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Produce

Onions
 Garlic 2 bulbs
 Cole slaw mix
 Green onions
 2 apples
 2 sweet bell peppers (red, yellow or orange)
 Grape or cherry tomatoes
 {Salad fixings – 4 meals}

Canned/Dry

Fire roasted tomatoes – 1
 Stewed tomatoes – 1
 Tomato paste – 6 oz
 Pizza sauce
 Sliced black olives – small can
 Diced green chilis – small can
 Cream of chicken soup – 1-2 cans
 Chicken flavored ramen noodles
 Chicken broth – 1 can
 White rice
 Penne pasta
 {Angel hair pasta}
 Toasted sunflower seeds
 Sliced or slivered almonds – ½ cup
 Walnuts, optional ½ cup
 Pineapple tidbits or chunks – 8 oz can

Dairy

Eggs
 Mozzarella, shredded 2 cups
 Cheddar, shredded 1 cup
 Italian cheese blend shredded 1-2 cups
 Sour cream – 8 oz
 Half & half – 1 cup
 Butter
 Flour tortillas

Frozen

Bread dough
 Peas and carrots – small bag
 {Corn}
 {Favorite veggie}

Meat

Boneless chicken breasts – 2 bags or equivalent
 Pepperoni, sausage etc. for Stromboli
 Ham slices, 1 ½ lbs.

Items to Have in Pantry/Fridge

Parmesan cheese
 Milk
 Orange juice – 1/3 cup
 Vegetable oil
 Soy sauce
 Flour
 Sugar
 Baking soda
 Baking powder
 Cinnamon
 Brown sugar
 Cornstarch
 Cloves or nutmeg
 Oregano
 Basil
 Garlic powder
 Seasoned salt or homemade seasoned salt

Pepper Patch Pasta with Grilled Chicken

- 1 box penne pasta
- about 2 lbs. boneless chicken breasts or tenders
- [homemade seasoned salt](#) or store-bought
- 4 Tbs. butter
- 1 onion, diced
- 1-2 cloves garlic, minced or crushed
- 2 whole sweet bell peppers, chopped (I used the whole red and 1/2 each of yellow and orange)
- 1 cup chicken broth
- 1 cup half & half, warmed
- 1 cup Italian blend cheese, shredded
- 1 cup cherry or grape tomatoes, cut in half

Cook the pasta according to the package directions. Sprinkle the chicken with seasoned salt and grill until done. Then slice it thin.

While the chicken and pasta cook, melt 3 Tbs. of the butter in a skillet over medium heat. Add the onions and garlic and cook until soft. Add the peppers and cook until they are tender-crisp. Remove the veggies from the pan.

Add the last Tbs. butter. I accidentally let mine brown a bit, which tasted good. A happy accident. Whisk in the chicken broth, then half & half. Stir in the cheese. Add 2 pinches of seasoned salt, about 1/2 tsp.

When the pasta is cooked and drained, pour the sauce into the pasta and combine. Add the tomatoes. Serve with the chicken.

Serving suggestion: salad

Mediterranean Chicken in the Slow Cooker

- 3 boneless chicken breasts (or more if you like it meatier)
- 1 can fire roasted diced tomatoes
- 1 can stewed tomatoes
- 1 6oz can tomato paste
- 1 onion, sliced
- 1 small can sliced black olives
- 1 whole bulb of garlic cloves, peeled but left whole (you can use less if you like things less garlicky)
- salt and pepper to taste
- Parmesan cheese, if desired

Place the chicken breasts in the bottom of the slow cooker. Add the other ingredients on top and stir to combine them a bit. Cover and cook on low for 7-8 hours or high for 5-6 hours. Serve over angel hair pasta. Top with Parmesan cheese if desired.

Serving Suggestion: angel hair pasta and salad

Stromboli

Double this if you want to end up with 2. One will serve about 4-5 people, depending on how much they eat.

- 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: salad

Golden Enchilada Bake

- 2 Tbs. butter
- 1 clove garlic, pressed or minced
- 1/2 onion, diced
- 1 can diced green chilis
- 1/2 cup sour cream
- 1-2 cans cream of chicken soup
- 2 cups cooked chicken, shredded
- 1/4 cups milk, plus extra
- 1 cup cheddar cheese
- flour tortillas

Saute the onion and garlic in the butter. Stir in the sour cream, green chilis and soup. Mix well and take out 3/4 cup of sauce to reserve for later. Add the chicken and 1/2 cup cheese to the sauce still in the pan.

Fill the tortillas with the chicken mixture, rolling and placing in a greased baking dish. In a small bowl, combine the reserved sauce with the milk. I added a second can of cream of chicken soup and extra milk. Pour this sauce over the enchiladas in the pan. Sprinkle with the remaining cheese.

Bake at 350 degrees for 30-40 minutes or until hot. Or, cover tightly with foil and freeze. Label with the instructions, "Thaw in fridge. Bake at 350 degrees for 45 minutes to 1 hour or until bubbly."

Serving suggestion: corn, salad

Vietnam Fried Rice

1 cup rice (I ended up doubling the recipe and using 2 cups of rice)

4 Tbs. cooking oil

1/4-1/2 lb. any cooked or raw meat (I used 2 large boneless chicken breasts that I sliced thin)

3 cloves garlic, minced

1 large onion, chopped

1 tsp. salt

1 tsp. pepper

1 tsp.. sugar

1 Tbs. soy sauce

1 cup leftover or frozen vegetables (I used frozen peas and carrots)

2 eggs, beaten

Cook the rice. In a hot skillet add the oil and stir fry the meat if it's not cooked. I sprinkled some soy sauce on the chicken before I stir fried it. Remove the meat from the skillet and add the garlic, onion, salt, pepper, sugar and soy sauce. I didn't measure any of this, just eye-balled it. Stir fry until the onion is cooked through. Stir in the beaten eggs, stir frying until the eggs are done. They will not and should not look like scrambled eggs you eat for breakfast. Add the vegetables and stir fry until they are hot through. Add the chicken back in to the skillet, along with the rice. Throw in some more soy sauce until it looks good to you. Serves 6-8 people if you use 2 cups of rice.

Ham Caribbean

- 1 1/2 lbs. fully cooked ham slices
- 8 oz pineapple chunks or tidbits
- 1/4 cup brown sugar
- 1 Tbs. cornstarch
- 1/8 tsp. cloves or nutmeg
- 1/3 cup orange juice

Put the ham steaks in a foil pan or casserole dish. Drain the pineapple, reserving the juice. Add enough water to make 1/3 cup. In a saucepan, combine the brown sugar, cornstarch and cloves. Stir in the pineapple juice and orange juice. Cook and stir until thickened and bubbly. Stir in the pineapple. Pour over the ham. Cool and seal tightly with foil. Label with the instructions, "Thaw in fridge. Bake at 350 degrees for 30-45 minutes or until hot."

This is a freezer meal, so you can choose to prepare and freeze ahead of time or skip the freeze part and bake it for that night.

Serving Suggestions: Hawaiian Cole Slaw, steamed veggie

Apple Brownie

- 1 stick butter, melted
- 1 cup sugar
- 1 egg
- 1 – 1 1/2 cups chopped apple (I used 2 apples)
- 1/2 cup walnuts, optional
- 1 cup flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 Tbs. cinnamon

Grease a 9" square baking pan. In a large bowl, beat the melted butter, sugar and eggs. Stir in the apples and nuts. Mix in the dry ingredients and pour into the pan. Bake at 350 degrees for 45-50 minutes.