

**EASY**

# Dinner This Week

LESS IS MORE - NO NEED TO BE FANCY

① Tacos    ② Pasta    ③ BBQ Chicken    ④ Burgers

## TOOLS

Skillet

Pot

Knife

Cutting Board

## TIPS FOR COOKING

Ground beef cooking temp is 145

Chicken cooking temp is 165

The higher percent the lean count on the ground beef, the less grease

## SHOPPING LIST

1 pound Ground Beef

1 pound Ground Sausage

1 pound Chicken

Pre-made Burger Patties

Taco Shells/Wraps/Chips

Lettuce x2

Tomatoes x2

BBQ Cheese

Cheese

Taco Sauce

Spaghetti Noodles

Spaghetti Sauce

Garlic Bread

Side dish for chicken

Burger Buns

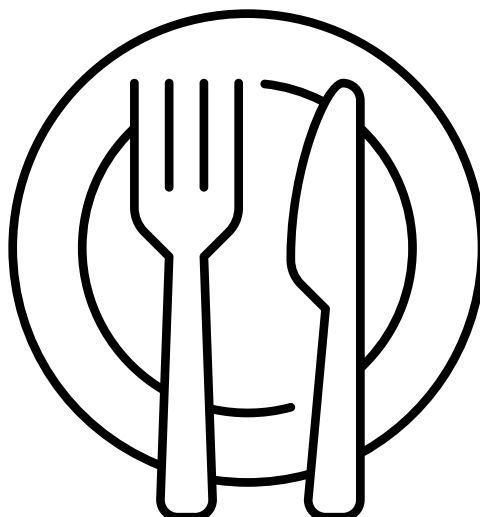
Sliced Cheese

## LEARNING CORNER

Simmer - stay just below the boiling point while being heated

Seared - burn or scorch the surface of something with sudden, intense heat

Medium - refers to burgers or steak 140-145



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# Recipes

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## ① Tacos

- Heat ground beef over medium heat till no pink left. Drain grease
- Add seasonings - Follow directions on packet (I use a store bought)
- Prepare taco toppings, chop lettuce, tomatoes and prepare cheese

## ② Pasta

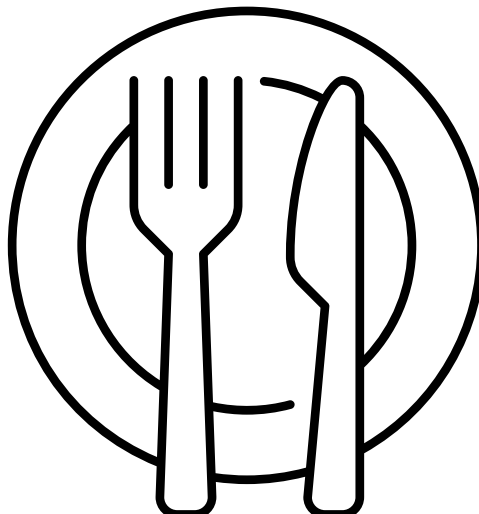
- Heat ground sausage over medium heat till no pink left. Drain grease
- While cooking meat, boil water to cook pasta. cook until done, drain
- Add pasta sauce to pan with meat and stir
- Serve with garlic bread, or bread of your choosing

## ③ Chicken

- Season chicken with salt and pepper
- Add to skillet; cooking on medium till seared on both sides
- Add 1/2 cup BBQ sauce and 1/4 cup water to pan. Cover and simmer on low until temp reaches 165 degrees
- While chicken is cooking prepare side dish

## ④ Burgers

- Season burgers with seasoning of choice; set out at room temp for 5-10 minutes
- Add to skillet cooking on both sides to preferred temp is met (140-165)
- Top with cheese of choice; add to bun and serve with side dish.



# SHOPPING LIST

Remember to always shop your pantry first!

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