

Side = Side dish as outlined in weekly menus

| Grocery List Organized by Aisle  | Chicken & Stuffing Casserole | Sautéed Green Beans | Vegetable Soup | BBQ Meatloaf with Bacon | Mashed Potatoes | Chicken Pot Pie | Crabby Patties |
|--|------------------------------|---------------------|----------------|-------------------------|-----------------|-----------------|----------------|
| <b>PRODUCE</b>   |                              |                     |                |                         |                 |                 |                |
| Onion  | 1                            |                     | 1              | 1                       |                 | 1/2             | 1/2            |
| Celery   | √                            |                     | √              |                         |                 | √               |                |
| Green Beans  |                              | √                   |                |                         |                 |                 |                |
| Garlic   |                              | 3 cloves            | 2 cloves       |                         |                 |                 |                |
| Tomatoes   |                              |                     | 4              |                         |                 |                 |                |
| Small red potatoes   |                              |                     |                |                         |                 | 3               |                |
| Carrots (need 2 whole carrots or use baby carrots and cut them up)                                       |                              |                     |                |                         |                 |                 |                |
| Pears  | Side                         |                     |                |                         |                 |                 |                |
| Escarole or baby spinach leaves  |                              |                     | √              |                         |                 |                 |                |
| Zucchini (about 8" long)   |                              |                     | √              |                         |                 |                 |                |
| Yellow Squash (about 8" long)  |                              |                     | √              |                         |                 |                 |                |
| Lettuce & ingredients for a side salad   |                              |                     |                |                         |                 | Side            |                |
| Broccoli   |                              |                     |                | Side                    |                 |                 |                |
| Potatoes   |                              |                     |                |                         | 5#              |                 |                |
| Asparagus  |                              |                     |                |                         |                 |                 | Side           |
| Oranges  |                              |                     |                |                         |                 |                 | Side           |
| Carrots  |                              |                     | √              |                         |                 |                 |                |
| Bakery Bread   |                              |                     | Side           |                         |                 |                 |                |
| <b>MEAT</b>  |                              |                     |                |                         |                 |                 |                |
| Chicken – rotisserie or cook your own ( I would buy 2 rotisserie chickens if you're making both recipes) | 4 cups                       |                     |                |                         |                 | 4 cups          |                |
| 2 pounds ground sirloin/lean chuck   |                              |                     |                | √                       |                 |                 |                |
| <b>IN THE AISLES</b>   |                              |                     |                |                         |                 |                 |                |
| Canned evaporated milk (12 ounce)  | 1                            |                     |                |                         |                 |                 |                |
| Chicken broth  | 4-5 cups                     |                     |                |                         |                 | 2 cups          |                |
| Packaged cubed stuffing mix (14 oz)  | √                            |                     |                |                         |                 |                 |                |
| Bouillon or Better Than Bouillon Chicken Stock Paste   |                              |                     |                |                         |                 | √               |                |
| Canned crab meat (7.1 ounce each)  |                              |                     |                |                         |                 |                 | 2              |
| Seasoned dry bread crumbs  |                              |                     |                | 1 cup                   |                 |                 | √              |
| BBQ Sauce (I prefer Sweet Baby Rays)   |                              |                     |                | 1 cup                   |                 |                 |                |
| Extra light virgin olive oil   |                              |                     |                |                         |                 |                 | √              |
| Beef Broth   |                              |                     |                | 1 cup                   |                 |                 |                |
| Poultry seasoning  | √                            |                     |                |                         |                 |                 |                |
| Cayenne pepper   |                              |                     | optional       |                         |                 |                 |                |
| <b>DAIRY</b>   |                              |                     |                |                         |                 |                 |                |
| Grated parmesan cheese   |                              |                     | √              |                         |                 |                 |                |
| Sour cream   |                              |                     |                |                         | 1 cup           |                 |                |
| Cream cheese (8 ounce)   |                              |                     |                |                         | √               |                 |                |
| Fat free half and half   |                              |                     |                |                         |                 | √               |                |
| Refrigerated Pie Crust   |                              |                     |                |                         |                 | √               |                |
| Bacon  |                              |                     |                | 1/2 lb.                 |                 |                 |                |
|  |                              |                     |                |                         |                 |                 |                |
|  |                              |                     |                |                         |                 |                 |                |

I'm assuming you have: 2 sticks butter, flour, salt, black pepper, 3 eggs. Dried oregano, dried basil

## **Make Dinner Easy Recipe Summary for the Week of June 21, 2021**

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

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

*Chicken and Stuffing Casserole served with Sautéed Green Beans and fresh pear wedges*

*Vegetable Soup served with bakery bread*

*BBQ Meatloaf with Bacon served with Make Ahead Mashed Potatoes and steamed broccoli*

*Chicken Pot Pie served with a side salad*

*Crabby Patties served with Asparagus and cut up oranges*

### **Chicken and Stuffing Casserole**

- 3 Tablespoons butter
- 1 medium onion, diced
- 2 stalks celery, diced
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon poultry seasoning
- 1 (12 ounce) can evaporated milk
- 2 cups chicken broth
- 4 cups, cooked chicken (rotisserie or cook your own)
- 14 ounces, packaged stuffing mix (I like the cubed kind)
- 2 1/2 - 3 cups hot water or hot chicken broth

Melt the butter in a stock pot. Add the onion and celery, and sauté until tender. Add flour, salt and poultry seasoning, and stir until flour is completely combined. Add evaporated milk, and chicken broth. Continue to cook, stirring over medium heat for about 5 minutes until mixture starts to thicken. Add chicken.

Pour mixture into a 9"x13"x2-1/2" baking dish. Meanwhile, follow directions on the stuffing mix, which usually calls for combining the stuffing mix with hot water or hot broth and letting it rest for a few minutes. Pour the stuffing over the chicken mixture.

Bake covered at 350°F for 20 minutes, then uncover and bake for an additional 10 minutes or until chicken is bubbly and stuffing is crispy.

Serves 8.

This recipe can be cut in half or if you can make twice as much as you need and freeze half. If you plan on freezing part of this, I would recommend that you freeze it without the stuffing and then add the stuffing after it is thawed and before baking. You can also prepare this dish ahead of time and refrigerate it prior to baking. Again, wait until just before baking to prepare the stuffing. Cooking time will also need to be increased by at least 15 minutes.

### **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
- 1/2 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

## Vegetable Soup

- 4 cups freshly diced tomatoes
- 8 cups (64 ounces) vegetable broth or chicken broth
- 1 large chopped onion
- 2 gloves minced garlic
- 3 chopped carrots (these don't need to be peeled)
- 3 chopped celery stalks
- 1 8" zucchini, skin left on, chopped into chunks
- 1 8" yellow squash, skin left on (I like to remove the seeds), chopped into chunks
- sea salt, to taste (I use 1 teaspoon)
- crushed red pepper or black pepper to taste
- 2 teaspoons dried oregano
- 1 heaping Tablespoon dried basil
- 1 1/4 cup chopped fresh baby spinach leaves or chopped escarole

Toss all ingredients (except spinach/endive) into a large stockpot and cover until it starts to boil. Turn heat down and let simmer on stove top for 1-2 hours. If you are using endive, add this during the last 30 minutes of simmering. If you are using spinach, add just prior to serving or add to each bowl and pour soup over spinach leaves. Serve with a sprinkle of shredded Parmesan cheese and your favorite bread or crackers

the meatloaf and top with a single layer of bacon.

Bake at uncovered at 350°F for 50-60 minutes or until the internal temperature reaches 160°F. Remove from the oven and tent with foil for 5-10 minutes before slicing and serving.

## BBQ Meatloaf with Bacon

### Meatloaf

- 1/2cup barbeque sauce (I usually use Sweet Baby Rays)
- 1/2 cup beef broth
- 1 egg
- 2 pounds ground sirloin, or a mixture of chuck and sirloin. See cook's notes below for other options
- 1 medium yellow onion. minced
- 1 cup Italian seasoned breadcrumbs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

### Topping

- 1/2 cup barbeque sauce
- 1/2 cup beef broth
- 1/2 pound sliced bacon

## Directions

Preheat the oven to 350°F. In a medium mixing bowl, combine 1/2 cup bbq sauce, 1/2 cup beef broth, and the egg until mixed well. Add the sirloin, onion, breadcrumbs, and seasonings and mix well (I use my hands). Place this meat mixture in the middle of an 8"x10"x2" pan (glass is preferred). Pat the meat mixture into a loaf shape, leaving at least 1" of space between the loaf and the sides of the pan. You will need that room for the liquid to surround the meatloaf. Also, try to shape the loaf with a flat, not rounded, top so that the loaf cooks evenly. I find that the loaf is about 1.5 inches high before baking, or slightly lower than the sides of the 2" pan.

In a separate small bowl, whisk or stir together the remaining bbq sauce and broth. Pour this over the meatloaf and top with a single layer of bacon.

Bake at uncovered at 350°F for 50–60 minutes or until the internal temperature reaches 160°F. Remove from the oven and tent with foil for 5–10 minutes before slicing and serving.

## Make Ahead Mashed Potatoes

(Prep time: 40 minutes. Baking time: 30–45 minutes)

5 pounds potatoes  
½ cup (1 stick) butter  
1 cup sour cream  
8 ounces cream cheese, softened  
1 teaspoon salt, or to taste

1. Scrub, peel and rinse potatoes. Cut potatoes into 2 inch pieces. Place potatoes in a large stock pot and cover with water. Boil until fork tender, approximately 20–30 minutes.
2. Drain potatoes and add remaining ingredients. Mix well. To thoroughly mix ingredients you may want to use a hand or stand mixer. Taste and adjust amount of salt if necessary.
3. Transfer mashed potatoes to a shallow baking dish and cover with foil. Potatoes can be kept warm in the oven at this point, refrigerated or frozen.

## Chicken Pot Pie Recipe

(Prep Time: 25 minutes. Baking Time: 45 minutes)

3 small red potatoes, diced (I leave them unpeeled)  
½ onion, diced  
2 stalks celery, diced  
1-2 carrots, diced  
3 Tablespoons, butter  
½ cup, flour  
2 cups, chicken broth  
¾ cup fat free half and half, or low fat evaporated milk  
1 teaspoon chicken bouillon or Better Than Broth concentrated chicken stock paste  
Salt and pepper to taste  
4 cups, diced cooked chicken  
1 pre-made refrigerated pie crust or make your own

1. Melt butter in a large stock pot. Add diced potatoes, onions, celery and carrots. Sauté 8-10 minutes. Remove from heat and stir in flour very well.
2. Return to medium heat and add broth and milk. Stirring constantly until mixture has thickened.

3. Add bouillon, seasonings and chicken.

4. Pour mixture into a 2 quart casserole dish. Top with pie crust or cut star shapes out of pie crust and place on top of chicken mixture. If whole crust is placed on top, cut several ½ inch slits in the crust to allow steam to escape and crimp edges of crust.

5. Bake in an oven that has been pre-heated to 350°F for 45 minutes or until crust is browned

Serves 4-6. This can be doubled and placed in a 10x15x2" baking pan.

This can also be made ahead or made ahead and frozen without the crust on top. Add the crust, just prior to baking.

### **Crabby Patties**

2 (7.1 ounce) cans crab meat, drained well

½ medium onion, chopped

½ cups seasoned dry breadcrumbs

2 eggs beaten

Salt and pepper to taste

2 Tablespoons butter

2 Tablespoons olive oil

In a medium sized mixing bowl, combine crab, onion, breadcrumbs, egg, salt and pepper. Then heat oil and butter in a large skillet on medium low. Using disposable rubber gloves (my preference) form 1-2 Tablespoons of crab mixture into a patty (1 ½ "-2" in diameter). Place patties in pan and brown on both sides. It may take 4-5 minutes per side to brown. Remove patties to a paper towel lined plate and blot off any excess oil.

Makes approximately 14 (2") patties

Serves 6