

# This Week's Recipes

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Sunday, March 15, 2026

6 recipes | 6 meals planned

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## Day 1: Hearty Meatloaf with Garlic-Lemon Rice and Roasted Peppers

*This comforting meatloaf paired with zesty garlic-lemon rice and vibrant roasted peppers will surely delight your family. It's easy to prepare and perfect for a cozy dinner together!*

Active: 30 min | Total: 90 min

### Ingredients

- 2 lbs ground beef
- 1 cup breadcrumbs
- 1/2 cup milk
- 1/4 cup ketchup
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 egg
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried thyme
- 3 cups cooked rice
- 3 tbsp olive oil
- 2 cloves garlic, minced (for rice)
- 1 lemon, zested and juiced
- 2 large bell peppers, sliced
- 1 tsp dried oregano

### Steps

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine ground beef, breadcrumbs, milk, ketchup, chopped onion, minced garlic, egg, salt, black pepper, and thyme. Mix until well combined.
3. Shape the meat mixture into a loaf and place it in a baking dish.
4. Bake the meatloaf for 1 hour, or until the internal temperature reaches 160°F (70°C).
5. While the meatloaf is baking, cook the rice according to package instructions.
6. In a skillet, heat olive oil over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant.
7. Stir in the cooked rice, lemon zest, and lemon juice. Mix well and cook for an additional 2-3 minutes.
8. On a baking sheet, toss sliced bell peppers with olive oil, oregano, and a pinch of salt. Roast in the oven for the last 20 minutes of the meatloaf cooking time.
9. Once the meatloaf is done, let it rest for 10 minutes before slicing.
10. Serve the meatloaf with garlic-lemon rice and roasted peppers.

### Chef's Tips

- For a more flavorful meatloaf, try adding shredded cheese or diced carrots to the mixture.
- You can make the meatloaf ahead of time and refrigerate it before baking; just add a few extra minutes to the cooking time.

## Day 2: Beef Nachos

*These beef nachos are a family favorite that come together in no time! Perfect for a quick meal that everyone will love.*

Active: 15 min | Total: 20 min

### Ingredients

- 1 lb ground beef
- 1 tbsp taco seasoning
- 1 bag tortilla chips (about 12 oz)
- 2 cups shredded cheddar cheese
- 1/2 cup jalapeños, sliced (optional)
- 1 cup salsa
- 1/2 cup sour cream
- 1 avocado, diced (optional)
- 1 green onion, chopped (for garnish)

### Steps

1. In a large skillet over medium heat, cook the ground beef until browned, about 5-7 minutes.
2. Add the taco seasoning to the beef and stir to combine, cooking for an additional 2 minutes.
3. Preheat the oven to 350°F (175°C).
4. On a large baking sheet, spread the tortilla chips evenly.
5. Top the chips with the seasoned beef, followed by the shredded cheddar cheese and jalapeños.
6. Bake in the preheated oven for about 5-7 minutes, or until the cheese is melted and bubbly.
7. Remove from the oven and top with salsa, sour cream, diced avocado, and chopped green onions.

### Chef's Tips

- Feel free to customize the toppings with your kids' favorites, like diced tomatoes or corn.
- These nachos can be made ahead; just assemble without baking and store in the fridge until you're ready to cook.

# Day 3: Lemon-Garlic Chicken Breast with Rice and Sautéed Peppers

*This zesty Lemon-Garlic Chicken Breast is not only flavorful but also a hit with kids! It's a simple yet satisfying meal that brings a taste of the Mediterranean to your table.*

Active: 30 min | Total: 60 min

## Ingredients

- 5 chicken breasts (about 1.5 lbs total)
- 1/4 cup olive oil
- 3 lemons (juiced)
- 5 cloves garlic (minced)
- 1 tsp salt
- 1/2 tsp black pepper
- 2 cups rice (uncooked)
- 4 cups chicken broth (or water)
- 2 bell peppers (sliced, any color)
- 1 tbsp butter
- 1 tsp paprika

## Steps

1. In a bowl, whisk together olive oil, lemon juice, minced garlic, salt, and black pepper.
2. Add chicken breasts to the marinade, cover, and refrigerate for at least 30 minutes.
3. Cook rice according to package instructions, using chicken broth for added flavor.
4. In a large skillet, heat butter over medium heat. Add sliced bell peppers and sauté until tender, about 5-7 minutes. Season with paprika.
5. Remove chicken from marinade and pan-sear in the same skillet over medium-high heat for 6-7 minutes on each side or until cooked through (internal temperature of 165°F).
6. Serve chicken over rice with sautéed peppers on the side.

## Chef's Tips

- For a quicker version, you can use pre-cooked rotisserie chicken and toss it with the lemon-garlic sauce.
- Let the kids help by adding the spices to the peppers or squeezing the lemon juice!

# Day 4: Comforting Chicken Soup

*This chicken soup is a warm hug in a bowl, perfect for busy nights when you want something comforting and nourishing for the family. Everyone will love the flavors!*

Active: 20 min | Total: 55 min

## Ingredients

- 1.5 lbs chicken thighs, boneless and skinless
- 1 tbsp olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 3 medium carrots, sliced
- 3 celery stalks, sliced
- 8 cups chicken broth
- 1 cup long-grain white rice
- 1 lemon, juiced
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/4 cup fresh parsley, chopped (for garnish)

## Steps

1. In a large pot, heat olive oil over medium heat. Add diced onion and sauté for 3-4 minutes until translucent.
2. Add minced garlic, sliced carrots, and sliced celery, cooking for another 5 minutes until the vegetables begin to soften.
3. Add the chicken thighs to the pot, followed by the chicken broth, dried thyme, and dried oregano. Bring to a boil.
4. Reduce heat and let it simmer for 20 minutes, or until the chicken is cooked through.
5. Remove the chicken from the pot and shred it with two forks. Return the shredded chicken to the pot.
6. Stir in the rice and cook for an additional 15 minutes, or until the rice is tender.
7. Add lemon juice, and season with salt and pepper to taste.
8. Serve hot, garnished with fresh parsley.

## Chef's Tips

- You can use leftover rotisserie chicken to save time; just add it in when you stir in the rice.
- Feel free to add other veggies like peas or corn for extra color and nutrition!

# Day 5: Greek Chicken Patty Bolognese

*This Greek Chicken Patty Bolognese is a delightful and fun twist on a classic dish! Your family will love the combination of flavors, and it's a great way to enjoy a hearty meal together.*

Active: 30 min | Total: 50 min

## Ingredients

- 1.5 lbs ground chicken
- 1 cup breadcrumbs
- 1/2 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 1 egg
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil
- 1 can (28 oz) crushed tomatoes
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional)
- 1 lb spaghetti or your favorite pasta
- Grated Parmesan cheese for serving

## Steps

1. In a large bowl, combine ground chicken, breadcrumbs, feta cheese, parsley, egg, garlic powder, onion powder, salt, and pepper. Mix until well combined.
2. Shape the mixture into patties, about 1/4 cup each. You should have around 10 patties.
3. Heat olive oil in a large skillet over medium heat. Cook the patties for about 5-6 minutes on each side until golden brown and cooked through. Remove from the skillet and set aside.
4. In the same skillet, add crushed tomatoes, oregano, and red pepper flakes. Stir and let simmer for about 10 minutes.
5. Meanwhile, cook the pasta according to the package instructions. Drain and set aside.
6. Crumble the cooked chicken patties into the sauce and stir to combine.
7. Toss the cooked pasta with the sauce and patties until well coated. Serve with grated Parmesan cheese on top.

## Chef's Tips

- You can prepare the chicken patties ahead of time and refrigerate them for up to a day before cooking.
- For a kid-friendly option, serve the sauce and pasta separately, allowing the kids to mix them to their liking.

# Day 6: Caribbean-Style Baked Chicken

*This Caribbean-Style Baked Chicken is a delightful dish that brings tropical flavors to your table. It's simple to prepare and perfect for a family meal!*

Active: 20 min | Total: 70 min

## Ingredients

- 5 lbs chicken pieces (legs, thighs, or breasts)
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 4 cloves garlic, minced
- 2 tsp ground cumin
- 2 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional, for heat)
- 1/4 cup fresh cilantro, chopped (for garnish)

## Steps

1. Preheat your oven to 400°F (200°C).
2. In a large bowl, whisk together olive oil, lemon juice, garlic, cumin, paprika, salt, black pepper, and cayenne pepper.
3. Add the chicken pieces to the marinade, ensuring they are well coated. Cover and let marinate for at least 30 minutes (or up to 2 hours in the fridge).
4. Arrange the marinated chicken pieces on a baking sheet lined with parchment paper.
5. Bake in the preheated oven for 35-40 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).
6. Remove from the oven and let rest for 5 minutes before serving.
7. Garnish with fresh cilantro before serving.

## Chef's Tips

- For a quicker meal, marinate the chicken the night before.
- Serve with leftover rice or a simple side salad to balance the meal.