

Side = Side dish as outlined in weekly menus

Item	Lemon Teriyaki Chicken	Braised Short Ribs	Honey Glazed Carrots	Meatball Stroganoff	Pork Tenderloin Salad	Italian Soup
PRODUCE						
Lemons	2					
Garlic	2 cloves	2 cloves				1 clove
Ginger root	√				√	
Yellow onions		1/2		1		1
Sliced Mushrooms				√		
Baby peeled carrots			√			
Lettuce and ingredients for side salad	Side					Side
Tomatoes						4-6
Romaine lettuce					√	
Kiwi					Side	
Zucchini (3 medium sized)						√
Fresh Basil						√
Bakery Bread						Side
Assorted fruit for fruit salad				Side		
Sugar snap peas				Side		
MEAT / DELI						
Boneless, skinless chicken breasts	√					
Boneless beef short ribs		√				
Pork tenderloin					√	
IN THE AISLES						
Soy sauce	√				√	
Canned diced tomatoes (15 ounce)		√				
Honey			√			
Rice	Side					
Pasta (medium sized such as bow tie)		Side				
Orzo pasta						√
Wide Egg Noodles or “no-yolk” noodles				Side		
Light mayonnaise or salad dressing					√	
Dry cooking sherry					√	
Balsamic vinegar					√	
Chicken Broth (32 oz box or 4 cups needed)				√		
Light olive oil		√		√	√	√
DAIRY / FROZEN						
Frozen Cooked Meatballs (1.75 pounds)				√		
Frozen peas (10 ounce)					√	
Fat free half and half (1 cups needed)				√		

I'm assuming you have: salt, butter, black pepper, granulated sugar, brown sugar, flour, paprika, butter, cinnamon, dried oregano, Dijon mustard, 1 gallon zip-style bag

Make Dinner Easy Recipe Summary for the Week of August 16, 2021

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

Menus for this week:

Lemon Teriyaki Chicken served over rice with a side salad

Slow Cooker Braised Short Ribs served over buttered noodles and honey glazed carrots

Meatball Stroganoff served over wide egg noodles with a fresh fruit salad and raw sugar snap peas

Warm Pork Tenderloin Salad served with kiwi fruit halves

Italian Zucchini and Tomato Soup served with a side salad and bakery bread

Lemon Teriyaki Chicken

Preparation Time: 5-10 minutes. Baking Time: 45 minutes

- ½ Cup lemon juice (about 2 lemons)
- ½ Cup soy sauce
- ¼ Cup granulated sugar
- 3 Tablespoons brown sugar
- 2 Tablespoons water
- 2 garlic cloves chopped
- ½ teaspoon freshly grated ginger root
- 6 boneless skinless chicken breasts (or up to 3 pounds)

Add the first 7 ingredients together in zip style bag and mix together. Add chicken and seal the bag well. Place the bag in a bowl or baking dish and refrigerate at least 6 hours. When ready to bake, pour the chicken and all of the marinade into an ungreased casserole dish and bake in an oven preheated to 350°F for approximately 45 minutes or until the chicken reaches an internal temperature of 165°F. The marinated chicken breasts can also be grilled.

Serves 6

Slow Cooker Braised Short Ribs

Prep Time: 25 minutes. Cooking Time: 6-8 hours)

- ¾ cups flour
- ½ teaspoon each salt and pepper
- 1 teaspoon paprika
- 4-5 beef, boneless short ribs
- 3 Tablespoons butter
- 2 Tablespoons olive oil
- ½ onion, diced
- 2 garlic cloves, minced
- 1 (15 ounce) can diced tomatoes
- 1 Tablespoon brown sugar

Combine flour salt & pepper and paprika in a shallow baking dish or pie plate. Dredge short ribs in flour mixture, coating all sides. Place butter and olive oil in a large skillet and place pan on medium-low heat until butter melts. Lightly shake excess flour off each rib and place ribs in pan. Brown ribs on all sides. Place ribs in bottom of a slow cooker. Without cleaning the skillet, sauté onions and garlic cloves. Drain the liquid from the tomatoes into the skillet and cook for 2-3 minutes or until liquid is reduced. Add tomatoes and sugar to the skillet and stir. Pour the tomato mixture over ribs. Cook on low for 6-8 hours. Serve over rice or pasta.

(Serves 4-6)

Honey Glazed Carrots

1 (1 pound) bag of raw baby carrots (or about 3 cups peeled and sliced carrots)
1 ½ cups water
1 Tablespoon salted butter
1 teaspoon flour
1 Tablespoon honey
1 teaspoon brown sugar
½ teaspoon cinnamon

Place baby carrots in a medium saucepan and add water. Bring to a boil, cover and cook until fork tender (about 8-10 minutes). Drain carrots in a colander and return the empty pan to the stove. Melt the butter in the pan. Add the flour stirring well. Add the remaining ingredients and cook on medium-low until the mixture thickens and begins to bubble. Add the drained carrots back to the pan; stir well so that the carrots are covered with the brown sugar and honey glaze. Serve immediately.

Serves 4-5

Meatball Stroganoff Recipe

This can be made in less than 30 minutes, start to finish

2 teaspoons olive oil
1.75 pound bag, frozen cooked meatballs (either 1/2" or 1" it's up to you)
4 Tablespoons butter
8 ounces fresh sliced mushrooms
1 medium yellow onion, diced
1/2 cup flour
4 cups chicken broth (1 32 oz. box of broth)
1 cup fat free half and half
1 teaspoon salt or to taste

Heat the olive oil over medium low heat in a non-stick pan. Add the frozen meatballs. Brown the meatballs on all sides by stirring or shaking the pan. This may take 7-8 minutes. Transfer the meatballs into a bowl and set aside. Return the pan to the burner. Melt the butter and add the sliced mushrooms and diced onion. Saute 2-3 minutes until softened. Turn off the burner and add the flour to the pan. Stir until the flour is completely combined with the onions and mushrooms. Add the chicken broth and the half and half. Turn the burner back on to medium-low and stir constantly until the flour is dissolved and the mixture starts to thicken. Add salt to taste. Return the meatballs to the sauce. Heat and serve over noodles.

Serves 6-8 and leftovers freeze well.

Warm Pork Tenderloin Salad with Dijon Dressing

Prep Time: 20 minutes Cooking Time: 5-8 minutes

Salad

1-2 Romaine Lettuce hearts or desired amount of lettuce
1 (10 ounce) package frozen peas
2 Tablespoons dry sherry
1 ½ Tablespoons, soy sauce
2 teaspoons freshly grated ginger root
1 Tablespoon, olive oil
¾ pound pork tenderloin

Dijon Dressing

4 Tablespoons, light mayonnaise
4 Tablespoons, balsamic vinegar
2 Tablespoons, Dijon mustard with seeds
2 Tablespoons water
2 teaspoons granulated sugar
½ teaspoon black pepper

Cut up or tear lettuce into small pieces and place in a large bowl. For this recipe, I prefer to cut the lettuce. Thaw peas by placing them in a sieve and rinsing with water. Drain well and add to lettuce.

In a medium size bowl, mix sherry, soy sauce, and grated ginger.

Slice the uncooked pork tenderloin into thin slices. I hold the knife almost parallel to the cutting board and make diagonal slices when cutting the pork (I also use disposable rubber gloves). Add this pork to the soy sauce mixture and stir to coat all of the pieces. Allow to marinate for approximately 5 minutes.

Meanwhile, make dressing by mixing all ingredients together.

Heat olive oil in a skillet. Using a slotted spoon, add the marinated pork to the pan. Discard the remaining soy sauce. Cook the pork until done.

Add desired amount of dressing to the lettuce. When fully cooked, the pork can either be mixed into the salad or served on top of the dressed lettuce.

Serves 4 as a main course

Italian Soup

2 Tablespoons olive oil
1 medium onion, chopped
3 small to medium sized zucchini, diced with skin on
1 garlic glove, minced
4 large (or 6 plum) ripe tomatoes, diced
2 Tablespoons sugar
1 teaspoon salt or to taste
2 Tablespoons fresh basil or 2 teaspoon dried basil
Cooked pasta of your choice (I use small pasta such as orzo)

In a large pan, sauté onion in olive oil. Add the zucchini and continue to cook until zucchini is softened. Add the tomato and garlic. Let simmer for 15 minutes. Cook and place mixture in a blender or use a hand held blender to mix ingredients well. Return blended mixture to pan, add sugar and salt and chopped basil. Serve over hot pasta

Serves six

Make Ahead Tip: This can be made ahead and reheated or even complete the first 4 steps and refrigerate. Complete the rest of the recipe 15 minutes before serving.