

Side = Side dish as outlined in weekly menus

Entrée =Main dish as outlined in weekly menus

Grocery List Item	Fettuccini Alfredo	Red Skin Potato Salad	Taco Salad	Braised Short Ribs	Baked Potato Pie	Double Cheddar Burgers	Baked Beans
PRODUCE							
Garlic	6 cloves			2			
Broccoli	√						
Cantaloupe	Side					Side	
Lettuce and ingredients for a side salad	Side			Side			
Red skin potatoes		√			√		
Celery		√					
Green onions		√					
Sugar snap peas		Side					
Onions			1	1/2			1/2
Romaine lettuce			√				
Tomatoes			2				
Fresh Pears			√				
Carrots or carrot sticks						Side	
MEAT							
Cooked Rotisserie chicken or cook your own	2 cps						
Bratwurst		Entrée					
Lean ground round or ground turkey (or a combo)			1 #				
Ground beef – chuck						1.25 #	
Bacon							
Boneless Beef Short Ribs (4-6 or to fit your family)				√			√
IN THE AISLES							
Fettuccini noodles (1 pound)	√						
Hamburger buns						√	
Hot dog buns for brats if desired		√					
15 oz can diced tomatoes							
Canned evaporated milk (12 ounce)	1						
Light olive oil	√			√			
Light mayonnaise or miracle whip		√					
Packaged taco seasoning			√				
Taco flavored Dorito chips			√				
Red wine vinegar							
Canned baked beans (or pork and beans) (16.5 oz.)							√
Cornstarch	√						2
DAIRY							
Low fat cream cheese (need 4 ounces)	√						
Grated parmesan cheese	√				√		
Eggs		4					
Shredded cheddar cheese			2 cps.			¾ cup	
Sliced cheddar cheese						√	

I'm assuming you have: butter, salt, black pepper, milk, Dijon mustard, garlic powder, brown sugar, ketchup, flour, paprika

Make Dinner Easy Recipe Summary for the Week of June 6, 2022

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

Menus for This Week:

Fettuccini Alfredo with Chicken and Broccoli served with fresh cantaloupe wedges and a side salad

Grilled Brats served with Red Skin Potato Salad and sugar snap peas

Taco Salad served with fresh pear slices

BBQ Meatloaf served with Baked Potato Pie and a side salad

Grilled Double Cheddar Burgers served with Mom's Baked Beans, carrot sticks and cantaloupe wedges

Fettuccini Alfredo with Chicken and Broccoli

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

1 pound, dried fettuccine
1 teaspoon cornstarch
1 (12 ounce) can evaporated milk
1 Tablespoon butter
1 Tablespoon olive oil
6 cloves, garlic, minced
4 ounces low fat cream cheese
¼ teaspoon salt
¾ cup grated Parmesan cheese
2 cups cooked chicken, diced
1 cup steamed broccoli florets

1. Cook fettuccine according to package instructions or individual preference, drain and return to pot
 2. Mix together cornstarch and milk and set aside (you may have to stir a bit to mix completely).
 3. In a medium sized saucepan, heat olive oil and butter until butter is melted but not browned. Add garlic and sauté until tender. Add milk mixture (you may need to stir it again before adding to make sure it is well blended). Stir constantly until mixture is thickened.
 4. Cut cream cheese into small cubes and add to saucepan. Stir and continue to heat on low-medium until cream cheese is melted. Add salt.
 5. Steam broccoli until fork tender and warm diced chicken in microwave or on the stove.
 6. When ready to serve, pour sauce over drained fettuccine, stir in Parmesan cheese, chicken and steamed broccoli.
- Cook's notes: Rotisserie chicken and frozen steam in the bag broccoli work fine in this recipe. The chicken and broccoli can also be omitted and the fettuccine can be served as a side dish.

Red Skin Potato Salad

2.5 pounds red skin potatoes
2 stalks of celery, finely diced
4 green onions, chopped
4 hard cooked eggs, diced
¾ cup light mayonnaise or miracle whip
2 Tablespoons milk
1 Tablespoon Dijon mustard
¼ teaspoon garlic powder

½ teaspoon salt

½ teaspoons freshly ground black pepper

Scrub potatoes and remove any sprouts or dark spots with a knife. Dice potatoes (with the skin on) into bite sized dice and place potatoes in a large stock pot. Add water to the pot so that the potatoes are covered with water and have 1-2 inches of water above the potatoes. Cook over medium high heat until the potatoes are fork tender. For a medium sized dice it takes about 7 minutes after the water boils for the potatoes to be sufficiently cooked. This time may vary depending on the size of your dice. After 5 minutes, try inserting a fork every few minutes until they are done. If you overcook the potatoes you will have mashed potato salad! Drain the potatoes and run cold water over them to cool. Keep the potatoes in the strainer until fully drained and cooled.

In a large mixing bowl, combine potatoes, celery, green onions and eggs. In a separate small bowl combine the remaining ingredients. Pour this sauce over the potatoes, eggs and veggies. Toss to coat. Refrigerate and serve cold

Taco Salad

Prep Time and Cooking Time: 30 minutes

1 pound, lean ground round or ground turkey

1 small onion, diced

½ package taco seasoning

6 ounces (1/2 of a large bag) of taco flavored Doritos, crushed

Romaine Lettuce, chopped into small slices (I use 2-3 large heads for my family and it really tastes better chopped rather than torn)

2 tomatoes, chopped

2 cups, shredded cheddar cheese

1. Brown meat and onion until cooked well. Add taco mix and stir. Set aside.
2. Mix other ingredients in a large bowl and add meat (meat should be warm when you add it)
3. Add an amount of dressing that suits your taste and toss well (if you make the recipe below, you will have left over dressing).

For the dressing: you can use bottled Italian dressing or mix together:

¼ cup wine vinegar

¼ cup oil

½ teaspoon paprika

½ teaspoon dried oregano

½ teaspoon each, salt and pepper

½ teaspoon garlic and onion powder (or 1 clove garlic, minced)

½ teaspoon sugar

½ teaspoon mustard

Slow Cooker Braised Short Ribs

Prep Time: 25 minutes. Cooking Time: 6-8 hours)

¾ cups flour

½ teaspoon each salt and pepper

1 teaspoon paprika

4-6 beef, boneless short ribs

3 Tablespoons butter

2 Tablespoons olive oil
½ onion, diced
2 garlic cloves, minced
1 (15 ounce) can diced tomatoes
1 Tablespoon brown sugar

Combine flour salt & pepper and paprika in a shallow baking dish or pie plate. Dredge short ribs in flour mixture, coating all sides. Place butter and olive oil in a large skillet and place pan on medium-low heat until butter melts. Lightly shake excess flour off each rib and place ribs in pan. Brown ribs on all sides. Place ribs in bottom of a slow cooker. Without cleaning the skillet, sauté onions and garlic cloves. Drain the liquid from the tomatoes into the skillet and cook for 2-3 minutes or until liquid is reduced. Add tomatoes and sugar to the skillet and stir. Pour the tomato mixture over ribs. Cook on low for 6-8 hours. Serve over rice or pasta.

(Serves 4-6)

Baked Potato Pie

Preparation Time: 10 minutes. Baking Time: 60 minutes

2 large baking potatoes or 4 large red skin potatoes with the skins on (about 1.25#)
½ teaspoon salt, divided
2 Tablespoons butter, melted and divided
4 Tablespoons Parmesan cheese, divided

Preheat oven to 375°F. Generously grease a 9" glass pie plate with butter. Sprinkle 1 Tablespoon of the Parmesan cheese on bottom of the pie plate. Cut the potatoes into ¼" slices, starting at the narrow end of the potatoes. Layer the ingredients as follows in the pie plate:

1/3 of the potatoes, placed in a circular overlapping pattern
1/3 of the butter, 1/3 of the salt and 1 Tablespoon of the Parmesan cheese

Repeat the above layering 2 more times, ending with the last of the butter, salt and cheese. Cover with foil and bake a total of 60 minutes (30 minutes with foil on and 30 with it off). After 30 minutes, remove from the oven and press down on the foil with a pot holder to compress the potatoes, and then remove the foil. Return to the oven, uncovered, for 30 additional minutes or until potatoes are hot and fully cooked.

To serve, you can either leave the potatoes in the pie plate and cut pie shaped wedges. Or, you can invert this potato pie onto a plate, and then cut into pie shaped wedges.

Serves 6-8

Leftovers are great for breakfast!

Grilled Double Cheddar Burgers

1 .25 pounds ground chuck
2 Tablespoons ketchup
¾ teaspoon, salt
¼ teaspoon, black pepper
¾ cup grated cheddar cheese
4 slices, cheddar cheese

Place ground chuck in a medium size mixing bowl. Add ketchup, salt, and black pepper. Use a spoon or your hands to mix. Add cheddar cheese to the meat mixture and stir until evenly mixed in. Divide the meat mixture into 4 equal portions. Loosely shape each portion into a 1" patty. Try not to press or pack the meat too tightly. Grill on one side, with the lid down, 3-5 minutes, flip and cook an additional 3-5 minutes or until done to your liking. During the last minute of cooking time, place sliced cheese on top and allow to melt. Serve on buns with [Caramelized Onions](#) or desired condiments.

To make this dinner even easier, the hamburger patties can be made earlier in the day and refrigerated. I would recommend placing the raw patties on a wax paper lined plate to make transferring to the grill easier.

Serves 4

Mom's Baked Beans

Prep Time: 30 minutes. Baking time: 0-30 minutes

½ pound bacon, diced
½ of an onion, (about 1 cup) diced
2 (16.5 ounce) cans baked beans
2 Tablespoons brown sugar
2 Tablespoons red wine vinegar
¼ cup ketchup

Cook bacon until crisp. Remove bacon from the pan using a slotted spoon, blot bacon with a paper towel to remove excess grease. Discard all bacon grease except for 1 teaspoon which should be left in the pan. Add the diced onion to this pan and sauté until onion is tender. Add beans, brown sugar, wine vinegar, ketchup, and bacon. Simmer for 10 minutes on low. The beans can be served at this point, or transferred to a baking dish and refrigerated. The prepared beans can be reheated, in the covered dish, in the oven by baking at 350°F for 40 minutes or until hot and bubbly.

Serves 6