

{ Prep List }

weeknight dinner guide #8

Whoohoo, it's prep time! After you're finished prepping each ingredient, store in covered container if you're not using it right away.



chop it up

- slice mushrooms for pasta
- mince ginger and garlic for stir-fry
- chop green beans, okra, and shiitake mushrooms for stir-fry



in the oven/ on the stove

- roast chicken breast for stir-fry and enchilada casserole



marinate

- marinate steak for pasta



mix it up

- put together enchilada casserole ahead of time so it's ready for baking