

Side = Side dish as outlined in weekly menus

Item	Italian Sausage	Jambalaya	Mushroom Barley Soup	Herbed Chicken Drumsticks	Crispy Baked Tilapia
PRODUCE					
Onion		1	1		
Garlic			2 cloves		
carrots			1 cup		
Fresh fruit for a side dish	Side		Side		
Sliced mushrooms (1 pound)			√		
Lettuce and ingredients for side salad	Side		Side		
Fresh dill			√		
Honeydew Melon				Side	Side
Broccoli				Side	
Garlic cloves		4		20	
Green pepper		1			
Celery		√	√		
Asparagus					Side
Fresh dill					
Lemon					
Baking Potatoes					Side
Bakery Bread			Side		
MEAT					
Chicken thighs or pre-cooked rotisserie chicken		1 cup cooked			
Chicken legs (drumsticks)				6-8	
Italian sausage links (1-2 per person for the first day + buy 2-3 extra links to use in the jambalaya recipe)	√	2-3 (or leftovers)			
Frozen cooked shrimp		1 cup			
Tilapia fillets (enough for your family)					√
IN THE AISLES					
Canned diced tomatoes (15 ounce)		1			
Egg noodles	Side				
Pearl barley (either quick quick or traditional)			√		
Chicken broth		1 cup	3 quarts	1/3 cup	
Rice		√		Side	
Minute brown rice					
Seasoned Italian bread crumbs					√
Paprika	√			√	√
Dried oregano				√	√
Bay leaves		√			
Cayenne pepper / red pepper flakes		√		optional	
DAIRY					
Sour Cream for Baked Potatoes					Side

I'm assuming you have: 1 egg, salt, black pepper, light olive oil, butter, flour, basil or oregano

Make Dinner Easy Recipe Summary for the Week of March 4, 2019

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

Menus for This Week:

Glazed Italian Sausage served with buttered noodles, fresh fruit and a side salad

Jambalaya served over rice with a fresh fruit salad

Mushroom Barley Soup served with bakery bread and a side salad

Slow Cooker Herbed Chicken Drumsticks served over rice with steamed broccoli and honeydew melon cubes

Crispy Baked Tilapia served with a baked potato, asparagus and honeydew melon

Glazed Italian Sausage

(Prep Time: 5 minutes. Cooking Time: 45 minutes)

Italian Sausage Links

5 teaspoons paprika

2/3 – 1 cup, water

1. Place sausage in the bottom of a cold skillet. Add 1/3 cup of water and sprinkle the top of the sausages with 2-3 teaspoons of paprika
2. Turn burner heat on high and bring the water to a boil.
3. Cover pan and reduce heat to low.
4. Cook with the cover on for a total of 30 minutes. During that 30 minutes you will need to turn the sausages and check the water level by doing the following: After an initial 10 minutes, uncover and turn sausages over using tongs. Add an additional 1/3 cup of water and sprinkle an additional 1-2 teaspoons of paprika on top of sausages. Cover and cook an additional 10 minutes. Uncover, turn sausages again and check the water level, add a little more (1/4 cup) if necessary to prevent scorching.
5. After 30 minutes, uncover the pan. There should be paprika colored liquid in the bottom of the pan. Continue to cook, uncovered over low heat, for an additional 4-6 minutes turning sausage often with tongs. The outside of the sausages will start to glaze as the liquid in the pan evaporates. Continue to cook until all the liquid is gone and the glaze on the sausages is to your liking. Serve or use in a recipe calling for cooked sausage.
6. If you pan is really messy after you've finished cooking the sausage, fill ½ way with water, cover and bring to a boil for a few minutes to loosen any cooked on residue and to make clean up easier.

Jambalaya

(Prep Time: 10 minutes. Cooking Time: 45 minutes)

4 Tablespoons, butter

¼ cup flour

1 medium onion, diced

4 garlic cloves, minced

½ green pepper, diced

2 stalks of celery, chopped

1 cup, chicken broth

1 (16 ounce) can diced tomatoes, drained

3 cups of a combination of cooked shrimp, cooked and diced chicken and cooked and diced sausage

1/8 teaspoon cayenne pepper

2 bay leaves

½ teaspoon each salt and black pepper, or to taste

3 cups cooked rice

1. In a large skillet, melt butter. Add flour and stir well over medium low heat until mixture starts to brown.
2. Add onion, garlic, green pepper and celery and sauté 2-3 minutes until tender.
3. Add chicken broth and cook over medium heat for 3-4 minutes until mixture starts to thicken. Add all remaining ingredients, except rice. Cover and simmer over low heat for 30 minutes. Stirring occasionally.
4. Remove bay leaves and serve over rice.

Serves 4-6.

Mushroom Barley Soup

(prep time: 15 minutes cooking time: 2.5 hours)

3 Tablespoons butter

1 large onion, diced

1 cup chopped carrots

1 cups diced celery

2 garlic cloves, minced

1 pound sliced mushrooms

3 quarts, chicken broth

1 teaspoon salt and freshly ground black pepper

1 cup uncooked pearl barley

2 Tablespoons fresh dill

In a large stock pot, melt butter. Add onions, carrots, celery and garlic. Sauté until tender but not browned. Add mushrooms and cook until soft. Add broth, salt, black pepper and barley. Simmer for 2 hours or until barley is tender. Just before serving add dill. This soup will thicken if you make it ahead of time and refrigerate it. You may need a bit of broth to thin it out.

Serves 6

Slow Cooker Herbed Chicken Drumsticks

Preparation Time: 10-15 minutes. Cooking Time: 8 hours

20 whole garlic cloves, skin removed

2 Tablespoons light olive oil

6-8 chicken legs or drumsticks

1 Tablespoon dried oregano or rosemary

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon paprika

1/4 teaspoon red pepper flakes (optional)

1/3 cup chicken broth

Place the garlic cloves in the bottom of a slow cooker. Pour the olive oil into a gallon sized zip-style bag. Add the chicken legs, close the bag, and massage the olive oil into the chicken legs. In a separate cup, combine the dried herbs and spices. Pour this herb mixture over the chicken in the bag. Close the bag again and massage the chicken until the spices

coat all of the chicken legs. Pour the chicken into a large skillet and brown the chicken over medium high heat for 3-4 minutes per side (this step will give the chicken flavor and color). Place the browned chicken into the slow cooker, pour the chicken broth over the top and place the lid on the slow cooker. Cook on low heat for 8 hours.

Serves 4-6.

Cook's notes: I have doubled this recipe and used the economy family pack of 12- 13 chicken legs in order to serve 6-10. Leftovers are also great for lunch or dinner.

Crispy Baked Tilapia

(Prep Time: 10 minutes. Baking Time: 15-20 minutes)

2 large Tilapia Fillets
1 cups seasoned Italian breadcrumbs
1 teaspoon dried oregano
2 teaspoons paprika
¼ teaspoon black pepper
¼ cup butter, melted

1. Preheat oven to 400°F
2. In a large shallow dish (like a pie pan) mix breadcrumbs, oregano, paprika and black pepper
3. Place melted butter in another shallow dish
4. Place fillets, one at a time in the butter, turning to coat both sides. Then transfer each buttery fillet to the breadcrumb mixture, turning to coat both sides. Place fillets in a 9x12 baking dish. To make clean up easier, you can line the baking dish with foil and spread 1 Tablespoon of olive oil over the foil before placing the fillets in the baking dish.
5. Bake 15-20 minutes until fish is golden brown and flakes easily