

Side = Side dish as outlined in weekly menus

Item	Spaghetti & Meatballs	Crispy Bay Scallops	Creamy Mushroom Soup	Steak Salad with Pan Dressing	Stuffed Flank Steak
PRODUCE					
Garlic	3 cloves	3 cloves		2 cloves	1 clove
Romaine lettuce	Side		Side		
Baking potatoes		Side			
Broccoli		Side			
Ginger root					√
Pears				Side	
Honeydew melon					Side
Baby spinach (9 oz. bag or 5-6 cups)				10 oz.	
Sugar Snap Peas					Side
Cherry tomatoes					
Red onion					
Yellow onion	1 ½		1	1/2	
Bakery bread			Side		
Sliced Fresh Mushrooms (16 ounces)			√		
MEAT					
Bay scallops		1.5 lbs.			
Lean ground round	1 lb				
Bulk Italian Sausage	1 lb.				
Flank steak					1.5-2 lbs.
Steak (tenderloin preferred)				1.5 lbs.	
IN THE AISLES					
Ritz crackers (or any kind of buttery crackers)		√			
Canned diced tomatoes (29 oz.)	1				
Canned tomato sauce (29 oz.)	1				
Canned tomato paste (8 oz.)	1				
Seasoned long grain & wild rice (8 oz. package)					√
Beef broth (14 oz.)					√
Beef Broth (32 ounces)			√		
Dry Red wine				√	
Soy sauce					√
Cornstarch				√	
Balsamic vinegar				√	
Garlic powder		√			
Light olive oil		√			
DAIRY					
Grated parmesan cheese		√			√
Frozen peas (10 oz.)				√	
Frozen garlic bread	Side				

I'm assuming you have: salt, black pepper, paprika, flour, Dijon mustard, granulated sugar, dried oregano, ketchup, Worcestershire sauce, brown sugar

Make Dinner Easy Recipe Summary for the Week of January 10, 2022

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

Menus for this Week:

Spaghetti and Meatballs served with garlic bread and a side salad
Crispy Bay Scallops served with a baked potato and steamed broccoli
Creamy Mushroom Soup served with a side salad and bakery bread
Steak Salad with Warm Pan Dressing served with fresh pear wedges
Flank Steak Stuffed with Rice served with steamed sugar snap peas and honeydew melon

Spaghetti and Meatballs

(prep time: 30 minutes, cooking time: minimum of 1-2 hours, can simmer all day)

Sauce:

- 1 pound lean ground round or a combo of ground sirloin and bulk Italian sausage (*see cook's notes*)
- 1 large onion, chopped
- 1 (28 ounce) can diced tomatoes
- 1 (28 ounce) can tomato sauce
- 2 (4 ounce) cans tomato paste
- 2 garlic cloves, minced
- 1 Tablespoon dried oregano, or to taste
- 1 teaspoon salt, or to taste
- 1 teaspoon black pepper
- 1 Tablespoon granulated sugar

Meatballs:

- 1 pound lean ground round or a combo of ground sirloin and bulk Italian Sausage (*see cook's notes*)
- ½ onion, minced
- 1 garlic clove, minced
- 1 teaspoon, dried oregano
- ½ teaspoon salt
- 2 Tablespoons ketchup
- 1 Tablespoon Worcestershire sauce

1. In a large stock pot, brown meat with chopped onion. You will have more flavor if you really brown the meat.
2. Add rest of sauce ingredients to browned meat and cook over medium low, stirring occasionally
3. Meanwhile, mix all meatball ingredients in a medium sized bowl. Using your hands, make 1" sized meatballs and drop uncooked meatballs into the sauce. Stir very gently between additions. Continue this until all meat has been formed into meatballs and placed in stockpot. Cook mixture on medium for 15 minutes or until sauce is well heated
4. Partially cover the stockpot and continue to let the sauce and meatballs simmer on low for 1-2 hours, stirring occasionally.
5. Taste and adjust seasonings as desired. Serve over pasta.

Cook's Notes: I usually make this recipe with 1/2 lean ground sirloin and 1/2 mild bulk Italian sausage. So if I were making a single batch of this recipe I would buy 1 pound of ground sirloin and 1 pound of Italian Sausage and use a half pound of each in the sauce and a half pound of each for the meatballs.

Make ahead notes: I always double, triple, or even quadruple (you need a really big pot to do this!) this and freeze in small portions. For some reason there usually aren't enough meatballs left to freeze, so I make more when sauce is thawed and reheated.

Servings – 8-10

Crispy Bay Scallops

Preparation Time: 10 minutes Baking Time: 22 minutes

4 Tablespoons olive oil
3 garlic cloves, minced
20 Ritz crackers finely crushed
¼ cup grated Parmesan cheese
½ teaspoon garlic powder
½ teaspoon paprika
1 ½ pounds bay scallops, rinsed, drained, and blotted dry

Preheat the oven to 375°F. Mix together olive oil and minced garlic in a small glass or bowl. Prepare the baking pan by lining a rimmed baking sheet with non-stick or quick release aluminum foil. Place 2 Tablespoons of the garlic and olive oil mixture on the foil and spread it around with the back of the spoon or your fingers. Reserve the remaining 2 Tablespoons of garlic and olive oil.

Place crackers in a zip style bag and crush into a fine powder using a rolling pin or can. Add the Parmesan cheese, garlic powder, and paprika to the cracker crumbs, shake to combine and set aside.

Place the scallops in a colander in the sink and rinse well. Allow to drain and use your hands to gently squeeze out as much water as you can without distorting the shape of the scallops. Keep the scallops in the colander and use paper towels to blot off any moisture (this is important so that the scallops are crispy and not soggy!)

Pour the remaining 2 Tablespoons of garlic olive oil over the scallops in the colander. Toss to coat. Transfer the olive and garlic coated scallops to the bag with the cracker crumb mixture. Toss to coat and then transfer the coated scallops to the prepared baking sheet using a slotted spoon or your hands (discard any leftover crumbs)

Bake for 20 minutes at 375°F. Then, broil for an additional 2 minutes.

Serves 4-5.

Creamy Mushroom Soup

(Prep Time: 5 minutes. Cooking Time: 20 minutes)

16 ounces sliced fresh mushrooms
4 Tablespoons butter
1 medium onion, diced
½ cup flour
1 ½ teaspoon salt
32 ounce box chicken broth
1 cup fat free half and half

1. Reserve 1 cup of the sliced mushrooms, chop the remaining mushrooms
2. Heat 2 Tablespoons of butter in a large stockpot, sauté the sliced mushrooms until tender. Remove mushrooms to a bowl with a slotted spoon and set aside.
3. Melt the remaining butter in the stockpot and add the chopped mushrooms and onions. Sauté until tender. Turn off heat and add flour. Stir until flour is completely blended.
4. Return pan to medium heat and add remaining ingredients, stirring constantly until thickened. Add sliced mushrooms that were sautéed previously.

Serves: 5-6

Steak Salad with Warm Pan Dressing

(Prep Time: 15 minutes. Cooking Time: 15 minutes)

1 (10 ounce) bag fresh baby spinach leaves
1.5 pounds steak (tenderloin, sirloin, porterhouse)
Salt and pepper to taste
½ teaspoon olive oil

Pan Dressing:

2 garlic cloves, minced
½ onion, finely diced
½ cup dry red wine
2 Tablespoons, balsamic vinegar
1 Tablespoon brown sugar
½ teaspoon cornstarch
½ teaspoon salt

1. Rinse and drain spinach leaves and set aside in a large bowl.
2. Combine the red wine, balsamic vinegar, brown sugar, cornstarch and salt from the pan dressing ingredients list in a small bowl, stir well and set aside.
3. Season both sides of steak with salt and pepper
4. Heat oil in a large heavy skillet until hot, but not smoking. Add steak and sear approximately 3-5 minutes per side. Additional time may be needed for thicker steaks. Avoid turning or piercing more than necessary. (the steak will continue to cook after it is removed from heat, so cook it so it is a little more pink than you normally prefer)
5. Remove the steak from the pan, using tongs and cover steak with foil to keep warm
6. Return the pan that the steak was cooked in to medium heat (leave any pan drippings in the pan). When hot, add the garlic and onion from the pan dressing ingredients list and sauté until tender. Stir the liquid in the measuring cup from step two again, and add to the pan. Stir constantly for approximately 1 minute until well blended. Remove from heat.
7. Uncover steaks and cut off any fat. Slice steak into 1" pieces.
8. Pour pan dressing over spinach and toss. Divide spinach amongst 4 dinner plates. Place ¼ of cut up steak on top of spinach and serve.

Serves 4.

Flank Steak Stuffed with Rice

(Prep Time: 25 minutes Roasting time 45-75 minutes)

1 (8 ounce) package of seasoned long grain & wild rice,
½ cup Parmesan cheese
1.5-2 pound flank steak
1 clove garlic, minced
2 Tablespoon soy sauce
½ teaspoon black pepper
14 ounces, beef [broth](#)
¾ teaspoon powdered ginger

1. Cook Rice as directed, stir in cheese

2. Place flank steak in a roasting pan. Using a steak knife, make shallow diagonal cuts on one side of the steak, going in both directions (a diamond pattern). Do not cut all the way through the steak
3. Rub both sides of the beef with garlic and brush both sides with soy sauce. Sprinkle cut side with black pepper. Spread cooked rice over cut side of the beef.
4. Starting with one of the long sides of the beef, roll the beef over the rice until it forms a roll with the rice inside.
5. Tie with a string
6. Pour broth on top and sprinkle with ginger.
7. Roast at 350° for 45-75 minutes or until desired doneness is reached. Baste occasionally.
8. Cut roll in 1 inch pieces and serve

Serves: 4-6