

Item	Stuffed Turkey Roll	Sautéed Green Beans	Chicken Artichoke Linguine	Sloppy Joes	Roasted French Fries	Creamy Clam Chowder	Smothered Round Steak
<b>PRODUCE</b>							
Onions	1			1		1	2
Green beans		1#					
Garlic		√	√			√	
Apples	Side						
Green onions			√			√	
Fresh basil			√				
Lettuce & ingredients for side salad			Side				Side
Baking Potatoes					4-6		
Red Skin Potatoes						12 small	
Assorted fruit for fruit salad				Side			
Romaine lettuce heads						1-2	
Tomatoes						2	
Cucumber						1	
Bakery bread						Side	
<b>MEAT</b>							
Ground turkey	1#						
Cooked Chicken (rotisserie or cook your own)			2 cups				
Bacon			½ #				
Thinly Sliced Round Steak (1 – 1.25 pounds)							√
Lean ground beef				1#			
<b>IN THE AISLES</b>							
Boxed turkey stuffing mix (6 ounce)	√						
Seasoned bread crumbs	√						
Linguine (tomato-basil suggested)			8 oz.				
Egg noodles or no-yolk noodles							Side
Canned extra small artichoke hearts (14 ounce)			√				
Canned minced clams (6.5 ounce cans)						4	
Hamburger buns				√			
Chicken broth			1 cup			1.5 cups	
Beef broth							1 cup
Worcestershire sauce	√						
Paprika	√				√		
Poultry seasoning	√						
BBQ Sauce							√
<b>DAIRY</b>							
Grated parmesan cheese			√				
Fat free half and half						√	

I'm assuming you have: salt, black pepper, paprika, 1 egg, foil, 1 stick of butter, olive oil, flour, ketchup, mustard, red wine vinegar

## **Make Dinner Easy Recipe Summary for the Week of January 21, 2019**

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

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

*Stuffed Turkey Roll served with Sautéed Green Beans and cut up apples*

*Chicken and Artichoke Linguine served with a side salad*

*Sloppy Joes served with Roasted French Fries and a fresh fruit salad*

*Creamy Clam Chowder served with a side salad and bakery bread*

*Smothered Round Steak with BBQ Onions served over buttered noodles with a side salad*

### **Stuffed Turkey Roll**

(Prep Time: 20 minutes. Baking Time: 70 minutes) **Click on the link for this recipe on the menu page to see assembly photos**

- 1 medium onion, finely diced
- 1 teaspoon salt, divided
- ½ teaspoon black pepper, divided
- 2 teaspoons poultry seasoning, divided
- ½ teaspoon paprika
- 1 (6 ounce) box turkey stuffing mix
- 1 egg, well beaten
- 1 pound ground turkey
- ½ cup seasoned bread crumbs
- 1 teaspoon Worcestershire sauce

1. In a small bowl, combine ¼ of the onion, ½ teaspoon of salt, ¼ teaspoon of black pepper, 1 teaspoon of poultry seasoning, and ½ teaspoon of paprika. Set this aside. You will use this mixture to top the turkey roll prior to baking.
2. Prepare the stuffing mix as directed.
3. Tear off a piece of aluminum foil approximately 18" long. Line a 9"x12"x2" pan with the foil. The foil should cover the bottom and sides of the pan.
4. In a large mixing bowl, combine the remaining ingredients. Don't forget to include the other half of the spices that weren't used in Step 1.
5. Pat the turkey mixture evenly into the bottom of the foil lined pan.
6. Spoon the stuffing mixture over the turkey mixture, leaving a 1" border with no stuffing.
7. Using the excess foil hanging over the edges as a handle, carefully pull the foil filled with turkey and stuffing out of the pan and place it on the counter.
8. Starting at the narrow end, use the foil to roll up the turkey mixture over the stuffing, peeling the foil away while rolling. Place the roll in a foil, or parchment paper lined pan, seam down.
9. Sprinkle the topping mixture prepared in Step 1 over the top of the roll, pressing the mixture in with your fingers.
10. Bake in an oven preheated to 325°F for 60-70 minutes or until a meat thermometer reads 165°

Serves 5-6

### **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

### **Chicken & Artichoke Linguine**

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

8 ounces linguine, (tomato basil linguine is good with this recipe)  
3 Tablespoons butter  
¼ cup, extra virgin olive oil  
3 green onions, chopped with green portion reserved  
3 garlic cloves, minced  
1 (14 ounce) can extra small artichoke hearts, well drained and chopped  
2 cups cooked chicken (leftover or rotisserie chicken works great)  
½ pound bacon, cooked crisp and crumbled  
1 Tablespoon dried or fresh basil  
½ cup grated Parmesan cheese

1. Cook linguine according to package directions and drain.
  2. Meanwhile, heat butter and olive oil in a large skillet. Add white portion of the green onion, and garlic. Sauté until tender.
  3. Add chopped artichoke hearts, chicken, and bacon. Simmer on low until ingredients are heated. When almost ready to serve, add basil
  4. Remove from heat. Add drained linguine, Parmesan cheese and the green portion of the green onions. Toss well and serve.
- Serves: 4-6

### **Sloppy Joes**

1 pound lean ground beef  
1 onion chopped finely  
½ teaspoon salt  
¾ cup ketchup  
1 Tablespoon vinegar  
1 teaspoon sugar  
1 Tablespoon mustard

In a large skillet, brown the ground beef and onions. Keep browning until well browned and no liquid remains. Add remaining ingredients and simmer 30 minutes. Serve on hamburger buns.

Serves: 4-6

## Roasted French Fries

(Prep Time: 10 minutes. Baking Time: 35 minutes)

4-6 medium potatoes  
1 Tablespoon olive oil + 1 teaspoon  
½ teaspoon salt or to taste  
½ teaspoon paprika

Preheat oven to 400°. In a medium bowl, mix 1 Tablespoon of olive oil, salt and paprika and set aside. Scrub potatoes. Potatoes can be peeled or skin left on depending on your preference. Cut each potato in ½" strips (like a french fry). Add potatoes to olive oil mixture in bowl and toss to coat. Line a cookie sheet with foil and distribute 1 teaspoon of olive oil over the surface of the foil. Pour the potatoes onto the foil. Add additional salt if desired. Bake at 400° for 30-40 minutes, turning and loosening potatoes from the foil half way through the baking time.

Serves 4-6

## Creamy Clam Chowder

(Prep Time: 10 minutes. Cooking Time: 40 minutes)

3 Tablespoon butter  
1 onion, diced  
4 green onions chopped, green portion reserved  
4 stalks celery, finely chopped  
12 small red potatoes, scrubbed and cut into ½" dice (I leave the peels on and use about 2 cups total))  
2 garlic cloves, minced  
1/3 cup flour  
1 ½ cups chicken broth  
1 ½ cup fat free half and half  
4 (6.5 ounce) cans, undrained minced clams  
1 teaspoon salt or to taste

1. Melt butter in a large stock pot. Add onions (reserve the green portion of the green onions), celery, red potatoes and garlic cloves. Saute 3-4 minutes until onions are tender.
2. Add flour and stir well.
3. Add broth, clams with the liquid from the can, and salt. Stir constantly while cooking over medium heat until mixture starts to thicken.
4. Reduce heat to low and simmer for 15-20 minutes or until the potatoes are tender.
5. Slowly add the half and half until the soup is the desired thickness. If you add the milk directly to the hot soup you have to be careful and stir constantly to prevent the half and half from curdling. It's recommended to place some hot soup in a small bowl, add about 3/4 cup of the half and half and stir. Then add this mixture to the soup. Additional milk can be added in the same manner until the soup is as thick or thin as you would like.
5. Serve, topping each bowl with the reserved chopped green onion pieces.

Serves: 4-5

## **Smothered Round Steak with BBQ Onions**

1 - 1.25 pounds thinly sliced round steak (either top round or bottom round)  
2 Tablespoons flour  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 teaspoon paprika  
2 Tablespoon olive oil  
2 medium onions, sliced  
1 cup beef broth  
1 Tablespoon barbeque sauce

Place flour, salt, black pepper and paprika in a large zip style bag and shake to combine these ingredients. Add steak to the bag, close the bag, and shake to coat the steak with the flour mixture. Heat the oil on medium low in a large non-stick skillet. Place the steak in a single layer in the skillet, sprinkling any excess flour in the bag on top of the steaks. Brown the steaks for 2-3 minutes per side.

Meanwhile, line a 9" x 13" x 2" baking pan with about 2 feet of heavy duty aluminum foil. Place the browned steaks in the foil lined pan. Return the pan to the burner and add the sliced onions. Sauté the onions over medium low heat for about 3-5 minutes, stirring often so that they don't get overly browned. Add the broth and barbeque sauce to the onions, continue to cook for 3-4 minutes, stirring frequently until combined well. Pour this broth mixture over the steaks in the foil lined pan. Bring all of the edges of the foil tightly together but still leave a little air space between the steak and the inside lining of the foil. Bake at 350°F for 2 hours.

Serves 4