

1. Southwest Steak and Cornbread Dressing in the Slow Cooker, corn, salad
2. Pepper Patch Pasta with Grilled Chicken, salad
3. Lentil Tacos, salad, chips and salsa
4. Vietnam Fried Rice, broccoli
5. Swiss and Bacon Quiche, favorite veggie
6. Stromboli, baby carrots and ranch dressing
7. Apple Brownies

Produce

Onion
 Garlic
 Bell peppers, red or yellow – 2
 Cherry or grape tomatoes
 Lettuce and tomato for tacos
 Apples – 2
 {Salad fixings – 3-4 meals}
 {Baby carrots}

Canned/Dry

Cornbread dressing mix
 Penne pasta
 White rice
 Lentils
 Tomatoes with green chilis
 Salsa
 Pizza sauce – 1-2 jars
 Chicken broth – 1 box or 2 cans
 Walnuts – ½ cup optional
 {Tortilla chips}
 {Ranch dressing}

Meat

2 lb. sirloin tip or round steak
 2 ½-3 lbs. boneless chicken breast
 Bacon, pre-cooked or regular
 Pepperoni, ham or sausage for Stromboli

Dairy

Butter
 Eggs – 1 dozen
 Half and half – 2 pints or 1 quart
 Italian blend cheese – 1 cup shredded
 Swiss cheese – 1 cup shredded
 Mozzarella – 2-4 cups shredded
 Parmesan – about ½ cup grated
 Tortillas
 Pie crust

Frozen

Peas and carrots mixed
 Bread dough
 {Corn}
 {Broccoli}
 {Favorite veggie}

Items to have in pantry/fridge

Seasoned salt
 Chili powder
 Cumin
 Oregano
 Basil
 Garlic powder
 Nutmeg
 Cinnamon
 Soy sauce
 Vegetable oil
 Sugar
 Flour
 Baking soda
 Baking powder

Southwest Steak and Cornbread Dressing in the Slow Cooker

- About 2 lbs. sirloin tip steak or round steak or other beef cut
- 1 box cornbread stuffing mix
- 1 can tomatoes with green chilis, undrained
- 1/2 stick butter (4 Tbs), melted

Place the steak in the slow cooker. Stir the stuffing mix, tomatoes and melted butter together. Put the stuffing on top of the steak in the slow cooker. Cook on low for 5-7 hours.

Serving Suggestion: corn, tossed salad

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

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, 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.

Serving suggestion: broccoli

Swiss and Bacon Quiche

1 pie crust

4-6 slices of bacon, crumbled (I used 1/2 of this pack of pre-cooked)

1 cup Swiss cheese, grated

4 eggs

2 cups half & half

1/4 cup parmesan cheese

salt and pepper

dash of nutmeg

Put the pie crust in a pie plate. Prick it with a fork and bake it at 400 degrees for 3 minutes. Take it out and prick it again, then bake it for another 5 minutes.

In a bowl, beat the eggs and then add the other ingredients, stirring to combine. Pour into the pie shell. Turn the oven down to 350 degrees and bake for 45 minutes.

Serving Suggestion: favorite steamed veggie, tossed 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: baby carrots and ranch dressing

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.