

Your Delish Weekly Menu

Monday – Cuban Black Bean Soup

Tuesday – Albondigas and Rice

Wednesday – Macaroni and Cheese with Broccoli and Mushrooms

Thursday – White Fish with Tomatoes, Capers and Olives

Friday – Chicken Curry with Rice

Monday's black bean soup can be cooked in a slow cooker. You don't even need to soak the beans. Simply place everything in the pot and allow it to do its thing.

Tuesday's albondigas are Latin style meatballs. They can be made was in advance and frozen. In fact, make a couple recipes so that you have them when you need them. They are cooked in a tomato sauce and served with rice. Delish!

Wednesday's macaroni and cheese is made with broccoli and mushrooms cooked in a creamy and cheesy sauce. This is super easy and delicious. Serve it with a small side salad if you like.

Thursday's fish is made in minutes and in a large skillet. This is a very flavorful meal. You can use any white, fleshy fish that you want such as catfish, tilapia, haddock, Mahi-mahi or sole.

Friday's chicken curry is exquisite. It is made with fruit and has a wonderful sweet/spicy balance. This goes nicely with some steamed rice to mop up the sauce. You can make this curry a day ahead if you like.