



1. [Veggie Pie](#), [Quick Cole Slaw](#)
2. [Loaded Baked Potatoes with Homemade Cheese Sauce](#) (skip bacon to make it meatless), salad
3. [All Veggie Vegetable Soup](#), [Cheddar Muffins](#)
4. [Tony's Tilapia](#), baked sweet potatoes, favorite green veggie
5. [Slow Cooker Beans](#), taco fixings, chips & salsa
6. [Roasted Garlic, Browned Butter and Parmesan Pasta](#), favorite green veggie, salad
7. [Zucchini Carrot Cake with Cream Cheese Frosting](#)

Produce

Onions
Garlic
Broccoli
Tomatoes
Zucchini
Carrots
Potatoes
Parsnips
Slaw mix
Jalapeno
Any other veggies you'd like in the All Veggie
Vegetable Soup
{Salad fixings – 2 meals}
{Sweet potatoes}
{Taco fixings}

Canned/Dry

Mayonnaise
Red wine vinegar
Tomato juice, large can
Cornmeal
Dry pinto beans, 1 lb.
Dry black beans, 1 lb.
Angel hair pasta, 1 lb.
Powdered sugar
Creole or Cajun seasoning
{Chips and salsa}

Meat

Bacon
Tilapia fillets, 6

Dairy

Butter
Milk
Eggs
Shredded cheddar cheese
Shredded Parmesan cheese
Plain yogurt
Cream cheese, 8 oz.

Items to Have in Pantry

Salt
Pepper
Ground red pepper
Basil
Cinnamon
Cumin
Vanilla
Baking powder
Baking soda
Flour
Whole wheat flour
Sugar
Vegetable oil

Frozen

{Favorite veggie – 2 meals}





Veggie Pie

For the crust:

- 1/2 cup butter, softened
- 1 1/4 cups whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup plain yogurt

For the filling:

- 2 cups broccoli, finely chopped
- 1/2 cup onion, diced
- 1 cup shredded cheese (cheddar, Swiss, etc)
- 2 medium tomatoes, sliced
- 1/3 cup mayonnaise
- 1 tsp. dried basil or several Tbs. fresh basil

In a large bowl, combine the dry ingredients for the crust. Cut the butter in and then stir in the yogurt. Pat into a buttered pie plate.

Layer the broccoli, onion, and tomatoes in the crust. Sprinkle with the basil. Spread the mayo over the top of the veggies. Add the cheese to the top of the pie. Bake at 450 degrees for 10 minutes. Reduce the heat to 350 degrees and bake for 30 minutes.

Serving Suggestion: Quick Cole Slaw





Quick Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix. How easy is that?





Loaded Baked Potatoes with Homemade Cheese Sauce

- baking potatoes, scrubbed
- fresh broccoli
- bacon, cooked and crumbled
- 3 Tbs. butter
- 3 Tbs. flour
- 1 1/2 cups warm milk
- 1 cup cheddar cheese, shredded
- salt and pepper

Bake the potatoes until tender. I poke holes in them and wrap them in foil. Bake them at 400 degrees for an 1 – 1 1/2 hours. Cut the broccoli in florets and steam in a pan until tender-crisp. In a skillet, melt the butter. Whisk in the flour and cook for a minute. Gradually whisk in the warm milk. Let it cook over medium heat until it begins to thicken a bit. Stir in the cheese, letting it melt into the sauce. Season with salt and pepper. Split the baked potatoes open. Top with broccoli, bacon and cheese sauce. Eat up!

Serving Suggestion: salad





All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion – chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

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.





Tony's Tilapia

- 6 Tilapia fillets, thawed
- 1/2 stick butter, melted
- Creole or Cajun seasoning to taste

Place the fillets on a foil covered baking sheet. Pour the melted butter over them and sprinkle with the seasoning. Tony's seasoning has a nice kick to it, so you might want to go lightly (or heavier if you like it hot). Bake at 400 degrees for about 17 minutes or until you can flake the fillets with a fork.

Serving Suggestion: baked sweet potatoes, favorite green veggie





Slow Cooker Beans

- 1 lb. dry pinto beans
- 1 lb. dry black beans
- 10 big cloves garlic, crushed
- 2 onions, diced
- 1 jalapeno, seeds removed and diced
- 1 1/2 tsp. cumin
- 2 Tbs. Kosher salt
- 1 Tbs. black pepper
- 9-11 cups water

Sort and rinse beans. Place in slow cooker. Add remaining ingredients to slow cooker. Cook on high 5-6 hours or low 7-8 hours. Drain. Mash or keep them whole. Can be frozen for later use.

Some types of dry beans have toxins in them, especially kidney beans. These should always be soaked first and the water discarded to rid the beans of toxins. A slow cooker isn't hot enough to kill the toxins without soaking. I did cook these pinto and black beans on high without soaking them and no one got sick. But you might not want to risk it. And you definitely want to soak them if you're making kidney beans.

Serving Suggestion: taco fixings, chips and salsa



Roasted Garlic, Browned Butter and Parmesan Pasta

- 1 lb. angel hair pasta
- 4 Tbs. butter
- 3-4 garlic cloves, crushed
- 1 - 1 1/2 cups Parmesan, shredded
- 1-2 cups water from pasta
- salt and pepper

Cook pasta according to directions. Before draining the pasta, dip out 1-2 cups of the water and set aside. Melt butter in skillet over medium heat. Add garlic to skillet. Cook several minutes until garlic is roasted and butter is golden brown in color. Remove from heat. Drain pasta, remembering to reserve 1-2 cups of water before draining. Add garlic butter and Parmesan to pasta. Ladle cooking water into pasta, tossing to melt cheese. Use enough water to get a creamy consistency. Season with salt and pepper.

Serving Suggestion: favorite green veggie, salad



Zucchini Carrot Cake with Cream Cheese Frosting

For the cake:

- 2 cups flour
- 2 cups sugar
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 tsp. baking powder
- 2 tsp. baking soda
- 3/4 cup vegetable oil
- 4 eggs
- 1 tsp. vanilla
- 2 cups shredded zucchini
- 1 cup shredded carrots

Combine the dry ingredients. Mix in the oil, eggs, and vanilla until well blended. Stir in zucchini and carrots. Pour into greased jelly roll pan (15"x10"). Bake at 350 degrees for 35 minutes or until a toothpick comes out clean. You can also bake it in 9x13 pan for 45 minutes. Cool, then top with cream cheese frosting.

For the frosting:

- 1 stick butter, softened
- 8 oz cream cheese, softened
- 3 1/2 cups powdered sugar
- 1 tsp. vanilla

Mix butter and cream cheese together with an electric mixer. Add powdered sugar and vanilla. Blend until smooth and spreadable.

