



You're busy, I get it.

I LOVE to cook but I have been busier than ever and don't always have enough time to get dinner on the table. Or at least, too tired to do so.

I rely on a handful of recipes and shortcuts that can hit the table with little effort, little time and few dirty dishes. These are keepers and with some preplanning, you can have weeknight dinners on the table for your family too.

It is my hope that these dinner solutions will nourish your bellies and your soul. Bon Appetit my friend.

hugs, tina

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SIMPLE



CILANTRO LIME RICE



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2 cups long grain white rice
3 cups of water
1 tsp salt
1 bunch of cilantro
4 scallions
2 cloves garlic
1/3 cup fresh lime juice
1 extra lime for garnish

HOW TO MAKE

Place rice and water in rice cooker, cook according to your rice cookers directions.

Mine is a single-button rice cooker. Some are programmable.

Place the remaining ingredients in a food processor, process into a chunky paste.

When rice is done, fold paste into rice.

Serve with lime wedges



INDIAN BROILED CHICKEN



1.5 cups plain Greek yogurt3 lbs skinless, boneless chicken thighs1/4 cup olive oil

2 Tbs minced garlic

2 Tbs Garam Masala

1 tsp salt

1 tsp black pepper

1 Tbs onion powder

HOW TO MAKE

Mix all ingredients in a sealable plastic bag, refrigerate and marinate for 30 minutes or in the morning before work.

Place marinated meat on a roasting pan with a rack and broil 4 inches below the heating element for approximately 10 minutes. Turn meat and broil 6-10 minutes longer or until the meat is cooked through but not overcooked and dried out.

When the meat is done, the juices will run clear and not pink when poked with a sharp knife or cut the thickest piece of meat to see if it is cooked through. It is important to determine by observation rather than relying on time since each oven and chicken piece is different. Let chicken rest 10 minutes then slice.

Serve with Cilantro Lime Rice or crusty bread and side salad.



LEBANESE BROILED CHICKEN



1.5 cups of plain yogurt

1 Tbs paprika
8-10 cloves of garlic, minced fine
2 sprigs of fresh oregano
1/2 tsp minced fresh ginger
juice of 2 lemons
glug of olive oil
1/2 tsp salt
2 lb of boneless, skinless chicken thighs

HOW TO MAKE

Add all ingredients to a sealable plastic bag. Mix well. Marinate in fridge anywhere from 30 minutes to 10 hours.

Line a rimmed baking sheet with aluminum foil and place a rack on top. Place chicken on racks. Place marinated meat on a roasting pan with a rack and broil 4 inches below the heating element for approximately 10 minutes. Turn meat and broil 6-10 minutes longer or until the meat is cooked through but not overcooked and dried out.

When the meat is done, the juices will run clear and not pink when poked with a sharp knife or cut the thickest piece of meat to see if it is cooked through. It is important to determine by observation rather than relying on time since each oven and chicken piece is different. Let chicken rest 10 minutes then slice.

Serve with Cilantro Lime Rice, plain rice or crusty bread and side salad.



2 INGREDIENT CHICKEN TACO MEAT



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3 oz of chorizo sausage for every pound of chicken. boneless, skinless chicken thighs.

HOW TO MAKE

STOVE TOP

In a large dutch oven pan, add chorizo and cook over medium heat, stir often.

When chorizo is hot and bubbly, add chicken and mix well to coat evenly.

Cover and cook over low-medium heat for 10 minutes.

Uncover and cook until cooked through, about 15

minutes.

Remove from heat, cool, shred or chop into bite-sized pieces.

SLOW COOKER

Place slow cooker heat selector to high heat. Add chorizo, stir as it cooks down.

When chorizo is hot and bubbly, add chicken. Cook on low 3-4 hrs or high for 1 1/2 - 2 hrs.

When cooked through, shred meat with two forks or chop into bite sized pieces.

TIPS FOR SERVING

- Tacos, burritos, tostados.
- On greens in a bowl as a taco salad.
- Stuffed into a baked potato.
- Add plain yogurt or mayonnaise and enjoy as a chicken salad for sandwiches.
- Use as a filler for a spicy panini.
- As a topping for nachos.
- Dressed over french fries or tater tots for street cart fries.



EASY TEX MEX BLACK BEANS



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1 Tbs olive oil
1 onion diced
4 cloves of garlic, minced
1 tsp ground cumin
1 tsp salt
1-2 chipotles in adobo sauce (canned)
2 15 oz canned black beans, drained and rinsed
2 -3 cups of water

HOW TO MAKE

Sautee onions in oil in large sauce pan or skillet over medium heat until soft. Add garlic, cumin, salt, chipotle and cook for 3 more minutes, stirring often.

Add remaining ingredients, bring to a simmer. Partially mash beans with a bean masher or fork. The beans will thicken as it simmers. Add more water if necessary until the desired consistency is reached.

TIPS FOR SERVING

- You may serve this in tacos, burritos, quesadillas etc.
- Serve over rice for a healthy veggie option.
- Make a soup out of it by adding veggie broth.
- Serve it with tortilla chips as a dip.
- Use this as a healthy side all week.

OPTIONAL GARNISHES

- sour cream
- chopped onions or scallions
- cheese such as cotija, cheddar
- guacamole



EASY CHORIZO BEAN SOUP



2- 15 oz cans of white or cannelini beans
2 Tbs cooking oil
1 medium onion, peeled and diced
1/2 tsp dried rosemary
1/2 tsp dried thyme
9 oz chorizo
2 Tbs minced garlic
4 cups vegetable broth
Garnish with sour cream and scallions.

HOW TO MAKE

Heat oil over medium heat in a large dutch oven or soup pot, add onions, cook until tender.

Add rosemary and thyme, stir, cook for 2 more minutes.

Add chorizo, stir well, cook for 1 minute, stirring

constantly to prevent burning.

Add garlic, stir often, cook 3 minutes.

Add broth, scrape bottom to incorporate the 'fond', add the beans.

Partially mash beans with a bean masher, spatula or fork.

You could also use an immersion blender. Before I had an immersion blender or a bean masher, I used a large coffee mug and mashed the beans in the pot. This made it easier for clean up purposes.

Bring to simmer, reduce heat, cover and cook for 30 minutes.

Garnish and serve with crusty bread, pita or naan.





1 tablespoon olive oil

12-16 ounces fully cooked Kielbasa sausage sliced into 1/4"-thick coins

2 pints cherry tomatoes

2 garlic cloves minced

1 tsp dried thyme

3 cups chopped broccoli

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

3 tablespoons unsalted butter, cubed

HOW TO MAKE

Heat oil in a large skillet over medium-high. Add sausage and cook, stirring occasionally, until lightly browned, about 2 minutes.

Add tomatoes, garlic, and thyme, stir to combine, and cook, pressing down on some of the tomatoes with the back of a wooden spoon to encourage bursting, 2 minutes. Add broccoli, season with salt and pepper.

Cook, covered, 5 minutes. Remove from heat and stir in butter until melted.

Serve with crusty bread or naan bread.



KOFTAS – MIDDLE EASTERN MINI MEATLOAVES



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1 lb ground lamb
1 tsp fresh thyme
1/4 tsp black pepper
1/2 tsp salt
2 eggs
1/4 red onion, peeled and diced
1/2 Tbs smoked paprika
2 cloves garlic, minced
1/2 cup Panko bread crumbs

HOW TO MAKE

Mix all ingredients in a large bowl.

Place wire rack in a rimmed baking sheet lined with foil. Shape meat mixture into 4 inch flat ovals and place on wire rack in baking dish.

Broil in oven 4 inches below heating element for 10-15 minutes, turning halfway through, until cooked through.

TIPS FOR SERVING

- Serve with hummus and pita bread
- Garnish with sour cream and diced red onion

MY FAVORITE SUPERMARKET CHEATER DINNERS FOR BUSY NIGHTS

- rotisserie chicken + baguette + salad kit
- thickly sliced roast beef from deli + canned ranch-style beans + crusty bread
- taquitos from freezer section + pre-made guacamole
- salad kit + canned chickpeas
- pizza from freezer section
- pita chips + hummus + olives + charcuterie
- canned sardines + mayo + mustard + capers + toasted sourdough bread
- canned chili and baguette slices
- fresh pasta from refridgerator section + jarred sauce
- pot pies from freezer section
- cereal for dinner, when you just can't

Enjoy your Mot Martha' dinners!

