



Weekly Menu, Recipes, and Grocery List

1. [Olive Oil and Italian Herb Roasted Chicken](#), [Roasted Carrots and Parsnips](#), green veggie
2. [Ravioli in the Slow Cooker](#), salad
3. [Croque Monsieur \(Ham and Cheese\)](#), salad
4. [Italian Beef Sandwiches in the Slow Cooker](#), French fries, carrot sticks
5. [Black Bean and Corn Chicken Taco Bake](#), chips and salsa, salad
6. [Cream of Cauliflower Soup](#), [Cheddar Muffins](#)
7. [Cherry Oat Bars](#)

Produce

Onions
Garlic
Potatoes
Green bell pepper
Parsnips
Carrots
Cauliflower

Canned/Dry

Crushed tomatoes, 1 28 oz. can
Tomato paste, 1 6 oz. can
Chicken broth, 4 cans
Cherry preserves, 1 10-12 oz. can
Pepperocinis, 1 small jar
Black bean and corn salsa, 1 jar
Good Seasons Italian dressing, 1 package
Brown gravy mix, 1 package
Cornmeal
Quick oats
Dijon mustard

Frozen

Frozen ravioli, 2 bags

Dairy

Butter
Milk
Eggs
Shredded cheddar cheese, 4 cups
Shredded Swiss cheese, 2 cups
Shredded Mozzarella cheese, 1 cup

Meat

Whole chicken
Rotisserie chicken
Beef roast, 1 large
Ham, 1 lb. thinly sliced

Bread

Sandwich bread
Flour tortillas, 10 small

Items to Have in Pantry

Salt
Pepper
Ground red pepper
Oregano
Basil
Thyme
Parsley
Nutmeg
Garlic powder
Olive oil
Vinegar
Worcestershire sauce
Sugar
Brown sugar
Flour
Baking powder





Olive Oil and Italian Herb Roasted Chicken

- 1 whole chicken
- 1 clove garlic
- about 2-3 Tbs. olive oil
- 2 tsp. kosher salt
- 1 tsp. oregano
- 1 tsp. basil
- 1 tsp. thyme
- generous grind of fresh black pepper

Rinse chicken and pat dry. Place in shallow dish. Cut garlic clove in half and rub all over chicken. Drizzle chicken with olive oil. Use your hands to thoroughly coat the chicken with the oil. Mix salt, herbs and pepper together. Sprinkle on chicken. Bake at 350 degrees uncovered for about 1 1/2 hours or until chicken is cooked through.

Serving Suggestion: Roasted Carrots and Parsnips, green veggie





Roasted Carrots and Parsnips

- 1 bag carrots
- 1 bag parsnips
- 3 small potatoes
- olive oil
- kosher salt

Wash, peel and chop the carrots, parsnips and potatoes. I opted to leave the peels on the potatoes, but you can peel them too if you like. In a large bowl, drizzle a couple tablespoons of olive oil over the veggies and sprinkle with salt. Mix it well and pour onto a large baking pan. Bake at 400 degrees for 40-45 minutes or until the veggies are tender.

This amount makes enough to serve 4-6 people, depending on their appetites.





Ravioli in the Slow Cooker

- 2 bags frozen ravioli
- 28 oz can crushed tomatoes
- 6 oz can tomato paste
- 1 small onion, diced (optional)
- 2 garlic cloves, crushed
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1 tsp. dried thyme
- 1/2 tsp. sugar
- salt and pepper to taste
- 1 cup Mozzarella, shredded

Pour the frozen ravioli into the slow cooker. Stir the crushed tomatoes, tomato paste, onion, garlic and seasonings together in a bowl. Pour over the ravioli and stir to coat all the ravioli with sauce. Cook on high for 3 hours or low for 5 hours. About 20 minutes before you're ready to eat, sprinkle the ravioli with Mozzarella.

Serving Suggestion: salad



Croque Monsieur (Ham and Cheese)

- 2 Tbs. butter, plus extra for butter the bread
- 2 Tbs. flour
- 1 cup milk, warmed
- 2 tsp. Dijon mustard
- shake of nutmeg
- salt and pepper to taste
- sandwich bread
- 1 lb. ham, thinly sliced
- 2 cups shredded Swiss cheese

First, you're going to make a white sauce to spread on the inside of the sandwiches. Melt the butter in a small saucepan. Stir in the flour and cook for a minute. Whisk in the milk. Add the mustard, nutmeg, salt and pepper. Cook for a couple of minutes until thickened.

To make the sandwiches, heat a non-stick skillet or griddle. Spread the sauce on a slice of bread. Top with ham and the other slice of bread. Butter the outside of the bread. I found this easiest to do by putting the sandwich on a plate and buttering one side, flipping to butter the other.

Press both sides of the sandwich into the shredded cheese and place on the griddle or skillet. Cook for several minutes, until golden brown then flip to cook the other side.

This recipe will serve about 6 people.

Serving Suggestion: salad





Italian Beef Sandwiches in the Slow Cooker

- 1 large roast (fat trimmed if needed)
- 1 package Good Seasons Italian dressing
- 1/4 cup vinegar
- 1 Tbs. sugar
- 1-2 cans chicken broth (I used 1)
- 1 tsp. garlic powder
- 1 package brown gravy mix (mixed with 1 cup water)
- 1 green pepper, sliced
- 1 small jar pepperocchinis with juice

Poke the meat with a fork or knife and put it in the crockpot. Mix all the ingredients and pour over the meat. Let it marinate overnight or cook it right away on low for 8-10 hours. Or, be like me and don't fix it until lunch time then crank it up on high and cook it for 5-6 hours.

Shred the meat and serve on hoagie buns with the peppers and sauce for dipping.

Serving Suggestion: French fries, carrot sticks





Black Bean and Corn Chicken Taco Bake

- 1 rotisserie chicken, taken off the bone and cut into bite-size pieces
- 1 jar of black bean and corn salsa
- 10 small flour tortillas, cut into pieces
- 2 cups shredded cheddar or Mexican blend cheese

Mix the chicken, tortillas, cheese and 1/2 jar of salsa together and pour into a greased baking dish. Claire only uses 1/2 jar of salsa, but I thought it needed more so I poured the rest of the salsa over the top. Cover with foil. Bake at 350 for 30-45 minutes or until hot.

Serving Suggestion: chips and salsa, salad





Cream of Cauliflower Soup

- 1 head cauliflower, cut in bite size pieces and steamed until tender
- 4 Tbs butter
- 1/2 onion or small onion, diced
- 1/4 cup flour
- 3 cups chicken broth
- 2 cups milk, warmed
- 1 tsp. Worcestershire sauce
- 1 cup shredded cheddar cheese

Melt the butter in a large pot. Cook the onion in the butter until tender. Whisk in the flour and cook for a few minutes. Whisk in the chicken broth until smooth. Stir in the milk and Worcestershire sauce. Add the steamed cauliflower and cheese. Heat through without boiling. Season with salt and pepper to taste.

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.





Cherry Oat Bars

- 1 1/2 cups quick oats
- 1 1/2 cups flour
- 1 cup brown sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 3/4 sticks butter, softened
- 10-12 oz cherry preserves

Put all ingredients except preserves in mixing bowl and mix until well combined. Press half of mixture into buttered square baking pan. Spread jam on top. Put remaining mixture on top of jam. Spread with your hands to cover jam and gently press flat. Bake at 350 for 30-40 minutes. Cool completely before serving. These really do taste better at room temperature.

