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Braised Chuck Roast with Root Vegetables

(Makes extra chuck roast for Recipe 3) Prep Time: 20 minutes | Cook Time: 3-4 hours | Total Time: 3.5-4.5 hours

Ingredients:

- 4-5 lb chuck roast (use half for this recipe, half for Recipe 3)
- 2 tbsp olive oil
- 2 tbsp butter
- 1 large yellow onion, chopped
- 4 carrots, peeled and cut into 2-inch pieces
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 2 cups beef broth
- 1 cup red wine (optional, can substitute additional beef broth)
- 2 bay leaves
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 tbsp tomato paste
- 4 large red potatoes, quartered
- 8 oz mushrooms, halved
- Salt and pepper to taste

Directions:

1. Preheat oven to 325°F.
2. Season chuck roast generously with salt and pepper.
3. In a large Dutch oven, heat olive oil over medium-high heat. Brown roast on all sides, about 3-4 minutes per side. Remove and set aside.
4. Reduce heat to medium and add butter. Sauté onion, carrots, celery, and garlic until softened, about 5 minutes.
5. Add tomato paste and cook for 1 minute.
6. Pour in beef broth and wine (if using), scraping up any browned bits from the bottom of the pot.
7. Return roast to the pot. Add bay leaves, rosemary, and thyme. Bring to a simmer.
8. Cover and transfer to the oven. Cook for 2.5-3 hours.
9. Add potatoes and mushrooms to the pot. Continue cooking for 30-45 minutes until vegetables and meat are tender.
10. Remove half of the chuck roast and refrigerate for Recipe 3.
11. Reserve 2 cups of the cooking liquid for Recipe 3 (strain if desired).
12. Discard bay leaves and herb stems before serving.

Nutrition per serving: Calories: 520, Protein: 38g, Carbs: 24g, Fat: 30g

Sheet Pan Chili-Lime Shrimp Tacos

Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes

Ingredients:

- 1.5 lbs large shrimp, peeled and deveined
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp oregano
- 1/4 tsp cayenne pepper (optional)
- 2 limes (1 juiced, 1 cut into wedges)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 8-12 small corn tortillas
- 1 avocado, sliced
- 1/2 cup fresh cilantro, chopped
- 1/4 cup sour cream or Mexican crema
- 1/4 cup cotija or queso fresco, crumbled (optional)
- Hot sauce to taste (optional)
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. In a large bowl, combine olive oil, garlic, chili powder, cumin, smoked paprika, oregano, cayenne (if using), lime juice, salt, and pepper.
3. Add shrimp to the bowl and toss to coat thoroughly.
4. In a separate bowl, toss bell peppers and red onion with 1 tbsp olive oil, salt, and pepper.
5. Spread vegetables on the sheet pan. Roast for 5 minutes.
6. Remove pan from oven, push vegetables to the sides and add shrimp in a single layer.
7. Return to oven and roast for 6-8 minutes until shrimp are pink and opaque.
8. Meanwhile, warm tortillas directly over a gas flame for 10-15 seconds per side or wrap in damp paper towels and microwave for 30 seconds.
9. Serve shrimp and vegetables in tortillas, topped with avocado slices, cilantro, sour cream, crumbled cheese, and lime wedges.

Nutrition per serving (2-3 tacos):

- Calories: 380, Protein: 28g, Carbs: 30g, Fat: 22g

French Dip Sandwiches with French Fries

(Uses pre-cooked chuck roast from Recipe 1) Prep Time: 15 minutes | Cook Time: 30 minutes | Total Time: 45 minutes

Ingredients:

- Reserved cooked chuck roast from Recipe 1, thinly sliced
- 2 cups reserved cooking liquid from Recipe 1 (or beef broth)
- 1 yellow onion, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp Worcestershire sauce
- 4 hoagie rolls or French bread
- 8 slices provolone cheese
- 2 lbs frozen French fries (or 4 large russet potatoes for homemade fries)
- 2 tbsp olive oil (if making homemade fries)
- 1 tsp garlic powder
- Salt and pepper to taste

Directions:

1. Preheat oven according to frozen fry package directions (usually 425°F). Line a sheet pan with parchment paper.
2. If using frozen fries, arrange on the sheet pan and bake according to package instructions, usually 20-25 minutes.
3. If making homemade fries: Wash and cut potatoes into 1/4-inch sticks. Soak in cold water for 30 minutes, then drain and pat dry thoroughly. Toss with olive oil, garlic powder, salt, and pepper. Bake at 425°F for 30-35 minutes, flipping halfway through.
4. Meanwhile, in a large skillet, heat 1 tbsp olive oil over medium heat. Sauté onion until caramelized, about 10 minutes.
5. Add garlic and cook for 1 minute.
6. Add sliced beef, Worcestershire sauce, and 1/2 cup of the reserved cooking liquid. Heat through.
7. In a small saucepan, bring the remaining cooking liquid to a simmer to use as au jus.
8. Split rolls and place on a baking sheet. Top with beef mixture and provolone cheese.
9. Broil for 2-3 minutes until cheese is melted and bread is toasted.
10. Serve sandwiches with fries and small bowls of au jus for dipping.

Nutrition per serving:

- Calories: 620
- Protein: 36g
- Carbs: 52g
- Fat: 32g

Warm Mediterranean Rotisserie Chicken Grain Bowls

(Makes extra chicken for Recipe 6) Prep Time: 20 minutes | Cook Time: 25 minutes | Total Time: 45 minutes

Ingredients:

- 1 rotisserie chicken (use half for this recipe, half for Recipe 6)
- 1.5 cups farro, quinoa, or brown rice
- 3 cups chicken or vegetable broth
- 2 bell peppers (assorted colors), diced
- 1 red onion, cut into wedges
- 2 cups cherry tomatoes
- 1 cucumber, diced
- 1/2 cup kalamata olives, pitted and halved
- 1/4 cup prepared pesto
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 3 cloves garlic, minced
- 1 lemon, juiced
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, torn
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Cook farro, quinoa, or brown rice according to package directions, substituting broth for water for extra flavor.
3. While the grain cooks, toss bell peppers, red onion, and cherry tomatoes with 2 tbsp olive oil, half the garlic, salt, and pepper.
4. Spread vegetables on the sheet pan and roast for 20-25 minutes until tender and slightly caramelized.
5. Meanwhile, remove meat from half the rotisserie chicken, shredding into bite-sized pieces. Reserve the other half for Recipe 6.
6. In a small bowl, whisk together remaining olive oil, balsamic vinegar, remaining garlic, half the lemon juice, salt and pepper to make a dressing.
7. When grains are cooked, fluff with a fork and transfer to a large serving bowl.
8. Gently fold in the roasted vegetables, shredded chicken, cucumber, and olives.
9. Drizzle with the dressing and dollop with pesto.
10. Top with feta cheese, fresh herbs, and remaining lemon juice.
11. Serve warm or at room temperature.

Nutrition per serving: Calories: 460, Protein: 32g, Carbs: 45g, Fat: 22g

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Vegetarian Sheet Pan Gnocchi with Roasted Vegetables

Prep Time: 15 minutes | Cook Time: 25 minutes | Total Time: 40 minutes

Ingredients:

- 2 (16 oz) packages shelf-stable gnocchi (no need to pre-boil)
- 2 zucchini, diced
- 1 yellow squash, diced
- 1 pint cherry tomatoes
- 8 oz mushrooms, quartered
- 1 bell pepper, diced
- 1 red onion, cut into chunks
- 4 cloves garlic, minced
- 3 tbsp olive oil
- 2 tsp Italian seasoning
- 1/2 tsp red pepper flakes (optional)
- 1/2 cup grated parmesan cheese
- 1/4 cup fresh basil, torn
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a large sheet pan with parchment paper.
2. In a large bowl, combine gnocchi, zucchini, yellow squash, tomatoes, mushrooms, bell pepper, onion, and garlic.
3. Drizzle with olive oil and sprinkle with Italian seasoning, red pepper flakes (if using), salt, and pepper. Toss to coat.
4. Spread mixture evenly on the sheet pan.
5. Roast for 20-25 minutes, stirring halfway through, until gnocchi is golden and vegetables are tender.
6. Remove from oven and sprinkle with parmesan cheese.
7. Return to oven for 2-3 minutes until cheese is melted.
8. Garnish with fresh basil before serving.

Nutrition per serving:

- Calories: 450
- Protein: 14g
- Carbs: 70g
- Fat: 15g

Rotisserie Chicken Enchiladas

(Uses reserved chicken from Recipe 4) Prep Time: 20 minutes | Cook Time: 30 minutes | Total Time: 50 minutes

Ingredients:

- Reserved rotisserie chicken from Recipe 4, shredded (about 2-3 cups)
- 8 medium flour tortillas
- 2 (15 oz) cans red enchilada sauce
- 1 (4 oz) can diced green chilies
- 1 cup frozen corn, thawed
- 1 (15 oz) can black beans, drained and rinsed
- 2 cups shredded Mexican blend cheese
- 3 green onions, sliced
- 1/4 cup fresh cilantro, chopped
- 1 avocado, sliced (for serving)
- Sour cream (for serving)
- Salt and pepper to taste

Directions:

1. Preheat oven to 375°F. Lightly grease a 9x13 baking dish.
2. In a large bowl, combine shredded chicken, green chilies, corn, black beans, 1/2 cup enchilada sauce, half the cheese, half the green onions, and salt and pepper to taste.
3. Pour 1/2 cup of enchilada sauce in the bottom of the baking dish.
4. Spoon about 1/3 cup of the chicken mixture down the center of each tortilla.
5. Roll up tortillas and place seam-side down in the baking dish.
6. Pour remaining enchilada sauce over the enchiladas and sprinkle with remaining cheese.
7. Cover with foil and bake for 20 minutes.
8. Remove foil and bake for an additional 5-10 minutes until cheese is bubbly and golden.
9. Garnish with remaining green onions and cilantro.
10. Serve with avocado slices and sour cream.

Nutrition per serving (2 enchiladas):

- Calories: 520
- Protein: 32g
- Carbs: 48g
- Fat: 25g