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**Produce**

Onions  
Garlic  
Green bell peppers  
Red bell peppers  
Green onions  
Lettuce  
Broccoli  
Potatoes  
{Salad fixings – 3 meals}

**Canned/Dry**

Crushed tomatoes, 1 28 oz. can  
Diced tomatoes, 1 can  
Fire roasted diced tomatoes, 1 15 oz. can  
Tomato sauce, 2 15 oz. cans  
Beef broth, 2 cans  
Beef gravy, 1 jar  
Mandarin oranges, 1 can  
Whole berry cranberry sauce, 1 can  
Raspberry pie filling, 1 can  
Veg-All, 2 cans  
Water chestnuts, 1 can  
Hoisin sauce  
Ketchup  
Instant mashed potatoes  
Rice  
Barley (optional)  
{Crackers}

**Frozen**

Vanilla ice cream  
{Favorite veggie – 2 meals}  
{French fries}  
{Ravioli}

**Dairy**

Butter  
Eggs  
Milk  
Provolone cheese slices  
Shredded Parmesan cheese  
Shredded Swiss cheese  
{Cheese}

**Meat**

Diced ham, 2 cups  
Ground beef, 4 lbs.  
Round steak, skirt steak, or other cut, 1.5 lbs.  
Pepperoni or turkey pepperoni, 6 oz.  
Boneless chicken breast or chicken tenders, 1 3 lb. bag

**Bread**

Buns

**Items to Have in Pantry**

Salt  
Pepper  
Oregano  
Basil  
Thyme  
Sage  
Vanilla  
Olive oil  
Flour  
Sugar  
Cocoa  
Baking powder





## Ham and Swiss Scalloped Potatoes

- 6-8 potatoes
- 4 Tbs. butter
- 4 Tbs. flour
- 3 cups milk, warmed
- salt and pepper to taste
- 2 cups diced ham
- 1-2 cups shredded Swiss cheese

Boil the potatoes in a large pan for about 30 minutes, or till tender when pricked with a fork. Cool potatoes slightly, then slice 1/4" thick. In a large pan or skillet, melt butter over medium heat. Stir in flour, cooking 1-2 minutes till golden. Whisk in milk. Bring to low boil over medium heat. Remove from heat and season with salt and pepper. Layer potatoes, ham and Swiss in buttered casserole dish. Repeat layers. Pour white sauce over all. Bake 350 degrees for 20 minutes.

**Serving Suggestion: favorite green veggie, salad**





### **Pizza Steak Sandwiches in the Slow Cooker**

- 1 1/2 lbs. round steak, skirt steak or other cut
- 6 oz pepperoni (I used turkey pepperoni)
- 1 onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 28 oz can crushed tomatoes
- 2 cloves garlic, crushed
- 2 tsp. oregano
- 1 tsp. basil
- salt and pepper to taste
- buns
- provolone cheese slices

Place meat in slow cooker. Stir other ingredients together (except cheese and buns) and pour over meat. Cook on high 5-6 hours or low 7-8 hours. Shred meat with a fork. Serve on buns topped with cheese slices.

Serves 8-10.

**Serving Suggestion: French fries, salad**





## Cottage Pie

- 1 1/2 lbs. ground beef
- 1 onion, diced
- 1 jar of beef gravy
- salt and pepper
- 1/4 tsp. thyme
- dash of sage
- 2 cups mashed potatoes
- butter, to dot pie

Brown out the ground beef with the onion. Drain and rinse the meat under hot water. Add the thyme, sage, salt and pepper and gravy to the meat. Pour into a lightly buttered casserole dish. Top with mashed potatoes. Dot with butter. Bake at 400 degrees for 15-20 minutes or until the potatoes are browned a bit.

**Serving Suggestion: green veggie, Cranberries and Oranges**





## **Cranberries and Oranges**

- 1 can whole berry cranberry sauce
- 1 can mandarin oranges

Mix these together in a bowl and chill.

Occasionally, I forget about this until minutes before we're going to eat. I pop the cans into the freezer for a few minutes and then stir it all together.

And then there are the nights when I don't even have time to chill the fruit. It tastes fine at room temp too.





## 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: cheese and crackers**



## Asian Chicken Lettuce Wraps

- boneless chicken breasts or tenders (although I grilled more, 10 tenders would have been plenty)
- hoisin sauce
- can of water chestnuts, roughly chopped
- green onions, sliced (2-4, depending on how much rice you use)
- cooked rice (I made 2 cups of rice, which results in a lot of rice)
- lettuce variety that has large leaves, cleaned and patted dry

I ended up grilling lots more chicken and cooking much more rice than we needed. We had leftovers for lunch the next day and we still had more leftovers.

Cook the rice according to the package directions. Grill the chicken, basting it with hoisin sauce during the last few minutes of the grilling. While the chicken grills, add the green onions and water chestnuts to the finished rice. Slice the grilled chicken into thin slices.

To assemble the wraps, lay a lettuce leaf on a plate. Add some rice to the middle of the lettuce. Be careful not to use too much, or you won't be able to wrap it. Add some chicken and top with hoisin sauce if you like extra flavor.

## Serving Suggestion: Roasted Broccoli and Red Peppers





## Roasted Broccoli and Red Peppers

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil. Sprinkle with seasonings and toss again. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.

I didn't specify amounts because you can make as much or as little as you like.





## Fire Roasted Tomato Sauce with Two Cheeses

- 1 onion, finely chopped
- 4 cloves garlic, minced or crushed
- olive oil, for sauteing
- 15 oz tomato sauce
- 15 oz fire roasted diced tomatoes, lightly drained
- 1/4 tsp. fresh ground pepper
- 1 tsp. basil
- 1 tsp. oregano
- 1/2 tsp. thyme
- 3 slices Provolone cheese, diced or 1/2 cup shredded
- 1/4 cup Parmesan

Saute the onion and garlic in the olive oil over medium heat. Stir in the other ingredients and simmer about 10 minutes or until the cheeses have melted. Serve over hot pasta.

**Serving Suggestion: ravioli, salad**





### Raspberry Filled Brownies ala Mode

- 2 sticks butter
- 2 cups sugar
- 4 eggs
- 2 tsp. vanilla
- 2/3 cup cocoa
- 1 cup flour
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- 3/4 cup raspberry pie filling

Grease a 9×13 pan. In a large bowl, melt the butter. Stir in the sugar, eggs and vanilla with a spoon. Add the cocoa, flour, salt and baking powder. Stir till well combined. Pour half the batter into the pan. Spread raspberry pie filling over the top. Pour the rest of the batter over the raspberry filling. Bake at 350 degrees for 25-30 minutes.

Serve with vanilla ice cream and the rest of the pie filling that has been warmed in the microwave.

