

Grocery List for the week of Jan 01, 2018

Your Grocery Shopping List	Chinese Corn Egg Drop Soup	Cabbage And Carrot Chow Mein	Stove Top Chicken Chorizo Frittata	Slow Cooker Golabki Polish Stuffed Cabbage Roll Soup	Chicken Scampi Spaghetti	Hong Kong Spam Spaghetti Bowl
Produce						
Scallion	2	2	2-3			
Carrot matchsticks (10 oz)		1 bag				
Small Green Cabbage (1 lb max.)		1				
Oranges					4-8	
Cabbage				3.5-4 LB		
Garlic					1 Clove	
Broccoli Crowns					2-3 Head	
Rotisserie Chicken					1	
Broccoli Rab / Kale						2 LBs
Meat						
Ground Beef Chorizo			1 LB			
Ground Chicken Breasts			1 LB			
Lean Ground Beef				2 LB		
In the Aisles						
Chicken/Vegetable Broth	6 cups					4 Cups
Frozen Corn Kernels	2 lbs					
Spaghetti		1 LB				1 LB
Sliced Bread			8			
Steamed White Rice (Cooked)				1 Cup		
Crushed Tomatoes (28 oz)				1 Can		
Beef Stock				4 Cups		
Spam Lunch Meat (12 oz)						1 Can
Dairy						
Eggs	2		12			
Shredded Sharp Cheddar Cheese			2 cups			

I assume that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Corn Starch, Superior Light Soy Sauce, white pepper, Superior Dark Soy Sauce, Sesame Oil, Sriracha Sauce, Garlic Powder, Onion Powder, Marjoram and Garlic Salt

I also **recommend** you to check out my website for some hits, special tips and techniques.

This Week Dinner Menu

Chinese Corn Egg Drop Soup and Cabbage And Carrot Chow Mein
Stove Top Chicken Chorizo Frittata with Toasts
Slow Cooker Golabki Polish Stuffed Cabbage Roll Soup
Chicken Scampi Spaghetti and Oranges
Hong Kong Spam Spaghetti Bowl

Chinese Corn Egg Drop Soup

Prep Time: ZERO Cook Time: 15 Minutes Serving: 4-6

Ingredients

6 cups Chicken/Vegetable Broth
2 lbs Frozen Corn Kernels
2 Eggs (beaten)
1/4 cup Corn Starch
1/8 cup Cold Water
2 tsp Superior Light Soy Sauce
2 Scallion (chopped; for garnish only)
Salt and Pepper to taste (Chinese prefers white pepper. If you have it on hand, it would be better than regular black pepper.)

Bring broth to a boil in a soup pot
Add frozen corn kernels
While waiting, beat eggs in a separate bowl
Combine corn starch and water in another bowl
When soup comes to rolling boil again, slowly drizzle beaten eggs into the soup (If possible, use a ladle to stir while you are doing it)
Slowly stir in corn starch slurry into the boiling soup
Add soy sauce, salt and pepper to taste
Garnish with scallion and serve immediately

Cabbage And Carrot Chow Mein

Prep Time: 5 Minutes Cook Time: 20 Minutes Serving: 4-6

1 lb Spaghetti
1 bag (10 oz) Carrot matchsticks
1 (1 lb max.) Small Green Cabbage (thinly sliced)
2 Scallion (chopped)
1 tsp Salt
2 tbsp Canola Oil (divided)
A pot of water

1/4 cup Superior Light Soy Sauce

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3 tbsp Superior Dark Soy Sauce
2 tbsp Extra Virgin Olive Oil
1 tsp Sesame Oil
Sriracha Sauce
Salt and pepper to taste

Bring a pot of water to a boil, add 1 tsp Salt, 1 tbsp Canola Oil and spaghetti

Quick stir and let it under cook about 2 mins from al dente

In another medium sauce pan, bring another 4 cups of water to a boil

Cut cabbage into quarters and tilt knife to cut out cores and discard

Put pasta strainer into the kitchen sink

Thinly slice cabbages against the layers of the leaves and transfer to the strainer together with carrot matchsticks

Drizzles about 1 tbsp Canola Oil on top of the vegetables

About 2 mins before draining spaghetti, slowly drizzle that saucepan of hot water on top of the strainer of vegetables (this will keep the vegetables crisp tender and cut down extra cooking time later when they mix with the noodles)

Transfer vegetables into a bowl and set aside, this will allow the strainer to be ready for the spaghetti

Drain pasta

Preheat the same pot at high heat with extra virgin olive oil

Add vegetables and quick toss

Add pasta and all seasonings, such as soy sauces, salt and pepper to taste

Toss to coat and turn off heat

Add sesame oil and garnish with scallions and serve immediately

Stove Top Chicken Chorizo Frittata

Prep Time: 10 Minutes Cook Time: 18-20 Minutes Serving: 6-8

Ingredients

1 lb Ground Beef Chorizo (Chorizo has plenty of grease to substitute oil. It is also very salty and spicy. So, hold the salt and pepper. Preferably, serve them along with the dish. Let everybody adjust his/her own seasoning.)

1 lb Ground Chicken Breasts

12 Eggs (Beaten)

2-3 Scallion (chopped; save a small handful for garnish later)

2 cups Shredded Sharp Cheddar Cheese

In a big mixing bowl, use a fork lightly to mix ground chicken and ground Chorizo together

Preheat a big skillet at high heat and add meat mixture in

Use spatula to break it up into bite size pieces and brown about 5-8 minutes and stir occasionally in between

Add eggs and scallion; turn down heat to medium low

When you see the edges start to solidify, use spatula to pull it to the middle where the egg is still wet

Flip over to the other side with the help of spatula (it is ok to break the frittata into pieces with this action. This step also helps the cooking process to complete faster)

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Add cheese, cover the lid and cook for about 10 minutes at low heat until cheese gets melty
Add reserved scallion on top to garnish and serve immediately

Slow Cooker Golabki Polish Stuffed Cabbage Roll Soup

Prep Time: 10 Minutes Active Cook Time: 15-20 Minutes Inactive Cook Time: 2.5 - 3 Hours
Serving: 4-6

Ingredients

3.5-4 LB Cabbage (cored and sliced)
2 LB Lean Ground Beef
1 Can (28 oz) Crushed Tomatoes
4 Cups Beef Stock
1 Cup Cooked Rice or 1/2 Cup Uncooked Rice
3 tsp Garlic Powder
2 tsp Onion Powder
2 tsp Marjoram
1 tsp Extra Virgin Olive Oil
Salt and Pepper to taste
No-stick Cooking Spray

Preheat a big deep skillet at high heat and add beef in

Use a spatula to break up the meat into big chunks (about 1" size)

Brown meat for about 8-10 minutes

While meat is browning, cut cabbage into halves and cut both halves into quarters

Tilt knife slightly to cut out the core from each quarter and slice cabbage crosswise and transfer into a 6-quart slow cooker insert coated with no-stick cooking spray

Back to the pot of meat, add beef stock and crushed tomatoes

Bring mixture to a rolling boil

Use a slotted spoon to transfer meat chunks into the slow cooker which will be on top of the cabbage

Carefully pour the stock and tomato mixture into the slow cooker (even in a 6-quart slow cooker, it looks like it is overflowing, as mentioned earlier. But the cabbage will cook down significantly. By the time dinner is served, the volume is just perfect.)

Cook on high heat for 2.5-3 hours

Add cooked rice, salt and pepper to taste and serve immediately

Chicken Scampi Spaghetti

Prep Time: 15 Minutes Cook Time: 25-30 Minutes Serving: 4-6

Ingredients

1 Rotisserie Chicken (shredded; discard bones and skin), make your own or 2-3 cups of cooked chicken leftover

2-3 Heads of Broccoli Crowns (depends on the size of the crown; about 1 pound; cut in florets)

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1 pound Spaghetti
1 Clove Garlic (minced)
2 tablespoons Butter

Seasonings

4 tablespoons Extra Virgin Olive Oil
1 teaspoon Onion Powder
1 teaspoon Garlic Salt
1 teaspoon Salt
¼ teaspoon Black Pepper
1 tablespoons Canola Oil
1 Pot of Water

Bring a pot of water to a boil

Add 1 teaspoon salt, 1 tablespoon Canola oil and broccoli in

Boil broccoli when it boils again, about 4-5 minutes, take it out with slotted spoon (This process is to help to quicken the cooking time of the vegetable later. But do not cook the broccoli through at this stage in order to keep it crisp tender)

Add spaghetti into the same pot of boiling water

Reserve about a cup of pasta water

Cook until al dente and drain

Use the same pot or Dutch oven

Add butter and extra virgin olive oil, garlic, onion powder, garlic salt, black pepper and ¼ cup of pasta water

Add chicken and broccoli

Stir well; cook about 4-5 minutes

Add more extra virgin olive oil and pasta water if the bottom of the skillet is bone dry; 1 tablespoon of each at a time

Add spaghetti and toss to coat

Serve immediately

Hong Kong Spam Spaghetti Bowl

Prep Time: 15 Minutes **Cook Time:** 30-40 Minutes **Serving:** 4

Ingredients

1 pound Spaghetti
4 Cups Chicken Broth
1 Can (12oz) Spam Lunch Meat (sliced about ¼" thick; you can get up to 8 slices out of it)
2 pounds Broccoli Rabe (cut in florets) or kale (removed from stem and roughly chopped)

Seasonings

2 teaspoon Salt (divided)
2 tablespoon Canola Oil (divided)
2 Pots of Water
1 Splash Superior Lite Soy Sauce (optional)

Bring 1 big pot of water to a boil

Add 1tsp salt, 1tbsp canola oil and spaghetti

Quick stir and let spaghetti slightly undercook for 1-2 minutes from al dente

Drain and put it aside and bring chicken broth to a boil in this same pot and add a splash of soy sauce

While spaghetti is cooking, bring water in a medium sauce pan to a boil

Add 1 tsp salt and cook the vegetables

Watch closely after the vegetables are submerged under the water. When it boils again, drain and put the vegetables aside

While waiting, preheat a big skillet at medium high heat

Add 1tbsp oil and sliced Spam

Cook until golden brown and crispy on the outside; about 3-5 minutes each side

May need to separate into 2 batches to cook the lunch meat

To assemble, separate the spaghetti and broccoli rabe or kale into 4 bowls about equal portion

Add 2 slices of lunch meat on top

Ladle hot chicken broth into each bowl and serve immediately