

Side = Side dish as outlined in weekly menus

Item	Meaty Mostacholi	Chicken Club Salad	Beef Cubes with Mushrooms	Sautéed Green Beans	Deep Dish Pizza Squares	Harvest Tuna Melts	Healthy Waldorf Salad
PRODUCE							
Yellow onions	1	1/2	1		1	1/4	
Garlic	2 cloves		2 cloves	3 cloves			
Romaine lettuce		√					
Lettuce and ingredients for side salad	Side				Side		
Plum tomatoes		1-2			2	1	
Oranges		Side					
Sliced mushrooms			√				
Green onions			√				
Green beans (French green beans are great if you can find them)				√			
Celery						√	√
Pears					Side		
Apples (i.e. McIntosh, Gala)						1	3
MEAT							
Bulk Italian Sausage (1 lb.)	√				√		
Lean Ground Beef	√						
Chicken (store cooked rotisserie or cook your own)		√					
Bacon		√					
Stew beef – 2 lbs (I buy beef round tip for fondue)			√				
IN THE AISLES							
Mostacholi noodles (1 lb)	√						
Canned diced tomatoes (15 oz.)	2						
Canned tomato sauce (15 oz.)	1						
Canned pizza sauce (8 oz.)					√		
Seasoned croutons		√					
Beef broth			3 cups				
Beef boullion (I prefer concentrated beef paste)			√				
Rice			Side				
Canned tuna (6 oz.)						2	
Mayonnaise or miracle whip salad dressing						√	
English muffins						√	
Dark raisins							√
Paprika (I prefer Hungarian paprika in the red can)			√				
Cornstarch		√					
Wine vinegar		√					
Light olive oil	√	√	√		√		
DAIRY / FROZEN							
Shredded mozzarella cheese	4 cups				3 cups		
Shredded cheddar cheese						1 cup	
Garlic bread	Side						
Frozen bread dough					√		
Vanilla yogurt							√

I'm assuming you have: salt, black pepper, dried oregano, dried basil, granulated sugar, flour, butter

Menus and Recipes for the week of March 2, 2020

Make Ahead Meaty Mostacholi served with a side salad and garlic bread

Chicken Club Salad served with orange wedges

Slow Cooker Beef Cubes with Mushrooms served over rice with sautéed green beans

Deep Dish Pizza Squares served with a side salad and cut up pears

Harvest Tuna Melts served with a Healthy Waldorf Salad and carrot sticks

Make-Ahead Meaty Mostacholi

Preparation Time 30 minutes. Baking Time 30-45 minutes

1 pound cooked mostacholi noodles
1 Tablespoon olive oil
1 medium yellow onion, diced
1 pound bulk Italian sausage (no casings, just ground sausage)
1 pound lean ground beef
2 cloves minced garlic
2 (15 oz.) cans diced tomatoes
1 (15 oz.) can tomato sauce
1 Tablespoon dried oregano
½ teaspoons salt (optional)
2-3 cups grated mozzarella cheese

Cook Mostacholi noodles according to package directions. Meanwhile, in a large sized stock pot, sauté onion in olive oil. Add Italian sausage and ground beef and cook until browned. You will need to stir fairly often and use a spoon to break up the meat into small pieces. Add garlic and continue to cook for about 1 minute. Add undrained tomatoes, tomato sauce, oregano and salt if desired. Simmer for about 10 minutes. Add cooked and drained pasta to the sauce and gently mix. Pour mixture into a large baking dish (I use a 9" x 12" x 3" pan) and sprinkle cheese on top. Cover tightly with aluminum foil. You can bake it at this point at 350°F for 30 minutes or refrigerate for up to 24 hours. A refrigerated casserole will need to be baked with the foil on for 45-50 minutes at 350°F or until hot. In both cases, remove the foil after the casserole is fully heated and bake an additional 5 minutes or until cheese is melted and slightly browned.

Serves 8-10

Chicken Club Salad

Salad Ingredients

2 cups diced, cooked chicken (left over, rotisserie or cook your own)
6 cups chopped romaine or baby spinach leaves
1 cup chopped fresh tomatoes
4-5 slices cooked and crumbled bacon
1 cup seasoned croutons

Hot bacon dressing

4-5 slices bacon, diced
1/2 medium onion, diced
1/2 cup extra virgin, light olive oil
1 teaspoon cornstarch
1/4 cup wine vinegar
2 Tablespoons granulated sugar
salt and pepper to taste (approximately 1/4 teaspoons each)

Combine salad ingredients in a large bowl and set aside.

To make dressing, cook bacon until crisp. Remove from the pan using a slotted spoon and set aside. Drain all but 1 teaspoon of the bacon fat from the pan. Add the diced onions to the remaining 1 teaspoon of bacon fat and sauté until tender. Combine remaining dressing ingredients in a small measuring cup, mixing well. Add this mixture to the pan that contains the sautéed onion. Cook over medium low heat, stirring constantly, until thickened. Remove from heat, add bacon that had been cooked and previously set aside. Pour desired amount of dressing over salad, toss and serve.

Serves, 4-5 as a main course

Slow Cooker Beef Cubes with Mushrooms

(Prep Time: 20 minutes. Cooking Time: 8.5 hours)

2# cubed stew beef

(I prefer to buy beef round tip for fondue, or if buying beef stew - cut it into smaller pieces)

2 teaspoons Hungarian Paprika + 1 teaspoon

½ teaspoon each salt and black pepper

1-2 Tablespoons olive oil

1 onion, diced

2 garlic cloves, minced

½ cup flour

3 cups beef broth

1 teaspoon beef bouillon (I prefer concentrated beef paste)

1 (8 ounce) package sliced mushrooms

3 green onions, chopped

Combine 2 teaspoons of paprika, salt and black pepper in a zip style plastic bag. Add the beef and shake to coat all of the pieces. Heat the olive oil in a non-stick pan. Place half of the beef in the pan. Sprinkle with an additional ½ teaspoon of paprika and brown the meat on all sides. Transfer to a slow cooker. Repeat with the remaining beef.

Using the same pan that the meat was browned in, add a bit more olive oil if necessary and sauté the onion and garlic cloves. Add flour and stir well until the flour is completely combined. Add the beef broth and beef bouillon and cook over medium heat until the broth starts to thicken. Pour the thickened broth over the beef cubes in the slow cooker. Place the lid on and cook on low for 8 hours or on high for 5-6 hours. Meat should be fork tender when done.

20 minutes prior to serving, sauté the sliced mushroom with the green onions in a small sauce pan with 1 teaspoon of olive oil. Stir the sautéed mushrooms and green onions into the beef cubes and serve with mashed potatoes or over rice.

Serves: 6

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

½ 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

Deep Dish Pizza Squares

Preparation Time: 30 minutes. Baking Time: 25 minutes

- 2 teaspoons light olive oil, divided
- 1 pound frozen bread dough
- 1 - 1.25 pounds bulk Italian sausage
- 1 medium yellow onion, diced
- 1 (8 ounce) can pizza sauce
- 1 Tablespoon oregano
- 3 cups shredded mozzarella cheese, divided
- 2 plum tomatoes, sliced

In the morning, pour 1 teaspoon of olive oil in a large mixing bowl and spread around and up the sides of the bowl using your fingers. Place the frozen bread dough in the greased bowl and cover with plastic wrap. Allow the dough to defrost and rise for at least 6-8 hours.

About 60 minutes before dinner, preheat the oven to 400°F. Brown the Italian sausage in a large skillet, breaking it up into small clumps using 2 spoons. When fully cooked and browned, add the diced onions to the pan and sauté and additional 1-2 minutes until onions are softened. Remove from heat and blot off any excess fat.

Place 1 teaspoon of olive oil in a 9"x12"x2" glass baking pan. Place dough in the center and turn it over once so that all sides are covered with olive oil. Using your hands press out the dough so the dough covers the bottom and up the sides of the pan evenly. If the dough wants to spring back, try holding the dough in place for a few seconds until it stays in place. Bake the crust at 400°F for 5 minutes.

Remove the crust from the oven and spread pizza sauce evenly over the bottom of the crust. Sprinkle the oregano on top. Sprinkle 1 cup of mozzarella cheese on top. Then spread the cooked sausage and onion mixture over the cheese. Sprinkle another cup of mozzarella over the sausage. Place the sliced tomatoes over the mozzarella and cover with the remaining cup of mozzarella.

Bake at 400°F for 25 minutes. Allow to rest for 5 minutes before cutting into 2-3" square. Serves: 6-8 and leftovers are great for lunch.

Harvest Tuna Melts

(Prep Time 10 minutes Broiling Time 2 minutes)

- ¼ chopped onion (3 Tablespoons)
- 2 stalks celery, diced
- ½ apple, chopped
- 2 (6 ounce) cans water packed tuna, drained
- 5 Tablespoons Mayo or Miracle Whip
- ¼ teaspoon, freshly ground black pepper
- 4 English Muffins split in half

1 Tomato

1 Cup shredded cheddar cheese

Combine onion, celery, apple, tuna, salad dressing and black pepper in a medium sized bowl. Place English Muffin halves on a foil lined baking sheet and broil for 1-2 minutes or until lightly toasted. Remove from oven and top each English muffin half with 1/4 of the tuna mixture. Top each with a tomato slice and cheddar cheese. Broil for 2-4 minutes, or until cheese is melted.

Serves 4

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. Leave the skin on, core the apples and dice into ½" chunks. Dice celery. Mix all ingredients together and serve.

Serves 4