



The Neat and Cozy House

SERENITY IN EVERY CORNER

Weekly Meal Planning

Week 40

Sunday - Chicken Noodle Soup

Monday - Shaved Beef Hoagies

Tuesday - Buffalo Chicken Sandwiches

Wednesday - NY Strip Steak, Roasted Asparagus & Garlic
Noodles

Thursday - Ham Steaks, Garlic Green Beans & Mac N' Cheese

Friday - Broccoli Stuffed Breaded Chicken, Steamed Broccoli &
Rice

Saturday - Ground Turkey Chili

Recipes - Weekly Meal Planning - Week 40

Sunday - **Homemade Chicken Noodle Soup**

****Ingredients:****

- 1 tablespoon Olive Oil
- 1 Onion, diced
- 2 Stalks Celery, diced
- 1 Large Carrot, diced
- 96 ounces Chicken Stock (homemade or store-bought)
- 2 tablespoons Granulated Chicken Bouillon
- Salt and Pepper (or Pepper Blend) to taste
- Meat from 1 Rotisserie Chicken, shredded (or 3 boneless, skinless chicken breasts, diced)
- 8 ounces Thin Egg Noodles

****Instructions:****

1. **Sauté the Mirapox:**

- In a large pot, heat 1 tablespoon of olive oil over medium heat. Add the diced onion, celery, and carrot (mirapox) to the pot. Sauté the vegetables until they become tender and the onion turns translucent, which should take about 5-7 minutes.

2. **Add Chicken Stock and Seasonings:**

- Pour in the 96 ounces of chicken stock. Stir in the 2 tablespoons of granulated chicken bouillon, and season with salt and pepper (or pepper blend) to taste.

3. **Bring to a Boil:**

- Increase the heat to high and bring the soup to a boil while stirring occasionally.

4. **Add Chicken:**

- If using a rotisserie chicken, remove the meat from the bones and shred it into bite-sized pieces. If using chicken breasts, dice them into small, even pieces.

5. **Add Chicken to the Pot:**

- Once the stock is boiling, add the shredded rotisserie chicken or diced chicken breasts to the pot. Stir well.

6. **Add Egg Noodles:**

- Add the 8 ounces of thin egg noodles to the boiling soup. Stir to combine.

7. **Cook the Noodles:**

- Let the soup simmer for about 10 minutes or until the egg noodles are tender. Keep an eye on the noodles to avoid overcooking.

8. ****Serve:****

- Ladle your comforting homemade chicken noodle soup into bowls, and enjoy the warmth and goodness. This recipe serves 8, making it perfect for sharing with family or saving some for later.

Warm up with this classic Chicken Noodle Soup, which is not only delicious but also comforting and hearty. It's a perfect meal for any day, especially during colder seasons.

Monday - **Shaved Beef Hoagies Recipe**

****Ingredients:****

- 4 Hoagie Rolls
- 16 ounces Shaved Beef (such as ribeye or sirloin)
- 4 to 8 ounces Shredded Cheese (your favorite variety)
- 1 tablespoon Olive Oil
- Salt and Pepper, to taste
- Italian Dressing (your favorite)
- Toppings:
 - 2 Roma Tomatoes, diced
 - 1/4 to 1/3 head of Lettuce, shredded
 - 4 to 6 Scallions, chopped
 - 4 ounces Hot or Mild Banana Peppers, sliced

****Instructions:****

****1. Prepare the Toppings and Hoagie Rolls:****

- Dice the Roma tomatoes, shred the lettuce, chop the scallions, and slice the banana peppers.

- Slice the hoagie rolls in half lengthwise.

****2. Assemble the Hoagies:****

- On the bottom half of each hoagie roll, layer the diced tomatoes, shredded lettuce, chopped scallions, and sliced banana peppers.

- Drizzle your favorite Italian dressing over the toppings. Season with salt and pepper to taste.

****3. Cook the Shaved Beef:****

- In a large skillet, heat 1 tablespoon of olive oil over high heat.

- Quickly cook the 16 ounces of shaved beef in the hot skillet. This should take only 2 to 4 minutes, as the beef cooks very fast. Be careful not to overcook; you want it to be tender and slightly caramelized.

****4. Add Cheese:****

- Just before the beef is done cooking, turn off the heat and sprinkle 4 to 8 ounces of your favorite shredded cheese over the beef. Stir until the cheese is melted and coats the beef evenly.

****5. Assemble the Hoagies:****

- Divide the cheesy shaved beef between the prepared hoagie rolls, placing it on top of the layered toppings.

****6. Serve and Enjoy:****

- Place the top half of each hoagie roll over the beef and toppings to complete your shaved beef hoagies.

- Serve your delicious hoagies immediately, and enjoy the savory, cheesy goodness!

These Shaved Beef Hoagies are a satisfying and flavorful meal, perfect for a quick and tasty dinner or lunch. Customize them with your favorite toppings and cheese for a delightful sandwich experience.

Tuesday - **Buffalo Chicken Sandwiches Recipe**

****Ingredients:****

- 4 Kaiser Rolls
- 2 Buffalo Chicken Breasts (marinated, about 6-8 ounces each)
- 2 Roma Tomatoes, sliced
- 1/4 to 1/3 head of Lettuce, shredded
- 4 to 6 Scallions, chopped
- 8 Dill Pickle Sandwich Slices
- Blue Cheese Dressing
- Hot Sauce (your favorite, optional)
- Olive Oil (for grilling chicken)

****Instructions:****

****1. Prepare the Toppings and Rolls:****

- Slice the Roma tomatoes, shred the lettuce, chop the scallions, and set aside the dill pickle sandwich slices.

- Slice the Kaiser rolls in half horizontally.

****2. Optional Spread:****

- If desired, spread blue cheese dressing and your favorite hot sauce (adjust to your desired level of heat) on the inside of the rolls.

****3. Grill the Buffalo Chicken:****

- Preheat your grill to medium-high heat.

- Brush the marinated Buffalo chicken breasts with a little olive oil to prevent sticking.

- Grill the chicken for approximately 6-8 minutes per side or until the internal temperature reaches 165°F (74°C). Cooking time may vary depending on the thickness of the chicken breasts.

- Once cooked, remove the chicken from the grill and let it rest for a few minutes. Then, slice the chicken breasts into thin strips.

****4. Assemble the Buffalo Chicken Sandwiches:****

- On the bottom half of each Kaiser roll, layer the sliced tomatoes, shredded lettuce, chopped scallions, and dill pickle slices.

- Place the grilled and sliced Buffalo chicken strips on top of the toppings.

- If you didn't already spread blue cheese dressing and hot sauce on the rolls, you can drizzle it directly over the chicken.

****5. Complete the Sandwiches:****

- Place the top half of each Kaiser roll over the chicken and toppings to complete your Buffalo Chicken Sandwiches.

****6. Serve and Enjoy:****

- Serve your Buffalo Chicken Sandwiches immediately, and enjoy the bold flavors with a kick of heat!

These Buffalo Chicken Sandwiches are perfect for those who love a little spice and a lot of flavor. Customize them with your favorite toppings and sauces for a satisfying and zesty meal. Enjoy!

Wednesday - **NY Center Cut Strip Steak with Roasted Asparagus and Garlic Noodles**

****Ingredients:****

****For the Steak:****

- 2 NY Center Cut Strip Steaks
- Salt, to taste
- Black Pepper, to taste
- Garlic Powder, to taste
- Olive Oil (for grilling)

****For the Garlic Vermicelli Noodles:****

- 1 box of Pasta Roni Garlic and Olive Oil Vermicelli Noodles
- 2 tablespoons butter
- 1-¾ cups water

****For the Roasted Asparagus:****

- Olive Oil
- 1 bunch of asparagus, trimmed

- Salt, to taste
- Black Pepper, to taste
- Garlic Powder, to taste

****Instructions:****

****For the Steak:****

1. Preheat your grill to high heat.
2. Use a meat tenderizer to gently pound the steaks, which will help tenderize them and even out their thickness.
3. Season both sides of the steaks generously with salt, black pepper, and garlic powder. Drizzle a bit of olive oil on each steak and rub the seasoning into the meat.
4. Place the steaks on the hot grill and cook to your desired doneness. For medium-rare, grill for about 4-5 minutes per side. Adjust the time for your preferred level of doneness (add a couple of minutes per side for medium, and so on).
5. Remove the steaks from the grill and let them rest for a few minutes before slicing. This allows the juices to redistribute and keeps the meat juicy.

****For the Garlic Vermicelli Noodles:****

1. Prepare the Pasta Roni Garlic and Olive Oil Vermicelli Noodles according to the package instructions.
2. In a saucepan, melt 2 tablespoons of butter over medium heat. Add the cooked vermicelli noodles and toss to coat them in the buttery garlic sauce.

****For the Roasted Asparagus:****

1. Preheat your oven to 400°F (200°C).
2. Place the trimmed asparagus on a baking sheet. Drizzle with olive oil and season with salt, black pepper, and garlic powder to taste. Toss to coat the asparagus evenly.
3. Roast the asparagus in the preheated oven for about 20 minutes or until they are tender and slightly crispy at the tips.

****To Serve:****

Plate your perfectly grilled NY Center Cut Strip Steak alongside the Garlic Vermicelli Noodles and Roasted Asparagus. Garnish with additional fresh herbs or a squeeze of lemon if desired. Enjoy your restaurant-quality meal at home!

Thursday - **Ham Steaks with Garlic Green Beans and Macaroni and Cheese**

****Ingredients:****

****For the Ham Steaks:****

- 16 ounces Ham Steaks
- Water (as needed)

****For the Garlic Green Beans:****

- 1 pound fresh green beans, ends trimmed
- 1 1/2 teaspoons Olive Oil
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper or Pepper Blend
- 1 teaspoon Minced Garlic

****For the Macaroni and Cheese:****

- 1 box of Macaroni and Cheese (store-bought)
- Water (per box instructions)
- Milk (per box instructions)
- Butter (per box instructions)

****Instructions:****

****For the Ham Steaks:****

1. Heat a skillet or frying pan over medium heat.
2. Place the ham steaks in the pan and add a little water (about 1/4 cup or as per package instructions). This will help heat and glaze the ham steaks.
3. Cook the ham steaks according to the package instructions, usually for about 3-4 minutes per side until they are heated through and have a nice glaze.

****For the Garlic Green Beans:****

1. In a large pan, add the trimmed green beans with about 1/4 inch of water. Cover and steam over medium heat for approximately 10 minutes or until the water evaporates and the beans become tender.
2. Add 1 1/2 teaspoons of olive oil to the pan, followed by the minced garlic. Sprinkle it with salt and black pepper (or pepper blend). Sauté for 2-3 minutes, stirring occasionally, until the garlic is fragrant and the green beans are slightly browned. Adjust salt and pepper to taste.

****For the Macaroni and Cheese:****

1. Follow the instructions on the box of macaroni and cheese. Typically, this involves boiling the macaroni in a pot of water until it's tender, draining it, and then mixing it with milk, butter, and the cheese sauce packet provided in the box.

2. After you've prepared the macaroni and cheese according to the box instructions, it's ready to serve.

****To Serve:****

Plate each serving with a portion of ham steak, a side of garlic green beans, and a scoop of macaroni and cheese.

Enjoy your delicious and comforting meal of Ham Steaks, Garlic Green Beans, and Macaroni and Cheese with your family or friends! It's a classic and hearty combination that's sure to satisfy.

Friday - **Broccoli-Filled Breaded Chicken Breasts with Steamed Broccoli and Rice**

****Ingredients:****

****For the Broccoli-Filled Breaded Chicken Breasts:****

- 4 Frozen Barber Foods Broccoli & Cheese Stuffed Chicken Breasts

****For the Steamed Broccoli:****

- 1 bunch of fresh broccoli, trimmed and cut into florets
- Water for steaming
- Salt and Pepper, to taste
- Butter (optional, for serving)

****For the White Rice:****

- 1 cup long-grain white rice
- 2 cups water
- Pinch of salt (optional)
- Butter or olive oil (optional, for serving)

****Instructions:****

****For the Broccoli-Filled Breaded Chicken Breasts:****

1. Preheat your oven to 375°F (190°C).
2. Place the frozen Barber Foods Broccoli & Cheese Stuffed Chicken Breasts on a baking sheet lined with parchment paper or a greased oven-safe dish.
3. Bake the chicken breasts in the preheated oven for approximately 36 minutes or until they are golden brown and cooked through. Cooking time may vary, so follow the package instructions for the chicken breasts.

****For the Steamed Broccoli:****

1. While the chicken breasts are baking, prepare the steamed broccoli. Fill a large pot with about 1 inch of water and place a steamer basket or a heatproof colander inside the pot.

2. Bring the water to a boil over high heat. Add the broccoli florets to the steamer basket, cover the pot with a lid, and steam for about 3-5 minutes or until the broccoli is tender-crisp.

3. Season the steamed broccoli with salt and pepper to taste. You can also add a pat of butter for extra flavor if desired.

****For the White Rice:****

1. In a saucepan, rinse the rice under cold running water until the water runs clear. This helps remove excess starch.

2. In the same saucepan, combine the rinsed rice, 2 cups of water, and a pinch of salt (if desired).

3. Bring the water to a boil over high heat.

4. Once boiling, reduce the heat to low, cover the saucepan with a tight-fitting lid, and simmer for about 18-20 minutes or until the rice is tender and the liquid is absorbed.

5. Remove the saucepan from the heat and let it sit, covered, for 5 minutes to allow the rice to steam and fluff up.

****To Serve:****

1. Plate each serving with one Broccoli-Filled Breaded Chicken Breast, a portion of steamed broccoli, and a scoop of white rice.

2. Optionally, add a pat of butter or a drizzle of olive oil over the rice for added richness.

3. Enjoy your meal of Broccoli-Filled Breaded Chicken Breasts, Steamed Broccoli, and White Rice – a delicious and balanced dinner for four!

Saturday - **Ground Turkey Chili Recipe**

****Ingredients:****

- 1 pound Ground Turkey
- 1 medium Onion, diced
- 1 medium Bell Pepper, diced
- 1 can (15.5 ounces) Light Kidney Beans, drained and rinsed
- 1 can (15.5 ounces) Great Northern or Cannellini Beans, drained and rinsed
- 1 jar (24 ounces) your favorite Pasta Sauce
- 1 can (28 ounces) your favorite Diced Tomatoes (plain, fire-roasted, or other)
- 1 can (7 ounces) Diced Green Chilies
- 2 to 3 tablespoons Chili Powder (adjust to taste)
- 1 tablespoon Cumin
- 1-1/2 teaspoons Salt (adjust to taste)
- 1-1/2 teaspoons Pepper or Pepper Blend (adjust to taste)

- 1-1/2 teaspoons Garlic Powder
- Hot Sauce (to taste)
- Optional toppings: Shredded Cheese, Sour Cream, Chopped Scallions, Chopped Cilantro, Sliced Jalapeños

****Instructions:****

1. In a large skillet or pan, brown the ground turkey over medium-high heat until fully cooked. Break it up into crumbles as it cooks. Once browned, remove any excess fat.
2. Add the diced onion and bell pepper to the pan with the browned ground turkey. Sauté for about 5 minutes, or until the vegetables are tender.
3. Transfer the cooked turkey, onion, and bell pepper mixture to a slow cooker (crock pot).
4. Add the drained and rinsed kidney beans and great northern or cannellini beans to the slow cooker.
5. Pour in the jar of pasta sauce and the can of diced tomatoes, including their juices.
6. Add the diced green chilies to the slow cooker.
7. Season the chili with chili powder, cumin, salt, pepper, garlic powder, and hot sauce (to taste). Adjust the spice level and seasoning according to your preferences.
8. Stir all the ingredients in the slow cooker until well combined.
9. Cover the slow cooker with the lid and cook the chili on low for 8 hours, allowing the flavors to meld together.
10. Before serving, taste the chili and adjust the seasonings as needed. If you like it spicier, add more hot sauce.
11. Serve your delicious Ground Turkey Chili hot, garnished with your choice of toppings like shredded cheese, sour cream, chopped scallions, chopped cilantro, and sliced jalapeños.

This recipe yields approximately 8 servings of flavorful and hearty Ground Turkey Chili. It's perfect for a comforting meal on a chilly day or for feeding a crowd. Enjoy!