

Meal Ideas: Dinner - Mains



Beef Stroganoff

Ingredients:

- 1 pound beef sirloin, thinly sliced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 1 cup beef broth
- 1 cup sour cream
- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon paprika
- Salt and pepper to taste
- Egg noodles or rice for serving

Instructions:

- In a large skillet, melt butter over medium heat.
 - Add diced onion and minced garlic, sauté until translucent.
 - Add sliced beef and cook until browned.
 - Stir in mushrooms and cook until tender.
 - Sprinkle flour over the mixture and stir to combine.
 - Gradually add beef broth, stirring constantly until the sauce thickens.
 - Stir in sour cream and paprika, season with salt and pepper.
 - Simmer for a few minutes until heated through.
 - Serve over egg noodles or rice.
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Chicken Parmesan

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 cup marinara sauce
- 1 cup mozzarella cheese, shredded
- 2 eggs, beaten
- 1/2 cup flour
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
- Season chicken breasts with salt and pepper.
- Dredge chicken in flour, dip in beaten eggs, and coat with a mixture of breadcrumbs and grated Parmesan cheese.
- Heat olive oil in a skillet over medium heat.
- Cook chicken until golden brown on both sides.

- Place chicken in a baking dish, top with marinara sauce and shredded mozzarella cheese.
 - Bake for 20-25 minutes until cheese is melted and bubbly.
 - Serve warm.
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Spaghetti Bolognese

Ingredients:

- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 carrot, grated
- 1 celery stalk, diced
- 1 can (28 ounces) crushed tomatoes
- 1/4 cup tomato paste
- 1/2 cup red wine (optional)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- Spaghetti for serving
- Grated Parmesan cheese for garnish

Instructions:

- In a large skillet, cook ground beef over medium heat until browned.
 - Add diced onion, minced garlic, grated carrot, and diced celery, sauté until vegetables are tender.
 - Stir in crushed tomatoes, tomato paste, red wine (if using), oregano, basil, salt, and pepper.
 - Simmer for 30 minutes, stirring occasionally.
 - Cook spaghetti according to package instructions.
 - Serve Bolognese sauce over spaghetti, garnished with grated Parmesan cheese.
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Teriyaki Chicken

Ingredients:

- 4 boneless, skinless chicken thighs
- 1/4 cup soy sauce
- 1/4 cup mirin
- 2 tablespoons sugar
- 1 tablespoon sake
- 1 teaspoon grated ginger
- 1 teaspoon minced garlic
- 1 tablespoon vegetable oil
- Cooked rice for serving

- Sliced green onions for garnish

Instructions:

- In a bowl, mix soy sauce, mirin, sugar, sake, grated ginger, and minced garlic.
 - Marinate chicken thighs in the mixture for at least 30 minutes.
 - Heat vegetable oil in a skillet over medium heat.
 - Cook chicken thighs until browned and cooked through.
 - Pour marinade into the skillet and simmer until thickened.
 - Serve chicken over cooked rice, garnished with sliced green onions.
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Shrimp Scampi**Ingredients:**

- 1 pound large shrimp, peeled and deveined
- 4 cloves garlic, minced
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1/4 cup lemon juice
- 1/4 cup butter
- 2 tablespoons olive oil
- 1/4 cup chopped parsley
- Salt and pepper to taste
- Cooked pasta for serving

Instructions:

- Heat olive oil and butter in a large skillet over medium heat.
 - Add minced garlic and sauté until fragrant.
 - Add shrimp and cook until pink and opaque.
 - Remove shrimp from the skillet and set aside.
 - Pour white wine, chicken broth, and lemon juice into the skillet, simmer until reduced by half.
 - Return shrimp to the skillet and toss to coat in the sauce.
 - Season with salt and pepper, stir in chopped parsley.
 - Serve over cooked pasta.
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Beef Tacos**Ingredients:**

- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 packet taco seasoning
- 1/2 cup water
- Taco shells or tortillas

- Shredded lettuce, diced tomatoes, shredded cheese, sour cream, and salsa for toppings

Instructions:

- In a skillet, cook ground beef over medium heat until browned.
 - Add diced onion and minced garlic, sauté until softened.
 - Stir in taco seasoning and water, simmer until thickened.
 - Serve beef mixture in taco shells or tortillas with desired toppings.
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Lasagna

Ingredients:

- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) ricotta cheese
- 1 egg
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 9 lasagna noodles, cooked
- 2 cups shredded mozzarella cheese

Instructions:

- Preheat oven to 375°F (190°C).
 - In a skillet, cook ground beef, diced onion, and minced garlic until browned.
 - Stir in marinara sauce and simmer for 10 minutes.
 - In a bowl, mix ricotta cheese, egg, grated Parmesan cheese, basil, and oregano.
 - Spread a thin layer of meat sauce in a baking dish.
 - Layer with 3 lasagna noodles, 1/3 of the ricotta mixture, 1/3 of the meat sauce, and 1/3 of the shredded mozzarella cheese.
 - Repeat layers twice more.
 - Cover with foil and bake for 25 minutes.
 - Remove foil and bake for an additional 25 minutes until cheese is melted and bubbly.
 - Let stand for 10 minutes before serving.
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Chicken Alfredo

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 pound fettuccine
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter

- 2 cloves garlic, minced
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

- Cook fettuccine according to package instructions.
 - In a skillet, melt butter over medium heat.
 - Add minced garlic and sauté until fragrant.
 - Add chicken breasts and cook until golden and cooked through.
 - Remove chicken from the skillet and set aside.
 - Pour heavy cream into the skillet and bring to a simmer.
 - Stir in grated Parmesan cheese until melted and smooth.
 - Season with salt and pepper.
 - Slice chicken and return to the skillet.
 - Toss cooked fettuccine with the sauce and chicken.
 - Garnish with chopped parsley and serve.
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Shepherd's Pie

Ingredients:

- 1 pound ground lamb or beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup frozen peas and carrots
- 1 cup beef broth
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce
- 4 cups mashed potatoes
- 1/4 cup grated cheddar cheese
- Salt and pepper to taste

Instructions:

- Preheat oven to 400°F (200°C).
 - In a skillet, cook ground lamb or beef, diced onion, and minced garlic until browned.
 - Stir in peas and carrots, beef broth, tomato paste, and Worcestershire sauce.
 - Simmer until thickened, season with salt and pepper.
 - Transfer meat mixture to a baking dish.
 - Spread mashed potatoes over the top and sprinkle with grated cheddar cheese.
 - Bake for 20-25 minutes until golden and bubbly.
 - Serve warm.
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Pad Thai

Ingredients:

- 8 ounces rice noodles
- 1/2 pound shrimp or chicken
- 2 eggs
- 1 cup bean sprouts
- 1/4 cup peanuts, chopped
- 2 tablespoons fish sauce
- 2 tablespoons tamarind paste
- 1 tablespoon sugar
- 1 tablespoon lime juice
- 1/4 cup green onions, chopped
- 2 tablespoons vegetable oil

Instructions:

- Soak rice noodles in warm water until softened, then drain.
 - Sauté shrimp or chicken in vegetable oil until cooked, then set aside.
 - Scramble eggs in the same pan.
 - Add noodles, fish sauce, tamarind paste, sugar, and lime juice, stir to combine.
 - Add bean sprouts, cooked shrimp or chicken, and chopped green onions.
 - Garnish with chopped peanuts and serve.
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Beef Bourguignon

Ingredients:

- 2 pounds beef chuck, cut into cubes
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup red wine
- 2 cups beef broth
- 1 cup mushrooms, sliced
- 1 cup carrots, sliced
- 1 cup pearl onions
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon thyme
- 1 bay leaf
- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
- In a large pot, melt butter over medium heat.
- Add diced onion and minced garlic, sauté until translucent.
- Add beef cubes and cook until browned on all sides.
- Sprinkle flour over the beef and stir to combine.
- Add red wine, beef broth, tomato paste, thyme, and bay leaf.

- Bring to a simmer, then cover and transfer to the oven.
 - Cook for 2 hours, adding mushrooms, carrots, and pearl onions in the last 30 minutes.
 - Season with salt and pepper to taste.
 - Serve warm.
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Chicken Cacciatore

Ingredients:

- 4 boneless, skinless chicken thighs
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup chicken broth
- 1/4 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 cup olives, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

- In a large skillet, heat olive oil over medium heat.
 - Add chicken thighs and cook until browned on both sides, then set aside.
 - In the same skillet, sauté diced onion, minced garlic, and sliced bell pepper until softened.
 - Stir in diced tomatoes, chicken broth, red wine, oregano, basil, and olives.
 - Return chicken to the skillet and simmer for 30 minutes until chicken is cooked through.
 - Season with salt and pepper to taste.
 - Serve warm.
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Chicken Marsala

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup mushrooms, sliced
- 1/2 cup Marsala wine
- 1/2 cup chicken broth
- 1/4 cup flour
- 2 tablespoons butter
- 2 tablespoons olive oil
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

- Season chicken breasts with salt and pepper, then dredge in flour.
 - In a large skillet, heat olive oil and butter over medium heat.
 - Cook chicken until golden and cooked through, then set aside.
 - In the same skillet, sauté mushrooms until tender.
 - Add Marsala wine and chicken broth, simmer until reduced by half.
 - Return chicken to the skillet and coat with the sauce.
 - Garnish with chopped parsley and serve.
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Chicken Tikka Masala**Ingredients:**

- 1 pound chicken breast, cubed
- 1 cup yogurt
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon garam masala
- 1/2 cup heavy cream
- 1 can (14.5 ounces) diced tomatoes
- 1 small onion, diced
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- Chopped cilantro for garnish

Instructions:

- In a bowl, mix yogurt, lemon juice, minced garlic, grated ginger, cumin, coriander, turmeric, paprika, and garam masala.
 - Marinate chicken cubes in the mixture for at least 1 hour.
 - In a large skillet, heat vegetable oil over medium heat.
 - Cook diced onion until translucent.
 - Add marinated chicken and cook until browned.
 - Stir in diced tomatoes and simmer for 20 minutes.
 - Add heavy cream and simmer for an additional 10 minutes.
 - Season with salt and pepper to taste.
 - Garnish with chopped cilantro and serve.
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Eggplant Parmesan**Ingredients:**

- 2 large eggplants, sliced
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 cup marinara sauce
- 1 cup mozzarella cheese, shredded
- 2 eggs, beaten
- 1/2 cup flour
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
 - Season eggplant slices with salt and let sit for 30 minutes, then pat dry.
 - Dredge eggplant in flour, dip in beaten eggs, and coat with a mixture of breadcrumbs and grated Parmesan cheese.
 - Heat olive oil in a skillet over medium heat.
 - Cook eggplant until golden brown on both sides.
 - In a baking dish, layer eggplant slices, marinara sauce, and shredded mozzarella cheese.
 - Repeat layers and top with remaining cheese.
 - Bake for 25-30 minutes until cheese is melted and bubbly.
 - Serve warm.
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Fish Tacos

Ingredients:

- 1 pound white fish fillets (such as cod or tilapia)
- 1/2 cup flour
- 1/2 cup cornmeal
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup buttermilk
- 1/4 cup vegetable oil
- Taco shells or tortillas
- Shredded cabbage, diced tomatoes, sliced avocado, and lime wedges for toppings

Instructions:

- In a bowl, mix flour, cornmeal, paprika, cumin, salt, and pepper.
 - Dip fish fillets in buttermilk, then coat with the flour mixture.
 - Heat vegetable oil in a skillet over medium heat.
 - Cook fish until golden and cooked through.
 - Serve fish in taco shells or tortillas with desired toppings.
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General Tso's Chicken

Ingredients:

- 1 pound boneless, skinless chicken thighs, cubed
- 1/4 cup cornstarch
- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 1/4 cup hoisin sauce
- 2 tablespoons sugar
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1/4 cup vegetable oil
- Cooked rice for serving
- Sliced green onions for garnish

Instructions:

- In a bowl, toss chicken cubes with cornstarch.
 - Heat vegetable oil in a skillet over medium heat.
 - Cook chicken until golden and crispy, then set aside.
 - In the same skillet, sauté minced garlic and grated ginger until fragrant.
 - Stir in soy sauce, rice vinegar, hoisin sauce, and sugar, simmer until thickened.
 - Return chicken to the skillet and toss to coat in the sauce.
 - Serve over cooked rice, garnished with sliced green onions.
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Greek Moussaka

Ingredients:

- 2 large eggplants, sliced
- 1 pound ground lamb or beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1/4 cup red wine
- 1 teaspoon cinnamon
- 1 teaspoon oregano
- 1/4 cup grated Parmesan cheese
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 cups béchamel sauce

Instructions:

- Preheat oven to 375°F (190°C).
- Season eggplant slices with salt and let sit for 30 minutes, then pat dry.
- In a skillet, heat olive oil over medium heat.
- Cook eggplant until golden on both sides, then set aside.

- In the same skillet, cook ground lamb or beef, diced onion, and minced garlic until browned.
 - Stir in diced tomatoes, red wine, cinnamon, oregano, salt, and pepper.
 - Simmer for 20 minutes.
 - In a baking dish, layer eggplant slices and meat sauce.
 - Pour béchamel sauce over the top and sprinkle with grated Parmesan cheese.
 - Bake for 30-35 minutes until golden and bubbly.
 - Serve warm.
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Jambalaya

Ingredients:

- 1 pound chicken breast, cubed
- 1/2 pound sausage, sliced
- 1/2 pound shrimp, peeled and deveined
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 can (14.5 ounces) diced tomatoes
- 1 cup chicken broth
- 1 cup long-grain rice
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 teaspoon cayenne pepper
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

- In a large pot, heat olive oil over medium heat.
 - Cook cubed chicken and sliced sausage until browned, then set aside.
 - In the same pot, sauté diced onion, minced garlic, and diced bell pepper until softened.
 - Stir in diced tomatoes, chicken broth, rice, paprika, thyme, cayenne pepper, salt, and pepper.
 - Bring to a boil, then reduce heat and simmer for 20 minutes.
 - Add shrimp and cooked chicken and sausage, simmer for an additional 10 minutes until shrimp is cooked and rice is tender.
 - Serve warm.
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Lamb Curry

Ingredients:

- 1 pound lamb, cubed
- 1 small onion, diced
- 2 cloves garlic, minced

- 1 tablespoon grated ginger
- 1 can (14.5 ounces) diced tomatoes
- 1 cup coconut milk
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- Chopped cilantro for garnish

Instructions:

- In a large pot, heat vegetable oil over medium heat.
 - Cook diced onion, minced garlic, and grated ginger until fragrant.
 - Add cubed lamb and cook until browned.
 - Stir in diced tomatoes, coconut milk, curry powder, cumin, coriander, turmeric, garam masala, salt, and pepper.
 - Bring to a simmer and cook for 1 hour until lamb is tender.
 - Garnish with chopped cilantro and serve.
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Lemon Herb Salmon

Ingredients:

- 4 salmon fillets
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
 - Place salmon fillets on a baking sheet.
 - In a bowl, mix minced garlic, olive oil, chopped dill, chopped parsley, salt, and pepper.
 - Brush the mixture over the salmon fillets.
 - Top each fillet with lemon slices.
 - Bake for 15-20 minutes until salmon is cooked through.
 - Serve warm.
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Meatloaf

Ingredients:

- 1 pound ground beef
- 1/2 pound ground pork
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 egg, beaten
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions:

- Preheat oven to 350°F (175°C).
 - In a large bowl, mix ground beef, ground pork, diced onion, minced garlic, breadcrumbs, milk, beaten egg, ketchup, Worcestershire sauce, salt, and pepper.
 - Shape the mixture into a loaf and place in a baking dish.
 - Bake for 1 hour until cooked through.
 - Let rest before slicing and serving.
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Paella

Ingredients:

- 1/2 pound chicken breast, cubed
- 1/2 pound shrimp, peeled and deveined
- 1/2 pound mussels, cleaned
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 cup short-grain rice
- 2 cups chicken broth
- 1/2 cup white wine
- 1/4 cup olive oil
- 1 teaspoon saffron
- 1 teaspoon paprika
- Salt and pepper to taste
- Lemon wedges for garnish

Instructions:

- In a large skillet, heat olive oil over medium heat.
- Cook cubed chicken until browned, then set aside.
- In the same skillet, sauté diced onion, minced garlic, and diced bell pepper until softened.
- Stir in rice, chicken broth, white wine, saffron, paprika, salt, and pepper.
- Bring to a boil, then reduce heat and simmer for 15 minutes.

- Add shrimp, mussels, and cooked chicken, simmer for an additional 10 minutes until seafood is cooked and rice is tender.
 - Garnish with lemon wedges and serve.
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Pork Chops with Apples

Ingredients:

- 4 pork chops
- 2 apples, sliced
- 1 small onion, sliced
- 1/4 cup apple cider
- 1/4 cup chicken broth
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 teaspoon thyme
- Salt and pepper to taste

Instructions:

- Season pork chops with salt and pepper.
 - In a large skillet, heat olive oil over medium heat.
 - Cook pork chops until browned on both sides, then set aside.
 - In the same skillet, melt butter and sauté sliced onion and apples until softened.
 - Stir in apple cider, chicken broth, and thyme.
 - Return pork chops to the skillet and simmer for 10 minutes until cooked through.
 - Serve warm.
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Ratatouille

Ingredients:

- 1 eggplant, diced
- 1 zucchini, diced
- 1 bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 tomatoes, diced