



Weeknight Dinner

SHOPPING LIST

MEAT & PROTEIN

- 5 pounds boneless, skinless chicken breasts
- 1 1/2 pounds ground beef
- 1 (16 oz.) can refried beans

VEGETABLES

- 1 1/2-2 pounds potatoes
- 1 white onion
- 1 carrot (1/3 cup)
- 1 green onion (1/4 cup)
- 1 (12 oz.) package frozen broccoli
- 1 (4.5 oz.) can green chiles
- garlic (2 cloves)

GRAINS

- 1 (16 oz.) bag flour or corn tortillas
- 1 (16 oz.) box macaroni or spirali pasta
- cornflakes (1 1/2 cups)
- all-purpose flour (1/4 cup)

- cornstarch (4 tsp)

SPICES & SEASONING

- kosher salt and freshly ground pepper, as needed
- 2 sprigs thyme
- ginger (1 tsp)
- dried rosemary (1 tsp)
- ground nutmeg (3/4 tsp)

SAUCES & SOUPS

- 1 (10.75 oz.) can condensed, reduced-sodium cream of mushroom soup
- 1 (19 oz.) can enchilada sauce
- soy sauce (1/2 cup)
- beef broth (1/2 cup)
- apple cider vinegar (3 tbsp)
- worcestershire sauce (2 tsp)
- molasses (1 tbsp)
- fat-free mayonnaise (1/4 cup)

DAIRY

- whole milk (1 1/2 cups)
- low-fat milk (1 1/2 cups)
- Cheddar cheese (3 1/2 cups)
- Monterey Jack cheese (3 cups)
- Parmesan cheese (2 cups)
- Romano cheese (1 cup)
- plain Greek yogurt (1 cup)
- 1 1/2 sticks unsalted butter
- 1 (12 oz.) can evaporated milk

CHICKEN ENCHILADA CASSEROLE

INGREDIENTS

2 cups diced cooked chicken (about 1 1/2 pounds chicken)
3 cups shredded Monterey Jack cheese blend (or desired cheese combo)
1 (4.5 oz.) can chopped green chilies, undrained
1 package of flour or corn tortillas
1 (16 oz.) can refried beans
1 (19 oz.) can enchilada sauce (or equivalent of homemade sauce)
1/4 cup medium green onions, sliced (optional, for garnish)

DIRECTIONS

1. First, make sure the chicken is cooked and cut into cubes – for instance, you could brush it with olive oil and bake it at 350 degrees F, for 35-45 minutes or until it's fully cooked; or use your own preferred method.
2. Once your chicken is cooked, make sure the oven is preheated to 350 degrees F. Grease a 13x9 casserole dish with cooking spray.
3. Mix the chicken, 1 1/2 cups of cheese, and the chiles in a bowl together.
4. Add a few spoonfuls of enchilada sauce to the bottom of the casserole dish and spread it evenly across the dish. Then layer three tortillas on top of the sauce, making sure that the entire bottom of the dish and part of the sides are completely covered by the tortillas. It might help to cut one of the tortillas into smaller pieces to fit over the small gaps.
5. Spread about half of the beans on top of the tortillas, followed by half the chicken mixture and then half of the enchilada sauce. Put another three tortillas on top of this layer, followed by the rest of the beans and chicken mixture.
6. Put two tortillas on top of this layer, overlapping a bit, then add the rest of the enchilada sauce on top of these tortillas. Finish by sprinkling the rest of the cheese (1 1/2 cups) on top.
7. Cover the dish in foil and bake it for 45 to 55 minutes, or until bubbly (peek under the foil to check). Garnish with green onions if desired, then serve after letting the dish stand for about five minutes.

COTTAGE PIE RECIPE

INGREDIENTS

1 1/2 pounds lean ground beef
1 onion, chopped
1/3 cup chopped carrots
1 1/2-2 pounds potatoes.
8 tablespoons butter
1/2 cup beef broth
2 teaspoons Worcestershire sauce
2 sprigs fresh thyme
1 teaspoon dried rosemary
2 teaspoons cornstarch
1 clove garlic, minced
1/2 cup shredded cheddar cheese

DIRECTIONS

1. Preheat the oven to 400F
2. Peel and quarter the potatoes. Boil in lightly salted water for about 20 minutes (or until tender).
3. Meanwhile, melt 4 tablespoons butter in a large frying pan.
4. Saute the onions and carrots in the butter until tender (about 10 minutes).
5. Add the ground beef and saute until well browned.
6. Add salt and pepper to taste with Worcestershire sauce, beef broth, thyme, rosemary, and cornstarch.
7. Cook uncovered over low heat for 10 minutes, stirring occasionally to make sure it's well mixed.
8. In a bowl, mash the potatoes with the remaining butter, minced garlic, and salt to taste.
9. Place beef and vegetable mixture in the bottom of a baking dish. Distribute the mashed potatoes on top. Feel free to use a fork to make interesting patterns in the mashed potatoes.
10. Distribute the shredded cheese on top.
11. Bake in the oven until bubbling and brown on top (about 30 minutes). For a slightly more crusty top, broil for the last few minutes.

SLOW COOKER TERIYAKI CHICKEN

INGREDIENTS

1 1/2 pounds boneless, skinless chicken breasts
1 tablespoon molasses
1/2 cup soy sauce
3 tablespoons apple cider vinegar
1 teaspoon ground ginger
1 clove minced garlic
1/8 teaspoon fresh black pepper
2 teaspoons cornstarch
2 teaspoons water

DIRECTIONS

1. In the slow cooker, mix together soy sauce, molasses, vinegar, ginger, garlic, and pepper.
2. Place the chicken in the slow cooker and turn a few times to coat well in the soy sauce mixture.
3. Cook on low for 3-4 hours, turning the chicken about every hour to ensure even cooking.
4. Once cooked, remove the chicken from the slow cooker, cut up into bite sized pieces, and set aside.
5. Pour the liquid from the slow cooker into a saucepan and bring to a boil.
6. In a small bowl, whisk together cornstarch and water until combined.
7. Slowly add the cornstarch mixture to the boiling liquid and reduce to a simmer.
8. Allow the sauce to thicken for 2-3 minutes, then add the chicken to the pan.
9. Toss to coat the chicken with the sauce, and let heat through.
10. Serve over rice with vegetables.

SLOW COOKER MAC AND CHEESE

INGREDIENTS

1 box (16 oz.) cooked elbow macaroni (or shells, spiral pasta, etc.)
1/2 stick butter, cubed
1 (12 oz.) can evaporated milk
1 1/2 cups whole milk
3 cups cheddar cheese, grated
1 cup parmesan cheese, grated, plus extra for garnish
1 cup romano cheese, grated
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon nutmeg
cooking spray

DIRECTIONS

1. Spray a 4-quart slow cooker with cooking spray.
2. Place cooked macaroni in slow cooker and add butter. Stir until butter is melted.
3. Add evaporated and whole milk, parmesan, romano, cheddar cheese, nutmeg, and salt and pepper. Stir well.
4. Cover and cook on low for 3 hours. Stir well and sprinkle with parmesan and another dash of nutmeg, and serve hot.

Tip: If you don't have a slow cooker, put pasta, milk and cheeses in a large baking dish and bake for 50 minutes at 350° F.

BROCCOLI, CHICKEN & MUSHROOM CASSEROLE

INGREDIENTS

1 (12 oz.) package broccoli
4 medium skinless, boneless chicken breasts (about 2 pounds)
1 (10.75 oz.) can condensed, reduced-sodium, 98% fat-free cream of mushroom soup
1 1/2 cups low-fat (or fat-free) milk
1 cup Parmesan, grated
1 1/2 cup cornflakes, crushed
1 cup fat-free, plain Greek yogurt
1/4 cup fat-free mayonnaise
1/4 cup all-purpose flour
dash of nutmeg
salt and pepper, to taste
water, for boiling

DIRECTIONS

1. Preheat oven to 350° F, grease a 9x13-inch baking dish and bring a large pot of water to boil.
2. Add broccoli to boiling water and cook for 5-6 minutes, until almost tender. Remove broccoli from water and set aside.
3. Add chicken breasts to boiling water and reduce heat to low, simmering until cooked through. Around 15 minutes. Remove chicken to cutting board to cool.
4. Once cool, cut chicken into cubes and place with the broccoli.
5. In a large saucepan, whisk together milk, flour, salt, pepper and nutmeg until smooth. Bring mixture to a boil for 1 minute, stirring constantly.
6. Take off heat and add mayonnaise, yogurt, mushroom soup and half of cheese. Whisk continuously until smooth. Add in broccoli and chicken and incorporate them into sauce.
7. Pour mixture into baking dish and cover with crushed cornflakes and the rest of Parmesan cheese.
8. Place in oven and bake for 20 minutes.