



WELCOME!

Monday's dinner is a game-changer, and we're so excited to share it with you. There's a lot to say about these ten-minute, one-pot pastas, so be sure to check out our blog next week where we'll break down more ideas.

The rest of the week is nearly as easy (it certainly can't get *easier*), so look forward to some tasty dinners with minimal effort!

PREP AHEAD

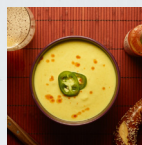
To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

1. Make Tuesday's soup. Reheat it gently right before serving.
2. Prepare the veggies and bacon for Wednesday's potato salad.
3. Prep veggies for Thursday and Friday, if you like.



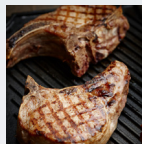
MONDAY

One-Pot Mediterranean Pasta



TUESDAY

Cheddar and Beer Soup



WEDNESDAY

**Grilled Pork Chops
with German Potato Salad**



THURSDAY

Spinach and Cheddar Frittata



FRIDAY

**Sausage
with Sweet & Sour Peppers**



DISH
EAT. DRINK. DISCOVER.



One-Pot MEDITERRANEAN PASTA

If there ever was a Monday night dinner, this one is it. If you don't love any of these ingredients, swap them out for something that suits you more: peppers for sun-dried tomatoes, olives for marinated artichoke hearts, oregano for basil. As long as the water to pasta to olive oil ratio stays the same, you'll have dinner!

INGREDIENTS:

- 12 oz spaghetti
- 16 Kalamata olives, pitted and halved
- 2 cloves garlic, thinly sliced
- 1 shallot, thinly sliced
- 1 cup roughly chopped roasted red peppers
- 2 tablespoons oregano leaves
- 2 tablespoons lemon juice
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 2 tablespoons extra-virgin olive oil
 - 4 1/2 cups water
 - 4 oz feta, crumbled

1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.

2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

SERVES 4



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CHEDDAR & BEER SOUP

There is no better way to serve this soup than alongside a warm, soft pretzel, if you can get your hands on one. If not, a nice green salad can help cut the richness of this tasty soup.

INGREDIENTS:

- 1/4 cup canola oil
- 1 cup all-purpose flour
- 3 cups vegetable stock
- 2 tbsp unsalted butter
- 1 cup minced yellow onion
- 1 cup small-dice white mushrooms
 - 1/2 cup small-dice celery
 - 1/2 cup small-dice carrot
 - 1 garlic clove, minced
 - One 12-oz bottle beer
- 2 tbsp dry mustard powder
- 6 cups grated sharp Cheddar (about 1 1/2 lb)
- 3/4 cup heavy cream, warm
 - Tabasco sauce, as needed
 - Salt, as needed
- Freshly ground black pepper, as needed

1. In a soup pot over medium heat, combine the oil and flour. Cook, stirring constantly, to make a pale golden roux, about 12 minutes.

2. Gradually add the stock and whisk constantly to work out any lumps. Bring to a simmer and cook until the soup has deepened in flavor and has a velvety texture, about 45 minutes.

3. Meanwhile, melt the butter in a pan over medium heat. Add the onion, mushrooms, celery, carrot, and garlic. Sauté until the vegetables are tender, 6 to 8 minutes. Keep warm.

4. While the vegetables are sautéing, in a small bowl, whisk together the beer and mustard powder. Pour the beer mixture into the simmering soup, whisking constantly. The beer will foam up a little bit—don't worry.

5. Add the cheese to the soup and stir constantly until the cheese is melted and well incorporated. Stir in the cream. Season with Tabasco, salt, and pepper, stir in the vegetables, and serve immediately.

SERVES 8



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GRILLED PORK CHOPS

We're calling for bone-in pork chops, but you can substitute this method for chicken breasts or thighs, skewered shrimp, seitan, or steak. A simple season with salt and pepper is enough to make a great pork chop, but add a marinade to the mix, if you're in the mood.

INGREDIENTS:

- 5 bone-in pork chops,
2 inches thick
 - 2 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 tbsp olive oil

1. Preheat the grill.
2. Season the pork with the salt and pepper and brush it lightly with the oil.
3. Place the pork chops on the grill with the best looking side down. Grill, undisturbed, for 8 to 10 minutes. Turn the pork chops over and grill to the desired doneness.
3. Remove the pork chops from the grill and allow them to rest, loosely covered with aluminum foil, for about 5 minutes.

SERVES 5



DISH
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GERMAN POTATO SALAD

Though you can definitely make this potato salad ahead of time, it's intended to be served a bit warm, and that's where its flavors really shine. To save time, prepare Step 2 and refrigerate that mixture, then toss it with hot potatoes when you're ready to serve.

INGREDIENTS:

- 1 1/2 lb red bliss potatoes
 - 1/4 lb bacon, minced
- 1/2 large yellow onion, minced
 - 2 tbsp red wine vinegar
 - 1 tbsp canola oil
 - 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
 - 1/2 cup chicken broth
 - 1/2 tsp kosher salt, plus more as needed
- 1/4 tsp freshly ground black pepper, plus more as needed
 - 1 1/2 tsp chopped chives
 - 2 tsp chopped flat-leaf parsley

1. Put the potatoes in a large pot. Cover them with cool salted water and bring the mixture to a simmer over medium heat. Cook until the potatoes are tender, 18 to 20 minutes.

2. Meanwhile, in a medium sauté pan, cook the bacon over medium heat until golden brown, 10 to 15 minutes. Remove the bacon from the pan, leaving the fat. Cook the onions in the fat until tender, 5 to 7 minutes. Transfer the onions to a large bowl. Add the bacon, vinegar, oil, mustards, and chicken broth, and set aside.

3. Drain the potatoes and peel them while they are still warm. Slice the potatoes about 1/2-inch thick. Transfer to the bowl with the bacon mixture and toss gently to coat. Season with salt and pepper. Add the chives and parsley and toss to combine.

SERVES 4 TO 6



DISH
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Spinach & Cheddar FRITTATA

Frittata does not mean “put whatever you want in here,” but it may as well. This version is simple: onion, potato, and spinach, but you can make swaps and additions to your heart’s content. We love sweet potato, roasted peppers, crumbled sausage, and tender leeks!

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, cut into small dice
- 1 potato, cut into medium dice and boiled until tender
- 6 cups baby spinach
- 6 eggs, lightly beaten
- 1/2 cup whole milk
- 1 teaspoon kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup shredded Cheddar (optional)

1. Preheat the oven to 350°F.
2. Heat the oil in a medium skillet over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes.
3. Add the potato and cook gently until warmed through, 1 to 2 minutes more. Add the spinach and cook until just wilted, about 30 seconds.
4. In a medium bowl, whisk the eggs, milk, salt, and pepper to combine. Add the egg mixture to the skillet with the potato mixture, and reduce the heat to low. Cook for a few minutes, until the edges begin to set.
5. Sprinkle the top of the frittata with the cheese, if using, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.

SERVES 6



DISH
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Sausage with SWEET & SOUR PEPPERS

This dish is a great showcase for good Italian sausage, but you can substitute chicken thighs (bone-in, skin-on would be especially tasty) or even shrimp. You'll need to adjust the initial cooking time depending on what protein you use. You can also make the peppers on their own as a side for roasted chicken or as a sandwich topper.

INGREDIENTS:

- 1 tablespoon olive oil
- 1 lb sweet or hot Italian sausage
- 4 bell peppers, any color, cored and sliced 1/2-inch
 - 1/2 tsp kosher salt, plus more as needed
 - 3 cloves garlic, minced
- 1/3 cup red wine vinegar, plus more as needed
- 1 tbsp honey, plus more as needed

1. Heat the oil in a large skillet over medium heat. Add the sausage and cook, turning as needed, until it is browned all over (it doesn't need to be cooked through). Transfer to a plate and set aside.

2. Add the peppers and salt to the same skillet and cook, stirring frequently, until just beginning to brown around the edges, about 5 minutes. Reduce the heat and cook, stirring frequently, until the peppers are tender, about 8 minutes more.

Add the garlic and cook until aromatic, about 1 minute.

3. Return the heat to medium and add the vinegar and honey. Nestle the browned sausage into the peppers and bring to a gentle simmer. Cook until the vinegar is almost fully reduced, the peppers are soft, and the sausage is cooked through, about 12 minutes. If the pan becomes too dry before the peppers are soft and the sausage is fully cooked, add a few tablespoons of water or vinegar and cover with a lid until ready. Taste and adjust seasoning with salt, vinegar, and honey, as needed.

4. Serve the peppers topped with the sausage.

SERVES 4 TO 6



DISH
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DINNER SHOPPING LIST

PROTEIN

- 5 bone-in pork chops (2-in thick)
- 1 lb sweet or hot Italian sausage
- 1/4 lb bacon

DAIRY AND EGGS

- 2 tbsp unsalted butter
- 1/2 cup shredded Cheddar
- 6 cups grated sharp Cheddar (1 1/2 lb)
- 4 oz feta
- 1/2 cup whole milk
- 3/4 cups heavy cream
- 6 eggs

PRODUCE

- 3 yellow onions
- 1 shallot
- 2 stalks celery
- 2 carrots
- 1 head garlic
- 4 bell peppers (any color)
- 1 bunch oregano
- 1 bunch chives
- 1 bunch parsley
- 1 lemon
- 8 oz white mushrooms
- 1 1/2 lb red bliss potatoes
- 1 Russet potato
- 6 cups baby spinach

PANTRY

- 1/2 cup olive oil
- 1/2 cup canola oil
- 1/2 cup red wine vinegar
- 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
- 1/2 cup chicken broth
- 1 bottle Tabasco sauce
- 12 oz spaghetti
- 16 Kalamata olives
- 1 cup roasted peppers
- 1 cup all-purpose flour
- 1 tbsp honey
- 1 (12 oz) bottle beer
- Kosher salt
- Ground black pepper

