



Weekly Menu, Recipes, and Grocery List

1. [Smokey Chipotle Chicken Tacos in the Slow Cooker](#), chips & salsa, salad
2. [Honey Mustard Chicken in the Slow Cooker](#), [Asian Broccoli Salad](#), baked potatoes
3. [Italian Sausage and Spinach Stuffed Shells](#), salad
4. [Calico Bean Soup with Smoked Sausage in the Slow Cooker](#), brown rice, salad
5. [Hashbrown Casserole with Ham in the Slow Cooker](#), favorite steamed veggie
6. [Whole Wheat Apple Pancakes](#), bacon or sausage, fresh fruit
7. [Mocha Chocolate Chip Cookies](#)

Produce

Onions
Garlic
Green bell pepper
Red bell pepper
Red onion
Broccoli
Lettuce
Spinach
Apple
{Salad fixings – 3 meals}
{Baked potatoes and fixings}
{Favorite fruit}

Canned/Dry

Fire roasted diced tomatoes, 1 can
Diced tomatoes, 1 or 2 cans
Hunt's spaghetti sauce, 2 cans
Chipotle peppers in adobo sauce, 1 can
Chicken broth, 1 quart
Cream of chicken soup, 1 can
Chicken flavored Ramen noodles, 2 packages
Jumbo pasta shells, 1 box
Mixed dry beans, 1 lb.
Applesauce
Honey
Dijon mustard
Liquid smoke
Slivered almonds
Sunflower seeds
Coffee or coffee liqueur
Semi-sweet chocolate chips, 1 12 oz. Bag
{Chips and salsa}
{Brown rice}

Frozen

Shredded hashbrown potatoes, 1 bag
{Favorite veggie – 1 meal}

Dairy

Eggs
Milk
Butter
Shredded cheddar cheese
Shredded Italian-style blend cheese
Ricotta cheese, 2 lbs.
Sour cream, 8 oz.

Meat

Italian sausage, 1 lb.
Smoked sausage
Whole chicken (or the equivalent in pieces)
Boneless chicken breasts, 4
Ham or smoked sausage, 1-2 lbs.
{Bacon or sausage}

Bread

Flour tortillas

Items to Have in Pantry

Salt
Pepper
Cinnamon
Nutmeg
Vanilla
Oil
Vinegar
Flour
Whole wheat flour
Sugar
Brown sugar
Baking powder
Baking soda
Cocoa





Smokey Chipotle Chicken Tacos in the Slow Cooker

- 4 boneless chicken breasts - about 1 1/2 lbs.
- 1 green pepper, sliced
- 1 onion, peeled and sliced
- 1 can Fire Roasted diced tomatoes, drained
- 1 chipotle pepper in adobo sauce, finely chopped (not the whole can, just 1 pepper)
- 1/4 tsp. liquid smoke
- flour tortillas
- shredded cheddar cheese
- lettuce, chopped

Mix all of the ingredients together in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Serve in tortillas with cheese and lettuce, if desired.

Serving Suggestion: chips and salsa, salad





Honey Mustard Chicken in the Slow Cooker

- whole chicken, cut up (or the equivalent in chicken pieces)
- 1/2 cup honey
- 1/4 cup Dijon mustard
- salt and pepper to taste

Mix the honey, mustard, salt and pepper together in a small bowl. Put the chicken in the crockpot and pour the mixture over the top. Cook on high for 6-8 hours.

Serving Suggestion: Asian Broccoli Salad, baked potatoes





Asian Broccoli Salad

- 2 pkg chicken flavored Ramen noodles
- 1 cup slivered almonds
- 1 head broccoli, chopped in small pieces
- 1/2 red onion, diced
- 1 red bell pepper, chopped
- 1 cup sunflower seeds
- 1 cup oil
- 1/2 cup sugar
- 1/3 cup vinegar
- 2 pkts Ramen noodle seasoning

Break Ramen noodles in small pieces. Set seasoning packets aside for later. Toast broken noodles and almonds in shallow pan at 350 degrees for 10-15 minutes. Stir several times during toasting. Combine broccoli, onion, red pepper, sunflower seeds, and toasted noodles and almonds in large bowl. Whisk together oil, sugar, vinegar and seasoning packets in a small bowl. Pour over salad right before serving and toss to coat.





Italian Sausage and Spinach Stuffed Shells

- 1 lb. Italian sausage
- 1 onion, chopped
- 1 clove garlic, minced or crushed
- 1 bag fresh spinach
- 2 lbs. ricotta cheese
- 1 cup Italian style blend cheese, shredded
- 1 box jumbo pasta shells, cooked according to package directions
- 2 cans Hunt's spaghetti sauce

Brown the sausage with the onion and garlic. Drain and rinse under hot water. Cook the spinach in 1 cup of water until soft and wilted. Drain and squeeze out the water, then coarsely chop the spinach. Mix the sausage, spinach, ricotta and Italian cheese together.

Fill each cooked shell with the mixture. Spread a bit of sauce on the bottom of two 9×13 pans. Put the stuffed shells in the pans as you fill them. Cover with the rest of the sauce.

To bake, cover the pan with foil and bake at 350 degrees for 45 minute to 1 hour. To freeze, cover tightly with foil and label with directions, "Thaw in fridge. Bake at 350 degrees for 1 hour".

Serving Suggestion: salad





Calico Bean Soup with Smoked Sausage in the Slow Cooker

- smoked sausage - I use turkey because I don't like all the grease of the regular kind
- 1 lb. mixed dry beans
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can diced tomatoes (I thought it would have been good with a second can)
- 1 qt. chicken broth
- 2 cups water
- salt

Prepare the beans by rinsing them and picking through them to remove any little stones. Soak them overnight or do a quick soak by covering them with boiling water for an hour or two. Drain them and put them in the crockpot.

Chop the onion, garlic and sausage and add to the crockpot along with the other ingredients. No need to drain the tomatoes. Pop the lid on and cook on high, at least 5-6 hours. I don't think you could overcook these.

Serving Suggestion: brown rice, salad



Hashbrown Casserole with Ham in the Slow Cooker

- 1 bag frozen, shredded hash brown potatoes
- 8 oz sour cream
- 1 can cream of chicken soup
- 1/2 cup butter, melted
- onion, chopped fine (about 1/2 a small onion)
- 1 cup shredded cheddar cheese (or a bit more if you like)
- 1-2 lbs. ham or smoked sausage wrapped in foil

Stir all the ingredients together. Place ham or sausage in foil on top of potatoes, if you are making meat. Bake in an oven at 350 degrees for about 1 hour. Or cook in the slow cooker 5-6 hours on high or 7-8 hours on low.

Serving Suggestion: favorite steamed veggie





Whole Wheat Apple Pancakes

- 2 cups whole wheat flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- dash or two nutmeg
- 1 Tbs. brown sugar
- 1/2 tsp. salt
- 1 egg
- 1/2 cup applesauce (plain or cinnamon)
- 2 cups or a bit more milk
- 1 tsp. vanilla
- 1 small apple, peeled and diced tiny

Stir the dry ingredients together in a bowl, preferably the kind with a spout. Stir in the egg, applesauce, milk and vanilla. Add more milk if you need to until the batter is pourable. Stir in the apple pieces.

Pour on a greased griddle or skillet. Cook until bubble form and pop and the edges dry out a bit. Flip and cook on the other side. Serve with lots of butter and maple syrup.

Serving Suggestion: bacon or sausage, fresh fruit





Mocha Chocolate Chip Cookies

- 2 sticks butter, softened
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 1 Tbs. coffee liqueur, or strong brewed coffee
- 2 eggs
- 2 cups, plus 1 big spoon (several Tbs) of flour
- 1/4 cup cocoa
- 1 tsp. baking soda
- 1/2 tsp. salt
- 12 oz. semi-sweet chocolate chips

Preheat the oven to 375 degrees. Cream the butter and sugars together in a mixer bowl. Beat in the eggs and add the coffee liqueur. Stir the dry ingredients together and then beat them into the wet ingredients. Stir in the chocolate chips. Bake for about 9 minutes.

