

Side = Side dish as outlined in weekly menus

Item	Stuffed Picnic Loaf	Chili	Heavenly Chicken	BBQ Beef Sandwiches	Raspberry Spinach Salad	Spaghetti Pie
PRODUCE / BAKERY						
Romaine lettuce	√	Side				Side
Tomato	1					
Flat leaf Italian parsley	√					
Garlic	1 clove			2 cloves		
Lemon	√					
Cantaloupe or Watermelon (any seasonal fruit)	Side		Side			
Onion		1		1		1/2
Sugar snap peas			Side			
Baby spinach leaves					√	
Fresh Raspberries					√	
Red onion					√	
Red pepper	Side					
Bakery corn bread		Side				
Round, unsliced bakery bread	√					
MEAT						
Assorted sliced lunch meats (1-2 pounds depending on size of the bread used)	√					
Lean ground round (2 pounds)		√				
Boneless, skinless chicken breasts or thighs (4-6)			√			
Bottom round or eye of round beef roast (3-4#)				3-4 #		
Lean ground beef						1 #
IN THE AISLES						
Pimento stuffed green olives (optional)	√					
Black olives (optional)	√					
Canned chopped tomatoes		2 #				
Canned kidney beans		2 #				
Spaghetti noodles						√
Macaroni noodles		√				
Raspberry Vinegar (or bottled raspberry salad dressing)						
Beef broth				32 oz.		
Onion powder			√			
Ritz crackers (or a buttery cracker) need 1 sleeve			√			
BBQ sauce				√		
Hamburger buns or Kaiser rolls				√		
Canned mandarin oranges (11 ounce)					√	
Spaghetti sauce (15 ounce)						√
Chili powder		√				
DAIRY / FROZEN FOODS						
Sliced provolone cheese (or any desired cheese)	√					
Frozen French fries				√		
Light sour cream or plain yogurt (1.5 cups)			√			
Grated parmesan cheese						¾ cup
Ricotta cheese or cottage cheese						1 cup
Shredded mozzarella cheese						¾ cup

I'm assuming you have: dried oregano or basil, flour, salt, black pepper, red wine vinegar, paprika, balsamic vinegar, Dijon mustard, sugar, butter, 2 eggs, milk, light olive oil, foil, large zip style bag

Make Dinner Easy Recipe Summary for the Week of June 20, 2022

Menus for This Week:

Stuffed Picnic Loaf with cantaloupe wedges and red pepper strips

Speedy Chili served over pasta (Chili Mac) with cornbread and a side salad

Heavenly Chicken served with fresh fruit and sugar snap peas

Slow Cooker BBQ Beef Sandwiches served with a raspberry spinach salad and French fries

Spaghetti Pie served with a side salad

Recipes For This Week

Stuffed Picnic Loaf

1 large loaf of unsliced round bakery bread
Sliced cheese (I usually use provolone, but use whatever you prefer)
Assorted sliced lunch meats (I use salami and turkey)
Romaine lettuce leaves
1 tomato, thinly sliced

Olive salad: (optional, you could use olive oil or mustard instead)

½ cup pimento-stuffed green olives, finely chopped
½ cup black olives, finely chopped
1/8 cup light olive oil
2 Tablespoons finely chopped flat leaf Italian parsley
1 garlic clove, minced
1 teaspoon dried oregano or basil
1 teaspoon fresh lemon juice

Prepare the olive salad by combining the olives, olive oil, parsley, seasoning and lemon juice in a medium sized bowl. Mix and set aside while you prepare the loaf.

Starting about 2 inches from the edge, cut a round circle, about 1 inch deep in the top of the unsliced, round bakery bread. Use your fingers to gently pry off this circle of bread, save this top. Using one hand, pull out the majority of the soft bread inside the loaf, while keeping the crust of the bread intact. You are removing the bread to make room for the meat and cheese. The bread you remove can be discarded or served as part of an appetizer with a soft cheese spread or a spinach dip.

Layer the inside of this bread bowl with your choice of meats, cheese or grilled veggies (see below). In order to prevent the bread from getting soggy, place the cheese on the bottom, then the lunch meat, then about 2 Tablespoons of the olive salad, a few more slices of cheese, then the tomatoes which have blotted with a paper towel and then the lettuce. Fill the bread bowl to the top with these items and replace the bread circle. Wrap the stuffed picnic loaf tightly in heavy duty aluminum foil and refrigerate with a heavy object on top to help compress the sandwich. I usually place the foil wrapped loaf on a plate, place another plate on top and then put in the refrigerator with several heavy cans on top. Refrigerate for at least 3 or up to 12 hours.

To serve, remove foil and cut into pie shaped wedges. I usually place frilly toothpicks at intervals around the bread before cutting so that each wedge will be held together by a toothpick.

Veggie Lovers Stuffed Picnic Loaf

Prepare the same as above, except replace the lunch meats with grilled veggies. I like to brush veggies such as sliced zucchini, sliced red peppers, and sliced red onions with olive oil, salt and pepper and grill until tender crisp. You can do this on the grill or use a panini maker or George Foreman Grill to do this. You can also sauté them on the stove.

Serves 6-8 depending on the size of bread that you use

Speedy Chili

(Prep Time: 10 minutes. Cooking Time: 30-45 minutes)

(Can be made ahead or made ahead and frozen)

2# lean ground round
1 onion chopped
4 Tablespoons, flour
2 Tablespoons chili powder
2-4 teaspoons salt, or to taste
1/4 teaspoon black pepper
2 1lb cans chopped tomatoes
2 1lb cans kidney beans
4 teaspoons red wine vinegar

Place meat and onion in a large stock pot and brown very well. In a small bowl, combine flour, chili powder, salt and pepper and add to meat. Turn off heat and stir until flour is combined well. Add vinegar, tomatoes and liquid from beans and bring to a boil. Cook on med for 20 minutes. Add beans. Simmer until desired consistency. Serve with chopped onion, cilantro, sour cream and shredded cheese.

Heavenly Chicken

4-6 boneless, skinless chicken breasts or chicken thighs
2 Tablespoons light olive oil
1 1/2 cups light sour cream or plain yogurt
1 teaspoon salt
1 teaspoon onion powder
1/2 teaspoon paprika
1 1/2 cups crushed ritz crackers (1 sleeve) or seasoned breadcrumbs
2 Tablespoons melted butter

Preheat the oven to 350°F. Line a rimmed cookie sheet with foil and spread the olive oil over the foil.

In a medium bowl or zip style bag, stir together the sour cream, salt, onion powder, and paprika. Add the chicken to this mixture and turn the chicken so that all sides are fully coated.

Place the crushed crackers or breadcrumbs in a large bowl and dredge each piece of chicken in the crumbs so that all sides are coated. Place the coated chicken on the prepared pan, drizzle the top of each piece with melted butter. Bake at 350°F for about 45 minutes or until the chicken reaches an internal temperature of 165°F.

Slow Cooker BBQ Beef Sandwiches

Prep Time: 10 minutes. Cooking Time: 6-9 hours

3-4 pound bottom round beef roast
2 garlic cloves, minced
1 teaspoon freshly ground black pepper
1 teaspoon salt
1 onion, chopped
32 ounces, beef [broth](#)
2-3 cups BBQ sauce (amount needed based on your preference)

1. Rub garlic, salt and pepper into the roast
2. Place onion in the bottom of a slow cooker
3. Place roast on top of onions
4. Pour broth on top of roast
5. Cook on high 6 hours or on low 8-9 hours (meat should be fork tender and easy to shred)
6. Remove Roast and let cool slightly, remove any external fat (usually can scrape off with a fork)
7. Discard broth and onions from slow cooker
8. Shred beef using 2 forks
9. Return meat to the slow cooker
10. Add BBQ sauce and stir
11. Cook on high for an additional 1-2 hours or until hot. (Instead of returning meat to the slow cooker you could also place meat and BBQ sauce into a casserole dish and bake covered at 350 for 30 minutes or until hot.)
12. Serve on hamburger buns or Kaiser rolls

Serves 6

Raspberry Spinach Salad with Raspberry Vinaigrette

Salad

Baby Spinach leaves
Thinly sliced red onion
Fresh Raspberries

Raspberry Vinaigrette

1/2 cup canola oil or light olive oil
4 Tablespoons raspberry vinegar
3 teaspoons granulated sugar
1/4 teaspoon Dijon mustard
1/4 teaspoon salt

Combine salad ingredients in a large bowl. In a separate bowl or cup, combine the vinaigrette ingredients. Add just enough dressing to lightly coat the spinach. Most likely you will not use all of the dressing but it will keep for at least a week in the refrigerator. Remember if you do use olive oil, it will solidify when cold but will return to its normal consistency when brought back to room temperature.

Spaghetti Pie

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

1 pound lean ground beef
½ cup chopped onion
1 (15 ounce) jar spaghetti sauce
6 ounces dried spaghetti noodles
2 Tablespoons, butter
2 eggs, beaten
¾ cup shredded Parmesan cheese, divided
1 cup ricotta or cottage cheese
¾ cup shredded mozzarella cheese

In a large skillet, brown the beef and the onions very well. Stir in spaghetti sauce.

Meanwhile, cook and drain the spaghetti noodles. Mix cooked noodles with butter, beaten eggs and half of the Parmesan cheese. Press the noodles into the bottom and sides of a greased 10" pie plate (this forms the "crust"). Mix the ricotta with the remaining half of the Parmesan cheese. Spread this mixture on top of the noodles. Pour the spaghetti sauce mixture on top of the ricotta, completely covering all of the ricotta and all the noodles. Sprinkle with mozzarella cheese and bake 20 minutes at 350°F.

Cut into pie shaped wedges.

Serves 6.

This freezes well. I often make extras and freeze them for a quick meal on a later date.