

MON (MEXICAN)

Mexican Beef Stew

TUES (ITALIAN)

Creamy White Sauce Penne Pasta

WED (BRINNER)

Red Velvet Waffles

THUR (OTHER CUISINE)

Pork and Broccoli Stir Fry

FRI (DATE NIGHT)

WEEKEND

Chicken Fried Steak

SIDES

Cream Cheese Rangoon

Crockpot Creamed Corn

DESSERT

Chocolate Covered Strawberry Cupcakes

SHOPPING LIST

PRODUCE

- Onion (1)
- Large Carrots (4)
- Potatoes (1 lb)
- Scallions (3)
- Head of Broccoli (1 lb)
- Green Onions (2)
- Corn, frozen (4 oz)
- Strawberries (8)

GRAINS/BREAD

- Penne Pasta (1 lb)

SPICES

- Garlic, minced (3 tsp + 1/2 clove)
- Dried Parsley (2 tsp)
- Salt (3 1/2 tsp)
- Pepper (2 tsp)
- Paprika (1/2 tsp)
- Cayenne Pepper (1/4 tsp)

CANNED GOODS

- (2) Diced Tomatoes with Green Chiles (10 oz)
- Beef Broth (1 cup)
- (1) Black Beans
- Chicken Broth (3 cup)

MEAT/PROTEIN

- Stew Meat (2 lb)
- Eggs (1)
- Pork Tenderloin (1 lb)
- (4) Beef Cube Steaks (1/2 lb each)

DAIRY

- Butter (2 sticks + 7 Tbsp)
- Milk (2 1/4 cup)
- Parmesan Cheese, grated (1 cup)
- Buttermilk (2 cup)
- Cream Cheese (2 bricks)
- Sour Cream (1/6 cup)
- Heavy Whipping Cream (1/4 cup + 1 1/2 tsp)

PANTRY ITEMS

- Flour (4 cup + 3 Tbsp)
- Cocoa Powder (1/8 cup + 1 Tbsp)
- Sugar (1/2 cup + 1/2 Tbsp)
- Baking Powder (4 tsp)
- Vanilla (1 Tbsp + 1 tsp)
- Soy Sauce (1/2 cup)
- Rice Vinegar (1/2 cup)
- Cornstarch (2 Tbsp)
- Vegetable Oil (3-5 tsp)
- Olive Oil (2 Tbsp)
- Brown Sugar (1/4 cup)
- Baking Soda (1/3 tsp)
- Powdered Sugar (1 1/2 cup)

OTHER

- Quick Cooking Tapioca (2 Tbsp)
- Taco Seasoning (1 packet)
- Red Food Coloring (1/2 oz)
- Waffle Toppings (Ex: berries, whipped cream, syrup, caramel, etc.)
- Orange zest (2 tsp)
- Orange Juice (1/2 cup)
- Square Wonton Wrappers (24)
- Semisweet Baking Chocolate (3 oz)
- Freeze-Dried Strawberries (3/4 oz)

NOTES:

TIP OF THE WEEK:

What makes Red Velvet waffles red? The red color in red velvet cake is caused by a chemical reaction between the vinegar and buttermilk which then causes the red color to come out in the cocoa powder. For a deeper red many add red food coloring (like in this weeks Brinner recipe!) You can also use red beet root powder.

Click for the recipes or search on lilluna.com