

Grocery List for the week of Jan 14, 2018

Your Grocery Shopping List	Chicken Scampi Spaghetti	Slow Cooker Vegetable Stew	One-Pan Chorizo Sausage and Shrimps Bake	Vegan Italian Seasoned Spaghetti Squash	Sauteed Asparagus Pepperoni	Thai Pineapple Coconut Chicken
Produce						
Crusty Bread		1 Loaf				
Garlic	1 Clove			3 Cloves		
Rotisserie Chicken	1					
Broccoli Crowns	2-3 Head					
Raw frozen shrimps			2 lbs			
Spaghetti Squash				3.5-4 LBs		
Asparagus					1.5-2 LBs	
Meat						
Skinless Boneless Chicken Thigh						3-3.5 lbs
In the Aisles						
Corn On The Cob (frozen/fresh)			4 ears			
Steamed White Rice						4 Cups
Spaghetti	1 LB					
Frozen Cut Green Beans		1 LB				
Frozen Crinkle Cut Carrots		1 LB				
Frozen Corns		1/2 LB				
Frozen Green Peas		1/4 LB				
Diced tomatoes with juice (28oz)		2 Cans				
Chorizo sausage			8 oz			
Diced/Sliced Pepperoni					1/8-1/4 cup	
Sliced Pineapples (20 oz)						1 Can
Coconut Milk (14 oz)						1 Can
Dried Chili						3 pcs
Lemongrass						1 tsp
Cheese Cloth						1 pc
Dairy						
<p>I assume that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Onion Powder, Garlic Salt, Dried Bay Leaves, Tomato Paste in a tube, Garlic powder, Italian seasoning, Crushed Red Pepper, Turmeric and Corn Starch</p> <p>I also recommend you to check out my website for some hits, special tips and techniques.</p>						

This Week Dinner Menu

Chicken Scampi Spaghetti

Slow Cooker Vegetable Stew with Crusty Bread

One-Pan Chorizo Sausage and Shrimps Bake and Corn On The Cob

Vegan Italian Seasoned Spaghetti Squash and Sauteed Asparagus Pepperoni

Thai Pineapple Coconut Chicken with Steamed White Rice

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)

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

Slow Cooker Vegetable Stew

Prep Time: ZERO Inactive Cook Time: 4 Hours Serving: 4-6

Ingredients

2 Can (28 ounces) Diced tomatoes with juice
1 pound Frozen Cut Green Beans
1 pound Frozen Crinkle Cut Carrots
1/2 pound Frozen Corns
1/4 pound Frozen Green Peas
2 Dried Bay Leaves
4 cups Water
1 tablespoon Tomato Paste
1 tablespoon Garlic powder
2 teaspoon Onion powder
2 teaspoon Italian seasoning
12-18 Frozen Meatballs (optional)
Salt and pepper to taste

Add all the ingredients into the slow cooker
Cook it in high for 4 hours or low for 8 hours
Taste and adjust seasonings and serve

One-Pan Chorizo Sausage and Shrimps Bake

Prep Time: 5-10 Minutes Inactive Cook Time: 30 Minutes Serving: 4-6

Ingredients

8 ounces Chorizo sausage (diced)
2 pounds Raw frozen shrimps (thawed; I use the 16-20 counts. I highly recommend to buy what is on sale in the store). Make sure they are the same count in order to have same cooking time)
1 pinch of each salt and ground black pepper (divided)
6 tablespoons Extra Virgin Olive Oil (divided)

Line a rimmed baking sheets with aluminum foil for easy clean up later

Preheat oven at 350F

Cut the sausage in half and cut the halves into quarters lengthwise

Cut the quarters into 1/4" dice

Combine shrimps, sausage, 2 tablespoons Extra Virgin Olive Oil and a pinch of each of salt and pepper in the baking sheet (Like any sausage, Chorizo sausage is very salty. So, go easy on the salt)

Cook everything in the oven for 20-30 minutes until shrimps are opaque

Vegan Italian Seasoned Spaghetti Squash

Prep Time: 20 Minutes Active Cook Time: 10 Minutes
Inactive Cook Time: 60-80 Minutes Serving: 4

Ingredients

3.5-4 LBs Spaghetti Squash

Dressing

1/4 Cup Extra Virgin Olive Oil (Everything tastes better with butter. You can either replace it with butter or half butter and half extra virgin olive oil)

3 Cloves Minced Garlic

1 tsp Italian Seasoning

1 pinch Crushed Red Pepper

1 tsp Salt

1/2 tsp Black Pepper

Preheat oven at 375F

Use a fork to poke several times on the spaghetti squash to let the steam out (it could be difficult to poke the squash. As long as the tips of a fork slightly get under the skin is good enough)

Transfer to a casserole dish or roasting pan (for your safety, stay away from regular baking sheet. After sitting in the oven for a while, the squash still has the tendency to roll around. To avoid it to roll it off and burn yourself, please use a roasting pan)

Bake it in the oven for an hour until a pairing knife can cut into the squash without any resistance. If not, bake it again for another 10 minutes again until the pairing knife can go through the squash easily. Repeat this step until the squash is cooked through

Let it sit in room temperature for 10 minutes and cut it into halves and spoon out and discard the seeds (it is still hot to touch. I use glove to help in the process and worked out great.)

Then, use a fork to rake the flesh from the skin and transfer to a bowl

While waiting for the spaghetti squash cooling in room temperature, in a Dutch oven, combine all the ingredients of the dressing at medium high heat

Stir in the flesh of spaghetti squash and adjust seasonings and serve immediately

Sauteed Asparagus Pepperoni

Prep Time: 10 Minutes Cook Time: 10-12 Minutes Serving: 2-4

Ingredients

1.5-2 pounds Asparagus

1/8 -1/4 cup Diced/Sliced Pepperoni (if it's pre-sliced one, cut them into 3 parts)

1 tablespoon Extra Virgin Olive Oil

1/2 teaspoon Salt

Take a piece of asparagus, hold both ends and slightly bend it

The tough part will break apart from the tender part

Use that asparagus spear as your measuring unit and align it with the rest of the asparagus spears and cut the tough parts and discard

Then, cut the asparagus 1" long at an angle

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Preheat a big skillet at medium high heat

Add Extra Virgin Olive Oil and pepperoni in and cook until the edge starts crispy; about 2 minutes

Add asparagus and cook to desired crisp tender; about 5-8 minutes

Salt and pepper to taste and serve immediately

Thai Pineapple Coconut Chicken

Prep Time: 20 Minutes **Cook Time:** 3-3.5 Hours on high or 6-7 Hours on low **Serving:** 6-8

Ingredients

3-3.5 pounds Skinless Boneless Chicken Thigh (trim and discard fat and partially frozen)

1 (20 ounces) can Sliced Pineapples and juice

1 (14 ounces) can Coconut Milk

3 Dried Chili

1 teaspoon Lemongrass

Cheese Cloth

1/8 teaspoon Turmeric (I use this for giving the color of the dish.)

2 tablespoon Corn Starch

1/3 cup Water

Scallion (chopped)

No-stick Cooking Spray

Steamed white rice

Coat insert of slow cooker with no-stick cooking spray

Line sliced pineapples at the bottom of the insert

Put chicken thighs on top and sprinkle with salt and pepper

Put dry chili and lemongrass in the middle of a piece of cheese cloth and tie it tightly with kitchen string to make a little pouch and put into the slow cooker

Add pineapple juice and coconut milk

Cover with lid and cook on high for 3-3.5 hours or low 6-7 hours

In a separate bowl, combine water and corn starch together to make slurry. Stir it into the chicken in the last half hour of cook time and let it continue to cook

At the same time, cook steamed rice on the side and chop up scallion

Add turmeric, salt and pepper to taste

Discard the lemongrass and dried chili pouch

Garnish with scallion and serve immediately along with steamed rice