

Side = Side dish as outlined in weekly menus

Grocery List Items	Shrimp Scampi	Lemon Dilled Rice	Chicken Enchiladas	Corn & Bean Salad	Slow Cooker Taco Filling	Baked Ziti	Potato Soup
PRODUCE							
Onion		1/2	½	1/8	1	1	
Red pepper				√			
Carrot and celery sticks							Side
Oranges			Side				
Flat leaf, Italian parsley	¼ cup						
Fresh Dill		√					
Lemon	1						
Garlic	3 cloves					2 cloves	
Sugar Snap Peas	Side						
Potatoes, medium to large size							6
Lettuce and ingredients for a side salad			Side			Side	Side
Assorted fruit for fruit salad & kabobs	Side				Side		
Green onions							√
Bakery bread							Side
Buns or rolls							
MEAT							
Pre-cooked Rotisserie chicken or cook your own			3 ½ cps.				
Lean ground turkey or beef (2-3 pounds)					√		
Ground turkey						1 #	
Peeled and deveined shrimp (as large as you can afford – about 1.5 pounds for 4 people)	√						
bacon							1 #
IN THE AISLES							
Canned green chiles (4 oz)			√				
Canned sliced black olives (2.25 oz)			√				
Chicken broth		1 ¾ cups	2 ½ cps.				
Chicken bouillon or concentrated stock paste			√				√
Canned kernel corn (15 oz)				√			
Canned black beans (15 oz)				√			
Hard Taco Shells &/or Soft Tortillas							
Salsa					√		
Box of dried ziti noodles						√	
Minute Brown Rice		√					
Canned diced tomatoes (15 oz.)					2	√	
Canned evaporated milk (12 oz.)						√	
Chili powder					√		
Ground cumin			√	√	√		
Cayenne or ground red pepper	√						
Kabob skewers (wooden)					√		
DAIRY / FROZEN FOODS							
Milk							6 cps
Light sour cream			1 cp.		√		1 cp.
Shredded cheddar cheese					√		2 cps.
Shredded mozzarella cheese			1 cp.			1.5 cps.	
6" tortillas			√				
Cream cheese (need 4 oz. or ½ of an 8 oz. block)						√	

I'm assuming you have: butter, flour, salt, black pepper, Italian salad dressing, olive oil, mayo, Dijon mustard, sugar, dried oregano, dried basil, dried parsley, paprika

Make Dinner Easy Recipe Summary for the Week of Jan. 29, 2019

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

Menus for this Week:

Shrimp Scampi served over Lemon Dilled Rice, raw sugar snap peas and a fruit salad
Chicken Enchiladas served with a side salad and cut up oranges
Tacos made with Slow Cooker Taco Filling served with a Corn & Bean Salad and fresh fruit kabobs
Creamy Baked Ziti with Meat Sauce served with a side salad
Loaded Potato Soup served with carrot and celery sticks, a side salad and bakery bread

Shrimp Scampi

1.5 Tbsp olive oil
1.5 Tbsp minced garlic
1.5 lbs peeled and deveined jumbo shrimp
1/4 cup finely chopped fresh flat-leaf parsley
1.5 Tbsp fresh lemon juice
1/2 tsp salt
1/8 tsp ground red pepper

Heat oil in large nonstick skillet over med-low heat; add garlic, and cook 1 minute. Add shrimp, and cook 5 min or until shrimp are done, stirring occasionally; remove pan from heat. Stir in parsley and remaining ingredients.

Yields 4 servings. – If you have hearty eaters or a larger family you may want to double the recipe

Lemon Dilled Rice

(Prep Time: 10 minutes. Cooking Time: 15 minutes)

1 Tablespoon olive oil
½ cup diced onion
1 ¾ cup chicken broth
2 cups minute brown rice
1 Tablespoon dill
1 teaspoon lemon zest

1. Heat olive oil in a medium sized saucepan. Add onion and sauté until tender
2. Add chicken broth and bring to a boil. Add uncooked minute brown rice and stir. Allow liquid to come to a boil again, cover and reduce heat to low. Cook for 5 minutes
3. Add dill and lemon zest. Stir and serve

Cook's note - how to zest a lemon: Take a dry towel and wipe off lemon (wet lemons don't zest well). Use a grater with small holes and remove the yellow portion of the lemon rind, turning the lemon frequently.
Serves 4-6

Chicken Enchiladas

(Prep Time: 25 minutes. Cooking Time 25 minutes)

3 cups cooked chicken cut into ¾ inch dice (rotisserie chicken can be used or cook your own)
2 Tablespoons canned green chilies
1 small can sliced black olives
3 Tablespoons butter
½ large onion, diced
¼ cup flour
2 ½ cups, chicken broth
1 ½ teaspoons, ground cumin
½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon chicken bouillon or concentrated chicken stock paste
1 cup light sour cream

1 cup shredded Monterey Jack cheese
8 (6") tortillas (I use whole wheat)

1. Combine chicken, chilies and olives in a medium sized bowl and set aside.
2. Melt butter in a medium saucepan and sauté onion 2-3 minutes without browning. Remove pan from heat and stir in flour. Return to heat and add broth, cumin, salt, pepper and bouillon. Stir until thickened.
3. Remove from heat and stir in sour cream and ½ of the cheese. Stir well. Measure out ½ cup of this sauce and add it to the chicken mixture and stir well.
4. Taking 1 tortilla at a time, place about 1/3 cup of the chicken mixture down the center of each tortilla. Roll tortilla up and place seam side down in a 9x13" glass baking pan. Repeat until all tortillas are filled.
5. Pour remaining sauce over filled tortillas and sprinkle with remaining cheese.
6. Bake at 350° for 25 minutes or until hot and bubbly. Serves: 6

Make Ahead Note: You can prepare this earlier in the day up through step 4 and refrigerate the filled tortillas and the sauce. 40 minutes before serving, pour sauce (may need to reheat this on low) over tortillas and bake for about 40 minutes or until hot.

Slow Cooker Taco Filling

(Prep time: 20 minutes. Cooking time 2-4 hours)

2-3 pounds lean ground beef or turkey
1 medium onion, chopped
2 (14 ounce) cans diced tomato
1 Tablespoon, chili powder
1 ½ teaspoons, cumin
½ teaspoon salt

Brown meat and onion in a large skillet. Drain (don't throw out the liquid!)the tomatoes, reserving liquid in a small glass bowl or glass. Add chili powder, cumin and salt to reserved liquid and stir. Add seasoned tomato liquid to browned meat and cook on medium-low for several minutes until mixed well. Add drained, diced tomatoes and stir. Transfer meat and tomato mixture to a slow cooker and cover. Cook on high for 2-4 hours or low for 4-5 hours.

Serve in soft or hard tortillas, with cheese, sour cream, lettuce and salsa.

Serves: 6-8

Corn and Bean Salad

1 can corn (not cream style), drained
1 can black beans, rinsed and drained well
½ red pepper, finely diced
2 Tablespoons onion, finely diced (I prefer to use red onion, but use whatever you have in the house)
2 Tablespoons Italian Salad Dressing
¼ teaspoon cumin

Combine all ingredients in a bowl. Mix well. You can easily adjust the quantities to suit your taste or use up ingredients in your refrigerator. Taste improves if chilled before serving.

Creamy Baked Ziti with Meat Sauce

(Prep Time: 30 minutes. Bake Time 20 minutes)

1 pound uncooked ziti noodles
1 pound ground turkey
1 onion, chopped

1 (15 ounce) diced tomatoes
1 Tablespoon oregano
1 Tablespoon butter
2 garlic cloves, minced
1 Tablespoon flour
1 (12 ounce can) evaporated milk
4 ounces cream cheese (reduced fat is ok to use)
1 teaspoon salt, divided
1.5 cups shredded mozzarella cheese

1. Cook noodles according to package directions and drain
2. In a large skillet, brown the turkey and onion. Add tomatoes, oregano and ½ teaspoon salt. Simmer on low
3. In a medium saucepan, melt butter and sauté garlic. Remove from heat and stir in flour until combined. Return to low heat and add milk, cream cheese and salt. Stir until thickened. It's ok if there are a few cream cheese lumps!
4. Add cream cheese sauce to drained noodles and stir. Pour this mixture into a glass 10x15" casserole dish. Spread meat sauce on top of noodles. Sprinkle cheese on top of the meat sauce.
5. Bake uncovered at 375° for 20 minutes or until cheese is melted.
This can be made earlier in the day and then baked for 40 minutes or until hot.
Serves: 6

Loaded Potato Soup

(Prep Time: 20 minutes. Cooking Time: 30 -40 minutes)

6 medium to large potatoes
1/3 cup butter
2/3 cups flour
6 cups milk (skim or whole, whatever your family drinks)
1 teaspoon chicken bouillon (I prefer to use "Better Than Bouillon" chicken base. It's concentrated stock found in a small jar in the same aisle as chicken broth. Refrigerate after opening)
2 green onions
1 cup sour cream (non-fat or low fat is ok to use)
2 cups crisp bacon, cooked crisp and crumbled
2 cups shredded cheddar cheese

Peel and cube potatoes into bite size pieces. Place cubed potatoes in a 3 quart stockpot and cover with water. Cook potatoes until fork tender (about 15-20 minutes). Drain potatoes. Meanwhile, melt butter in a large pot over medium low heat. Add flour and stir until mixture is blended and bubbly. Gradually add milk to the butter-flour mixture, stirring constantly until thickened. Add bouillon, green onions and cooked potatoes, sour cream and cooked bacon. Just before serving, reduce heat and add cheese. Stir well and serve.

Serves 8-10 If you have leftovers and reheat this soup the next day, it may be too thick (the potatoes will do that!). Just add enough milk to thin and adjust the seasonings.

Make Ahead Tips: Potatoes can be cooked ahead of time, drained and stored in the refrigerator in a sealed container. Potatoes can also be peeled and cubed a few hours ahead, but they then must be covered with water to prevent them from turning brown.