

Item	Cob Chopped Salad	Braised Brisket	Mashed Potatoes	Honey Glazed Carrots	Parsley Potatoes	Spaghetti with Basil	Baked Parmesan Chicken
PRODUCE							
Romaine lettuce	√						
Fresh basil	√					√	
Tomatoes	3-4						
Green onions	√						
Garlic	1 clove	6 cloves				2 cloves	
Fresh flat leaf Italian parsley	√				√		
Pears	Side						
Onions		1				1	
Baking or large potatoes			5 lbs.				
Red skin potatoes					1.5 lbs.		
Baby carrots				1 lb.			
Lettuce and side salad ingredients						Side	
Sugar snap peas					Side		
Broccoli							Side
Fresh Pears							Side
Bakery bread	Side						
MEAT / DELI							
Thickly sliced deli turkey meat	2 cups						
Thickly sliced deli salami	½ cup						
Boneless chuck steak or pot roast		3-4 lbs.					
Lean ground sirloin						1 lb.	
Italian sausage					entree	5 links	
Boneless, skinless chicken breasts or thighs (4-6)							√
IN THE AISLES							
Canned garbanzo beans	√						
Canned diced tomatoes (14 oz.)		1					
Canned tomato sauce (28 oz.)						1	
Canned diced tomatoes (28 oz.)						1	
Canned tomato paste (4 oz.)						2	
Seasoned bread crumbs (2 cups are needed)							√
Beef bouillon or beef stock paste		√					
Spaghetti noodles						√	√
Honey				√			
Worcestershire sauce		√					
Red wine vinegar	√	√					
Light olive oil	√					√	√
DAIRY / FROZEN FOODS							
Garlic bread						Side	
Shredded mozzarella	2 cups						
Grated parmesan cheese	√						√
Sour cream (light sour cream is ok to use)			√				
Cream cheese, 8 oz. block style (light is ok to use)			√				
Butter (1 stick)							√

I'm assuming you have: salt, black pepper, Dijon mustard, granulated sugar, brown sugar, dried oregano, 1 bottle of beer, cornstarch, butter, cinnamon, flour, paprika

Make Dinner Easy Menu & Recipe Summary for the Week of September 27, 2021

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

Cobb Chopped Salad served with fresh pear wedges and bakery bread
Beer Braised Brisket served with Make Ahead Mashed Potatoes and Honey Glazed Carrots
Grilled Italian Sausage served with Parsley Potatoes and sugar snap peas
Spaghetti with Basil and Double Meat Sauce served with a side salad
Baked Parmesan Chicken served over pasta with steamed broccoli and fresh pear wedges

Cobb Chopped Salad

Salad:

- 1 head romaine lettuce, chopped into narrow (1/8") strips
- 2 Tablespoons fresh basil, chopped
- 2 cups shredded mozzarella cheese
- 1 cup canned garbanzo beans, drained
- 3 -4 ripe tomatoes, diced
- 2 Tablespoons, green onions
- 2 cups diced turkey meat (you can dice a few thick slices from the deli)
- ½ cup salami, cut into thin strips

Dressing:

- 1-1/3 cups light extra virgin olive oil
- ¼ cup red wine vinegar
- 1 garlic clove, minced
- 2 Tablespoons Dijon style mustard
- ½ teaspoon sugar
- 1 ½ teaspoons, dried oregano
- 1 teaspoon fresh parsley
- ¼ teaspoon each salt and pepper
- 3 Tablespoons grated parmesan cheese

Mix Salad ingredients together. Make dressing and mix well. Just before serving add enough dressing to taste to the salad ingredients.

(Serves 4 as a dinner salad)

Beer Braised Brisket

I developed this recipe for Beer Braised Brisket in an attempt to replicate the delicious brisket made by a friend's mother. It's an easy fill up your tummy dish that goes great with mashed potatoes.

Prep time: 20 minutes. Roasting Time 4 hours)

- 3-4# Boneless Beef Chuck Steak or "Pot Roast"
- 1 onion, cut up in large chunks
- 6 garlic cloves, coarsely chopped
- ¼ teaspoon freshly ground black pepper
- 1 (12 ounce) bottle of beer (any kind will do)
- 2 teaspoons cornstarch
- 1 (14 ounce) can diced tomatoes
- 1 Tablespoon red wine vinegar

2 teaspoons beef [bouillon](#)
1 Tablespoon Worcestershire sauce

1. Place a 3' long piece of heavy duty foil on top of a large roasting pan (I use a 17x12x2" pan). Loosely form the foil to the bottom of the pan with the rest of the foil hanging over the sides.

2. Put the steak in the foiled lined pan. 3. Pour the undrained canned tomatoes in medium saucepan, add the cornstarch and stir well until the cornstarch is completely dissolved. Add the rest of the ingredients to the sauce pan (it may foam when you add the beer) and cook over medium high. Stir and cook until the mixture comes to a boil and thickens. Pour the mixture over the meat.

4. Bring sides of foil together so that there is a 4-5 inch air pocket between the food and the inside of the foil and seal edges very tightly. The edges should be brought together and crimped so that steam cannot escape. Bake at 350° for 4 hours (yes that long).

Serves: 6-8

Make Ahead Mashed Potatoes

(Prep time: 40 minutes. Baking time: 30-45 minutes)

5 pounds potatoes
½ cup (1 stick) butter
1 cup sour cream
8 ounces cream cheese, softened
1 teaspoon salt, or to taste

1. Scrub, peel and rinse potatoes. Cut potatoes into 2 inch pieces. Place potatoes in a large stock pot and cover with water. Boil until fork tender, approximately 20-30 minutes.
2. Drain potatoes and add remaining ingredients. Mix well. To thoroughly mix ingredients you may want to use a hand or stand mixer. Taste and adjust amount of salt if necessary.
3. Transfer mashed potatoes to a shallow baking dish and cover with foil. Potatoes can be kept warm in the oven at this point, refrigerated or frozen.

Make ahead tip: These can be made several days ahead and kept in the refrigerator. 45 minutes before serving, place in an oven preheated to 350° and bake for 30-45 minutes or until hot.

Honey Glazed Carrots

1 (1 pound) bag of raw baby carrots (or about 3 cups peeled and sliced carrots)
1 ½ cups water
1 Tablespoon salted butter
1 teaspoon flour
1 Tablespoon honey
1 teaspoon brown sugar
½ teaspoon cinnamon

Place baby carrots in a medium saucepan and add water. Bring to a boil, cover and cook until fork tender (about 8-10 minutes). Drain carrots in a colander and return the empty pan to the stove. Melt the butter in the pan. Add the flour stirring well. Add the remaining ingredients and cook on medium-low until the mixture thickens and begins to bubble. Add the drained carrots back to the pan; stir well so that the carrots are covered with the brown sugar and honey glaze. Serve immediately. Serves 4-5

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.

Spaghetti with Basil and Double Meat Sauce

Preparation Time: 20 minutes. Cooking Time: 30 minutes

- 1 teaspoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 pound lean ground sirloin
- 5 links, Italian sausage, cooked and diced
- 10-15 fresh basil leaves
- 1 (28 ounce) can tomato sauce
- 1 cup water
- 1 (28 ounce) can diced tomatoes, undrained
- 2 (4 ounce) cans tomato paste
- 1 teaspoon salt
- 1 Tablespoon sugar

Heat olive oil in a large stock pot. Add onions and minced garlic and sauté until tender. Add ground sirloin and continue to cook, stirring occasionally, until well browned. Add diced sausage and cook an additional 2-3 minutes (try to brown the sausage a bit). Meanwhile, place the basil leaves and the tomato sauce in a blender and blend well. Add this sauce to the stock pot. Place the water in the blender, swish it around and pour the "tomato" water into the stockpot. Add the remaining ingredients to the stock pot and simmer for at least 30 minutes and up to several hours on low heat. You also can place this to simmer in a slow cooker on low for several hours. Adjust seasoning to suit your tastes. Serve over spaghetti noodles with Parmesan cheese.

This doubles well and also freezes well.

Baked Parmesan Chicken

(Prep Time: 10 minutes. Baking Time: 60 minutes)

- 1 Tablespoon olive oil
- 2 cups seasoned bread crumbs
- ¾ cup grated parmesan cheese
- 1 teaspoon paprika
- 1 teaspoon each salt and freshly grated black pepper
- ½ cup (1 stick) butter
- 4-6 boneless, skinless chicken breasts or thighs

Preheat the oven to 350°. Line a 13 x 9 x 2" baking dish with foil and spread the olive oil over the foil. Combine the bread crumbs, parmesan cheese, paprika, salt and pepper in a shallow pie plate. Place the butter in another shallow pie plate and melt in the microwave. Taking one piece of chicken at a time, dip both sides of the chicken in the butter, then in the breadcrumbs. Lay the chicken on the foiled lined baking dish. Pour any remaining butter on top of the chicken. Bake 45-60 minutes depending on the thickness of the chicken or until done.

Serves 4-6