

1. Round Steak with Vegetable Gravy in the Slow Cooker
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Produce

Carrots
 Onions
 Green pepper
 Celery
 Red pepper
 Garlic
 Taco toppings (lettuce, tomato)
 Cranberries
 {baby carrots}
 {salad fixings – 4 meals}
 {baking potatoes}

Canned/Dry

Chicken broth 3 boxes or 6 cans
 Uncle Ben's Wild rice blend
 Cream of chicken soup- 2 cans
 Spaghetti – 8 oz
 Pesto sauce
 Pizza sauce
 Lentils
 Salsa
 Pecans
 {tortilla chips}
 {crackers}
 {ranch dressing}

Dairy

Sour cream – 8 oz
 Mozzarella – 4 cups shredded
 Tortillas
 Cheddar – 1 bag shredded
 Eggs
 {cheese slices or cheese ball}

Meat

Round steak – 2 lb.
 Chicken – 1 bag or equivalent
 Pizza meat (pepperoni, ham, or sausage)

Frozen

Cheese ravioli – 2 bags
 Broccoli
 Bread dough

Items to have in Pantry/Fridge

Ketchup
 Vinegar
 Flour
 Sugar
 Butter
 Milk – 2 cups
 Bouillon cube
 Oregano
 Basil
 Garlic powder
 Parmesan – 1 Tbs.
 Oil
 Chili powder
 cumin

Round Steak with Vegetable Gravy in the Slow Cooker

- 3 carrots, peeled and diced
- onion, diced
- small green pepper, diced
- 2 stalks celery, diced (I didn't have celery, so I left it out)
- 2 lb. round steak
- 1/2 cup ketchup
- 1 Tbs. vinegar
- 1/3 cup water
- salt and pepper
- 2 Tbs. flour
- 1/2 cup water

Place the meat in the crockpot. Put the diced veggies on top. Mix the ketchup, vinegar, water and salt and pepper together. Pour over the meat and veggies. Cook on low for 8-10 hours or high for 5-6 hours.

Remove the meat from the slow cooker. Turn it up to high. Mix the flour and 1/2 cup water together in a container with a tight-fitting lid. Shake it to combine until smooth. Whisk into the broth in the slow cooker and let it cook just a few minutes until it's thickened a bit.

Serving Suggestion: Baked potatoes and salad

Chicken and Wild Rice Soup

- 64 oz chicken broth (2 boxes or 4 cans)
- 1 box Uncle Ben's Wild Rice Blend (you won't use the seasoning packet)
- 1 onion, chopped
- 2 celery stalks, chopped
- 3 Tbs. butter
- 3 Tbs. flour
- 2 cups milk
- 1/4 tsp. poultry seasoning
- salt & pepper
- about 2 cups cooked chicken

Bring the broth to a boil in a stockpot. Add the rice, onions and celery. Simmer for 35-40 minutes or until the rice is tender.

Meanwhile, melt the butter in a pan. Stir in the flour, cooking for just a minute over medium heat. Gradually whisk in the milk. Cook over medium heat until it's bubbly and thickened. Add the poultry seasoning, salt and pepper.

When the rice is cooked, stir the white sauce into the soup. Add the chicken. Adjust the seasonings and heat through. This serves about 8 people.

Serving Suggestion: cheese (or cheese ball) and crackers, carrots and dip

Cheese Ravioli with Pesto, Peppers and Onions and Grilled Chicken

- 2 bags frozen cheese ravioli
- about 1/2 – 3/4 cup of pesto sauce
- 1 red pepper, cut into strips
- 1 onion, coarsely chopped
- grilled chicken breasts or tenders, sliced thin

Cook the ravioli according to the directions. Saute the onions and peppers in olive oil. When the pasta is done, drain it and put it back into the cooking pan. Add the peppers and onion, grilled chicken and pesto. Serve it up and make everyone happy. Yum!

Serving Suggestion: Tossed salad

Chicken Tetrazini

about 2-3 cups of cooked chicken

8 oz. cooked spaghetti noodles

8 oz. sour cream

1/2 cup chicken broth

2 cans cream soup (chicken or mushroom)

mozzarella cheese for the top

Break the spaghetti noodles in half and cook them according to the package directions. Drain them and put all the ingredients together in the pan and mix it up. Cover with mozzarella cheese. Bake in the oven at 350 for about 45 minutes.

OR: If you need to mix the casserole up early and stick it in the fridge until time to put it in the oven, add 15 or so minutes to the bake time.

OR: If you're going to be out of the house put it in the crock pot and cook on low for 5 hours.

Serving Suggestions: steamed broccoli, salad

Stromboli

- 1 loaf frozen bread dough, thawed
- 2 egg yolks, save the whites
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 Tbs. Parmesan cheese
- 2 Tbs. oil
- Filling: pepperoni, sausage, ham, veggies etc.
- Mozzarella cheese – about 2 cups
- 1 jar pizza sauce

Spread the dough out on a buttered cookie sheet, like a pizza crust. Mix the other ingredients (minus the fillings) and spread like butter on the crust. Layer the fillings and top with cheese.

Roll it up starting with the long edge so you end up with a long, log shape. Place it seam side down on the cookie sheet. Brush with the reserved egg white. Bake at 350 degrees for 30-40 minutes. Slice and serve with the pizza sauce.

Serving Suggestion: tossed salad

Lentil Tacos

1 cups lentils

1 onion, diced

1 clove garlic, minced

1 Tbs. chili powder

2 tsp. cumin

1 tsp. oregano

2 1/2 cups chicken broth

1 cup salsa

a bit of oil to saute the onion and garlic

tortillas and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa.

Serving Suggestion: Chips and Salsa

Cranberry Nut Bars

- 4 eggs
- 2 cups sugar
- 2 cups flour
- 2/3 cup butter, melted
- 1 bag fresh cranberries, coarsely chopped
- 1 cup chopped pecans

Beat the eggs in a mixer bowl until thick. Gradually blend in the sugar. Stir in the melted butter and flour, blending well. Add the cranberries and pecans, gently stirring until it's all combined. Pour into a greased 9×13 pan. Bake at 350 degrees for 45 minutes.