

Side = Side dish as outlined in weekly menus

Grocery List Items	Grilled Chuck Steak	Roasted Asparagus	BBQ Chicken	Parsley Potatoes	Steak Salad	Hot Chick Melts	Sautéed Tilapia
<b>PRODUCE</b>							
Garlic	3 cloves	3 cloves			2 cloves		3 cloves
Baking potatoes							
Small red skin potatoes (10-12)				√			
Asparagus		√					
Onion			1 1/2		1/2		
Assorted fruit for a fruit salad	√						
Fresh Strawberries						√	
Fresh Sugar Snap Peas						√	
Lettuce and ingredients for side salad			Side				
Baby spinach leaves (10 oz. bag)					√		
Green onions						√	
Fresh dill						√	
Broccoli						Side	
Flat leaf Italian parsley				√			
Pears					Side		
<b>MEAT</b>							
Thin, boneless, chuck steak (1/2" – 1" thick)	√						
Beef Tenderloin Filet or Sirloin Steak (1.5 pounds)					√		
Rotisserie chicken or chicken to cook yourself						3 cups	
Bone-in chicken thighs (skinless preferred)			4-6				
Tilapia (as much as needed for your family)							√
<b>IN THE AISLES</b>							
Red wine (option: 4 pack of small bottles)	√						
Soy sauce (wheat free tamari sauce)	√						
Light olive oil	√	√					√
Balsamic vinegar	√				√		
Worcestershire sauce	√		√			√	
Anchovy fillets or anchovy paste							√
English muffins (or Matzos)						√	
Canned tomato sauce (15 ounce)			1				
Light mayonnaise						√	
Dry red wine					√		
<b>DAIRY / FROZEN FOODS</b>							
Sour cream (if desired) for baked potato	Side						
Shredded cheddar cheese						√	

I'm assuming you have: Dijon mustard, brown sugar, salt, black pepper, ketchup, paprika, cornstarch or arrowroot, red wine vinegar, butter, orange juice

## **Make Dinner Easy Recipe Summary for the Week of June 13, 2022**

### ***Menus for This Week:***

*Grilled Chuck Steak with Oven Roasted Asparagus and a fresh fruit salad*  
*Slow Cooker BBQ Chicken served with parsley potatoes and a side salad*  
*Steak Salad with Warm Pan Dressing served with fresh pear wedges*  
*Hot Chick Melts served with raw sugar snap peas and fresh strawberries*  
*Sautéed Tilapia with Citrus Butter served with a baked potato and a side salad*

### **Grilled Chuck Steak with Red Wine Marinade**

Thin, boneless chuck steak (1/2 – 1” thick)  
Marinade: (enough to marinate 3-4 # of steak)  
¾ cup red wine (1 mini bottle)  
2/3 cup soy sauce  
¼ cup olive oil  
¼ cup balsamic vinegar  
2 Tablespoons Worcestershire sauce  
2 teaspoons Dijon mustard  
3 cloves garlic, minced  
1 Tablespoons brown sugar

Combine marinade ingredients in a large (gallon sized) zip-style bag. Place the steak in the bag. Place the bag in a large bowl (to prevent any leaks in the fridge!) and refrigerate for 8 hours or overnight. Remove steak from marinade and grill over medium heat until medium rare (about 4 minutes per side depending on thickness). Remove from grill and cover with foil. Allow steak to rest for 5 minutes before cutting or serving. Cut across the grain.

### **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.

### **Slow Cooker BBQ Chicken**

1 onion, coarsely diced  
4-6 bone-in skinless chicken thighs  
1-2 teaspoons paprika  
½ onion, finely diced  
1 (15 ounce) can tomato sauce  
1 teaspoon cornstarch or arrowroot  
½ cup red wine vinegar  
½ cup brown sugar

1 ½ Tablespoons Worcestershire sauce  
½ teaspoon black pepper

Place the coarsely diced onion on the bottom of a slow cooker. To brown the chicken, place the chicken in a large non-stick pan and sprinkle paprika on both sides of the chicken. Turn heat on to medium and brown the chicken on both sides. This may take 3-4 minutes per side. No oil is necessary. If the chicken is sticking too much to the pan you can add 1-2 teaspoons of water. If you have a good non-stick pan, this usually isn't necessary. Transfer chicken to the slow cooker, on top of the onions.

To make the BBQ sauce: In the same pan that you browned the chicken, sauté the finely diced onion. Mix the cornstarch and the tomato sauce together. Add this tomato sauce mixture along with the remaining ingredients to the pan with the sautéed onions and simmer, stirring fairly often, for 3-5 minutes. Pour this sauce over the chicken. Turn the chicken pieces so that they are thoroughly covered with BBQ sauce. Place the cover on and cook on low for 6-7 hours.

Cook's notes: If you want to use bottled BBQ sauce instead of making this sauce, just mix the cornstarch into the cold sauce and then heat the sauce over the stove before pouring over the chicken. If you want to make this sauce to use on BBQ chicken that you are cooking on the grill, omit the cornstarch.

### **Parsley Potatoes**

1.5 # small red skin potatoes (10-12 potatoes)  
1 ½ Tablespoons salted butter or to taste  
¼ - ½ teaspoon salt or to taste  
1 Tablespoon finely chopped fresh flat leaf Italian parsley

Scrub potatoes (leave the skins on) and trim any dark spots. Cut each potato into quarters or bite sized pieces. Place cut potatoes in a medium sized saucepan and cover with water (the water should be about 1- 1 ½" over the potatoes) Place on the stove and heat to a boil. Cook until fork tender (may be about 8-10 minutes depending on size of potato dice). Drain potatoes and add remaining ingredients. Stir gently so that butter melts and serve.

You may want to make a double batch of these Parsley Potatoes and brown the leftovers in a skillet with a little butter and diced onions for breakfast or lunch the next day.

### **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.

### Hot Chick Melts

(Prep Time: 15 minutes. Broiling Time: 6 minutes)

4 English Muffins split (or matzos if you are observing Passover)

3 cups cooked and diced chicken (rotisserie or leftover chicken works great)

2 green onions, chopped

½ cup light mayonnaise

½ teaspoon Worcestershire sauce

1 Tablespoon fresh dill

2 cups, shredded cheddar cheese

1. Place English muffin halves on a foil lined cookie sheet and broil for 3 minutes or until lightly browned.

2. In a medium sized bowl, combine chicken, green onions, mayo, Worcestershire and dill

3. Spoon the chicken mixture evenly over the 8 muffin halves. Top with cheddar cheese

4. Return the pan to the oven and broil and additional 3 minutes or until cheese is melted

Serves: 4-6

### Sautéed Tilapia with Citrus Butter

Preparation Time: 10 minutes. Cooking Time 10 minutes

3 Tablespoon salted butter

2 Tablespoons extra virgin olive oil, plus an additional 2 teaspoons

4 anchovy fillets, minced or 1 teaspoon anchovy paste

1.5 teaspoons minced garlic or 2-3 cloves minced

2 Tablespoons orange juice (lemon or apple juice could be used as well)

1/4 teaspoon salt and black pepper or to taste

Heat the butter and 2 Tablespoons of the olive oil in a heavy saucepan over medium-low heat until the butter is melted. Add the anchovies or anchovy paste and stir until dissolved, about 2 minutes. Add the garlic and cook an additional 30 seconds. Remove from the heat, stir in the orange juice and season to taste. This sauce can be made 1 day ahead, cook then cover and refrigerate. Re-warm before using.

Meanwhile, preheat the oven to 200 degrees F.

Sprinkle the fish with salt and pepper and add the remaining 2 teaspoons of olive oil into a warm non-stick pan. Place the fish in a single layer in the pan and sauté the fish about 3 minutes per side or until just opaque in the center. Transfer the fish to a platter, cover with foil and keep warm in the oven while cooking the second batch of fish. Serve fish with citrus butter.

As an alternative, Nekole, who submitted this recipe, recommends sautéing the fish in the citrus butter.

Serves 6