

Side = Side dish as outlined in weekly menus

Grocery List Items	BBQ Chicken	Corned Beef	Parsley Potatoes	Steak Salad	Hot Chick Melts	Healthy Waldorf Salad	Sautéed Tilapia
PRODUCE							
Garlic				2 cloves			3 cloves
Baking potatoes							
Small red skin potatoes (20-24 for both recipes)		√	√				
Asparagus							
Onion	1 1/2	2		1/2			
Assorted fruit for a fruit salad		√					
Head of cabbage		√					
Baby carrots (2 cups)		√					
Lettuce and ingredients for side salad	Side						
Baby spinach leaves (10 oz. bag)				√			
Green onions					√		
Fresh dill					√		
Broccoli					Side		
Red apples						3	
Celery						√	
Flat leaf Italian parsley			√				
Pears				Side			
MEAT							
Corned beef brisket (size is up to you but it will shrink when it cooks)		√					
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)							√
IN THE AISLES							
Rye Bread		Side					
Light olive oil							√
Balsamic vinegar				√			
Worcestershire sauce	√				√		
Anchovy fillets or anchovy paste							√
English muffins (or Matzos)					√		
Canned tomato sauce (15 ounce)	1						
Light mayonnaise					√		
Raisins						√	
Dry red wine				√			
DAIRY / FROZEN FOODS							
Shredded cheddar cheese					√		
Vanilla yogurt (6 ounce)						√	

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 March 16, 2020

Menus for This Week:

Slow Cooker BBQ Chicken served with parsley potatoes and a side salad

Slow Cooker OR Stovetop Corned Beef served with carrots, cabbage, red potatoes, rye bread and a fresh fruit salad

Steak Salad with Warm Pan Dressing served with fresh pear wedges

Hot Chick Melts served with Healthy Waldorf Salad

Sautéed Tilapia with Citrus Butter served with a baked potato and a side salad

Slow Cooker Corned Beef Brisket

(Prep Time: 10 minutes. Cooking Time: 10 hours)

- 2 onions quartered
- 1 corned beef brisket with seasoning packet (size is your preference)
- Water
- 1 head of cabbage, cut into 6 wedges with core removed
- 2 cups, baby carrots
- 10 small red potatoes, scrubbed and cut in half

1. Place quartered onions in the bottom of a slow cooker.
2. Remove corned beef from packaging and reserve spice packet if one is included. If there is an excessive amount of fat on the meat, some (not all!) of this can be trimmed off.
3. Place meat on top of onions in the slow cooker. The meat can be cut into sections if it doesn't fit into your slow cooker. If a spice packet was included, sprinkle the contents of the spice packet on and around meat. Cover, or almost cover with water.
4. Place lid on slow cooker and cook on low for 10-12 hours or on high for 6-7 hours.
5. About 20-30 minutes before serving, use a ladle and remove about 2-3 cups of the liquid from the slow cooker and place this liquid in a stock pot. Add another 1-2 cups of water. Place cabbage in this water and bring to a slow boil. Cook for 10 minutes, add carrots and potatoes and cook for an additional 10 minutes or until all vegetables are fork tender.
6. Remove corned beef from slow cooker, discarding onions. Slice and serve with boiled cabbage, carrots and potatoes.

Stove Top Method: Follow the directions listed above, however place the meat in a large stock pot. Bring to a boil, cover and simmer for 4-5 hours. You will need to check the water level and add water to keep the brisket covered in water. 40 minutes before serving, add cabbage, carrots and potatoes to the pot.

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

Healthy Waldorf Salad

(Prep time: 10 minutes)

- 3 red apples
- 2 stalks, celery
- ½ cup of raisins
- ½ to ¾ cup vanilla yogurt (depending on desired consistency)

Place raisins in a microwave safe bowl and stir in 2 Tablespoons of water. Microwave raisins for 25 seconds or until warm and plump; drain and set aside. Leaving the skins on, core apples and dice into ½" chunks. Dice celery. Mix all ingredients together and serve.

Serves 4

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