

Everyday Cooking

Weeknight Comfort

Twelve dependable dinners with practical timing



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A useful weeknight meal gives you something warm, satisfying, and achievable without making every evening feel like a production. This Junction Table collection pairs familiar ingredients with deliberate techniques: browning chicken before adding carrots, cooking rice under a tight lid, and letting a simple cucumber salad drain before dressing it. Several recipes are complete meals; others can share a table when you have more time. The two menus offer a starting point, while the shopping list covers the first menu only, including small pantry quantities that are easy to overlook. Read the entire recipe before beginning, measure what you need, and use the stated pan size where given. This is a development edition and these recipes have not been kitchen-tested. Cooking times are guides; check texture and safe internal temperature. Wash hands and utensils after handling raw meat, keep raw proteins separate from ready-to-eat produce, and use a food thermometer. Refrigerate perishables at 40°F or colder within two hours, or one hour when the room is above 90°F. Reheat cooked leftovers to 165°F. Adjust heat when a pan browns too quickly; a modest flame often produces a better dinner than a hurried one.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Chicken and Carrot Skillet - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Chicken and Carrot Skillet

4 servings | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 4 boneless skinless chicken breast pieces, 6 ounces each, about $\frac{3}{4}$ inch thick
- 1 pound carrots, peeled and sliced $\frac{1}{4}$ inch thick
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup water
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon kosher salt, divided
- $\frac{1}{4}$ teaspoon black pepper
- 2 tablespoons chopped parsley

Method

1. Pat chicken dry; season with $\frac{3}{4}$ teaspoon salt and the pepper. Heat oil in a large skillet over medium-high heat. Brown chicken for 3 minutes per side, then transfer to a plate.
2. Reduce heat to medium. Add carrots and remaining salt; cook 3 minutes, stirring. Add garlic and stir 30 seconds. Pour in water and scrape up browned bits.
3. Return chicken and its juices. Cover and simmer gently 10–14 minutes, until carrots are tender and the thickest chicken center reaches 165°F. Add water by the tablespoon if the pan dries.
4. Stir in lemon juice and zest. Sprinkle with parsley and serve with the carrots and pan juices.

Cook's tip

Even thickness helps the breasts finish together; pound the thick ends gently before cooking.

Substitution

Replace carrots with equal-weight sliced parsnips, checking tenderness before serving.

Storage

Refrigerate in a shallow covered container at 40°F or colder within 2 hours. Use within 3 days; reheat leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Beef and Tomato Shells

4 servings | Prep: 10 minutes | Cook: 25 minutes

Ingredients

- 12 ounces medium pasta shells
- 1 pound ground beef
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes, 14½ ounces, with juice
- 2 tablespoons tomato paste
- ½ teaspoon dried oregano
- 1 teaspoon kosher salt, divided
- ¼ teaspoon black pepper
- ½ cup reserved pasta water
- ¼ cup grated Parmesan

Method

1. Cook shells in a large pot of water with ½ teaspoon salt until just tender, following package timing. Reserve at least ½ cup cooking water, then drain.
2. Heat oil in a deep skillet over medium heat. Cook onion 4 minutes. Add beef and break into small pieces; cook 6–8 minutes until it reaches 160°F. Drain excess fat.
3. Add garlic, tomato paste, oregano, remaining salt, and pepper. Stir 1 minute. Add tomatoes and simmer uncovered 8 minutes.
4. Fold in shells and reserved water a little at a time until coated with a loose sauce. Heat 2 minutes and finish with Parmesan.

Cook's tip

Drain beef into a disposable container rather than pouring fat into the sink.

Substitution

Use ground turkey in the same quantity, cooking its center to 165°F.

Storage

Refrigerate in a shallow covered container at 40°F or colder within 2 hours. Use within 3 days; reheat leftovers to 165°F.

Ingredient allergen notes

wheat, milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Give the weeknight dinner a clear next step

A busy evening needs a meal you can understand before the pan gets hot. Weeknight Comfort brings together twelve dinners and accompaniments built around familiar ingredients, from lemon chicken and carrots to beef and tomato shells, sweet potato black bean tacos, and ginger peanut noodles. Learn to brown food before finishing it gently, plan around a starch, and use citrus or other finishing ingredients to balance a dish. Recipes give measured ingredients, cooking sequences, substitutions, and storage guidance. Two menu ideas offer starting points when deciding what belongs together. Junction Table by CrownThrive, LLC makes space for varied dinners without asking every evening to become an elaborate cooking project.

- Brown chicken, then finish it covered with carrots and lemon pan juices.
- Roast sweet potato taco filling and mix a lime yogurt topping.
- Loosen ginger peanut noodle sauce with reserved pasta water for an even coating.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Ginger Peanut Noodles

AI-generated realistic food artwork