



Weeknight Dinners

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*Homemade
Lasagna, Pg. 2*



Weeknight Dinners

Homemade Lasagna

By Sherry Perdue

This is a great lasagna that you can add your own touch to!

Ingredients

2-4 pounds baby link sausage
1 box lasagna noodles
2 regular cans tomato sauce
1 small can tomato paste, can be flavored
8 ounce cheddar cheese
8 ounce mozzarella cheese
8 ounce colby cheese

Directions

- Slice sausage as thin as you like, then again in half.
- Brown sausage in skillet, drain on paper towels.
- Add noodles to boiling, salted water.
- In a separate pot, combine tomato sauce, and 1/2 can of tomato paste with two cans of water, add sausage and simmer for about 30 minutes.
- Season to your own taste.
- Layer cooked noodles with sauce and cheeses, beginning with a little sauce on the bottom and ending with a layer of cheese.
- Bake at 350 until cheese is melted through (can be covered or uncovered to brown on the top).
- This is better the next day and freezes really well.

Prep-time: 45 minutes, cook time: 25 minutes,
total time: 1 hour 10 minutes, servings: 8



Garlic Bread Time Saver Tip!

Not enough time to make a garlic bread to go with your Italian food? Go to your local supermarket and purchase Pepperidge Farm Garlic Bread. All you have to do is unwrap it and bake it in the oven (follow packaging instruction). This tip is budget friendly and will save you time.

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Chicken and Rice Casserole

By Tammy G. Silva

This is an easy, chicken, rice, veggie and cheese dinner. Kids love it!

Ingredients

2 boneless chicken breast, diced
2 tablespoons butter or margarine
Broccoli (as much or as little as you like)
1/2 cup diced onion
6 chicken bouillon cubes
1/8 teaspoon pepper
1 tablespoon fresh garlic
1 cream of chicken soup
1 cream of celery soup
5 soup cans of water
2 cups shredded cheddar cheese
2 cups of uncooked rice

Directions

- Panfry chicken in large pan with onions until chicken is done.
- Add soups, water, bouillon cubes and heat.
- Pour in 9X13 glasses pan. Stir in rice.
- Place broccoli in dish (you can use as much as you like).
- Cover with tin foil and bake for 45 minutes in preheated 350-degree oven.

Prep-time: 10 minutes, cook time: 45 minutes, total time: 55 minutes



Suggested Side Dish

Berries and Spinach Salad

By Natalie Sealion

Salad that fills a belly, satisfies a sweet-tooth; all while upholding a healthy diet. Tasty enough without dressing!

Ingredients

Package spinach
Package of blueberries
Grated parmesan
Sunflower seeds
(a few cut strawberries or handful of raspberries)
Great without dressing, but light raspberry vinaigrette tastes great in my book!

Directions

Works as an appetizer or side dish for the family or a tasty lunch for two or three! Mix up the ingredients, eat, and enjoy!

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Honey Pork Chops

By Terra Scudder

Sweet, stove top pork chops you are sure to love.

Ingredients

- 4 center cut pork chops (or your choice of chops)
- 1 cup honey BBQ sauce
- 1 green bell pepper
- 2 tablespoons canola oil

Directions

- Heat oil in skillet and add pork chops.
- Brown on both sides, and remove from pan.
- Cut up bell pepper into chunks and add to skillet, cooking until almost tender.
- Add pork chops back to skillet and pour honey BBQ sauce over everything.
- Simmer for 10 more minutes to let pork chops take on BBQ flavor.

Prep-time: 10 minutes, cook time: 30 minutes
total time: 40 minutes, servings: 4



Suggested Side Dish

Oven Roasted Sesame Asparagus

By Dru Nugent

Ingredients

- 1 bunch asparagus (ends snapped off)
- 2-3 tablespoon sesame oil
- 2-3 tablespoons sesame seeds (optional)

Directions

Preheat oven to 400. Toss asparagus in sesame oil and lay in single layer on baking pan. Sprinkle sesame seeds over asparagus and cook for 15-20 minutes (depends on size of asparagus). Serve hot. If you like it chilled then immediately put in freezer for 5 minutes to cool down. Serve cold.

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Mexican Burritos

By Penny Rodriguez

Quick and easy!

Ingredients

1 pound ground beef
1 can pinto beans
1 small onion (chopped)
2 cloves garlic (chopped)
1 jalapeno (chopped)
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon ground cumin
1 tablespoon chili powder
1 teaspoon red pepper (optional)
1/4 cup water
1 package flour tortillas
1 package grated cheese
Favorite salsa

Directions

- Brown ground beef with onion, garlic and jalapeno
- Drain off excess grease and add spices and water; let simmer for about 5 minutes
- Add pinto beans and cook until beans are heated (about 5 minutes)
- Spoon onto warmed tortilla, and add cheese and favorite salsa and serve

Prep time: 10 minutes, cook time: 25 minutes,
total time: 35 minutes, servings: 12



Vegetarian Style Burritos Tip!

You can make just about any meal into a vegetarian meal. When making Mexican Burritos, use grilled vegetables and vegetarian beef crumbles instead of ground beef or chicken. You can choose to use soy cheese and vegan sour cream for toppings, if you like.

Weeknight Dinners

Round Steak Supreme

By Norine Peardon

Wonderful deviation from potatoes and meat.

Ingredients

1-2 pounds round steak cut in 2"x 1/2" strips
2 beef bullion cubes
1 cup water
1 tablespoon flour
1/8 teaspoon garlic powder
1 cup sliced onions
1/4 cup soy sauce
1 3 ounce can mushrooms
1/4 chopped green pepper
1 small cauliflower chopped into flowerets
Broccoli-filled container to top with flowerets

Directions

- Dissolve bouillon cubes in hot water.
- Cut round steak in strips (2" X 1/2") and put the meat in bottom of slow cooker or large pot.
- Add flour and mix.
- Add onions, garlic, soy, mushrooms, and green pepper.
- Pour water over the top, adding cauliflower and broccoli as well and cover.
- Slow cook on high until hot, then reduce heat to medium (3 1/2 hours or bake at 350 degrees for 1/2 hour, then 250 degrees 1 1/2 hours)
- Serve this over rice and enjoy!

Servings: 6

Suggested Side Dish

Baked Mashed Potatoes

By T. Monson

A twist on traditional mashed potatoes.

Ingredients

1-2 pounds potatoes
1/4 cup milk
2 teaspoon butter
16 ounce sour cream
1 cup shredded cheese
Bacon or bacon bits

Directions

Boil potatoes until tender. Drain. Mash in bowl with about 1/4 cup milk. Add two teaspoons of butter (or more if you like). Then add sour cream (as much as you like). The potatoes should be creamy not milky. Try not to add too much milk. Then put in baking dish. Sprinkle top with sharp cheddar cheese. Then top with bacon crumbles or bacon bits. Put in oven for about 5 to 10 minutes until cheese is melted.

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Fresh Vegetable Pizza

By Karol Mulanax

Fresh uncooked vegetables with a creamy cheese sauce on a crescent roll crust.

Ingredients

2 cans crescent rolls
2 packages cream cheese
1 cup mayonnaise
1 tablespoon garlic powder
1 tablespoon onion powder
2 tablespoon dill weed
Fresh broccoli (just the flowering tops)
Fresh cauliflower (just the flowering tops)
Fresh mushrooms
Carrots, finely shredded
Shredded Mexican blend cheese

Directions

- Using a pizza pan, spread crescent roll dough out flat and cook as directed. Allow to cool.
- In a bowl, mix cream cheese, mayonnaise, garlic powder, onion powder and dill weed together.
- Spread mixture on the cooled crescent roll.
- Cut mushrooms, broccoli and cauliflower into small bits.
- Layer vegetables and shredded carrots on top of the pizza.
- Add the cheese to top it off.
- Cover with plastic wrap and let it set in the refrigerator for an hour or so.
- Serve in pizza slices.

Suggested Side Dish

Baked Zucchini

By Dee Durham

Baked zucchini with tomato paste and parmesan cheese

Ingredients

Zucchini
Tomato paste
Vegetable oil
Flour
Egg (you can use egg substitute if you like)
Parmesan cheese

Directions

Slice zucchini in thin slices, dip in egg and flour and fry until golden brown. Layer in a square cake pan and on each layer add your tomato paste. On top layer put parmesan cheese. Bake

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Jungle Stew

By Brenda Sanders-Wise

This is a very economical meal that I prepared when my kids were small and our budget was very limited.

Ingredients

- 1 package of spaghetti, cooked and drained
- 2 pounds ground beef, cooked and drained
- 1 small green bell pepper, chopped
- 1 yellow onion, chopped
- 1 can tomato paste
- 3 cans tomato sauce
- Salt and black pepper
- Cayenne pepper
- 1 can sliced mushrooms
- 1 can Ranch Style beans

Directions

- Bring water to boil for spaghetti, cook and then drain.
- In a large skillet, brown ground beef and add bell pepper, onion, and mushroom and cook until tender.
- Drain the oil from the ground beef mixture and to the spaghetti in a large pot.
- Add to this tomato paste and tomato sauce and simmer until all ingredients are blended well.
- While mixture is simmering, season to taste with salt, black pepper and cayenne pepper.
- Stir in mushrooms and Ranch Style beans and let dish simmer for five minutes.

Prep-time: 5 minutes, cook time: 20 minutes,
total time: 25 minutes



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