



DINNER TONIGHT: BUDGET FRIENDLY

Ground Beef
Stroganoff



FUN

Write a few words on slips of paper that are put in a container. Each person chooses a word. Everyone uses their word to make a story.



CONVERSATION

What movie have you watched over and over again? Why?





Ground Beef Stroganoff

Ingredients

Serves 4-6

- 1 lb. ground beef
- 1 onion, chopped
- 8 oz. fresh mushrooms, sliced
- 1-2 garlic cloves, chopped
- 1 cup beef or chicken stock, or reserved pasta water
- Up to 1/2 cup sour cream or creme fraiche
- Paprika
- Splash of sherry
- Pinch of salt and fresh ground pepper
- 1 package wide egg noodles, pappardelle, or whole wheat linguine

Instructions

1. Bring a large pot of salted water to a boil and cook pasta according to package directions. Drain and set aside.
2. In a large skillet or Dutch oven, brown the meat with the salt & pepper and a pinch or two of paprika until cooked through. Drain the extra fat from the pan if necessary
3. Add the chopped onions and garlic and cook until softened and translucent.
4. Add the mushrooms and cook for another 3-5 minutes.
5. Stir in the liquid (stock or water), sherry, and about 2 tbs of the sour cream.
6. Cook for another 5 minutes and season to taste. If it seems like it wants to be a little creamier, add more sour cream.
7. Serve over the reserved noodles.



DINNER TONIGHT: BUDGET FRIENDLY

Chicken Souvlaki



FUN

One person names 4 things. The others guess which one doesn't belong.



CONVERSATION

If you could choose another name for yourself, would you? What would it be?





Chicken Souvlaki

INGREDIENTS

Serves 4

- 4 pita breads
- 1 tsp. dried oregano
- 1/4 tsp. ground black pepper
- 1 tbsp. fresh lemon juice
- 1/4 c. extra-virgin olive oil, plus oil for sautéing the chicken
- 4 boneless, skinless chicken breast cut into pieces
- 1/2 c. plain yogurt
- 1 sm. cucumber, diced
- 1 1/2 tbsp. minced fresh dill

INSTRUCTIONS

1. Heat oven to 200 degrees F. Wrap the bread in foil and place in oven.
2. In a large bowl, combine the oregano, thyme, pepper and lemon juice. Slowly add the oil in a steady stream, whisking constantly until incorporated.
3. Pour the vinaigrette over the chicken and let marinate for 10 minutes at room temperature.
4. Heat a large skillet over medium-high heat and fill it with a little more olive oil. Transfer the chicken but not the liquid to the skillet and heat, turning occasionally, until cooked through, about 5 minutes.
5. Meanwhile, in a small bowl, combine the yogurt, cucumber and dill. Spread the bread with some of the yogurt sauce and top with the chicken.

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DINNER TONIGHT

Pasta Poulet



FUN

Everyone at the table picks a person they would invite to dinner and explains why.



CONVERSATION

What is the greatest song ever written?





Pasta Poulet

INGREDIENTS

Serves 4-6

- 1 lb. boneless, chicken breast, cubed
- 2 tbsp. olive oil
- 4 cloves garlic, minced
- 4 medium tomatoes, diced
- 4-6 scallions, diced
- 1 1/2 c. chicken broth
- 2 tsp. oregano
- 1 tbsp. dried basil
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 lb. spaghetti, or other long pasta

INSTRUCTIONS

1. Cook the pasta according to package directions.
2. While the pasta is cooking, warm the olive oil in a skillet over medium heat. Add the garlic and saute for about 30 seconds, just until fragrant.
3. Add the chicken to the skillet and cook, stirring frequently, until lightly browned.
4. Season with the basil, oregano, salt, and pepper.
5. Add the chicken broth, stir to combine, and simmer for 5-7 minutes.
6. Add the tomatoes and scallions and cook for an additional 2-3 minutes, just until the tomatoes are softened.
7. Toss the chicken mixture with the cooked, drained pasta. Serve with Parmesan cheese as desired.

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DINNER TONIGHT: BUDGET FRIENDLY

Balsamic Lentil Salad



FUN

In a minute, how many things can you think of that grow?



CONVERSATION

If you could only eat one food for the rest of your life, what would you choose?





Balsamic Lentil Salad

INGREDIENTS

Salad

- 2 ½ c. cooked lentils
- 1 c. cooked quinoa
- 1 bunch of kale, shredded
- 1 red bell pepper, finely chopped
- 1 cucumber, diced
- ¼ c. red onion, finely chopped
- ⅓ c. fresh chopped parsley

Dressing

- ¼ c. balsamic vinegar
- ½ tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. maple syrup
- ½ clove garlic, chopped
- Dash of salt and pepper

INSTRUCTIONS

1. Cook the lentils and quinoa according to package directions.
2. In a large bowl, combine the lentils, quinoa, kale, bell pepper, cucumber, onion, and parsley.
3. Combine all the dressing ingredients in a blender and mix until smooth. Alternatively, you can whisk the ingredients together in a bowl.
4. Pour the dressing over the salad and toss to combine.

This recipe is from Tribal Health of the Confederated Salish and Kootenai Tribes



DINNER TONIGHT

Half-Veggie Burgers



FUN

Pick a word. Everyone sings as many song lyrics as they can think of that use that word.



CONVERSATION

How would your day change if you didn't have internet?





Half-Veggie Burgers

INGREDIENTS

Serves 8

- 3 cups cooked lentils or beans
- 1 cup finely chopped bell pepper or other vegetable
- 1 pound ground beef
- 1 egg (optional)
- Salt and pepper, to taste
- 8 buns

INSTRUCTIONS

1. Roughly mash the lentils with the back of a large spoon.
2. Mix the lentils, bell pepper, and ground beef in a large bowl. Season with salt and pepper and form into 8 patties.
3. Place a large skillet over medium-high heat and add the patties. Cook until they're dark brown, about 5 minutes, then flip them and cook for another 5 minutes.
4. Serve on toasted buns with your favorite condiments and fresh vegetables.

Leanne Brown provided this recipe for cheaper, healthier burgers, from her cookbook *Good and Cheap*.

She notes that you can substitute almost any vegetable for the bell pepper in these burgers.

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DINNER TONIGHT: BUDGET FRIENDLY

5 Minute Easy Egg
Fried Rice



FUN

Go around the table and
have each family member
share something for which
he or she is grateful — but in
alphabetical order!



CONVERSATION

What is your
earliest memory?





5 Minute Easy Egg Fried Rice

Ingredients

Serves 4

- 3 tablespoons cooking oil
- 4 eggs, beaten with pinch of salt
- 4 cups cold cooked jasmine rice
(you can use other types of cooked rice in a pinch)
- 2 tablespoons soy sauce
- pinch of salt
- 4 green onions, sliced
- Sesame seeds (optional, for garnish)

Instructions

1. Heat a wok or a skillet over high heat; add 1 tablespoon cooking oil and swirl to coat. Pour beaten eggs into the wok and scramble.
2. When the eggs are cooked 3/4 way, add remaining 2 tablespoons cooking oil and cold jasmine rice. Break down rice and mix it with the eggs.
3. Add soy sauce around the edge of the wok, so it will burn slightly for the smoky umami flavor. Add salt to your taste and mix everything well. Reduce heat to low if you need to.
4. Turn off the heat, stir in green onions. Garnish with sesame seeds if you'd like to! You can also add more soy sauce or sriracha to adjust this rice to your taste.



DINNER TONIGHT

Veggie Waffles



FUN

Think of 5 items that belong to a category. Have everyone guess the category.



CONVERSATION

How would your day change if you didn't have internet?





Veggie Waffles

INGREDIENTS

- 1 3/4 cups flour (you can use all-purpose or a whole-grain flour of your choice)
- 1/3 cup granulated sugar
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 2 large eggs
- 1 1/2 cups milk
- 4 tbsp. butter, melted
- 1 cup each grated carrot and zucchini

INSTRUCTIONS

1. Preheat a waffle iron according to manufacturer directions.
2. In a medium bowl, whisk together the dry ingredients (flour, sugar, baking powder, and cinnamon).
3. Add the eggs and milk and mix well.
4. Whisk in the melted butter until the batter is smooth and thick.
5. Fold in the carrots and zucchini.
6. Cook the waffles according to your waffle iron's specifications. Serve warm, with maple syrup or a sweet flavored cream cheese!

Whether you serve these waffles for breakfast or dinner, the hefty helping of carrots and zucchini folded into the batter will add to your daily produce tally in a sweet way. Pop extras into the freezer to toast up on busy mornings!

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DINNER TONIGHT: BUDGET FRIENDLY

Hot Stuff Casserole



FUN

Answer as many simple
“or” questions in two
minutes as possible!



CONVERSATION

What is one food you
always wanted to try?
What about a food you
would never want to try?





Hot Stuff Casserole

This recipe is from Cherokee Healthy Nation



INGREDIENTS

Serves 12

- 1 lb. extra lean ground beef
- 1 can Rotel tomatoes
- 1 small can tomato sauce
- ¼ tsp. Chili powder
- 1 tsp. sugar
- ¼ tsp. basil
- 12 oz. package wide noodles
- 1 c. low fat sour cream
- 1 pkg fat free cream cheese, at room temperature
- 1 tbsp. chives
- ½ c. cheddar cheese, reduced fat

INSTRUCTIONS

1. Brown ground beef. Drain off the fat.
2. Add tomatoes, tomato sauce, sugar, salt, chili powder, and basil. Simmer for 20 minutes.
3. Cook noodles according to package directions.
4. Mix sour cream, cream cheese, and chives.
5. In casserole dish sprayed with Pam, layer 1/2 noodles, cream cheese mixture, then the meat mixture. Repeat layers.
6. Bake at 350 degrees for 20 minutes. Sprinkle cheddar cheese on top and return to oven until cheese has melted.