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Produce

Onions
Garlic
Bell peppers
Iceberg lettuce
Green onions
Fresh herbs (basil, rosemary, parsley, etc)
Apples
Orange
Blueberries
{Salad fixings – 3 meals}
{Baked potatoes}
{Favorite fruit – 2 meals}

Canned/Dry

Tomato sauce, 2 15 oz. cans
Beef, 1 jar (in canned meat section)
Refried beans, 1 can
Water chestnuts, 1 can
Soy sauce
Dijon mustard
Honey
Cornmeal
Spice cake mix, 1 box
Apple pie filling, 1 21 oz. can
Powdered sugar
{Chips and salsa}

Frozen

{Favorite veggie – 2 meals}
{Egg rolls}

Bread

Tortillas, 12

Dairy

Butter
Milk
Eggs
Half & half
Shredded cheddar cheese
Shredded Monterey Jack cheese
Orange juice

Meat

Pork chops, 1.5 lbs. boneless or bone-in
Boneless chicken breasts, 1.5 lbs.
Chicken parts, 4-5 lbs. (thighs, etc)
Ground beef, .75 lb.

Items to Have in Pantry

Salt
Pepper
Cayenne pepper
Oregano
Basil
Thyme
Crushed red pepper flakes
Paprika
Chili powder
Garlic powder
Vanilla
Vegetable oil
Olive oil
Vinegar
Cornstarch
Baking powder
Flour
White sugar
Brown sugar





Honey Dijon Pork Chops and Apples in the Slow Cooker

- 1 1/2 lbs. pork chops, boneless or bone-in
- 5 small apples, peeled and sliced
- 1 onion, sliced
- 3 Tbs. honey
- 1 tsp. Dijon mustard
- 1/2 tsp. Kosher salt
- generous grind black pepper

Place pork chops on bottom of crock. Stir honey, Dijon, salt and pepper together. Pour over apples and onions and toss to coat. Place apples and onions on top of pork chops in slow cooker. Cook 5-6 hours on high or 7-8 hours on low.

Serving Suggestion: steamed green veggie, salad



Chicken Lettuce Wraps

- 1 1/2 lbs. boneless chicken breast
- pepper and soy sauce for seasoning
- vegetable oil
- 1 bunch green onions, chopped
- 1 can water chestnuts, chopped
- 2 cloves garlic, minced
- 5 Tbs. soy sauce
- 5 Tbs. vinegar
- 1/4 tsp. cayenne pepper
- 1/4 tsp. sugar
- 2 Tbs. cornstarch
- iceberg lettuce

Cut the chicken into very small pieces. Sprinkle with pepper and a couple teaspoons of soy sauce. Cook in batches in a large skillet until done.

Put all the chicken back into the skillet. Add the garlic, green onions, and water chestnuts. Stir soy sauce, vinegar, cayenne, sugar and cornstarch together. Pour into the skillet and cook till hot and bubbly.

Serve right away in slices of lettuce or over rice. Serves 6 people.

To freezer, cool and put in zip top freezer bag. Thaw in the refrigerator and reheat in the microwave.

Serving Suggestion: frozen egg rolls





Italian Seasoned Salt Chicken in the Slow Cooker

- 2 tsp. kosher salt
- 1 Tbs. oregano
- 1 Tbs. basil
- 1 Tbs. Thyme
- 1 tsp. crushed red pepper flakes
- generous grind of black pepper
- 6-7 cloves garlic, crushed
- 1 Tbs. olive oil
- 4-5 lbs. chicken (I used thighs)

Stir all the ingredient except the chicken together in a small bowl. Pour over the chicken and use your hands to toss, coating the chicken in seasoning. Put the chicken in the slow cooker and cook on high for 5-6 hours or low for 7-8 hours.

Serving Suggestion: steamed green veggie, baked potatoes





Garden Frittata

- 3 Tbs. butter
- 1/2 onion, chopped
- 2 bell peppers, chopped
- 6 eggs
- 1/4 cup milk
- a palm full of fresh herbs, chopped - I used basil, rosemary and parsley
- 1 cup shredded Monterey Jack cheese
- salt and pepper to taste

Melt the butter in an oven-proof skillet. Sauté the onions and peppers until tender crisp. Whisk the eggs, milk, herbs, cheese and salt and pepper together. Pour over the veggies in the skillet. Let cook over medium heat, without stirring until the middle is set, about 7-9 minutes.

Place in the oven, under the broiler until browned.

Serving Suggestion: Blueberry Muffins with Orange Glaze, fresh fruit



Blueberry Muffins with Orange Glaze

- 2 cups flour
- 1 Tbs. baking powder
- 1 tsp. orange peel or zest
- 1/2 tsp. salt
- 1 stick butter, softened
- 3/4 cup sugar
- 2 eggs
- 1 cup milk
- 1 tsp. vanilla
- 1 cup blueberries
- For the glaze:
 - 1 cup powdered sugar
 - 1 Tbs. + 2 tsp. orange juice

Stir the flour, baking powder, orange peel and salt together in a bowl. Beat the butter and sugar together with an electric mixer. Add in the eggs, milk and vanilla. Stir the wet ingredients into the dry. Don't over stir this, just blend them together. Fold in the blueberries.

Spoon the batter into 12 muffin cups and bake at 400 degrees for 15-20 minutes.

Stir the ingredients for the glaze together. Drizzle over muffins that have cooled a bit. They don't have to be completely cool, but you don't want them piping hot either.





Chipped Beef Gravy

- 3 Tbs. butter
- 3 Tbs. chopped onion
- 3 Tbs. flour
- 2 cups hot milk
- 1 jar of beef (you know, the kind from the canned meat section that you use for cheese balls)
- 1/4 tsp paprika
- pepper and salt to taste

Rinse the meat under running water to remove a bit of the salt and then chop it up. In a sauce pan melt the butter and saute the onion until it's clear. Stir in the flour with a whisk and then add the hot milk, stirring until the mixture thickens. Add the remaining ingredients.

I doubled this recipe for my family.

Serving Suggestion: Cornbread, salad or fresh fruit





Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter (about 1 cup)

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir till well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.



Enchiladas with Chili Tomato Sauce

For the sauce:

- 1 onion, minced
- 3 1/2 cups tomato sauce (I used 1 15oz can and 2 8oz cans)
- 2 cloves garlic, minced
- 1-2Tbs. chili powder
- 1/4 tsp. oregano
- 1 tsp. salt

Saute the onion in oil, just until it is tender but not brown. Add the other sauce ingredients and simmer while you prepare the enchiladas.

For the enchiladas:

- 3/4 lb. ground beef
- 1 onion, chopped
- 1 can refried beans
- 1 tsp. salt
- 1/8 tsp. garlic powder or 1 cloved garlic, mashed
- 12 tortillas
- 2 cups shredded cheddar cheese

Brown the meat and onion together. Stir in all the ingredients, except the tortillas and cheese. Spread about 1/3 cup of this mixture on each flour tortilla and roll to close.

To assemble the dish, spread some of the sauce in the bottom of a large baking pan. Put the rolled up tortillas, fold side down in the pan. Pour the remaining sauce over the tortillas and top with cheddar cheese. Bake uncovered at 350 degrees for 15-20 minutes, or until they are heated through.

Serving Suggestion: salad, chips and salsa



Apple Spice Cake with Caramel Glaze

For the cake:

- 1 box spice cake mix
- 21 oz can apple pie filling
- 2 eggs
- 1 tsp. Vanilla

Mix cake mix, pie filling, eggs and vanilla with an electric mixer till blended. Pour into greased bundt pan. Bake at 350 degrees for 40-45 minutes till toothpick comes out clean. Cool 10 minutes, then remove from pan to finish cooling.

For the caramel glaze:

- 3 Tbs. butter
- 3 Tbs. brown sugar
- 3 Tbs. white sugar
- 3 Tbs. half & half
- 1/2 tsp. vanilla

Put all the ingredients into a saucepan and bring it to a boil over medium heat. Boil it for 1-2 minutes. Remove from heat and spoon over the cake.

