

©2020 <http://www.MakeDinnerEasy.com> Grocery List – for the week of September 28, 2020

Side = Side dish as outlined in weekly menus

Grocery Shopping List Items	Kung Pao Chicken	Roasted Asparagus	Baked Mac & Cheese	Beef Stir Fry	Simple Sautéed Scallops	Tortilla Soup
PRODUCE						
Onions						1/2
Green onions	√			√		
Fresh asparagus (thin if possible)		1#				
Garlic	1 clove	3 cloves		4 cloves		3 cloves
Broccoli			Side			
Pears			Side			
Red or Green Pepper	√					
Oranges	Side					
Cantaloupe					Side	
Sugar Snap Peas or Pea pods				1 cup	Side	
Carrots (need 1 cup julienned)						
Fresh Ginger Root (look near the asian veggies)				√		
Cilantro						√
Lettuce and ingredients for a side salad				Side		Side
Bakery bread						Side
MEAT						
Boneless, skinless chicken breasts (1.5 lb.)	√					
Beef tenderloin or Beef Top Sirloin Steak (1 lb.)				√		
Rotisserie chicken or cook your own						3 cups
Fresh or frozen scallops (look for bay scallops if you're on a budget)					1.5 - 2#	
IN THE AISLES						
Chicken broth						32 oz.
Beef Broth				2 cups		
Elbow macaroni			√			
Canned evaporated milk (12 ounce)			1			
Angel hair pasta					Side	
Rice (white or brown, your preference)	Side			Side		
Canned diced tomatoes (14 ounce)						1
Tortilla chips						√
Light olive oil		√		√		√
Cayenne pepper						√
Chili powder						√
Cumin						√
Soy sauce				√		
Worcestershire sauce				√		
Tabasco	√					
Red Wine Vinegar	√					
Sesame Oil	√					
Roasted Peanuts (not Spanish peanuts)	√					
DAIRY						
Sour cream (light is ok)						√
Sliced American cheese			√			
Cream cheese (3 ounce)			√			
Shredded cheddar cheese			2 cups			√

I'm assuming you have: flour, paprika, salt, black pepper, dried oregano, garlic powder, butter, 1 egg, canola oil, cornstarch, granulated sugar

Make Dinner Easy Recipe Summary for the Week of September 28, 2020

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

Menus For This Week

Kung Pao Chicken served with Roasted Asparagus and fresh orange slices

Mac with Triple Cheese served with steamed broccoli and pear wedges

Beef Stir Fry served over rice with a side salad

Simple Sautéed Scallops served over angel hair pasta served with cubed cantaloupe and sugar snap peas

Tortilla Soup served with a side salad and bakery bread

Kung Pao Chicken

Preparation Time: 5-10 minutes. Cooking Time: 15-20 minutes

1 - 1.5 pounds boneless chicken breasts, cut into 1" cubes
1 teaspoon sesame oil
1 teaspoon canola oil
1/2 cup roasted peanuts
1 clove garlic, minced
3-4 green onions, chopped with green portion reserved
1 green or red pepper, cut into 1" chunks

Sauce

1 1/4 cup water
1/4 cup soy sauce (you can use low sodium if you prefer)
4 teaspoons cornstarch
1 Tablespoon granulated sugar
1 teaspoon red wine vinegar
4-5 dashes hot pepper sauce, such as Tabasco (or to taste)

In a large bowl, toss chicken with 1 teaspoon of sesame oil and set aside. Heat 1 teaspoon of canola oil in a large non-stick skillet and add peanuts. Sauté the peanuts about 2-3 minutes, without browning them. Transfer the peanuts to another large bowl and set aside. Add the garlic, white portion of the green onions and pepper chunks to the pan and sauté about 1-2 minutes or until tender. Transfer these ingredients to the bowl with the sautéed peanuts and set aside.

Return the same pan to medium high heat and add the chicken. Sauté the chicken until browned and fully cooked, about 6-10 minutes. While this is cooking make the sauce by combining all of the sauce ingredients in a bowl or measuring cup. When the chicken is fully cooked, add the chicken to the bowl with the peanuts and peppers. Stir the sauce once more to make sure the cornstarch is fully combined (it tends to stick to the bottom!) and add it to the pan. Cook over medium heat several minutes until thickened, stirring constantly. Add the cooked chicken, pepper mixture, and peanuts to the sauce. Simmer for about 1 minute until heated through.

Serve over rice with green onion tops sprinkled on top.

Serves 4

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
1/2 teaspoon, salt

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 1/2 - 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.

Baked Macaroni with Triple Cheese

(Prep Time: 25 minutes. Baking Time: 20 minutes)

2 cups (7ounces) uncooked dried elbow macaroni
¼ cup butter
2 Tablespoons flour
1 (12 ounce) can evaporated milk
½ teaspoon salt
6 slices American cheese
3 ounces cream cheese, diced
2 cups (8 ounces) shredded cheddar cheese

Heat oven to 350°. Cook macaroni according to package directions. Drain. Meanwhile, melt butter in a large (3 quart) saucepan, but do not brown. Stir in the flour and cook over medium low heat while stirring. Cook flour and butter for 1-2 minutes or until mixture is smooth and bubbly. Add milk and salt, stirring occasionally. Continue to cook for 3-4 minutes until sauce is thickened. Add American cheese, once slice at a time. Stir between each addition. Add diced cream cheese. Stir well and continue cooking on low until cheeses are melted (if you see a few cream cheese lumps, it's ok). Remove pan from heat and combine cheese sauce with cooked macaroni. Add shredded cheddar cheese and stir until combined. Pour mac and cheese mixture into a greased 2 quart casserole dish. Bake at 350° for 20 minutes

Beef Stir Fry

(Prep Time: 20 minutes. Cooking Time: 30 minutes)

¼ cup soy sauce
1/8 cup Worcestershire sauce
1 Tablespoon freshly grated ginger
4 garlic cloves, minced
1# beef top sirloin steaks (I sometimes use tenderloin), cut in ½ inch pieces
2 Tablespoons olive oil, divided
1 cup carrots, julienned
3 green onion, cut in ½" pieces
2 cups beef [broth](#)
2 Tablespoons cornstarch
1 teaspoon fresh ginger
1 cup, snow peas or pea pods

1. Place the first 4 ingredients in a zip style bag and add meat. Marinate in the refrigerator for 3-8 hours. The longer the better.
2. 20-30 minutes before serving, heat 1 Tablespoon of olive oil in a medium size saucepan. Sauté the carrots and green onion until crisp tender, 3-4 minutes. Meanwhile mix the beef broth, cornstarch and ginger together in a medium bowl. Add broth mixture to sautéed carrots and stir until thickened. Remove from heat.
3. In a large skillet, heat the remaining Tablespoon of olive oil. When very hot, add ½ of the beef and brown on all sides (let it stick a little for flavor). When browned, add the beef to the thickened broth and repeat with the remaining portion of beef. Combine beef and broth together and heat on medium heat. Add snow peas and cook for 1 minute. Serve over rice.

Serves 4

Simple Sautéed Scallops

Preparation Time: 5 minutes
Cooking Time: less than 10 minutes

1 - 1.5 pounds scallops
2 teaspoons butter, divided
2 teaspoons olive oil, divided

If you are using frozen scallops, thaw them by either refrigerating them for 8-10 hours or by placing the package in a bowl of cold water. Keep changing the water until the scallops are fully thawed.

Place the thawed scallops in a colander and rinse well. Using several sheets of paper towel, blot excess moisture off of the scallops. They need to be fairly dry in order to brown while cooking.

I recommend cooking the scallops in small batches. If you place all of the scallops in the pan at once, they will steam and not get browned.

In a large non-stick skillet, place 1 teaspoon of butter and 1 teaspoon of olive oil and heat over medium-low heat until the butter is melted but not browned. Place half of the scallops in a single layer into the skillet. Sauté the scallops about 2 minutes per side over medium heat or until the scallops are nicely browned on both sides. If you are using larger bay scallops, tongs work well to turn the scallops over. For bay scallops, a spatula can be used. Transfer the cooked scallops to a serving platter and cook the 2nd batch of scallops using the same method.

Serves 4

Tortilla Soup

(Prep Time: 15 minutes. Cooking Time: 30 minutes)

1 Tablespoon olive oil,
3 cloves garlic, minced
½ large onion, diced
2 Tablespoons flour
1 (32 ounce) box chicken broth
1 (14 ounce) can diced tomatoes, drained
1 Tablespoon, cumin
1 ½ teaspoon chili powder
½ teaspoon salt or to taste
1/8 teaspoon cayenne pepper, or to taste
2 large cooked chicken breasts or 3 cooked chicken thighs, diced (pre-cooked rotisserie chicken can also be used)
Cilantro, finely chopped
Shredded cheddar cheese
Sour cream
Crushed tortilla chips

1. Heat olive oil in a large stockpot. Add onion and garlic, and sauté until tender.
2. Remove pot from heat, add flour and stir until the flour is mixed in very well.
3. Return the pan to medium heat and add chicken broth. Stir constantly until mixture begins to thicken. Add remaining ingredients, reduce temperature to low and simmer for at least 20 minutes.
4. When ready to serve, ladle into bowls and top with cilantro, shredded cheese, sour cream and crushed tortilla chips

Serves 4-5. This recipe can be doubled and leftovers can be frozen.