

# Weekly Menu, Recipes, and Grocery List

1. [Italian Parmesan Herb Chicken and Potatoes in the Slow Cooker](#), favorite green veggie
2. [Lentil Tacos](#), chips and salsa, salad
3. [Ravioli with Tomato and Onion Sauce](#), salad
4. [Cottage Pie](#), favorite green veggie, [Vanilla Fruit Salad](#)
5. [Spicy Garlic Chicken Pizza](#), salad
6. [All Day Beef Stew](#), [Cornbread Muffins](#)
7. [Nutella and Fruit Topped Waffles](#)

## Produce

Onions  
Garlic  
New potatoes  
Potatoes, any variety  
Green onions  
Carrots  
Celery  
Strawberries  
Blueberries  
Bananas  
{Salad fixings – 3 meals}

## Canned/Dry

Lentils  
Instant mashed potatoes  
Instant tapioca  
Cornmeal  
Instant vanilla pie filling, 1 box  
Taco shells and toppings  
Nutella  
Malted milk powder  
Salsa  
Chicken broth  
Fire roasted diced tomatoes, 1 can  
Fruit, 2 cans  
Tomato juice  
Beef gravy, 1 jar  
{Chips and salsa}

## Frozen

Cheese ravioli, 2 bags  
{Favorite veggie – 2 meals}

## Dairy

Milk  
Butter  
Eggs  
Parmesan cheese  
Monterey Jack cheese  
Mozzarella cheese

## Meat

Chicken tenders, 2 lbs. frozen  
Ground beef, 1.5 lbs.  
Boneless chicken breasts, 1 3 lb. bag  
Stew beef, 2 lbs.

## Bread

Pizza crust

## Items to Have in Pantry

Salt  
Pepper  
Cayenne pepper  
Oregano  
Basil  
Thyme  
Chili powder  
Cumin  
Sage  
Olive oil  
Vegetable oil  
Vinegar  
Soy sauce  
Flour  
Sugar  
Baking powder  
Cornstarch



## Italian Parmesan Herb Chicken and Potatoes in the Slow Cooker

- 2 lbs. frozen chicken tenders
- 1 medium onion, sliced
- 1 1/2 lbs. new potatoes, quartered
- 1 clove garlic, crushed
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. thyme
- 1/2 tsp. Kosher salt
- Black pepper to taste
- 1/3 cup Parmesan cheese, grated
- 1-2 Tbs. olive oil

Place chicken in the slow cooker. Top with sliced onion. In a small bowl, combine garlic, herbs, salt, pepper, Parmesan and oil. Toss with potatoes. Put potatoes over chicken and onions in slow cooker. Cook on high for 5-6 hours or low for 7-8 hours.

**Serving Suggestion: favorite 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.

Use this just like you would taco meat.

**Serving Suggestion: chips and salsa, salad**



## Ravioli with Tomato and Onion Sauce

- 2 bags frozen cheese ravioli
- 1 onion, diced
- 2 garlic cloves, minced
- olive oil
- 1 can fire roasted diced tomatoes
- Kosher salt and fresh ground pepper

Boil the ravioli according to the package directions. While it's cooking, cook onion and garlic in oil in a skillet. Stir in tomatoes. Season with salt and pepper. Serve over cooked ravioli.

**Serving Suggestion: 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: favorite green veggie, Vanilla Fruit Salad**



## Vanilla Fruit Salad

- 2 cans of fruit, any kind
- 1 box instant vanilla pie filling

I used fruit cocktail, but I really like this with pineapple and mandarin oranges. You can also add chopped nuts if you like. Drain the fruit just a little. Stir in the pudding mix. Chill. You could also serve it for dessert.



## Spicy Garlic Chicken Pizza

- 12 oz boneless, skinless chicken breasts or tenders
- 1/4 cup green onions, chopped
- 2 cloves garlic, minced
- 2 Tbs. vinegar
- 2 Tbs. soy sauce
- 2 Tbs. vegetable oil + 1 Tbs. for cooking chicken
- 1/4 tsp. cayenne pepper
- 1/2 tsp. black pepper
- 1 Tbs. water
- 1 Tbs. cornstarch
- 1 pizza crust
- 1/2 cup grated Monterey Jack cheese
- 1/2 cup grated Mozzarella cheese

Cut the chicken into bite size pieces. In a bowl, combine the onions, garlic, vinegar, soy sauce, 2 Tbs. of the oil, and the cayenne and black peppers. Add the chicken, stirring to combine. Refrigerate for at least 30 minutes.

Heat the remaining Tbs. of oil in a skillet. Drain the chicken and reserve the marinade. Add the chicken to the skillet and cook until done, stirring often. Add the cornstarch and Tbs. of water to the marinade. Pour the marinade mixture into the skillet with the chicken. Cook until thickened and bubbly. Cool and then freeze in a Ziploc bag.

Combine the cheeses in another Ziploc bag and store in the fridge. Label with these instructions, "Thaw chicken mixture in the fridge. Spread chicken mixture on the pizza crust. Cover with the cheeses. Bake at 400 degrees for 12-14 minutes."

**Serving Suggestion: salad**



## All Day Beef Stew

- 2 lb. stew beef
- 3 cups chopped potatoes
- 2-3 carrots, chopped
- 1 onion, chopped
- 1-2 stalks celery, chopped
- 3-4 cups tomato juice
- 1 Tbs. sugar
- 1/4 cup instant tapioca
- salt and pepper to taste

Mix all the ingredients in a heavy, covered pan or the crockpot. If you use the oven, cook on 250 degrees for 4-5 hours, stirring 2-3 times during the cooking. If you use the crockpot, you won't need to stir during the cooking.

**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.



## Nutella and Fruit Topped Waffles

- 3 cups flour
- 2 Tbs. sugar
- 4 tsp. baking powder
- 3 Tbs. malted milk powder
- 1 tsp. salt
- 1 stick butter, melted
- 3 cups milk
- 6 eggs, separated
- Nutella
- 1 qt. strawberries, sliced
- 1 pint blueberries
- 2-3 bananas, sliced

Heat waffle iron. Stir flour, sugar, baking powder, malted milk and salt together in large bowl. With a whisk, combine butter and milk. Whisk in egg yolks to the milk mixture. Stir wet ingredients into dry, just until combined. With an electric mixer, beat egg whites until stiff peaks form. Fold egg whites into batter. Ladle batter into waffle iron and cook till done. Top warm waffles with Nutella, strawberries, blueberries and bananas.

