



Variety 4-6 Early September Grocery

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
	Produce	Barbecue Sauce	-Ancho Chili Powder
3,7,8,15	1 bunch celery	Mayo (entire jar)	-4 Chicken Bullion cube
7,8,15	2 pounds carrots	Ketchup	-Bay leaf
4,5,12	3 red onions	Dijon Mustard	-Cumin
6,7,8,10,11,13,15	12 onions (buy in 3lb bags)	Mustard	-Cayenne Pepper
14	3 green onions	Worcestershire Sauce	-Onion Powder
mm	3 garlic bulbs	Vegetable Oil	-Sage
11,15	3 green peppers	Olive Oil	-Coriander
14	1 yellow pepper	Salsa (16 oz)	-Parsley
14	1 jalapeno pepper	Ranch Dressing	-Marjoram
2,12,13,14	5 to 6 pounds tomatoes	Salad Dressings	-Rosemary
6	20 ounces cherry tomatoes	Soy Sauce	-Celery salt
11	8 ounces white mushrooms	Honey	-Dill Weed
1	2 pounds green beans	Cider Vinegar	-Italian Seasoning
2,3	5 pounds red potatoes	White Wine Vinegar	-Cinnamon
9,10	8 to 13 large potatoes	White Vinegar	-Chili Powder
6,9,11,12,14	6 to 8 heads Romaine Lettuce Heads (5 meals)	Lemon Juice	-Garlic Powder
d	1 medium zucchini	Lime Juice	-Thyme
1	1/2 cup basil	White Flour	-Curry Powder
4,5,14	2 bunches cilantro	White Sugar	-Cream of Tartar
6	1-1/2 cups parsley	Cornstarch	-Paprika
4,5,9,14	8 limes	Unsweetened Cocoa Powder	-Ginger
3	1 honey dew	Baking Powder	-Oregano

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
2	1 cantaloupe	Baking Soda	-Kosher Salt
4	1 watermelon	Yeast	-Salt
4,5	3 avocados (opt)	Vanilla	-Basil
			-Tarragon
	Bread & Baked Goods		-Black Pepper
4,5,12	16 to 26 (10") tortillas		
2	1 loaf Italian bread		
8	1 loaf Sourdough bread		
10	5 slices sandwich bread		
3	8 to 12 Hamburger buns		
	Meat		
4,5,6,12,15	7 pounds boneless, skinless chicken breasts		
1	6 to 8 bone-in chicken thighs		
2,3,10	6 pounds ground beef		
11	1-1/2 pounds pork tenderloin		
2,3,10,	32 ounces bacon		
9	4 to 6 (6 oz) tilapia fillets		
	Canned Foods, Soups & Mixes		
3,11	3 (8 oz) cans tomato sauce		
7,8	4 (28 oz) cans crushed tomatoes		
9	1 (7 oz) can chipotle peppers in adobo sauce		
2	1 jar Kalmata olives		
6	2 jars (16 oz total) green olives		
7,8	3 (5 oz) cans flaked tuna in water		
4,5,12,14	6 (15 oz) cans black beans		



She Plans *Dinner*

Menu

1. Curry Honey Mustard Chicken, Rice, Green Beans
2. Bruschetta Burgers, Baked Potato Salad, Cantaloupe
3. Sloppy Joes, leftover Baked Potato Salad, Honeydew
- 4/5. Cilantro Lime Chicken Tacos, Watermelon
6. Golden Chicken w/ Tomatoes & Olives, Rice, Salad
7. Creamy Tomato Soup with Biscuits
8. Creamy Tomato Soup w/ Tuna Melts
9. Baked Fish, Baked Potatoes, Salad
10. Depression Meatloaf, Mashed Potatoes, Corn
11. Pork Tenderloin, Salad
12. Barbecue Chicken Salad
13. Macaroni and Cheese, Roasted Tomatoes
14. Grilled Shrimp and Black Beans, Salad
15. Chicken Fajita Pizza, Carrots and Celery

Desserts

Guinness Chocolate Cake
Zucchini Bread

Tips

- Rice is used for meal #1, 4/5, and 6. Make one big batch, and freeze in recipe/meal size portions until needed.
- This plan is straddling summer and fall eating. We have some soups and casseroles, but also salads. Plan dishes according to your schedule and your weather.
- Vegetables can be whatever is in season in your garden or at the farm.
- Both desserts freeze well. If you happen to want to freeze anything...

Saucepan Guinness Cake

1 cup guinness
17 Tbsp salted butter
3/4 cup unsweetened cocoa
2 cups sugar
3/4 cup sour cream
2 large eggs
1 Tbsp vanilla extract
2 cups all-purpose flour
2-1/2 tsp baking soda

- Preheat the oven to 350 degrees. Grease a 9x13" pan.
- Pour the Guinness into a large wide saucepan, add the butter-cut into 8 or 9 pieces-and heat until the butter is melted. Whisk in the cocoa and sugar. Remove from heat.
- Beat the sour cream with the eggs and vanilla and then pour into the brown, buttery, beery pan and finally whisk in the flour and soda.
- Pour the cake batter into the greased and lined pan and bake for 45 minutes to an hour. Leave to cool completely in the pan on a cooling rack, as it is quite a damp cake.
- After cooling completely, frost with Whipped Flour Frosting.

Whipped Flour Frosting

5 Tbsp flour
1 cup milk
1 tsp vanilla
1 cup Butter
1 cup Granulated Sugar (not Powdered Sugar!)

- In a small saucepan, whisk flour into milk and heat, stirring constantly, until it thickens. You want it to be very thick like a brownie mix. Remove from heat and let it cool to room temperature. (you can place the saucepan over ice in the sink for about 10 minutes or so until the mixture cools.) It **must be completely cool before you use it in the next step.**
- While the mixture is cooling, cream the butter and sugar and vanilla together until light and fluffy. You don't want any sugar graininess left. Then add the completely cooled milk/flour/vanilla mixture and beat the living daylights out of it. If it looks separated, you haven't beaten it enough! Beat it until it all combines and resembles whipped cream.
- Spread on cooled cake.
- This cake freezes well.

Zucchini Bread

3 eggs
2 cups of sugar
1 cup vegetable oil
2 cups grated zucchini
1 Tbsp vanilla
3 cups flour
1 tsp baking soda
1 tsp salt
1/4 tsp cinnamon

- Preheat the oven to 350 degrees. Grease 2 loaf pans and set aside.
- Grate zucchini.
- Beat the eggs until light and frothy. Beat in sugar, oil and vanilla, and beat until the mixture is thick and lemon colored. Stir in the grated zucchini.
- Add dry ingredients, stirring well.
- Pour into the 2 loaf pans. Bake one hour (60 minutes) at 350 degrees. Cool 10 minutes, then remove from the loaf pans.

1. Curry Honey Mustard Chicken, Rice, Green Beans

Prep time: 10 minutes, Cook time: 60-75 minutes, Total time: 1-1/2 hours

6 to 8 chicken thighs
1/3 cup butter
1/3 cup honey
2 Tbsp dijon mustard
1 tsp curry powder

- Preheat the oven to 375 degrees.
- Wash and skin the chicken thighs. Place in a 9x13" pan.
- Melt the butter. Whisk in the honey, mustard, and curry powder. Pour over the chicken.
- Bake at 375 degrees for 60-75 minutes, until the juices run clear.
- Cook rice while chicken is baking. Make green beans.
- Serve over rice with the green beans.

Sautéed Green Beans

Prep time: 15 minutes, Cook time: 15 minutes, Total time: 30 minutes

2 pounds green beans
1 Tbsp olive oil
1 cup water
2-3 cloves garlic
salt and pepper
1/4 cup fresh basil

- Snap and wash green beans.
- Place the water, oil and beans in a large skillet with a cover. Cover. Bring to a boil, lower heat and steam 5-10 minutes.
- Mince garlic
- Remove cover, and raise the heat to medium high. Stir fry the beans until all the liquid evaporates.
- Add the garlic and basil, with salt and pepper to taste, and fry for 1-2 minutes more, until the garlic is fragrant.

How to Cook Rice on the Stove (plan on 1/3 to 1/2 cup dry rice per person)

- 2 cup rice
- 4 cups water
- 1 tsp salt
- 2 Tbsp butter or oil (optional)

Small (2-quart or so) saucepan with a lid
Stirring spoon

Pre-cooking: It's good practice to rinse your rice in a strainer before cooking. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some rices have more starchy coating than others.)

-Measure the Rice and Water: For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

-Boil the Water: Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

-Add the Rice: When the water has come to a boil, stir in the rice, salt, and butter (if using), and bring it back to a gentle simmer.

-Cover and Cook: Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but

shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

-Turn Off the Heat and Remove the Lid: When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

2. *Bruschetta Burgers, Baked Potato Salad, Cantaloupe*

Prep time: 20 minutes, Chill time: 1 hour, Cook time: 12 minutes, Total time: 1-3/4 hours

2 pounds ground beef
1/4 cup grated parmesan cheese
1 1/2 tsp fresh basil
3 cloves garlic, minced
1 tsp salt
1 tsp black pepper
1/2 pound mozzarella cheese, cut into 6 slices
1 loaf Italian bread
1 Tbsp olive oil, to drizzle
1 clove garlic, cut in half
1 recipe of bruschetta mix (below)

-In large bowl combine ground beef, parmesan cheese, basil, minced garlic, salt and pepper. Combine all ingredients, using your hands.

-Divide the meat into 6 equal portions. Form into 6 burgers. (**works really well if you chill for 1 hour**)

-Make Baked Potato Salad and Bruschetta while burgers are chilling.

-Heat grill to medium high heat and cook burgers for 5-6 minutes on each side. Top with slices of cheese for the last 1-2 minutes of grilling.

-While burgers are cooking slice the loaf of Italian bread into 3/4 inch slices. Drizzle with olive oil. Grill for 1-2 minutes on one side until toasted.

-As soon as the bread is toasted, remove it from the grill and rub with the inside of remaining clove of garlic that has been halved.

-When burgers are done, place on non-toasted side of bread, top with a generous portion of Bruschetta and the other slice of toast. Serve immediately.

-Peel, seed and slice melon.

Bruschetta

Prep time: 10 minutes

2-3 garlic cloves, minced
1 Tbsp fresh chopped basil
1 large tomato, seeded and chopped
1/4 cup Kalamata olives, chopped (optional)

-Combine in a small bowl.

Baked Potato Salad

Prep time: 30 minutes, Cook time: 45 minutes, Total time: 55 minutes

5 pounds small, unpeeled red potatoes
1 tsp salt
1/2 tsp pepper
8 hard cooked eggs
1 pound bacon
2 cups (8 ounces) shredded cheddar cheese
1 onion
3 dill pickles
1-1/2 cups (12 ounces) sour cream
1 cup mayo
2-3 tsp prepared mustard

-Preheat oven to 425 degrees.

-Wash and cube potatoes. Place in a greased 15x10" pan. Sprinkle with salt and pepper.

-Bake uncovered for 40-45 minutes, until tender. Cool in pan on a cooling rack.

-Hard cook eggs by bringing to a boil, and boiling one minute. Turn off heat, cover, and let sit in hot water for 11 minutes. Cool with cold water, peel and chop.

-Slice the bacon into 1/2" pieces. Fry in a skillet over medium-high heat until crispy. Drain.

-Chop the onion and pickles. Combine with the cheese, eggs, bacon, and cooled potatoes in a large bowl.

-Add the mayo, sour cream and mustard and toss until all is well coated. Serve immediately. Refrigerate the leftovers.

3. Sloppy Joes, Leftover Baked Potato Salad, Honeydew

Prep time: 10 minutes, Cook time: 30 minutes, Total time: 35 minutes

2 pounds ground beef
1 stalk celery, chopped
1 onion, chopped
2 cloves garlic, minced
1/2 tsp salt
1/4 tsp pepper
1/2 cup ketchup
1 (8 oz) can tomato sauce
1 Tbsp vinegar
1 Tbsp Worcestershire sauce
8 to 12 Buns

-Chop celery and onions, mince garlic.

-In a skillet, brown ground beef, celery, onion and garlic. Drain grease.

- Add salt, pepper, ketchup, tomato sauce, vinegar and Worcestershire sauce. Simmer for 15-20 minutes.
- Prepare melon while meat is simmering.
- Serve on buns, with leftover potato salad and melon.

4/5. Chicken Tacos, Watermelon

Prep time: 20 minutes, Cook time: 4+ hours, Total time: 4-1/2+ hours

2 pounds of chicken breast
juice from 2 limes
1 bunch fresh cilantro, chopped
1 (16 oz) bag frozen corn
2 minced garlic cloves
1 red onion, chopped
1 (15 oz) can black beans, drained and rinsed
1 tsp cumin
1 tsp salt
pepper to taste
3 cups cooked rice
16 to 24 (10") tortillas
cheese, sour cream, guacamole, salsa

- Mix all ingredients (through pepper) together in your crockpot.
- Cook on LOW for 8 hours (or HIGH for 4 hours).
- Add cooked rice.
- Serve with tortillas and your favorite toppings (sour cream, guacamole, salsa, and cheese).
- Serve with watermelon.

Guacamole

Prep time: 15 minutes

3 avocados
2 limes
1 tsp salt
1/2 red onion
3 Tbsp fresh cilantro
2 roma tomatoes
2-3 cloves garlic

- Peel and pit avocados. Mash in a small bowl.
- Dice onion, juice limes, mince garlic and chop tomatoes. Add to avocado.
- Wash and chop cilantro. Add to bowl with the salt.
- Refrigerate for 1 hour or serve immediately.

6. Golden Chicken w/ Olives, Rice, Salad

Prep time: 15 minutes, Cook time: 20 minutes, Total time: 30 minutes

3 Tbsp oil
2 pounds boneless, skinless chicken breasts
1/2 tsp salt
1/2 tsp pepper
2 large onions
2 cups green olives
4 cloves garlic
20 ounces cherry tomatoes
1-1/2 cups white wine
1-1/2 cup fresh parsley

- Cook rice.
- Heat oil in a skillet over med-high heat. Cut the chicken breasts into thirds. Season with salt and pepper. Cook until golden brown, about 3 minutes per side. Transfer to a plate.
- Thinly slice the onions.
- Halve the olives.
- Thinly slice the garlic.
- Halve the cherry tomatoes.
- Cook onion in the skillet over medium heat until soft, about 3 minutes. Add the garlic, olives and tomatoes. Cook 2 minutes more. Return chicken to skillet, add wine and bring to a simmer. Cook 4-6 minutes more.
- Prepare salad.
- Stir in parsley, remove from heat. Serve over rice.

7/8. Creamy Tomato Basil Soup, Biscuits, Tuna Melts

Prep time: 15 minutes, Cook time: 1 hour, Total time: 1-1/4 hours

4 (28 oz) cans of crushed tomatoes
1 large onion, finely chopped
2 cups finely chopped carrots
2 cups finely chopped celery
2 Tbsp oil
8 cups chicken broth (or bullion)
2 Tbsp dried basil
2 tsp dried oregano
2 bay leaf
1 cup flour
1 cup butter
2 cup Parmesan cheese
4 cups half and half
salt and pepper

-Heat the oil in a 4 quart soup pot. Add celery, onion and carrots. Sauté 15 minutes. Add basil, oregano, bay leaf, tomatoes and chicken broth. Bring to a boil, reduce heat and simmer until carrots are tender, about 25-30 minutes.

-While the soup simmers, prepare a roux. Melt butter over low heat, add flour and cook, stirring constantly, 5-7 minutes. Slowly stir in a cup of hot soup. Add another 3 cups and stir until smooth. Add back into the soup pot.

-Heat the half and half until hot but not boiling.

-Simmer, stirring constantly, until the soup begins to thicken. Add the parmesan cheese and whisk to blend. Stir in the half and half, and add salt and pepper to taste. Simmer over low heat for 15-20 minutes, stirring occasionally.

Red Check Biscuits

Prep time: 15 minutes, Cook time: 12 minutes, Total time: 30 minutes

2 cups flour
1 Tbsp baking powder
2 tsp sugar
1/2 tsp cream of tartar
1/4 tsp salt

-Preheat oven to 450 degrees.

-Mix together all dry ingredients.

-Use a pastry cutter to cut in 1 stick of softened butter until mixture resembles peas.

-Stir in 1 cup of milk with a fork until all the batter is moistened. Spoon out 12 large biscuits onto a greased baking sheet. Bake at 450 degrees for 10-12 minutes, until golden brown.

-Serve with jam, honey or butter.

Tuna Melts

Prep time: 15 minutes, Cook time: 10 minutes, Total time: 25 minutes

3 (5 oz) cans of flaked tuna in water

1 stalk celery

1 small onion

2 cloves garlic

1 cup cheddar cheese

dash of salt

1/4 tsp pepper

1/4 cup mayo

8 to 16 slices of Sourdough bread

-Preheat oven to 450 degrees.

-Chop celery and onion. Mince garlic.

-In a medium bowl, combine all ingredients.

-Make sandwiches, using about 1/3 cup filling per sandwich. Place on a cookie sheet.

-Bake at 450 degrees for 10 minutes, or until golden.