

this week for dinner



FOR THE WEEK OF: _____

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

basics for quick meals

ALWAYS HAVE ON HAND:

Foil containers (w/without lids)
Deli containers
Freezer bags
Sharpie

MEAL PREP

- Spend an hour or 2 prepping meat for the week - make ground beef, chicken, etc ahead and package.
- Separate into bags - 3 for freezer, 2 for fridge
- Label with all info using permanent marker

HOW TO PREPARE

Meat can be prepared using oven, stove, slow cooker, Instant Pot, Air Fryer

DOUBLE, DOUBLE, DOUBLE

Double a recipe whenever possible. Save one for later in the fridge if it's cream based or in the freezer. Also great for having on hand to help others!

ingredients for recipes

MEAT

(9) chicken breasts

*Generally, 3/4 pound of boneless skinless chicken breasts will yield 2 cups of cubed cooked chicken. A 3-1/2-pound whole chicken will yield about 3 cups of diced cooked chicken.

(6) lbs ground beef

DAIRY

butter

cheddar cheese, shredded

eggs

greek yogurt, plain

half & half

mayo

milk

sour cream

PRODUCE

avocado

carrots, shredded

celery - 2 stalks

corn (15 oz can)

green leaf lettuce

green onions

green chiles, chopped (4 oz can)

mushrooms

onions

peas & carrots (frozen)

pineapple tidbits (can)

red grapes

tomatoes, fresh

(2) tomatoes, diced in a can (16 oz)

SEASONINGS

black pepper

chicken broth

chili powder

Extra Virgin Olive Oil

garlic powder

garlic salt

kosher salt

lemon juice

onion powder

soy sauce/Bragg's Amino

MISC

almonds, sliced

chow mein noodles

Cream of Chicken soup (4)

croissants

corn tortillas

dry onion soup mix

egg noodles

flour

refried beans (16 oz can)

salsa

spaghetti noodles

taco sauce

tomato soup (1 can)

white rice

how to bake chicken breasts

2 pounds boneless, skinless chicken breasts
(about 4 medium size breasts)

2 tablespoons Extra Virgin Olive Oil

1 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon chili powder or paprika

1. Preheat oven to 450 degrees.
2. Pound chicken breasts lightly so they are of even thickness.
3. Pour olive oil in a 13" x 9" baking dish.
4. Lightly coat the chicken with the oil to coat it, then place chicken breasts side by side in the dish.
5. In a small bowl, whisk together salt, pepper, garlic powder, onion powder and chili powder (or paprika).
6. Sprinkle the seasoning mixture over both sides of the chicken and rub it in with your hands.
7. Place chicken breasts side by side, making sure there is no overlap.
8. Bake in a preheated oven for 15-20 minutes, until juices are clear or a meat thermometer reads 160-170 degrees.
9. Cover with foil and allow to rest for 5-10 minutes while the juices settle before slicing.

chicken enchiladas

3 chicken breast cooked, shredded

$\frac{3}{4}$ c sour cream

10.5 oz cream of chicken soup

1 c milk

$\frac{3}{4}$ c salsa

12 corn tortillas

2 c cheese shredded

1. Mix soup, milk & salsa.
 2. Heat in microwave on medium heat, 3 minutes.
 3. Add sour cream, heat 1 minute.
 4. Take 1 tortilla & place in greased 9x13 pan.
 5. Put 1 $\frac{1}{2}$ tbsp chicken, 1 $\frac{1}{2}$ tbsp cheese, 2 tbsp soup mix in the middle and roll up placing edge on bottom of pan.
 6. Reserve about 1 c soup mix and 1 c cheese to cover entire casserole.
 7. Bake at 350F for 30-40 mins or until bubbly.
- May be covered with tin foil for more moist enchiladas.

chicken salad sandwiches

3 cups shredded rotisserie chicken
2 stalks celery, chopped
1 cup firm red grapes, halved
1/2 cup sliced almonds

FOR DRESSING:

1/2 cup mayo
1/4 cup plain greek yogurt
1 tbsp lemon juice
1 tsp garlic salt
1/2 tsp salt
1/4 tsp black pepper

FOR SANDWICHES:

6 large croissants
green leaf lettuce

1. Combine the chicken, celery, grapes and almonds in a large bowl.
2. In a separate bowl whisk together the ingredients for the dressing until smooth.
3. Pour the dressing into the bowl with the chicken and stir to coat.
4. To serve the sandwich, cut the croissants in half and place a leaf of lettuce on the bottom half.
5. Top with the chicken salad mixture and place the top half of the croissant on top.

chicken spaghetti

½ c sliced mushrooms (optional, but I add them)
½ c sliced onions
¼ c butter or margarine
¼ c flour
2 c chicken broth
1 c Half & Half
1 tsp salt
¼ tsp pepper
8 oz spaghetti noodles (or whatever you have), **cooked, drained**
3 c chicken cooked, diced
½ c shredded cheddar cheese (more if you like yours really cheesy)

1. Preheat oven to 400 degrees.
2. Lightly brown mushrooms and onions in margarine.
3. Stir in flour. Cook until bubbly. Stir in the broth and cream.
4. Add salt & pepper. Cook, stirring often until mix boils.
5. Place a layer of noodles in a buttered 9x13 pan.
6. Mix remaining noodles with sauce and meat.
7. Sprinkle with cheese.
8. Bake at 400 degrees for 20 mins or until bubbly.

easy fried rice

3 eggs beaten

1 16 oz peas and carrots

3 c white rice cooked

1/4 c soy sauce *I like using Bragg's Aminos

1 c. shredded/cubed chicken (ham can be used too)

1. Spray pan with cooking spray and make scrambled eggs with 3 eggs + 1 tsp water. Set pan aside.

2. Heat up peas and carrots in the microwave according to directions.

3. Cook 3 c. rice according to directions.

*I prefer using my rice cooker because it's easy and turns out great every time.

4. Heat additional pan, add peas and carrots, cooked rice. Stir.

5. Mix in soy sauce and scrambled eggs and cubed chicken (or ham).

6. Heat for additional minute and serve. .

hawaiian haystacks

2 (10.5oz) cans Cream of Chicken Soups

8 oz. sour cream

1/2 cup milk

3 cups shredded rotisserie chicken

6 cups prepared hot rice

TOPPINGS:

shredded cheese

pineapple tidbits

sliced black olives

diced tomatoes

diced green onions

frozen green peas, thawed

crunchy chow mein noodles

shredded carrots

1. In a large skillet whisk together the cream of chicken soups, sour cream and milk over medium heat, until heated through and smooth.

2. Add in the chicken and cook until warmed.

3. Serve the chicken gravy over the hot rice, and top with any of the suggested toppings you would like!

make ahead ground beef for freezing

1 jumbo onion small diced (Or 2 large onions)
1/4 cup olive oil
6 lbs lean ground beef
6 tsp garlic salt Roughly 1 tsp/pound
2 tsp freshly ground black pepper

1. Drizzle a large skillet with olive oil.
2. Add the diced onion and cook over medium-high until softened about 2 minutes.
3. Add the ground beef, garlic salt and black pepper to the pan.
4. Cook the meat over medium-high until no pink remains around 12-15 minutes.
5. Drain all excess fat.
6. Remove from the heat and spread onto a large paper towel lined baking sheet.
7. Place into the fridge to cool.
8. Divide the cooled beef and package into quart size plastic freezer bags, 2 cups per bag and label.
9. Press flat, seal and freeze.

Properly stored, it will maintain best quality for about 2 to 3 months.

beef taco bake

1 lb ground beef
10.75 oz condensed tomato soup
1 c salsa thick & chunky
1/2 c milk
6 corn tortillas (or flour tortillas) torn into 1" pieces
1 c cheddar cheese shredded
Optional sour cream

1. Preheat oven to 400 degrees.
2. In a skillet over medium heat, cook beef until browned. Drain fat.
3. Add soup, salsa, milk, tortillas and half the cheese.
4. Mix and spoon into 2 qt. baking dish.
Cover with tin foil.
5. Bake for 30 minutes or until hot.
6. Uncover and sprinkle with remaining cheese.

ground beef stroganoff

2 TBSP butter
1 c yellow onions chopped
1 c white mushrooms sliced
1 lb ground beef
1 10 oz cream of mushroom soup
3/4 c milk
1/2 tsp paprika
1/4 tsp black pepper
1/3 c sour cream
1 12 oz egg noodles cooked

1. Melt butter over medium heat in pan.
 2. Add chopped onions and sliced mushrooms.
 3. Heat through until softened
(approximately 5-7 minutes), stirring often.
 4. Set aside in bowl.
 5. Add ground beef to same pan and brown.
Strain excess any fat from ground beef.
 6. Add mushrooms and onions back to pan.
 7. Stir in milk, paprika, pepper, and milk.
 8. Bring to a boil and stir before removing from heat.
 9. Stir in sour cream and mix well.
 10. Serve over cooked egg noodles.
- White rice can be used as well.

porcupines in a skillet

1 lb ground beef
1 package dry onion soup mix
1 1/2 c hot water
3/4 c rice uncooked
16 oz tomatoes (can)
1 c cheese shredded
1 small can mushrooms (optional, I don't normally add these)

1. In a large skillet, crumble beef and brown.
2. Drain and stir in onion soup mix, water, tomatoes (optional mushrooms).
3. Add rice and stir.
4. Cover and cook on low heat for 25 minutes or until rice is tender.
5. Sprinkle with cheese, melt and serve.

taco soup

1 lb ground beef
16 oz refried beans
15 oz corn undrained
16 oz stewed tomatoes
15 oz kidney beans undrained
½ c chopped onions
¼ tsp garlic salt
½ c taco sauce
grated cheddar cheese
1 avocado (cut into small pieces)

1. Brown hamburger and onion. Drain.
2. Put in a large pot and add corn, refried beans, kidney beans, taco sauce, tomatoes and garlic salt.
3. Simmer for ½ hour.
4. Serve in bowls with grated cheese, sour cream, avocado, and tortilla chips.