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Side = Side dish as outlined in weekly menus

Item	Turkey Tetrazzini	Beef Stroganoff	Taco Salad	Chicken Chili	Shrimp Italiano	Roasted Asparagus
<b>PRODUCE / DELI</b>						
Onions	1/2	1	1		1	
Celery	√					
Sliced mushrooms	√	√				
Lettuce and ingredients for a side salad	Side			Side		
Oranges	Side					
Broccoli		Side				
Romaine lettuce			√			
Tomatoes			2			
Garlic			1 clove			3 cloves
Pears			Side			
Green onions					√	
Asparagus						√
Bakery bread				Side		
Fresh deli salsa (if possible, otherwise buy it in the jar)				16 oz.		
<b>MEAT</b>						
Leftover or deli cooked turkey	2 cups					
Beef chuck roast or steak, cut in 1 ½" cubes		3 lbs.				
Lean ground round or ground turkey			1 lb			
Rotisserie chicken or cook your own				2 cups		
Cooked frozen shrimp, peeled					1 lb.	
<b>IN THE AISLES</b>						
Chicken broth	1 ½ cups					
Beef broth		2 cups				
Canned evaporated milk	√					
Egg or no-yolk noodles		√				
Spaghetti noodles	√					
Linguine noodles					√	
Canned diced tomatoes (15 oz. cans)					√	
Canned tomato paste (small can)		√				
Spaghetti sauce (32 oz. jar)					√	
Package of taco seasoning			√			
Taco flavored chips or Dorito's			√			
Canned great northern white beans (16 oz. cans)				3		
Canned sliced black olives					√	
Instant tapioca (may be near the boxed pudding)		√				
Soy sauce		√				
Cumin				√		
Chili powder				√		
Light olive oil or canola oil			√			
Red wine vinegar			√			
<b>DAIRY</b>						
Cream cheese	3 oz.					
Parmesan cheese	√					
Shredded cheddar cheese			2 cups			
Shredded Monterey jack cheese				1 cup		

I'm assuming you have: butter, salt, black pepper, flour, light olive oil, paprika, dried oregano, granulated sugar, mustard

## **Make Dinner Easy Recipe Summary for the Week of November 21, 2011**

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

### ***Menus for this Week:***

*Turkey Tetrazzini served with a Side Salad and Cut Up Oranges*  
*Slow Cooker Beef Stroganoff served over Noodles with Steamed Broccoli*  
*Taco Salad served with Cut Up Pears*  
*Chicken Chili served with a Side Salad and Bakery Bread*  
*Shrimp Italiano served over Linguini with Roasted Asparagus*

### **Turkey Tetrazzini**

(Prep Time: 25 minutes Baking Time 30 minutes)

(Can be made ahead or made ahead and frozen)

3 Tablespoons butter  
½ onion, diced  
2 stalks celery, diced  
1 cup sliced fresh mushrooms  
6 Tablespoons, flour  
1 ½ cups chicken broth  
1 cup fat free half and half or evaporated milk  
3 ounces cubed cream cheese  
2 cups cubed, cooked turkey  
8 ounces dried spaghetti noodles  
¼ cup Parmesan cheese

Break spaghetti noodles in 2-3" pieces and cook according to package directions. Meanwhile, melt butter in a stock pot; add onion and celery and sauté until tender. Add mushrooms and sauté for 2-3 minutes. Remove from heat and stir in flour. When flour is completely mixed in, add broth and milk and return to medium low heat, stirring until mixture thickens. Add cream cheese and continue to stir until cream cheese is melted (it's ok if there are a few lumps left). Add turkey and cooked and drained spaghetti noodles. Stir and transfer mixture into a greased 13 x 9 x 2" baking dish. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes

### **Slow Cooker Beef Stroganoff**

(prep time 20 minutes, cooking time 7-11 hours)

2 Tablespoons Olive Oil  
1 large onion, diced  
1 (8 ounce) package sliced fresh mushrooms  
¼ cup tomato paste  
¼ teaspoons each salt and freshly ground black pepper  
2 cups beef [broth](#)  
1/3 cup soy sauce  
¼ cup instant tapioca  
1 teaspoon olive oil  
1 (3 lb) beef chuck roast or steak, cut into 1 ½ inch pieces

½ cup sour cream

In a large skillet, heat 2 Tablespoons of olive oil on medium heat. Add onions and sauté for 1-2 minutes until tender. Add mushrooms and stir. Add tomato paste, salt, black pepper and stir until combined.

In a separate bowl, mix broth, soy sauce and tapioca. Add the broth mixture in the bowl to the onion and mushroom mixture in the skillet and stir to combine. Cook and stir until both mixtures are combined and thickened. Transfer this skillet mixture into a slow cooker.

Using the same skillet heat the pan on medium high heat with 1 teaspoon of olive oil. When oil is hot, add beef. Brown beef on all sides. Beef will brown if you let it “stick” a little, rather than constantly stirring. If you double this recipe, it will help to brown only ½ of the meat at a time.

Transfer beef to slow cooker, scraping pan well. Cover and cook on low for 9-11 hours or on high for 5-7 hours. Meat is done when it is fork tender (usually the longer it cooks the better). Use a large spoon and remove any visible fat that is on top (the fat will be a clear color, rather than a beef color).

Place the sour cream into a small bowl and add 1 cup of liquid from the slow cooker, stirring well. Return the beefy /sour cream mixture into the slow cooker and stir well. Serve over egg noodles

Serves 4-6

### **Taco Salad**

Prep Time and Cooking Time: 30 minutes

1 pound, lean ground round or ground turkey

1 small onion, diced

½ package taco seasoning

6 ounces (1/2 of a large bag) of taco flavored Doritos, crushed

Romaine Lettuce, chopped into small slices (I use 2-3 large heads for my family and it really tastes better chopped rather than torn)

2 tomatoes, chopped

2 cups, shredded cheddar cheese

1. Brown meat and onion until cooked well. Add taco mix and stir. Set aside.
2. Mix other ingredients in a large bowl and add meat (meat should be warm when you add it)
3. Add an amount of dressing that suits your taste and toss well (if you make the recipe below, you will have left over dressing).

For the dressing: you can use bottled Italian dressing or mix together:

¼ cup wine vinegar

¾ cup oil

½ teaspoon paprika

½ teaspoon dried oregano

½ teaspoon each, salt and pepper

½ teaspoon garlic and onion powder (or 1 clove garlic, minced)

½ teaspoon sugar

½ teaspoon mustard

### **Chicken Chili**

2 pounds chicken breasts, cooked and chopped (a cooked rotisserie chicken that has been skinned, boned and diced up works great as well)  
48 ounces canned Great Northern White beans (rinsed and drained)  
16 ounces mild salsa (fresh is preferred)  
8 ounces Monterrey Jack cheese, shredded (I use any Mexican cheese mix)  
2 teaspoons cumin  
1 teaspoon chili powder  
Salt, pepper to taste

Combine all ingredients in a large stock pot. Add water if needed to achieve desired consistency. Simmer for 20 minutes or up to 2 hours, stirring every so often. This can be served with additional shredded cheese, diced onions or chopped fresh cilantro if desired.

### **Shrimp Italiano**

(Prep time: 10 minutes. Cooking time 20-25 minutes)

3 green onions, chopped  
1 Tablespoon olive oil  
1 medium sweet onion, chopped  
1 (26 ounce) jar spaghetti sauce  
2 teaspoons, dried oregano  
1 (15 ounce) can diced tomatoes, drained  
1 teaspoon, sugar  
1 pound cooked frozen shrimp  
1 small can sliced black olives

Heat olive oil on low in a large skillet. Add white part of green onions (reserve the green portion) and chopped sweet onion and sauté until tender. Add spaghetti sauce, oregano, drained tomatoes and sugar. Cook over medium-low for 10 minutes, stirring as needed. Add frozen shrimp and continue to cook until shrimp is thoroughly heated. Add green onion tops and black olive slices. Serve over rice or pasta.

Serves 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.