

# The Sunday Dinner Sheet



## Make This

Start with several pounds of ground beef. Season like meatloaf. Make 1 meatloaf, meatballs, and burgers. All will cook in the oven; just check the time on the burgers & meatballs. Bake extra potatoes & make extra salad.

Start with a roast chicken - a large one or two. Throw potatoes in to bake; you can also roast a variety of vegetables on a sheet pan. Make another side of vegetables so you have leftovers. Maybe green beans and a salad.

Start with a beef roast, maybe some roasted vegetables or extra sides. Potatoes and extra salad are always useful.

Start with roast pork. Cut the top off of a head of garlic, drizzle with olive oil, and wrap in foil. Roast with meat. Again, vegetables can be roasted as well. Add some extra vegetables & maybe some rice or coleslaw.

## And This

You have extra meatloaf for sandwiches or another dinner, plus meatballs & spaghetti or with noodles and gravy, and burgers. Extra potatoes for the burgers plus salad for one or two meals.

Any kind of chicken casserole, chicken and rice, chicken salad for lunch. Combine the chicken, vegetables, & potatoes with gravy & pie crust or biscuits for chicken pot pie. Combine the chicken & salad,, add extras like cranberries for a dinner salad.

Roast beef sandwiches, beef & noodles with gravy or beef stroganoff, beef and broccoli. Beef pot pie with the potatoes, vegetables, gravy, & biscuits. Beef stir fry with rice and sauce.

Add BBQ sauce & the coleslaw for pulled pork sandwiches. Saute some onions, add the garlic & pork with some shredded carrots & soy sauce. Mix with spaghetti or rice noodles for Filipino Pancit.

Tacos, stir fries, frittatas, and a variety of hot sandwiches are all options as well!