



# WEEKLY MENU # 558

guest menu by barbara schieving  
of barbara bakes & pressure cooking today

this week  
for dinner™

- MONDAY** [potato cheese soup](#)
- TUESDAY** [chicken tacos](#) with [cilantro lime rice](#)
- WEDNESDAY** [lighter chicken parmesan](#)
- THURSDAY** [grilled chicken and couscous](#)
- FRIDAY** [beef and broccoli](#)
- SATURDAY** [spicy chicken soup](#)
- SUNDAY** [BBQ baby back ribs](#) + [potato salad](#) + [peanut butter chocolate chip cheesecake](#)

## INGREDIENT LIST

### grocery store:

- onions
- potatoes
- cream cheese
- cheddar cheese
- half and half
- frozen corn
- bacon
- b/s chicken breasts
- canned green chilies
- tortillas
- taco toppings
- lime
- fresh cilantro
- tomato sauce
- mozzarella cheese
- fresh basil
- Harvest Grains Blend
- boneless beef chuck roast
- broccoli
- mild chunky salsa
- baby back pork ribs
- celery
- BBQ sauce
- eggs
- fresh parsley
- Oreo cookie crumbs
- heavy cream
- milk chocolate
- peanut butter cups

### at home:

- salt & pepper
- butter
- chicken broth
- red pepper flakes
- dried parsley
- cornstarch
- olive oil
- chili powder
- white rice
- vegetable oil
- panko bread crumbs
- fresh parmesan
- flour
- garlic powder
- eggs
- cooking spray
- fresh garlic
- 2 cans crushed tomatoes
- beef broth
- soy sauce
- brown sugar
- sesame oil
- toasted sesame seeds
- 2 cans diced tomatoes
- onion powder
- 2 cans black beans
- mayonnaise
- dill pickle juice
- mustard
- sugar
- creamy peanut butter
- vanilla extract
- flour
- semisweet chocolate chips