

Item	Baked Fried Chicken	Mushroom Barley Soup	Chicken Tetrazzini	Slow Cooker Ginger Beef	Salmon Patties	Corn & Bean Salad	Breakfasts Assorted cereals & fresh fruit	Lunches - Sandwiches Chips & Fruit
PRODUCE								
Baking Potatoes	Side							
Broccoli	Side							
Carrots (can buy baby carrots to make it easier)		√						
Lettuce for side salad		Side						
Onion		1	1/2	1	1/2	1/8		
Celery		√	√					
Sliced fresh mushrooms		1 lb.	1 cup					
Asparagus			Side					
Pears			Side					
Garlic		2 cloves		4 cloves				
Fresh dill		√						
Ginger root				√				
Oranges				Side				
Red pepper						√		
Assorted fruit for fruit salad					Side		√	√
Bakery Bread		Side						
MEAT								
Boneless, skinless chicken thighs	6-8							
Chicken – rotisserie or cook your own			2 cups					
Round tip beef cubes for fondue (or round steak)				2#				
IN THE AISLES								
Seasoned bread crumbs	√				√			
Chicken bouillon or chicken stock paste		√						
Chicken broth		96 oz.	12 oz.					
Beef broth				1 cup				
Spaghetti noodles			8 oz.					
Soy sauce				√				
Rice				Side				
Pearl Barley (may come in a box and might be found in the aisle near the broth)		√						
Salmon in foil packets (7.1 oz) <small>find this near the canned tuna</small>					2			
Canned whole kernel corn (15 oz)						1		
Canned black beans (15 oz)						1		
Cumin						√		
Non-stick foil (may be called easy release foil)	√							
Assorted Cereal							√	
Bread / Cheese/ Lunch meat for sandwiches								√
DAIRY / FROZEN								
Sour Cream (for baked potatoes if desired)	√							
Fat free half and half	1 cup		1 cup					
Grated parmesan cheese	√		√					
Cream cheese			3 oz.					
Frozen steam fresh broccoli (16 ounce)				√				
Milk and Orange Juice							√	

I'm assuming you have: salt, black pepper, olive oil, butter, flour, 2 eggs, Italian salad dressing, paprika, garlic powder, dried oregano, mustard/mayo for sandwiches

Make Dinner Easy Recipes - Sample Menu

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

Menus for this Week:

Breakfast – Assorted cereals, fresh fruit, milk & OJ

Lunches – Sandwiches, chips & fresh fruit

Dinner:

Baked Fried Chicken served with baked potato and steamed broccoli

Mushroom Barley Soup served with a side salad and bakery bread

Chicken Tetrizzini served with Sautéed Asparagus and fresh pear wedges

Slow Cooker Ginger Beef with Broccoli served over rice with fresh orange slices

Salmon Patties served with Corn and Bean Salad and a fresh fruit medley

Baked Fried Chicken

(Prep Time: 15 minutes. Baking time 40 minutes)

1 cup buttermilk, or fat free half and half
6-8 boneless, skinless chicken thighs
1 cup seasoned bread crumbs
½ cup grated Parmesan cheese
½ teaspoon salt
1/8 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon dried oregano
3 Tablespoons, olive oil

1. Place buttermilk or half and half in a large bowl. Add the chicken and toss. Let the chicken sit in the milk bath while you prepare the coating.
2. Combine all of the dry ingredients in a large pie plate.
3. Line a rimmed baking sheet, such as a jelly roll pan, with non-stick aluminum foil. Make sure you place the non-stick side up, Spread the olive oil over the baking sheet.
4. Take one piece of chicken at a time out of the milk and dredge the chicken in the crumb mixture, making sure all sides are coated. Place each piece in the oiled jelly roll pan.
5. After all chicken pieces are coated and placed in the pan, turn each piece over. This helps to coat each side with olive oil, while still leaving some olive oil on the pan.
6. Bake in an oven preheated to 350°F for 40 minutes. After 20 minutes, use tongs to turn over each piece of chicken.

Serves: 4-5

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 dill. Simmer for 2 hours or until barley is tender. Just before serving add dill.

Chicken Tetrizzini

(Prep Time: 25 minutes Baking Time 30 minutes)

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 chicken
8 ounces dried spaghetti noodles
¼ cup parmesan cheese

1. Break spaghetti noodles in 2-3" pieces and cook according to package directions.
2. Meanwhile, melt butter in a stock pot; add onions and celery and sauté until tender. Add mushrooms and sauté for 2-3 minutes.
3. 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).
4. Add chicken, and cooked and drained spaghetti noodles to broth mixture. 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 Ginger Beef with Broccoli

(Prep Time: 25 minutes. Cooking Time: 6-8 hours)

2# round steak, cut into small cubes (I buy packaged round tip beef cubes for fondue)
½ cup flour
1 teaspoon paprika
½ teaspoon each salt and black pepper
3 Tablespoons olive oil, divided
1 medium onion, diced
4 garlic cloves, minced
1 cup beef broth, divided
1/8 cup soy sauce
1 Tablespoon freshly grated ginger root
1 (16 ounce) bag steam fresh frozen broccoli

1. Place flour, paprika, salt and pepper in a zip style bag and combine. Add meat to the bag, seal and toss to coat.
2. Heat 1 Tablespoon of oil in a large skillet on medium high heat. When hot, add ½ of the flour coated beef. Use a pair of tongs or your fingers to transfer the meat, without any excess flour, to the hot pan.
3. Brown the meat on all sides. This should take about 3-5 minutes for ½" pieces of beef.
4. Place the 1st batch of browned meat in a slow cooker.
5. Add 1 Tablespoon of oil to the skillet and when the skillet is hot, repeat the browning process with the remaining beef until all the beef has been browned and placed in the slow cooker.
6. In the same skillet, heat 1 Tablespoon of oil and sauté the onion and garlic. Add ½ cup of beef broth, the soy sauce and ginger root. When this liquid is hot, pour over the beef in the slow cooker.
7. Cook on low 5-6 hours for ½" beef pieces. If beef is in 1" pieces or larger, cook on low at least 7-8 hours or until beef is tender.
8. When cooking time is complete and beef is tender, add an additional ½ cup of beef broth if desired to make the sauce to your liking in terms of thickness. Additional grated ginger can also be added if desired. Add broccoli which has been steamed on the stove top or in the microwave.
9. Serve over rice.

Serves 6-8

Salmon Patties

2 (7.1 ounce) salmon in foil packets (I use Chicken of the Sea Brand)
½ medium onion, chopped
½ cups seasoned dry breadcrumbs
2 eggs beaten
Salt and pepper to taste
2 Tablespoons butter
2 Tablespoons olive oil

In a medium sized mixing bowl, combine salmon, onion, breadcrumbs, egg, salt and pepper. Then heat oil and butter in a large skillet on medium low. Using disposable rubber gloves (my preference) form 1-2 Tablespoons of salmon mixture into a patty (1 ½"-2" in diameter). Place patties in pan and brown on both sides. It may take 4-5 minutes per side to brown. Remove patties to a paper towel lined plate and blot off any excess oil.

Makes approximately 14 (2") patties
Serves 6

Corn and Bean Salad

1 can corn (not cream style), drained
1 can black beans, rinsed and drained well
½ red pepper, finely diced
2 Tablespoons onion, finely diced (I prefer to use red onion, but use whatever you have in the house)
2 Tablespoons Italian Salad Dressing
¼ teaspoon cumin

Combine all ingredients in a bowl. Mix well. You can easily adjust the quantities to suit your taste or use up ingredients in your refrigerator. Taste improves if chilled before serving.