

Shabbos in an Hour (or Two)

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Friday Night

- ☐ Challah
- ☐ Pesto
- ☐ Chicken Soup with croutons
- ☐ Rice Medley with sliced mushrooms
- ☐ Roasted Mini Peppers & onions
- ☐ Brisket
- ☐ Broccoli raisin cashew salad
- ☐ Cranberry Pear crisp

Shabbos Lunch

- ☐ Challah
- ☐ Baba ganoush, matbucha
- ☐ Spinach topped Salmon
- ☐ Cholent or soup
- ☐ Grilled pargiot
- ☐ Purple cabbage salad
- ☐ Israeli salad
- ☐ Sundaes with granola

Shopping List

Produce

4 yellow onions, 1 small red onion; red cabbage (whole or pre-shredded) 3 lb. mini peppers; 8 pears; 2 navel oranges; bag of fresh cranberries; 8 firm roma tomatoes, 1 English cucumber, lemon; checked parsley, chives. (Potatoes for cholent).

Kosher/Specialty

pesto, baba, matbucha; pareve chocolate gelt; frozen broccoli and spinach; pargiot (dark chicken cutlets); side of salmon; cholent meat; brisket or London Broil

Fridge/Freezer

Earth's balance or coconut oil; pareve ice cream, 1 box Trader Joe's rice medley

Grocery

sliced green and black olives, cashews, raisins, marinara or marinade for brisket, vinaigrette for cabbage salad, sliced mushrooms; pareve granola; pareve chocolate syrup

Pantry Check

oats, brown sugar, whole wheat flour, mayonnaise, spices; barley and whatever else you need for cholent!

How To Make it Happen

Disclaimer: These are shortcuts ideas to leave you more time to enjoy the chag. Of course if you have time and enjoy cooking, go fully homemade! Dips are store bought, and I'm not giving anyone cholent advice. ;)



Challah: From your freezer or a bakery, unless you have time Friday morning to bake, which is a special mitzvah. Remember to daven as you make it!



Soup: Low-sodium boxed soup with added veggies (corn chowder with a can of corn; veggie soup with frozen peas and carrots and ramen; leek soup topped with French's fried onions...)



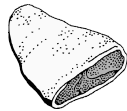
Rice Medley: Trader Joe's frozen. Microwave 3 min. Repeat for desired number of servings. Add canned sliced mushrooms and season.



Roasted Veggies: Rinse mini peppers. Slice red onion into wedges. Season and spray with olive oil. Roast 20 min or until brown at edges.



Broccoli salad: Bag of defrosted frozen, pat dry. Mix with cashews, raisins, thinly sliced purple onion, a few spoons mayo, a splash of vinegar, garlic powder, and some honey. Mix well.



Brisket: Slice 2 onions, lay brisket over them in a heavy bottom pan, pour half a bottle of marinade or marinara sauce over it, cover tightly, and bake at 250 for 4 hours. Allow to cool, slice, and cook 2 more hours or until soft.



Fruit Crisp: Slice 8-10 pears, put in 9x13 pan with 1/2 bag of cranberries. Mix 1 c. oats, 1 c. whole wheat flour, 1/2 c. brown sugar, 1/2 c. EB or coconut oil, and cinnamon. Form crumbs. If too dry, add a drizzle more oil. Sprinkle over fruit. Bake at 350, 40 min.



Spinach Salmon: Mix defrosted bag of spinach with a few spoons mayo, juice of half a lemon, salt and pepper. Pat over side of salmon and bake at 375 for 25 minutes or until inside is done.



Pargiot: Lay chicken pieces on a parchment lined baking pan. Sprinkle with Israeli grill blend, or a mix of sumac, garlic powder, salt, pepper, cumin, paprika. Bake at 350 for 15 min. or until done inside.



Cabbage Salad: Remove outer leaves from cabbage and slice, or open bag and pour into a bowl. Dress with vinaigrette.

Sprinkle with snipped chives, pine nuts and orange segments.

To make segments cut off top and bottom of orange peel, then cut off sides so that all peel and pith (white part) are removed. Slice.



Israeli Salad: Juice the lemon before Shabbos and store in a small container.

Shabbos morning, dice tomatoes and cucumber. Add sliced olives, parsley, lemon juice, salt, and pepper.

(Ask your Rav for the correct way to make this salad on Shabbos, or make it Friday afternoon.)



Sundaes: Scoop ice cream into individual cups or small bowls. Top with granola and/or chocolate syrup.