



WELCOME!

This past week has been challenging, and the one upcoming isn't looking much easier. This menu is designed to meet your limited pantries head on, to hopefully make one part of your life a little less uncertain.

Some of these recipes have more ingredients than you might expect, or they might call for a fancier cheese than you have on hand. But they were chosen because they are flexible and adaptable. Make the substitutions that work for you.

PREP AHEAD

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

1. Make Tuesday's soup all the way through.
2. Make Wednesday's omelet all the way through.
3. Prep veggies and cook rice for Thursday's fajita bowls.



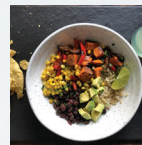
MONDAY
Spaghetti Cacio e Pepe



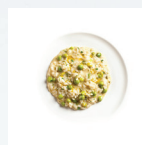
TUESDAY
Cream of Tomato Soup



WEDNESDAY
Spanish Potato Omelet



THURSDAY
Roasted Veggie Fajita Bowls



FRIDAY
Rice and Peas



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SPAGHETTI CACIO E PEPE

Use any type of pasta (noodles work better, but tubes or even orzo will get the job done). Don't get bogged down by the variety of cheese. Parmesan or any grated hard cheese will work!

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb spaghetti
- 1 cup grated Pecorino Romano (4 oz)
- 1/2 cup extra-virgin olive oil
- 1 tbsp ground black pepper

1. Bring a large pot of salted water to a rolling boil over high heat; covering the pot will help it come to a boil more quickly.
2. Add the spaghetti all at once and stir a few times to separate the pasta. Cook uncovered at a boil until the pasta is just tender to the bite, 10 to 12 minutes. Transfer a few ladlefuls of pasta water from the pot to a bowl or cup to have ready for finishing the sauce. (You may need up to 1/2 cup.)
3. Drain the spaghetti immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the spaghetti back into the pot. Add the cheese, olive oil, and black pepper. Stir the pasta until the cheese and pepper are evenly distributed. Add about 1/4 cup of the pasta cooking water to the spaghetti to moisten the pasta slightly. It should appear creamy, not oily. If necessary, add a bit more of the pasta water until a light sauce forms.
4. Serve at once, passing additional cheese on the side.

SERVES 4 TO 6



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CREAM OF TOMATO SOUP

This recipe uses canned tomatoes and not much else! Use any kind of broth you have, or even water, and substitute a splash of milk, sour cream, or just blended cashews for the heavy cream, if you don't have it.

INGREDIENTS:

- 2 tbsp olive oil
- 1 1/2 cups chopped yellow onion
 - 1 tbsp chopped garlic
 - 1 quart vegetable stock
- One 28-oz can plum tomatoes
 - 1 cup heavy cream
 - Kosher salt, as needed
- Ground black pepper, as needed
 - Sliced basil, as needed

1. Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook until the onions are translucent, 5 to 7 minutes.

2. Add the stock, chopped basil, and tomatoes, reserving a little bit of the juice from the tomatoes. Simmer until the onions and tomatoes are completely tender, about 20 minutes.

3. Meanwhile, in a small saucepan over medium-high heat, bring the cream to a boil. Reduce the heat to medium and simmer until the cream has reduced by half, about 20 minutes. Set aside.

4. Purée the soup using an immersion blender, or in batches using a blender or food processor. Strain through a fine mesh sieve.

5. Return the puréed soup to the pot, if necessary, bring to a gentle simmer over medium-low heat, and stir in the reduced cream. If necessary, thin the soup with the reserved tomato juice. Season with salt and pepper. Serve immediately, garnished with the basil.

SERVES 8



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A close-up photograph of several wedges of a golden-yellow Spanish potato omelet, topped with a dollop of white aioli, served on a dark wooden cutting board.

SPANISH POTATO OMELET

This recipe uses a lot of eggs, so if you want to conserve, half the recipe and use a smaller pan. We usually serve this with an aioli, but you can serve it with whatever you happen to have, like pesto, mayo (maybe thin it down with some vinegar or water), or even hot sauce or salsa.

INGREDIENTS:

- 3 lb Yukon gold or similar potatoes, peeled, and thinly sliced
 - 1 yellow onion, thinly sliced
 - 1/2 cup extra-virgin olive oil
 - Salt, as needed
- Ground black pepper, as needed
 - 16 eggs

1. Preheat the oven to 375°F.

2. In a large skillet over medium heat, covered with a lid, cook the potatoes and onions gently in 1/4 cup of the olive oil until fork-tender, 5 to 10 minutes. Stir occasionally without breaking the potatoes. Adjust seasoning with salt and pepper as needed. With a slotted spoon, remove the cooked potatoes and onions to a mixing bowl.

3. In a large bowl, thoroughly beat the eggs and add salt as needed. Gently yet thoroughly combine the eggs with the cooked potato and onion mix without breaking the potato slices.

4. Return the potato-egg mix to the skillet with the remaining olive oil and cook over moderate heat until the egg begins to solidify along the perimeter of the skillet, 2 to 3 minutes.

5. Place the pan into the oven and cook gently until omelet is cooked through and slightly browned. If a large enough pan is not available, work in smaller batches.

6. Slide the omelet out of the skillet and allow to rest for 5 minutes before cutting into wedges.

SERVES 4 TO 6



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ROASTED VEGGIE FAJITA BOWLS

This looks like a lot of ingredients, but they are all completely optional. Just use this as a base. Instead of the spices, use a prepared chili or taco spice blend. Use whatever fresh or frozen veggies you have (roast from frozen!), and any type of rice or other grain.

INGREDIENTS:

- 1 red bell pepper, sliced
 - 1/2 red onion, sliced
- 1 medium sweet potato, cubed
 - 1 tbsp vegetable oil
 - 1/2 tsp kosher salt, plus more as needed
 - 1/2 tsp chili powder
 - 1/4 tsp ground cumin
 - 1/4 tsp garlic granules
- Ground black pepper, to taste
 - 3 tbsp lime juice
 - 1 tsp honey
 - 2 tbsp minced cilantro
- 1 (15 oz) can black beans, rinsed and drained
- 4 cups cooked brown rice
 - 1/2 cup corn kernels, defrosted if frozen
 - 1 avocado, diced
- Tortilla chips, for serving (optional)
 - 4 lime wedges

1. Preheat the oven to 425°F.

2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, chili powder, cumin, garlic, and black pepper. Toss to coat. Roast until the veggies are browned and the potatoes are cooked through, about 25 minutes.

3. In a medium bowl, stir together the lime juice, honey, and cilantro. Add the black beans and toss to coat. Season with salt and set aside.

4. To assemble, place 1 cup of rice in the bottom of each bowl. Top with a quarter of the roasted vegetable mixture, a quarter of the black beans (and any accumulated dressing), 2 tablespoons of corn, a quarter of the avocado, and tortilla chips, if using. Serve with a lime wedge.

SERVES 4 TO 6



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RICE AND PEAS

Frozen peas shine here, so use them if you have them, or any other fresh or frozen veggie. Cut larger vegetables into smaller pieces. You'll want about 1 1/2 cups total. Risotto-specific rice is ideal, but you can absolutely use long- or medium-grain white rice.

INGREDIENTS:

- 3/4 cup (1 1/2 sticks) unsalted butter
- 1 medium onion, minced
- 1/2 cup chopped flat-leaf parsley
- 2 lb fresh garden peas, shelled
- 1 qt chicken or vegetable broth
 - Kosher salt, as needed
- 10 oz (1 1/2 cups) Carnaroli or Vialone Nano rice
 - 3/4 cup grated Parmigiano-Reggiano
- Freshly ground black pepper, as necessary

1. Heat 1/4 cup of the butter in a small saucepan over medium heat. Add half of the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add half of the parsley, and then the peas. Stir to coat the peas with the butter. Add 1 cup of the broth and bring to a gentle simmer until the peas are cooked but still firm, 5 to 7 minutes. Set aside.

2. Heat the remaining broth over low heat; keep warm. Season with salt.

3. Heat 4 tablespoons of the butter in a large pot over low heat. Add the remaining onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.

4. Add enough of the broth to come 1/2 inch above the rice and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time.

5. Once the rice has absorbed almost all the broth, and is al dente, about 16 minutes total cooking time, add the peas and their cooking liquid and continue to cook until all of the ingredients are fully cooked, 2 minutes more. Remove the pot from the heat. Add the remaining 1/4 cup butter and parsley and the cheese and stir vigorously until the risotto is creamy. Season with salt and pepper as needed.

SERVES 4 TO 6



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DINNER SHOPPING LIST

DAIRY

- 1 cup grated Pecorino Romano
- 3/4 cup grated Parmigiano Reggiano
- 1 cup heavy cream
- 16 eggs
- 8 oz unsalted butter

PANTRY

- 1 1/4 cup olive oil
- 1 tbsp vegetable oil
- 1 lb spaghetti
- 1 1/2 cups Carnaroli rice
- 2 cups brown rice
- Tortilla chips
- 1 quart chicken broth
- 6 cups vegetable broth
- 1 (15 oz) can black beans
- 1 (28 oz) can plum tomatoes
- 1/2 cup corn kernels
- 1 1/2 cups frozen peas
- 1 tsp honey
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 1/4 tsp garlic granules
- Kosher salt
- Ground black pepper

PRODUCE

- 3 yellow onions
- 2 cloves garlic
- 1 red onion
- 1 red bell pepper
- 1 medium sweet potato
- 3 lb Yukon gold potatoes
- 1 avocado
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil
- 3 limes

