

Side = Side dish as outlined in weekly menus

Item	Italian Beef Sandwiches	Meatballs & Mushroom Gravy	Parmesan & Panko Salmon	White Chicken Chili	Chile Cheese Bread	Roast Beef with Gravy	Roasted Asparagus
PRODUCE							
Sliced mushrooms (two – 8 oz. containers)		√					
Onions		1/2		1		1	
Broccoli		Side					
Sugar Snap Peas			Side				
Baking Potatoes			Side				
Assorted fruit for a fruit salad	Side						
Lettuce & ingredients for a side salad				Side			
Garlic	2 cloves						3 cloves
Asparagus							√
Loaf of unsliced French bread					√		
Hoagie Rolls	√						
MEAT							
Lean ground turkey or lean ground beef		1 lb.					
Salmon Fillets			√				
Cooked Chicken (Buy a pre-cooked rotisserie chicken or cook your own)				3 cups			
Beef bottom round or eye of round roast (this is a good week to buy two if they have a buy one get one free sale!)	3-4 lb.					2.5 – 3 lb.	
IN THE AISLES							
Old fashioned oats (not instant oatmeal)		√					
Beef broth	32 oz.	2.5 cups					
Chicken broth				32 oz.			
Evaporated milk		5 oz.		12 oz.			
Wide egg noodles		Side				Side	
Panko Bread Crumbs			√				
Canned cannellini beans (15 oz.)				2			
Canned diced mild chiles (4 oz.)				2	1		
Italian salad dressing mix (.70 envelope, i.e. Good Seasons)	√						
Chili powder				√			
Cumin (in the spice aisle)				√			
Worcestershire sauce		√					
DAIRY / FROZEN							
Grated Parmesan Cheese			√				
Grated Monterey jack cheese					√		
Frozen French fries	Side						
Sour Cream (optional for the baked potatoes)			optional				

I'm assuming you have: 1 egg, ketchup, milk, butter, flour, salt, black pepper, mayo, garlic powder, paprika, cornstarch, light olive oil, foil

Make Dinner Easy Recipe Summary for the Week of October 4, 2021

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

Menus for This Week:

Slow Cooker Italian Beef Sandwiches served with French fries and a fruit salad
Turkey Meatballs with Mega Mushroom Gravy served over wide noodles with steamed broccoli
Parmesan & Panko Crusted Salmon served with steamed sugar snap peas and a baked potato
White Chicken Chili served Chile Cheese Bread and a side salad
Slow Cooker Roast Beef with Gravy served over buttered noodles and Oven Roasted Asparagus

Slow Cooker Italian Beef Sandwiches

(Prep time: 10 minutes, cooking time 8-10 hours)

2-3 pound beef bottom round or eye of round roast
1 (32 ounce) box of beef [broth](#)
1/2 teaspoon salt
1 teaspoon freshly ground black pepper
1 teaspoon dried oregano
1 teaspoon dried basil
2 garlic cloves, minced
1 teaspoon dried parsley
1 (.70 ounce) package Italian salad dressing mix

Place beef roast in a slow cooker, fat side up. Pour broth into a medium saucepan and add all other ingredients. Stir well and bring to a boil. Pour broth mixture over the roast. Cover and cook on high 8-10 hours. If possible, turn roast over after 5-6 hours. Prior to serving, flip roast over again and scrap off any visible fat. Remove the roast from the slow cooker and using two forks "shred" the roast. Return the beef back to the broth in the slow cooker. Serve on Italian rolls with peppers if desired.

Serves 6-8

Turkey Meatballs with Mega Mushroom Gravy

Preparation Time: 30 minutes. Cooking Time: 20 minutes

Meatballs: (see cook's notes)

1 egg
1 Tablespoon ketchup
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 Tablespoon milk
¾ cup old fashioned uncooked oats
1 – 1.25 lbs. lean ground turkey or lean ground beef

Mushroom Gravy:

4 Tablespoons butter, divided
2 (8 oz.) cartons sliced mushrooms
½ onion, diced (about 1 cup)
½ cup flour
2 ½ cups beef broth

2/3 cup fat free half and half or milk or a 5 oz can of evaporated milk

¾ teaspoon salt

To make the meatballs, preheat oven to 375°F. Place egg in a medium sized bowl and beat well. Stir in the ketchup, salt, Worcestershire, and milk. Add the oats and stir until the oats are coated with the liquid ingredients. Add the meat and mix using your hands (I use disposable gloves for this!). Form into 2" meatballs and place meatballs on a rimmed cookie sheet lined with non-stick foil. Bake at 375°F for 20 minutes. (This makes about 15-17 two inch meatballs)

Meanwhile, to make the gravy, melt 1 Tablespoon of the butter in a large saucepan. Add one of the 8 oz. containers of sliced mushroom and sauté until tender. Transfer the sautéed, sliced mushrooms into a small bowl and set aside. Finely chop the remaining 8 oz. container of uncooked mushrooms. Using the same saucepan, melt the remaining 3 Tablespoons of butter. Add the chopped mushrooms and the onion and sauté until tender. Remove the pan from the heat and stir the flour in well. Return the pan to medium heat and add the broth, milk and salt. Stir until mixture thickens (1-3 minutes). Add the sliced mushrooms that were previously sautéed and let this mixture simmer on low until the meatballs are done, stirring occasionally. Add the cooked meatballs to the mushroom gravy and allow to simmer for 5-10 minutes. Serve over rice or noodles

Serves 5-6 and leftovers can be frozen

Parmesan and Panko Crusted Salmon

Thanks to Sue K. for contributing this recipe!

Prep Time: 10 minutes. Cooking Time: 10 minutes

2 (6ounce) salmon fillets, skin removed

Salt and pepper to taste

¼ cup parmesan cheese, finely grated

¼ cup panko bread crumbs (Japanese bread crumbs that are coarser and stay crisper)

Mayonnaise (approximately ¼ cup, or enough to coat fillets)

3 Tablespoons, extra virgin olive oil

1 teaspoon butter

1. Lightly season the salmon with salt and pepper.
2. In a small bowl, combine cheese and bread crumbs.
3. Brush the salmon lightly with mayonnaise to coat.
4. Generously coat 1 side of the salmon with the cheese and panko mixture.
5. In a non stick sauté pan, add the olive oil and butter and place over high heat. When the oil is hot, carefully place the salmon in the pan, cheese side down. Turn temperature to medium heat and allow the salmon to cook for about 4 minutes before flipping over. The idea is to form a nice crispy, lightly brown crust. Turn the salmon and allow to cook for another 3-4 minutes. Remove from pan and serve.

White Chicken Chili

(Prep Time: 10 minutes. Cooking Time: 25 minutes)

½ cup butter

1 onion, diced

¾ cup flour

32 ounce box, chicken broth

1 (12 ounce) can evaporated milk

2 Tablespoons, chili powder

1 Tablespoon cumin

1 teaspoon salt

½ teaspoon black pepper
3 cups cooked chicken
2 (15 ounce) cans undrained cannellini beans
1-2 (4 ounce) cans diced mild green chiles

1. In a large stockpot, melt butter and sauté onions. Stir in flour and mix until flour is well blended
 2. Add broth and evaporated milk cook over medium heat while stirring.
 3. When mixture is thickened, add remaining ingredients, stirring after each addition. I would recommend adding only 1 can of the chiles at first, tasting, and then adding the other can if you prefer
 4. Simmer for 15 minutes or until heated through.
 5. Serve with desired toppings such as shredded cheese, sour cream, chopped onions and cilantro
- Serves 6-8 and leftovers freeze well

Chile Cheese Bread

1 loaf of French bread (uncut)
1/2 cup melted butter
1 (4 ounce) can diced green chiles, drained
3/4 cup grated Monterey jack cheese

Slice bread into 1-inch slices. Do not cut all the way through. Mix the butter, chiles and cheese. Spread between sliced. Wrap in foil and bake for 25 minutes at 350 degrees.

Slow Cooker Roast Beef with Gravy

Preparation time: 15 minutes. Cooking Time: 8-9 hours

1 (2.5 - 3 pound) beef roast (i.e. eye of round)
1/2 cup flour
1 teaspoon salt
2 teaspoons paprika
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
3 Tablespoons olive oil
1 onion, diced
2 cups beef broth

Combine the flour, salt, paprika, garlic powder, and black pepper in a large zip style bag. Add the roast to the bag and shake so that the roast is covered with the flour mixture.

Heat the olive oil over medium-low heat in a large non-stick skillet. Place the flour covered roast in the skillet, leaving the remaining flour in the bag (don't discard the bag yet!)

Brown the roast 3-4 minutes per side over med-low heat.

Place browned roast in a slow cooker. Add the onions to the skillet and saute for several minutes. Add the remaining flour in the bag into the skillet with the onions. Stir well until the flour is no longer white and is mixed well with the oil left in the pan. Add the broth and cook over medium heat, stirring constantly, 1-2 minutes until thickened. Pour this gravy over the meat.

Cook on low heat in a slow cooker, 8-9 hours. Serves 5-6

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.