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Produce

Onions
Garlic
Green bell pepper
Potatoes
Veggies for Stromboli
{Salad fixings – 3 meals}

Canned/Dry

Pineapple tidbits, 1 20 oz. can
Veg-All, 2-3 cans
Fire roasted diced tomatoes, 1 can
Diced tomatoes, 1 can
Stewed tomatoes, 1 can
Tomato sauce, 1 can
Tomato paste, 1 6 oz. can
Pizza sauce, 1 jar
Sliced black olives, 1 small can
Salsa, 1 jar
Chicken broth, 1 box
Beef broth, 2 cans
Barbecue sauce
Apple jelly
White rice
Cornmeal
Lentils
Taco shells
Taco toppings
Foil
{Chips and salsa}
{Angel hair pasta}

Frozen

Peas and carrots
Bread dough, 1 loaf
Corn on the cob
{Favorite veggie – 2 meals}

Dairy

Eggs
Milk
Butter
Shredded cheddar cheese
Shredded mozzarella cheese
Shredded Parmesan cheese

Meat

Ham, diced
Boneless chicken breasts, 2 3 lb. bags
Ground beef, 2-2.5 lbs.
Stromboli filling (pepperoni, sausage, ham, etc)

Bread

Biscuits, 1 tube refrigerated

Items to Have in Pantry

Salt
Pepper
Chili powder
Cumin
Oregano
Red pepper
Basil
Garlic powder
Cinnamon
Vegetable oil
Olive oil
Ketchup
Soy sauce
Flour
Baking powder
Brown sugar



Ham and Pineapple Fried Rice

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste

Cook the rice according to the package directions.

Cook the onion and garlic in oil in a large skillet till soft. Add the ham, 2 Tbs. soy sauce, 1 Tbs. pineapple juice. Cook for several minutes till the ham is hot.

Pour the eggs into the skillet and cook, stirring frequently. Add the peas and carrots and heat through. Stir in the drained pineapple. Add the cooked rice, stirring to combine. Add soy sauce, pineapple juice, salt and pepper to taste. I added about 2 Tbs. each of soy sauce and pineapple juice.

Serving Suggestion: steamed green veggie



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
- taco shells 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: salad, chips and salsa



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, salad



Hamburger Vegetable Soup

- 2 - 2 1/2 lbs. hamburger
- 1 onion, chopped
- 1 green pepper, chopped
- 1 can beef broth (I used 2 to make it richer)
- 1 can diced tomatoes, undrained
- 1 can tomato sauce
- 2-3 cans Veg-All, drained (I used 2 cans undrained)
- 1/2 cup or more of barley or rice
- 1/2 cup or a big squirt of ketchup
- 8 cups water (I only used 5 since I added a can of beef broth and didn't drain the veggies)

Brown the hamburger, onion and green pepper together. Drain and rinse under hot water to remove the grease. Put back in a large soup pot and add all the other ingredients. Bring it to a boil and let it cook a few minutes or simmer it for a few hours.

Serving Suggestion: Cheddar Muffins



Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients. Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans. Bake for 15-20 min.



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: salad



Complete BBQ Chicken Dinner in the Slow Cooker

- boneless chicken breasts
- barbecue sauce
- potatoes, chopped
- cheddar cheese, shredded
- onion, diced
- salt and pepper
- a bit of olive oil
- frozen corn on the cob
- plenty of foil

Place the chicken in the bottom of the crockpot. Pour on some barbecue sauce. You don't want to add too much, because the goal is to have as little liquid as possible in the bottom of the pot.

Stir the potatoes, a bit of olive oil, onion, cheese and salt and pepper together in a bowl. Make a large packet out of foil and wrap the potatoes in it, loosely. Wrap each corn in foil. Place the potato packet on top of the chicken. Add the corn. Cook on high for 5-6 hours or low for 7-8.

Serving Suggestion: steamed green veggie



Apple Cinnamon Skillet Monkey Bread

- 1/4 cup butter
- 1/4 cup brown sugar
- 1/2 tsp. cinnamon
- 1 tube refrigerated biscuits
- 1/2 cup apple jelly

Melt the butter in a small bowl. Stir the brown sugar and cinnamon together. Cut the biscuits into 4 pieces each.

Pour the melted butter in a gallon size zip top bag. Add the biscuit pieces and gently squish to coat them with butter. Pour in the brown sugar and flip the bag to coat the pieces of biscuit with the sugar.

Spray a 9" or 10" iron skillet with cooking spray. Dump the biscuit pieces into the skillet and arrange in a single layer. Warm the apple jelly, till it thins. Pour over the top of the biscuits. Bake at 350 for about 20 minutes.

