



Weekly Menu, Recipes, and Grocery List

1. [Vietnam Fried Rice](#), egg rolls from the freezer section
2. [Bowties with Italian Sausage and Bell Peppers](#), salad
3. [50s Prime Time Meatloaf](#), [Baked Potatoes with Onions](#), salad
4. [Chicken Fiesta with Black Beans in the Slow Cooker](#), chips and salsa, salad
5. [Easy Pepper Steak in the Slow Cooker](#), angel hair pasta, favorite green veggie
6. [Chicken Florentine Pizza](#), carrot sticks
7. [Strawberry Chocolate Chip Cake with Strawberry Icing](#)

Produce

Onions
Garlic
Green peppers
Red peppers
Spinach
Baking potatoes
Roma tomatoes
Strawberries
{Salad fixings – 3 meals}
{Carrot sticks}

Canned/Dry

Rice
Bowtie pasta, 1 lb.
Crushed tomatoes, 1 28 oz. can
Tomato paste, 1 6 oz. can
Diced tomatoes, 1 14 oz. can
Spaghetti sauce, 1 jar or can
Alfredo sauce, 1 jar
Corn, 1 15 oz. can
Black beans, 1 15 oz. can
Kitchen Bouquet
Strawberry cake mix, 1 box
Instant strawberry crème pudding mix, 1 package
Mini chocolate chips
Powdered sugar
{Chips and salsa}
{Angel hair pasta}

Bread

Pizza crusts, 2
Seasoned bread crumbs

Dairy

Eggs
Milk
Butter
Half & half
Shredded mozzarella cheese

Meat

Italian sausage, 1 lb.
Ground pork, 1 lb.
Boneless chicken breasts, 6
Chicken tenders, 2-3 cups
Stew beef, 2 lbs.
Ground beef, 2 lbs.

Frozen

Frozen vegetables of choice (peas, carrots, etc),
1 cup
{Egg rolls}
{Favorite veggie – 1 meal}

Items to Have in Pantry

Salt
Pepper
Oregano
Basil
Chili powder
Cumin
Nutmeg
Vanilla
Worcestershire sauce
Dijon mustard
Ketchup
Soy sauce
Cooking oil
Sugar
Brown sugar





Vietnam Fried Rice

- 2 cup rice
- 4 Tbs. cooking oil
- 1 lb. any cooked or raw meat (I used 2 large boneless chicken breasts that I sliced thin)
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp.. sugar
- 1 Tbs. soy sauce
- 1 cup leftover or frozen vegetables (I used frozen peas and carrots)
- 2 eggs, beaten

Cook the rice. In a hot skillet add the oil and stir fry the meat if it's not cooked. I sprinkled some soy sauce on the chicken before I stir fried it. Remove the meat from the skillet and add the garlic, onion, salt, pepper, sugar and soy sauce. I didn't measure any of this, just eye-balled it. Stir fry until the onion is cooked through. Stir in the beaten eggs, stir frying until the eggs are done. They will not and should not look like scrambled eggs you eat for breakfast. Add the vegetables and stir fry until they are hot through. Add the chicken back in to the skillet, along with the rice. Throw in some more soy sauce until it looks good to you.

Serving Suggestion: egg rolls from the freezer section





Bowties with Italian Sausage and Bell Peppers

- 1 lb. bowtie pasta
- 1 lb. bulk Italian sausage
- 1 onion, diced
- 2-3 cloves garlic, crushed or minced
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 28 oz can crushed tomatoes
- 1 tsp. oregano
- 1 tsp. basil
- 1 cup half & half, warmed
- salt and pepper to taste

Boil the pasta according to the package directions. In a large skillet, brown the meat with onion and garlic. Drain and rinse under hot water to remove the extra grease. Return to the skillet and add the bell peppers. Cook for several minutes, till the peppers are tender crisp. Add crushed tomatoes, oregano and basil. Cook over medium heat till hot. Turn the heat to low. Stir in half & half. Drain the pasta and return to the cooking pan. Add the Italian sausage sauce to the pasta. Serve with Parmesan or Mozzarella cheese, if you like.

Serving Suggestion: salad



50s Prime Time Meatloaf

- 2 lbs. ground beef (I used about 2.25 lbs)
- 1 lb. ground pork
- 4 eggs
- 1 cups seasoned bread crumbs (I tossed some salt, pepper, garlic powder, oregano and basil into plain bread crumbs)
- 1/2 cup diced onions
- 1/4 cup diced red pepper
- 1/4 cup diced green pepper
- 2 Tbs. Worcestershire sauce
- freshly ground pepper and kosher salt, to taste
- 1/2 cup ketchup
- 1 Tbs. brown sugar
- 1 tsp. Dijon mustard

For the glaze:

- 1/2 cup ketchup
- 1/4 cup brown sugar
- 1/8 tsp. nutmeg

Mix all the ingredients together. Form into 1 or 2 loaves. I formed this into 2 loaves. One I put in a 9×13 foil lined pan, covered it with foil and baked it about 2 hours at 350 degrees. The other meatloaf I wrapped in heavy-duty foil and popped in the freezer. When the meatloaf is done, remove the top foil and let it brown a minute in the oven. Pull it out again and glaze it with a mixture of 1/2 cup ketchup, 1/4 cup brown sugar and a shake of nutmeg. This glaze is actually my mom's recipe, instead of the WDW recipe for glaze.

Serving Suggestion: Baked Potatoes with Onions, salad





Baked Potatoes with Onions

- baking potatoes
- butter
- onion, sliced thin
- salt and pepper

Cut the potatoes part way through. Pry them open gently with the knife. Spread a bit of butter into each potato. Place some onion slices into each potato and sprinkle with salt and pepper. Wrap each potato in foil and bake at 350-400 degrees for 1-1 1/2 hours.



Chicken Fiesta with Black Beans in the Slow Cooker

- 3-4 boneless chicken breasts (I like to use the tenders, as they break apart easily while cooking)
- 15 oz. corn, drained
- 15, oz black beans, rinsed and drained
- 1 Tbs. cumin
- 1 tsp. chili powder
- onion, sliced
- green pepper, sliced
- 14 oz can diced tomatoes
- 6 oz tomato paste

Combine all the ingredients in the slow cooker and mix well. Cover and cook on high for 5-6 hours or low for 7-8 hours. Garnish with cheese and serve over cornbread or in tortillas.

Serving Suggestion: chips and salsa, salad





Easy Pepper Steak in the Slow Cooker

- 2 lbs. stew beef
- 1 can or jar of spaghetti sauce
- 1 onion, sliced
- 1 green pepper, sliced
- 2 tsp. Kitchen Bouquet

Put everything in the slow cooker and cook 7-8 hours on low or 5-6 hours on high. I have made this without the Kitchen Bouquet and it's still good, but the ingredient does add a good flavor. Serve with pasta.

Serving Suggestion: angel hair pasta, favorite green veggie





Chicken Florentine Pizza

- 2 pizza crusts
- 1 jar Alfredo sauce
- 1-2 cups fresh spinach
- 2-3 cups grilled chicken, sliced (I used 9 chicken tenders)
- 2 Roma tomatoes, sliced thin
- 2 cups shredded mozzarella cheese

Spread Alfredo sauce on the crust. I used about 3/4 of the jar for 2 pizzas. Layer spinach, chicken and tomatoes. Drizzle with the rest of the Alfredo. Sprinkle with cheese. Bake 450 degrees for 10-15 minutes.

Serving Suggestion: carrot sticks



Strawberry Chocolate Chip Cake with Strawberry Icing

- 1 box strawberry cake mix
- 1 pkg. instant strawberry creme pudding mix
- 1 3/4 cups milk
- 2 eggs
- 1 1/2 cups mini chocolate chips

For the icing:

- 1 stick butter, softened
- 3 3/4 cups powdered sugar
- 1/2 cup fresh strawberries, diced
- 1 tsp. vanilla
- 1 Tbs. of milk, if needed

Mix all ingredients except chocolate chips with an electric mixer till well combined. Fold in the chocolate chips. Pour into greased 10x15 inch baking pan. Bake at 350 degrees for 25 minutes or until toothpick comes out clean. Cool completely. Beat the butter with electric mixer. Add powdered sugar and beat. Add strawberries and vanilla. If needed to make the icing spreadable, add a bit of milk a teaspoon at a time. Spread icing on cake. Store in the refrigerator.

