

Weekly Menu

MONDAY – Cajun Shrimp with Pasta

TUESDAY – Chicken Meatloaf with Hoisin Glaze

WEDNESDAY – Lentil Brown Rice Patties

THURSDAY – Chickpeas and Sausage with Rice

FRIDAY – Braised Beef Short Ribs with Mashed Potatoes

Monday's Cajun shrimp is extremely easy to make. You can make the spices in advance and keep them in a closed jar in a cupboard. All you will need is cleaned shrimp (peeled and deveined), butter and garlic to finish these up. You can make these as spicy as you want when you are getting your spices ready. You can serve this with pasta or rice.

Tuesday's chicken meatloaf is very easy to make. You can make it a day in advance and glaze and bake it before dinner if you would like to. This is an exquisite version of meat loaf. The Hoisin and honey glaze add a lot to it. Perfection.

Wednesday's lentil and brown rice patties can be made in advance and frozen. I like serving them with a fresh avocado and tomato salsa but you can serve them as is or with any salsa you want. You can make these into a sandwich with lettuce and tomatoes or eat them with a salad.

Thursday's chickpeas and sausage can be made in advance and frozen as well. This is a delicious stew that goes beautifully with rice. It is not all that complicated to make and is super satisfying. If you would like to keep this vegetarian (vegan even) go ahead and omit the sausage.

Friday's short ribs can braise in a slow cooker while you are out doing other things. These ribs are tender and exquisite. They go beautifully with mashed potatoes. What a delicious way to end the week.