sour cream
8 ounces cream cheese, softened
1 teaspoon salt, or to taste

1. Scrub, peel and rinse potatoes. Cut potatoes into 2 inch pieces. Place potatoes in a large stock pot and cover with water. Boil until fork tender, approximately 20–30 minutes.
2. Drain potatoes and add remaining ingredients. Mix well. To thoroughly mix ingredients you may want to use a hand or stand mixer. Taste and adjust amount of salt if necessary.
3. Transfer mashed potatoes to a shallow baking dish and cover with foil. Potatoes can be kept warm in the oven at this point, refrigerated or frozen.

Crabby Patties

- 2 (7.1 ounce) cans crab meat, drained well
- ½ medium onion, chopped
- ½ cups seasoned dry breadcrumbs
- 2 eggs beaten
- Salt and pepper to taste
- 2 Tablespoons butter
- 2 Tablespoons olive oil

In a medium sized mixing bowl, combine crab, onion, breadcrumbs, egg, salt and pepper. Then heat oil and butter in a large skillet on medium low. Using disposable rubber gloves (my preference) form 1–2 Tablespoons of crab mixture into a patty (1 ½ “–2” in diameter). Place patties in pan and brown on both sides. It may take 4–5 minutes per side to brown. Remove patties to a paper towel lined plate and blot off any excess oil.

Makes approximately 14 (2”) patties
Serves 6

Chicken Pot Pie Recipe

(Prep Time: 25 minutes. Baking Time: 45 minutes)

- 3 small red potatoes, diced (I leave them unpeeled)
- ½ onion, diced
- 2 stalks celery, diced
- 1-2 carrots, diced
- 3 Tablespoons, butter
- ½ cup, flour
- 2 cups, chicken broth
- ¾ cup fat free half and half, or low fat evaporated milk
- 1 teaspoon chicken bouillon or Better Than Broth concentrated chicken stock paste
- Salt and pepper to taste
- 4 cups, diced cooked chicken
- 1 pre-made refrigerated pie crust or make your own

1. Melt butter in a large stock pot. Add diced potatoes, onions, celery and carrots. Sauté 8-10 minutes. Remove from heat and stir in flour very well.
 2. Return to medium heat and add broth and milk. Stirring constantly until mixture has thickened.
 3. Add bouillon, seasonings and chicken.
 4. Pour mixture into a 2 quart casserole dish. Top with pie crust or cut star shapes out of pie crust and place on top of chicken mixture. If whole crust is placed on top, cut several ½ inch slits in the crust to allow steam to escape and crimp edges of crust.
 5. Bake in an oven that has been pre-heated to 350°F for 45 minutes or until crust is browned
- Serves 4-6. This can be doubled and placed in a 10x15x2” baking pan.
This can also be made ahead or made ahead and frozen without the crust on top. Add the crust, just prior to baking.