

side = Side dish as outlined in weekly menus

| Item   | Broccoli Chicken Pasta | Steakhouse Burgers | Potato Packets | Southwest Chicken Salad | Ginger Beef with Broccoli | Fisherman Stew |
|--|------------------------|--------------------|----------------|-------------------------|---------------------------|----------------|
| <b>PRODUCE</b>   |                        |                    |                |                         |                           |                |
| Garlic   | 2 cloves               |                    |                |                         | 4 cloves                  | 2 cloves       |
| Broccoli   | ✓                      |                    |                |                         |                           |                |
| Cherry tomatoes  | ✓                      |                    |                |                         |                           |                |
| Fresh basil  | ✓                      |                    |                |                         |                           |                |
| Pears  | Side                   |                    |                |                         |                           |                |
| Yellow onions  |                        | 1/2                | 1-2            |                         | 1                         | 1              |
| Baking potatoes  |                        |                    | ✓              |                         |                           |                |
| Romaine lettuce  |                        |                    |                | ✓                       |                           | For side salad |
| Tomatoes   |                        |                    |                | ✓                       |                           | For side salad |
| Cucumber   |                        |                    |                | ✓                       |                           |                |
| Celery   |                        |                    |                |                         |                           | ✓              |
| Sugar snap peas  |                        | Side               |                |                         |                           |                |
| Yellow pepper  |                        |                    |                |                         |                           | ✓              |
| Cantaloupe   |                        |                    |                | Side                    |                           |                |
| Ginger root  |                        |                    |                |                         | ✓                         |                |
| Assorted fruit for a fruit salad                                     |                        |                    |                |                         | Side                      |                |
| Bakery bread   |                        |                    |                | Side                    |                           | Side           |
| <b>MEAT</b>  |                        |                    |                |                         |                           |                |
| Boneless skinless chicken breasts                                    | ✓                      |                    |                |                         |                           |                |
| Ground chuck   |                        | ✓                  |                |                         |                           |                |
| Cooked rotisserie chicken (can be tossed with BBQ sauce)             |                        |                    |                | ✓                       |                           |                |
| Round steak (or round tip beef cubes for fondue)                     |                        |                    |                |                         | ✓                         |                |
| Cod (ask if they can cut it into cubes if you don't want to do that) |                        |                    |                |                         |                           | ✓              |
| Shrimp, shelled and deveined, medium size                            |                        |                    |                |                         |                           | ✓              |
| <b>IN THE AISLES</b>   |                        |                    |                |                         |                           |                |
| Beef broth   |                        |                    |                |                         | ✓                         |                |
| Chicken broth  | ✓                      |                    |                |                         |                           |                |
| Bow tie pasta  | ✓                      |                    |                |                         |                           |                |
| Hamburger buns   |                        | ✓                  |                |                         |                           |                |
| Canned kernel corn   |                        |                    |                | ✓                       |                           |                |
| Canned black beans   |                        |                    |                | ✓                       |                           |                |
| Canned chick peas  |                        |                    |                | optional                |                           |                |
| Lime tortilla chips  |                        |                    |                | ✓                       |                           |                |
| Ranch dressing   |                        |                    |                | ✓                       |                           |                |
| Rice   |                        |                    |                |                         | Side                      |                |
| Canned diced tomatoes (14 oz.)                                       |                        |                    |                |                         |                           | ✓              |
| Dry white wine   |                        |                    |                |                         |                           | ✓              |
| Cajun seasoning  |                        |                    |                |                         |                           | ✓              |
| Garlic Powder  |                        | ✓                  |                |                         |                           |                |
| Onion Powder   |                        | ✓                  |                |                         |                           |                |
| Soy sauce  |                        |                    |                |                         | ✓                         |                |
| BBQ sauce  |                        |                    |                | If needed               |                           |                |
| Steak Sauce (such as A-1)  |                        | ✓                  |                |                         |                           |                |
| Cornstarch   | ✓                      |                    |                |                         |                           |                |
| Light olive oil  | ✓                      |                    |                |                         | ✓                         | ✓              |
| <b>DAIRY / FROZEN</b>  |                        |                    |                |                         |                           |                |
| Grated parmesan cheese   | ✓                      |                    |                |                         |                           |                |
| Sliced cheddar cheese (if desired for burgers)                       |                        | ✓                  |                |                         |                           |                |
| Frozen broccoli (I like Steamfresh 16 oz. bag)                       |                        |                    |                |                         | ✓                         |                |

I'm assuming you have: salt, black pepper, aluminum foil, butter, flour, paprika, 1 egg

## **Make Dinner Easy Recipe Summary for the Week of March 11, 2019**

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

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

*Broccoli Chicken Pasta served with fresh pear wedges*  
*Steakhouse Burgers served with Grilled Potato Packets and sugar snap peas*  
*Southwest Chicken Salad served with bakery bread and cantaloupe wedges*  
*Slow Cooker Ginger Beef with Broccoli served over rice with a fresh fruit salad*  
*Fisherman's Stew served with a side salad and bakery bread*

### **Broccoli Chicken Pasta**

(Prep Time: 10-15 minutes) Cooking Time: 25 minutes)

¼ cup light olive oil  
2 garlic cloves, minced  
½ pound boneless, skinless chicken breasts cut into 1" cubes  
1 ½ cups small fresh broccoli flowerets  
1 cup chicken broth  
½ teaspoon salt, or to taste  
1 teaspoon cornstarch  
¾ cup cherry tomatoes cut in half  
2 teaspoons fresh basil leaves chopped (or 1 teaspoon dried basil)  
½ pound bow-tie pasta  
Grated parmesan cheese (optional)

Cook pasta according to package directions and drain.

Meanwhile, in a large skillet, heat the oil over medium heat. Add the garlic and sauté for about one minute without browning. Add the chicken and sauté until almost cooked through. Add the broccoli and sauté until crisp tender. Combine broth, cornstarch and salt in a cup. Stir well until cornstarch is completely combined and add to chicken mixture. Cook on medium-low for about 3-4 minutes, stirring constantly until broth is thickened. Add the cherry tomatoes and basil. Stir and turn off the heat.

Toss the cooked pasta with the chicken mixture. Serve with parmesan cheese if desired.

Serves 4

### **Steakhouse Burger Recipe**

2 pounds ground chuck  
1/2 onion, finely diced (about 1/2 cups)  
3 Tablespoons steak sauce (such as A-1)  
1 egg, beaten  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper

Combine all ingredients in a medium sized bowl (I use my hands to mix). Loosely form 6 burger patties (you can make more or less depending on how large you like your burgers). Grill over medium heat, turning once for about 5-7 minutes per side or until desired degree of doneness is achieved.

### **Grilled Potato Packets**

Prep Time: 10 minutes Grilling Time: 40 minutes

Make one packet for each person you will be serving

For each packet you will need:

1 piece of aluminum foil, 12-14" long

1-2 teaspoons, salted butter

1/4 medium onion, sliced

1 uncooked baking potato, well scrubbed, skin on  
salt and pepper as desired

Lay out all the pieces of aluminum foil that you will need. Place butter in the center of each piece of foil. Place the onions on top of the butter. Starting at the narrow end, cut each potato into 1/4" slices. Place slices on top of onions. Add salt and pepper as desired. Bring ends of the foil together and fold down to seal the foil tightly around the potato and onions, keeping the packets as flat as possible. Place packets on a grill on medium-low heat. Cook on each side for 20 minutes or a total of 40 minutes. We usually grill the potato packets first, then keep them warm on a rack inside the grill while grilling the main course.

Foil packets can be placed in a basket and your family or guests can serve themselves.

### **Southwestern Chicken Salad**

2 cups, pre-cooked, diced BBQ chicken

1-2 heads, romaine lettuce

2 tomatoes

1 cucumber

½ cup canned corn, drained well

½ cup black beans, rinsed and drained well

½ cup chick peas (optional)

Crushed lime tortilla chips

Ranch dressing

Chop lettuce, tomatoes, and cucumber. Add corn, beans and tortilla chips. Add warmed chicken. Top with shredded cheese and serve with ranch dressing

## Slow Cooker Ginger Beef with Broccoli

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

2# round steak, cut into small cubes (I buy packaged round tip beef cubes for fondue)

½ cup flour

1 teaspoon paprika

½ teaspoon each salt and black pepper

3 Tablespoons olive oil, divided

1 medium onion, diced

4 garlic cloves, minced

1 cup beef broth, divided

1/8 cup soy sauce

1 Tablespoon freshly grated ginger root

1 (16 ounce) bag steam fresh frozen broccoli

1. Place flour, paprika, salt and pepper in a zip style bag and combine. Add meat to the bag, seal and toss to coat.
2. Heat 1 Tablespoon of oil in a large skillet on medium high heat. When hot, add ½ of the flour coated beef. Use a pair of tongs or your fingers to transfer the meat, without any excess flour, to the hot pan.
3. Brown the meat on all sides. This should take about 3-5 minutes for ½" pieces of beef.
4. Place the 1st batch of browned meat in a slow cooker.
5. Add 1 Tablespoon of oil to the skillet and when the skillet is hot, repeat the browning process with the remaining beef until all the beef has been browned and placed in the slow cooker.
6. In the same skillet, heat 1 Tablespoon of oil and sauté the onion and garlic. Add ½ cup of beef broth, the soy sauce and ginger root. When this liquid is hot, pour over the beef in the slow cooker.
7. Cook on low 5-6 hours for ½" beef pieces. If beef is in 1" pieces or larger, cook on low at least 7-8 hours or until beef is tender.
8. When cooking time is complete and beef is tender, add an additional ½ cup of beef broth if desired to make the sauce to your liking in terms of thickness. Additional grated ginger can also be added if desired. Add broccoli which has been steamed on the stove top or in the microwave.
9. Serve over rice.

Serves 6-8

## Fisherman Stew

Prep Time: 15 minutes. Cooking Time: 30 minutes

1 teaspoon olive oil

1 medium onion, chopped

1 yellow pepper, chopped

1 stalk celery, chopped

2 garlic cloves, minced

1 Tablespoons, flour

1/2 teaspoon Cajun seasoning

1/2 teaspoon, salt or to taste

1 (14 ounce) undrained can diced tomatoes

1 cup water

1/2 cup dry white wine

1/2 pound, cod fillet cut into 1 inch chunks

1/2 pound, shelled and deveined medium shrimp

In a stock pot, heat olive oil over medium heat. Add onion, pepper and celery and cook 8-10 minutes or until onion is tender, stirring occasionally. Stir in garlic, cajun seasoning and salt. Continue to cook for one minute.

Add tomatoes, water and wine, bring to a boil. Reduce heat to medium low and simmer, covered for 10 minutes.

Stir in cod and shrimp. Cover and simmer for 3-4 minutes or until cod and shrimp just turn opaque throughout, gently stirring once. Serve with crusty bread.

Serves 4 - Recipe can be doubled