

Side = Side dish as outlined in weekly menus

Item	Turkey Tetrazzini	Beef Stroganoff	Taco Salad	Asian Turkey Soup	Shrimp Italiano	Roasted Asparagus
PRODUCE / DELI						
Onions	1/2	1	1	1/2	1	
Celery	√					
Sliced mushrooms	√	√				
Lettuce and ingredients for a side salad	Side			Side		
Oranges	Side					
Broccoli		Side				
Romaine lettuce			√			
Tomatoes			2			
Garlic			1 clove	2 cloves		3 cloves
Pears			Side			
Green onions				√	√	
Asparagus						√
Snow Peas or Pea Pods				√		
Bakery bread				Side		
MEAT						
Leftover Turkey (or substitute cooked chicken)	2 cups					
Beef chuck roast or steak, cut in 1 ½" cubes		3 lbs.				
Lean ground round or ground turkey			1 lb			
2 cups leftover turkey or deli turkey or cooked chicken				2 cups		
Cooked frozen shrimp, peeled					1 lb.	
IN THE AISLES						
Chicken broth	1 ½ cups			64 oz.		
Beef broth		2 cups				
Canned evaporated milk	√					
Egg or no-yolk noodles		√				
Spaghetti noodles	√					
Linguine noodles					√	
Canned diced tomatoes (15 oz. cans)					√	
Canned tomato paste (small can)		√				
Spaghetti sauce (32 oz. jar)					√	
Package of taco seasoning			√			
Taco flavored chips or Dorito's			√			
Asian Curley Noodles				√		
Canned sliced black olives					√	
Instant tapioca (may be near the boxed pudding)		√				
Soy sauce		√		√		
Light olive oil or canola oil			√			
Red wine vinegar			√			
DAIRY						
Cream cheese	3 oz.					
Parmesan cheese	√					
Shredded cheddar cheese			2 cups			
Sour Cream		√				

I'm assuming you have: butter, salt, black pepper, flour, light olive oil, paprika, dried oregano, granulated sugar, mustard

Make Dinner Easy Recipe Summary for the Week of November 27, 2018

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

Menus for this Week:

Turkey Tetrazzini served with a Side Salad and Cut Up Oranges
Slow Cooker Beef Stroganoff served over Noodles with Steamed Broccoli
Taco Salad served with Cut Up Pears
Asian Turkey Soup served with a Side Salad and Bakery Bread
Shrimp Italiano served over Linguini with Roasted Asparagus

Turkey Tetrazzini

(Prep Time: 25 minutes Baking Time 30 minutes)

(Can be made ahead or made ahead and frozen)

3 Tablespoons butter
½ onion, diced
2 stalks celery, diced
1 cup sliced fresh mushrooms
6 Tablespoons, flour
1 ½ cups chicken broth
1 cup fat free half and half or evaporated milk
3 ounces cubed cream cheese
2 cups cubed, cooked turkey (you can use thickly sliced deli turkey and cube it, or substitute cut up rotisserie chicken)
8 ounces dried spaghetti noodles
¼ cup Parmesan cheese

Break spaghetti noodles in 2-3" pieces and cook according to package directions. Meanwhile, melt butter in a stock pot; add onion and celery and sauté until tender. Add mushrooms and sauté for 2-3 minutes. Remove from heat and stir in flour. When flour is completely mixed in, add broth and milk and return to medium low heat, stirring until mixture thickens. Add cream cheese and continue to stir until cream cheese is melted (it's ok if there are a few lumps left). Add turkey and cooked and drained spaghetti noodles. Stir and transfer mixture into a greased 13 x 9 x 2" baking dish. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes

Slow Cooker Beef Stroganoff

(prep time 20 minutes, cooking time 7-11 hours)

2 Tablespoons Olive Oil
1 large onion, diced
1 (8 ounce) package sliced fresh mushrooms
¼ cup tomato paste
¼ teaspoons each salt and freshly ground black pepper
2 cups beef [broth](#)
1/3 cup soy sauce
¼ cup instant tapioca
1 teaspoon olive oil
1 (3 lb) beef chuck roast or steak, cut into 1 ½ inch pieces

½ cup sour cream

In a large skillet, heat 2 Tablespoons of olive oil on medium heat. Add onions and sauté for 1-2 minutes until tender. Add mushrooms and stir. Add tomato paste, salt, black pepper and stir until combined.

In a separate bowl, mix broth, soy sauce and tapioca. Add the broth mixture in the bowl to the onion and mushroom mixture in the skillet and stir to combine. Cook and stir until both mixtures are combined and thickened. Transfer this skillet mixture into a slow cooker.

Using the same skillet heat the pan on medium high heat with 1 teaspoon of olive oil. When oil is hot, add beef. Brown beef on all sides. Beef will brown if you let it “stick” a little, rather than constantly stirring. If you double this recipe, it will help to brown only ½ of the meat at a time.

Transfer beef to slow cooker, scraping pan well. Cover and cook on low for 9-11 hours or on high for 5-7 hours. Meat is done when it is fork tender (usually the longer it cooks the better). Use a large spoon and remove any visible fat that is on top (the fat will be a clear color, rather than a beef color).

Place the sour cream into a small bowl and add 1 cup of liquid from the slow cooker, stirring well. Return the beefy /sour cream mixture into the slow cooker and stir well. Serve over egg noodles

Serves 4-6

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

¾ 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

Asian Turkey Soup

(Prep Time:15 minutes Cooking Time: 20 minutes)

- 1 Tablespoon olive oil
- ½ onion, diced
- 2 garlic cloves, thinly sliced
- 2 (32 ounce) boxes chicken broth
- 2 cups diced turkey
- 1 Tablespoon soy sauce
- 1 (5 ounce) package Asian style curly noodles
- 3 green onions, finely chopped
- 1 cup fresh snow peas, julienned

In a stock pot, heat the olive oil and sauté the onion and garlic until tender. Add broth and turkey and stir well. Add soy sauce and simmer for 15 minutes on low. Meanwhile cook noodles according to package directions. 5 minutes prior to serving add chopped green onions to soup mixture. To serve, place a small portion of cooked noodles in a soup bowl, ladle soup over noodles and sprinkle fresh snow peas on top.

Serves: 6

Shrimp Italiano

(Prep time: 10 minutes. Cooking time 20-25 minutes)

- 3 green onions, chopped
- 1 Tablespoon olive oil
- 1 medium sweet onion, chopped
- 1 (26 ounce) jar spaghetti sauce
- 2 teaspoons, dried oregano
- 1 (15 ounce) can diced tomatoes, drained
- 1 teaspoon, sugar
- 1 pound cooked frozen shrimp
- 1 small can sliced black olives

Heat olive oil on low in a large skillet. Add white part of green onions (reserve the green portion) and chopped sweet onion and sauté until tender. Add spaghetti sauce, oregano, drained tomatoes and sugar. Cook over medium-low for 10 minutes, stirring as needed. Add frozen shrimp and continue to cook until shrimp is thoroughly heated. Add green onion tops and black olive slices. Serve over rice or pasta.

Serves 6

Oven Roasted Asparagus

- 1 pound fresh asparagus (about 2 bunches – try to select bunches with narrow stems if possible)
- 2-3 garlic cloves, minced
- 2 Tablespoons, light olive oil
- ½ teaspoon, salt

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 ½ - 2" off of the cut ends. Place the asparagus in a 9"x12" glass baking dish along with the minced garlic cloves. Pour olive oil over veggies and sprinkle with salt. Toss the asparagus so the olive oil coats all pieces. Roast asparagus in the preheated oven for about 10 minutes.