



1. [Chicken and Broccoli "Stir Fry" in the Slow Cooker](#), rice
2. [Velma's Chili](#), [Cornbread Muffins](#)
3. [BBQ Chicken and Southwestern Cornbread Dressing](#), favorite veggie, salad
4. [Tilapia in the Crockpot with Garlic Cheese Sauce](#), favorite veggie, baked potatoes
5. [Chipotle Lime Chicken Scampi](#), salad
6. [Potato Soup](#), hot bread, salad
7. [Apple Crisp in a Skillet](#)

**Produce**

Onions  
Garlic  
Broccoli  
Red bell pepper  
Green bell pepper  
Celery  
Jalapeno  
Potatoes  
Apples  
Lime juice  
Lemon juice  
{Salad fixings – 3 meals}  
{Baked potatoes and fixings – 1 meal}

**Canned/Dry**

Kidney beans, 4 cans  
Diced tomatoes, 4 cans  
Tomato sauce, 2 15 oz. cans  
Corn, 1 can  
Adobo sauce from chipotle peppers, 1 can  
Chicken broth, 1 box  
Stir fry sauce, 1 bottle  
Cornmeal  
Cornbread stuffing mix, 1 box  
Angel hair pasta  
Quick oats  
White wine  
Red wine  
Mayonnaise  
Bay leaf  
{Rice}

**Dairy**

Butter  
Eggs  
Milk  
Shredded cheddar or Parmesan cheese

**Meat**

Chicken tenders, 2-3 lbs.  
Boneless chicken breasts, 1 3 lb. bag  
Ground beef, 2 lbs.  
Tilapia fillets or other white fish, 3-4

**Frozen**

{Favorite veggie – 2 meals}

**Bread**

{Crusty bread}

**Items to Have in Pantry**

Olive oil  
Salt  
Pepper  
Cinnamon  
Chili powder  
Flour  
Sugar  
Brown sugar  
Baking powder





### Chicken and Broccoli "Stir Fry" in the Slow Cooker

- 2-3 lbs. chicken tenders
- 1/2 bottle stir fry sauce (about 1 cup) or more, if you like (I used Mandarin Sauce from Panda Express)
- 1 bunch broccoli, chopped
- 1 red bell pepper, sliced

Place chicken in slow cooker. I start mine from frozen. Pour sauce over chicken. Cook on high 4-5 hours or low 6-7 hours. About an hour before serving, place broccoli and red pepper on top of chicken in slow cooker. Cover and let it finish cooking. Serve over rice.

**Serving Suggestion: rice**





## Velma's Chili

- 2 lbs. ground beef
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 green pepper, chopped
- 2 stalks celery, chopped
- 4 cans kidney beans, drained and rinsed
- 4 cans diced tomatoes
- 2 15oz cans tomato sauce
- 2 cups water
- 2 bay leaf
- 4 Tbs. chili powder
- 2 Tbs. sugar
- salt and pepper to taste
- 1 cup red wine

Brown the meat, onion, garlic and celery together and cook till the meat is done. Drain the grease and rinse under hot water. Put it back in the pot.

Add all the other ingredients, except the wine. Taste for seasoning and adjust if necessary. Add the wine and bring to a simmer. Cook for an hour or several hours.

### **Serving Suggestion: Cornbread Muffins**





### Cornbread Muffins

- 1 cup cornmeal
- 1 cup flour
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 1/2 stick butter, melted
- 1/4 cup sugar
- 1 egg
- 1 cup milk

Stir the dry ingredients together in a bowl. Stir the sugar into the melted butter. Add the egg and milk. Pour this into the dry ingredients and stir, just to combine. Divide into 12 greased muffin cups. Bake at 425 degrees for 15-20 minutes.





### **BBQ Chicken and Southwestern Cornbread Dressing**

- 1/2 stick butter
- 1/2 small onion, diced
- 1 jalapeno, seeds removed, diced
- 1 1/2 cups chicken broth
- 1 can corn
- 1 box cornbread stuffing mix

Melt butter in small skillet. Cook onion till soft. Add jalapeno and cook another minute or two.

Heat broth to boiling. Stir in cooked onions and peppers in butter. Add corn. Add contents of the stuffing mix. Turn off the heat and allow to stand for 5-10 minutes. Fluff with fork and serve.

**Serving Suggestion: favorite veggie, salad**



## Tilapia in the Crockpot with Garlic Cheese Sauce

- 3-4 Tilapia fillets or other white fish (I made 6 fillets)
- 1/4 cup mayonnaise
- 1/2 cup shredded cheese (I used cheddar, but Parmesan would be really good)
- the juice of two lemons (I used 5 Tbs. of lemon juice)
- 4 cloves garlic, minced
- salt and pepper

I didn't really measure the mayo or cheese. I knew I needed a bit more since I was making 6 fillets, so I just eye-balled it. Stir the sauce together (all ingredients except the fish). I decided not to thaw out the frozen fillets. It just seemed like an easy step to skip and it worked out fine.

Put the sauce on both sides of the fillet. Then wrap into a foil packet. Place all the packets in the crockpot, stacking them on top of each other.

Cook on low for 3-4 hours. I started mine on high for about 30 minutes since I started with frozen fish, but I don't know that I needed to do that. The fish should flake easily with a fork when it's done.

**Serving Suggestion: favorite veggie, baked potatoes**



## Chipotle Lime Chicken Scampi

- Angel hair pasta
- 4-6 cloves garlic, minced or crushed
- olive oil
- 1-3 Tbs. adobo sauce from chipotle peppers
- 1/2 cup white wine
- 3-6 Tbs. lime juice
- 5 Tbs. butter
- a few ladles of cooking water from the pasta
- 1 1/2 lbs. grilled chicken, sliced

Cook the pasta according to the directions. Saute garlic in oil. Add adobo sauce and grilled chicken. Cook for a few minutes till the chicken is hot. Remove chicken. Add wine, lime juice, butter and a few ladles of cooking water to the pan. Cook till hot and bubbling.

Drain pasta. Stir chicken and sauce into the pasta. Add more pasta water if the dish is too sticky.

A few notes: I used the lower quantities of adobo sauce and lime juice, but next time I will increase both. It was good, but the yum factor would be upped with more of each of these.

**Serving Suggestion: salad**





## Potato Soup

- potatoes, peeled and diced
- butter
- salt
- milk

I don't measure any of this. Make a lot or a little. Grab a pan that will hold the amount of soup to feed your family. Dice up the potatoes and add them to the pot until you have the pot about half full or so with potatoes. Sprinkle salt over them, add a bit of butter and fill the pot with water. Boil until very tender.

Drain the potatoes. Mash some of them up with the back of a spoon as you're stirring in more butter and salt. Pour in milk, enough to make it a soup. Heat through. Add more salt to taste and pepper. Serve with shredded cheddar cheese, if you like.

**Serving Suggestion: hot bread, salad**





### Apple Crisp in a Skillet

- 1 Tbs. butter
- 6-7 small apples, peeled, cored and sliced
- 1/2 cup brown sugar
- 1/2 cup quick oats
- 1/4 cup flour
- 1 tsp. cinnamon
- 3 Tbs. butter, softened
- 1/2 cup water

Melt 1 Tbs. butter in a large oven-proof skillet. Add apples and cook several minutes over medium heat, stirring often. Cook until apples soften. While the apples cook, stir remaining ingredients (except water) together with a fork to make crumbs. Add water to apples. Stir half of crumbs into apples. Top with remaining crumbs. Broil in oven to brown top of crisp.

