

1. Italian Sausage and Spinach Stuffed Shells, garlic bread and salad
2. Southwest Chicken with Brown Rice, salad
3. Meatball Subs, baby carrots, potato chips
4. Italian Chicken and Rice Casserole, steamed veggie and salad
5. Sunday Chicken Dinner in the slow cooker, steamed veggie, rolls
6. Honey Cashew Pork Stir Fry over rice
7. Dad's Brownie Sundae

Produce

Onions
Garlic
Spinach – 1 bag
Red bell pepper
Fresh parsley
Potatoes
Carrots
Celery
{Salad fixings – 3-4 meals}
{Baby carrots}

Canned/Dry

Jumbo pasta shells
Spaghetti sauce – 3
Diced or fire roasted tomatoes
Salsa
Kidney beans
Brown rice
White rice
Chicken broth – 3 cans
Cream of chicken soup – 2
{Potato chips}
Cashews – 2/3 cup
Brownie mix
Hot fudge
Caramel sauce
M &M's
Cracker Jacks or Crunch 'n Munch

Dairy

Ricotta cheese – 2-15oz
Italian style cheese blend – 1 bag
Cheddar, shredded – 1 bag
Mozzarella, shredded or sliced
Whipped cream

Meat

Italian sausage – 1 lb.
Boneless chicken breasts – 1 bag
Frozen meatballs
Chicken with or without bones – 2-3 lbs.
Boneless pork chops – 6

Frozen

{favorite veggie – 2 meals}
Vanilla ice cream

Bread

Sub buns
{French bread}
{Rolls}

Items to Have in the Pantry/Fridge

Chili powder
Cumin
Oregano
Basil
Ground ginger
Vegetable oil
Orange juice – 1 cup
Honey – 1/2 cup
Soy sauce – 1/4 cup
Corn starch

Italian Sausage and Spinach Stuffed Shells

- 1 lb. Italian sausage
- 1 onion, chopped
- 1 clove garlic, minced or crushed
- 1 bag fresh spinach
- 2 lbs. ricotta cheese
- 1 cup Italian style blend cheese, shredded
- 1 box jumbo pasta shells, cooked according to package directions
- 2 cans Hunt's spaghetti sauce

Brown the sausage with the onion and garlic. Drain and rinse under hot water. Cook the spinach in 1 cup of water until soft and wilted. Drain and squeeze out the water, then coarsely chop the spinach.

Mix the sausage, spinach, ricotta and Italian cheese together. Fill each cooked shell with the mixture. Spread a bit of sauce on the bottom of two 9×13 pans. Put the stuffed shells in the pans as you fill them. Cover with the rest of the sauce.

To bake, cover the pan with foil and bake at 350 degrees for 45 minute to 1 hour.

To freeze, cover tightly with foil and label with directions, "Thaw in fridge. Bake at 350 degrees for 1 hour"

Serving Suggestion: French bread (garlic bread), tossed salad

Southwest Chicken and Brown Rice

- 1 1/2 lbs. boneless chicken breast, cut in bite-size pieces (I used about 1/2 bag chicken tenders)
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. cumin
- oil
- 1 onion, sliced thin
- 1 clove garlic, minced or crushed
- 1 can fire roasted tomatoes, lightly drained (just pour off a little juice)
- 1/2 cup salsa
- 1 can kidney beans
- cooked brown rice
- cheddar cheese, shredded

Sprinkle the chicken with the spices and brown in the oil in a skillet. Add the onion and garlic and cook until the onion is soft. Add the tomatoes, salsa and beans. Simmer until the chicken is cooked through. Serve over the brown rice and top with cheddar cheese.

Serving Suggestion: tossed salad

Easy Meatball Subs

- frozen meatballs (I used about 1/3 of the package)
- 1 jar of spaghetti sauce
- shredded mozzarella cheese
- sub buns

Microwave the frozen meatballs for a minute or two, just to thaw them a bit. Put them in a pan and pour the sauce over the top and let it heat for several minutes. I cut the meatballs in half so they would stay on the sandwiches better. You can also put it in the crockpot if you plan ahead.

Split the buns open and toast them under the broiler in the oven. Put the meatballs on the buns and top with cheese. Stick the sandwiches back under the broiler to melt the cheese.

That's it. Dinner's on the table in about 10 minutes. You can't beat that!

Serving Suggestion: baby carrots, potato chips

Italian Chicken and Rice Casserole

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. oregano
- 1/2-1 tsp. basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9×13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top.

In a small bowl, combine the broth, chicken soup,, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients. Bake at 350 degrees for 1 hour – 1 hour and 15 minutes. Let it stand for a few minutes before serving.

Serving Suggestion: steamed veggie, tossed salad

Sunday Chicken Dinner in the Slow Cooker

- chicken (boneless or with bones)
- potatoes, chopped
- carrots, chopped
- onion, sliced
- about 2 cups (or 1 can) of chicken broth
- 1 can cream of chicken soup
- salt and pepper

The amounts are dependent on how many people you're cooking for. I think I used 5 good sized boneless chicken breasts for my family of 6.

Place the chicken on the bottom of the crockpot. Put the veggies on top of the chicken. Stir the broth and soup together with the salt and pepper. Pour over the veggies and chicken. Cook on high for 5-6 hours or low for 7-8 hours.

You can thicken the broth to make gravy. Remove the chicken and veggies from the pot. Turn the heat to high. In a container with a tight fitting lid, add several Tbs. of flour. Add some water and shake to make a thick paste. You want it to pour, but still be thick. Slowly whisk the flour mixture into the broth.

Serving Suggestion: steamed veggie, rolls

Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.