



## Weekly Menu, Recipes, and Grocery List

1. [Pan Fried Shrimp Sandwich](#), [Quick Cole Slaw](#), [Sweet Potato Fries](#)
2. [Honey Cashew Pork Stir Fry over Rice](#)
3. [Ravioli with Pesto, Red Peppers and Grilled Chicken](#), salad
4. [Chicago Style Pizza Pot Pie](#), salad
5. [Chicken Tortilla Soup](#), salad
6. [50s Prime Time Meatloaf](#), baked potatoes, steamed green veggie
7. [Zucchini Carrot Cake with Cream Cheese Frosting](#)

**Produce**

Onions  
Garlic  
Red bell peppers  
Green bell pepper  
Carrots  
Zucchini  
Celery  
Sweet potatoes  
Slaw mix  
{Salad fixings – 3 meals}  
{Baked potatoes}

**Canned/Dry**

Mayonnaise  
Sweet pickle relish  
Pesto sauce  
Pizza sauce, 1 jar  
Diced tomatoes, 2 cans  
Tomato paste, 1 6 oz. can  
Diced tomatoes with green chilis, 1 can  
Chicken broth, 32 oz.  
Cornmeal  
Cashews  
Worcestershire sauce  
Dijon mustard  
Honey  
Red wine vinegar  
Old Bay seasoning  
Yeast, 1 package  
Powdered sugar

**Frozen**

Cheese ravioli, 2 bags  
Corn  
{Favorite veggie – 1 meal}

**Bread**

Buns  
Corn tortillas, 10  
Seasoned bread crumbs

**Dairy**

Eggs  
Butter  
Cream cheese, 8 oz.  
Shredded mozzarella cheese  
Shredded cheddar cheese  
Orange juice

**Meat**

Italian sausage, 1 lb.  
Boneless pork chops, 6  
Ground pork, 1 lb.  
Ground beef, 2-2.5 lbs.  
Boneless chicken breasts, 2 3 lb. bags  
Medium shrimp, 1 lb.

**Items to Have in Pantry**

Flour  
Sugar  
Brown sugar  
Vegetable oil  
Olive oil  
Soy sauce  
Cornstarch  
Ketchup  
Salt  
Pepper  
Oregano  
Basil  
Ginger  
Garlic powder  
Cinnamon  
Chili powder  
Cumin  
Nutmeg  
Vanilla  
Baking powder  
Baking soda





## Pan Fried Shrimp Sandwich

- 1 cup cornmeal
- 1/2 cup flour
- 4 tsp. Old Bay Seasoning
- 2 eggs, beaten
- 1 lb. medium shrimp, deveined, tail off
- oil for frying
- buns
- 1/2 cup mayonnaise
- 1 Tbs. (or more) sweet pickle relish

Stir cornmeal, flour and Old Bay Seasoning together in a small bowl. Mix eggs and shrimp together in a bowl. Using your hands, lift shrimp out of egg in small batches and toss in breading. Fry in oil in large skillet, in batches. Flip shrimp to the other side half way through cooking. It should only take a few minutes on each side for breading to brown and shrimp to get done. Stir mayo and relish together for tartar sauce. Serve shrimp on buns with tartar sauce.

**Serving Suggestion: Quick Cole Slaw, Sweet Potato Fries**





## Quick Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix.





## Sweet Potato Fries

- sweet potatoes
- olive oil
- Kosher salt
- black pepper

Wash the sweet potatoes and cut them into sticks. Put them in a large bowl and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Place them on a greased baking sheet and bake at 400 degrees for about 30 minutes, or until the potatoes are tender.





### Honey Cashew Pork Stir Fry over Rice

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.





### **Ravioli with Pesto, Red Peppers and Grilled Chicken**

- 2 bags frozen cheese ravioli
- about 1/2 - 3/4 cup of pesto sauce
- 1 red pepper, cut into strips
- 1 onion, coarsely chopped
- grilled chicken breasts or tenders, sliced thin

Cook the ravioli according to the directions. Saute the onions and peppers in olive oil. When the pasta is done, drain it and put it back into the cooking pan. Add the peppers and onion, grilled chicken and pesto. Serve it up and make everyone happy.

**Serving Suggestion: salad**



## Chicago Style Pizza Pot Pie

### For the crust:

- 1 pkg. yeast (or 2 1/4 tsp.)
- 1 cup warm water
- 1 tsp. sugar
- 2 Tbs. vegetable oil
- 2 1/2 cups bread flour (you can use all-purpose, but bread flour makes a fluffier crust)

### For the filling:

- 1 lb. Italian sausage
- 1 onion, diced
- 1 clove garlic, minced or crushed
- 2-3 cups shredded mozzarella cheese
- 1 jar pizza sauce

### For top of crust:

- 2 Tbs. melted butter
- dried oregano and basil

Make the dough first. Dissolve the yeast in the water. Mix in the other ingredients until they are well blended. I use a stand mixer with a dough hook, but you can also do this by hand. Let the dough rest while you cook the sausage.

Brown the sausage with the onion and garlic. Drain and rinse under hot water to remove the extra fat.

Heavily grease a 9×13 casserole dish. Layer the mozzarella and then the sausage over the top. Pour the sauce over the sausage, using a spoon the spread it out.

On a floured surface, roll out the pizza dough with a rolling pin. It should be about the shape and size of the casserole dish. Carefully lift the dough and place it on the casserole dish. Trim any dough that is hanging over the sides. Brush with melted butter and sprinkle with oregano and basil, if desired. Bake at 425 degrees for about 25 minutes.

I flipped the pieces upside down to serve them, which is how the original individual pies get served. The cheese ends up on top. It's not pretty, but it's oh-so-good!

**Serving Suggestion: salad**





## Chicken Tortilla Soup

- 32 oz chicken broth
- 2 cans diced tomatoes
- 1 can diced tomatoes with green chilis
- 6 oz tomato paste
- 2 cups frozen corn
- 2 cups cooked chicken
- 1 tsp. garlic powder
- 1/2 tsp. cumin
- 1/8 tsp. chili powder
- 10 corn tortillas
- cheddar cheese

Mix all the ingredients in a large pot or slow cooker. Bring it to a boil, then turn it down to simmer while you fix the tortilla strips. Or cook on high in the slow cooker for 4-5 hours.

For the tortilla strips, cut a stack of 10 tortillas in half. Then slice them into 1/4" slices. Fry in hot oil in a skillet and drain on paper towels.

Serve the soup with the tortilla strips and shredded cheese.

**Serving Suggestion: salad**



## 50s Prime Time Meatloaf

- 2 lbs. ground beef (I used about 2.25 lbs)
- 1 lb. ground pork
- 4 eggs
- 1 cups seasoned bread crumbs (I tossed some salt, pepper, garlic powder, oregano and basil into plain bread crumbs)
- 1/2 cup diced onions
- 1/4 cup diced red pepper
- 1/4 cup diced green pepper
- 2 Tbs. Worcestershire sauce
- freshly ground pepper and kosher salt, to taste
- 1/2 cup ketchup
- 1 Tbs. brown sugar
- 1 tsp. Dijon mustard
- nutmeg

Mix all the ingredients together. I formed this into 2 loaves. One I put in a 9×13 foil lined pan, covered it with foil and baked it about 2 hours at 350 degrees. The other meatloaf I wrapped in heavy-duty foil and popped in the freezer.

When the meatloaf is done, remove the top foil and let it brown a minute in the oven. Pull it out again and glaze it with a mixture of 1/2 cup ketchup, 1/4 cup brown sugar and a shake of nutmeg.

**Serving Suggestion: baked potatoes, steamed green veggie**



## Zucchini Carrot Cake with Cream Cheese Frosting

- 2 cups flour
- 2 cups sugar
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 tsp. baking powder
- 2 tsp. baking soda
- 3/4 cup vegetable oil
- 4 eggs
- 1 tsp. vanilla
- 2 cups shredded zucchini
- 1 cup shredded carrots

Combine the dry ingredients. Mix in the oil, eggs, and vanilla until well blended. Stir in zucchini and carrots. Pour into greased jelly roll pan (15"x10"). Bake at 350 degrees for 35 minutes or until a toothpick comes out clean. You can also bake it in 9x13 pan for 45 minutes.

Cool, then top with cream cheese frosting.

- 1 stick butter, softened
- 8 oz cream cheese, softened
- 3 1/2 cups powdered sugar
- 1 tsp. vanilla

Mix butter and cream cheese together with an electric mixer. Add powdered sugar and vanilla. Blend until smooth and spreadable.

