



## Weeknight Dinner Ideas from The Gingered Whisk

Easy Chicken Tikka Masala

30 Minute Orange Chicken

Flank Steak Tacos with Pineapple Mango Salsa and Cilantro Lime Sauce

Crockpot White Chicken Chili

Crockpot Chicken Enchilada Soup

### Produce

- yellow onion (1)
- white onion (1)
- red onion (1) (1/2)
- garlic cloves (1)(1) (2) (2)
- ginger (2" piece) (1 1/2 t) (1/4 t)
- orange (3/4 C juice + 1 for serving)
- orange zest (from half an orange)
- mango (1 C)
- pineapple (1 C)
- red bell pepper (1/2)
- limes (3) (1)
- shallot (1)
- frozen white & yellow corn (3/4 C)
- avocado (topping)

### Herbs

- cilantro (for serving) (1 C)
- green onions (for serving) (for serving)

### Spices

- turmeric (1 T)
- Garam Masala (3 T)
- mild chili powder (1 T)(1 t) (1/4 t)
- ground cumin (2 t)
- cinnamon (1 t)

- ground cloves (1 1/2 t)
- cayenne pepper (1/2 t)
- cumin (1 t) (1 1/2 t) (1 t)
- garlic powder (1/2 t)
- oregano (1/2 t)

### Meat

- boneless, skinless chicken breast (1 lb) (1 lb) (1 lb)
- flank steak (2 lb)
- milk (1/4 C)
- Monterey Jack cheese (topping)
- sour cream (topping)

### Dairy

- plain (Greek) yogurt (1/2 C) (1 C)

### Bread & Tortillas

- naan (for serving)

### Pantry Items

- tomato puree (1 1/2 C)
- coconut milk (14 oz)
- rice (for serving) (for serving)
- soy sauce (1 T) (1 T)

- rice vinegar (1 t)
- olive oil (1 1/2 t) (1/8 C)
- cornstarch (1 t)
- sesame seeds (for serving)
- brown sugar (2 T)
- honey (1 1/5 t)
- salsa verde (1/4 C)
- chopped green chilies (4 oz) (4 oz)
- chicken broth (4 C) (2 C)
- flour (1/4 C)
- tortilla strips (topping)
- great northern beans (30 oz)
- red enchilada sauce (10 oz)
- black beans (30 oz)
- fire roasted diced tomatoes (14 oz)
- whole kernel corn in can (15 oz)