

Easy Weeknight Dinners

Shopping List - Volume 18

MEALS:

1. Easy Baked Salmon Recipe with Rice Moroccan Style
2. Chicken Taco Bowls
3. Sheet Pan Fajitas
4. Spinach Quiche with Sundried Tomatoes
5. Easy Lentil Soup

INGREDIENTS:

olive oil

1 medium celery stalk

1 medium carrot

2 medium yellow onion

1 Red Sweet Pepper

1 Yellow Sweet Pepper

1 Green Sweet Pepper

8 medium garlic cloves

1 lemon

5 cups tightly-packed fresh spinach leaves

1 large bunch cilantro, finely chopped

2 tbsp fresh parsley

1/4 teaspoon fresh thyme leaves

1 packet fajita mix

1-2 packets taco seasoning 1 for mild flavor,
2 for more flavor

1 bay leaf

2 tablespoons paprika

1 tablespoon cumin

1 teaspoon salt, or more to taste

1 teaspoon ginger (optional)

1/2 teaspoon cayenne pepper (optional)

1/4 teaspoon saffron threads, crumbled

1 quart low-sodium vegetable broth

6 cups chicken broth

1 (15-ounce) can diced tomatoes with their
juices

1/2 cup sun-dried tomatoes, chopped

1 1/4 cups lentils (any color except red),
rinsed

1 15 oz can black beans, drained and rinsed

1 12 oz bag frozen corn

3 cups uncooked jasmine rice rinsed

1 1/2 cups yellow rice

1 15.5 oz jar salsa

4-5 uncooked boneless, skinless breasts if
large, cut in half

4 Chicken Breasts

1 salmon filet (1 lb)

1 purchased or homemade quiche crust

8 eggs

1 cup heavy cream (same as "heavy
whipping cream")

1/2 cup shredded mozzarella cheese

1/2 cup shredded cheddar cheese

1 tablespoon butter