



1. [Brown Sugar Chicken and Sweet Potatoes in the Slow Cooker](#), steamed green veggie
2. [South of the Border Skillet](#), salad, chips and salsa
3. [Bacon and Tomato Pasta](#), salad
4. [Chicken Gyros](#), [Asian Broccoli Slaw](#)
5. [Ham and Pineapple Fried Rice](#)
6. [Chicago Style Pizza Pot Pie](#), salad
7. [Peach Pound Cake with Peach Nectar Glaze](#)

**Produce**

Onions  
Garlic  
Red onion  
Broccoli  
Basil  
Red bell pepper  
Sweet potatoes  
Lemon juice  
{Salad fixings – 3 meals}

**Canned/Dry**

Brown rice  
White rice  
Pasta, 1 lb.  
Chicken flavored Ramen noodles, 2 packages  
Kidney beans, 1 can  
Diced tomatoes, 1 can  
Pizza sauce, 1 jar  
Peach pie filling, 1 20 oz. can  
Pineapple tidbits, 1 20 oz. can  
Slivered almonds  
Sunflower seeds  
Yeast, 1 package  
Peach nectar  
White wine  
Powdered sugar  
Yellow cake mix, 1 box  
{Chips and salsa}

**Frozen**

Peas and carrots  
{Favorite green veggie – 1 meal}

**Dairy**

Milk  
Butter  
Eggs  
Half & half  
Shredded mozzarella cheese  
Shredded cheddar cheese  
Shredded Parmesan cheese

**Meat**

Boneless chicken breast, 4.5 lbs.  
Italian sausage, 1 lb.  
Diced ham, 2 cups  
Bacon

**Items to Have in Pantry/Fridge**

Salt  
Pepper  
Chili powder  
Cumin  
Garlic powder  
Mint  
Oregano  
Basil  
Vanilla  
Vegetable oil  
Olive oil  
Vinegar  
Soy sauce  
Sugar  
Brown sugar  
Bread flour or all-purpose flour





### **Brown Sugar Chicken and Sweet Potatoes in the Slow Cooker**

- 2 lbs. boneless chicken breast
- 3 sweet potatoes, peeled and cut in chunks
- 5 Tbs. butter, melted
- 1/4 cup brown sugar
- salt and pepper to taste

Put the chicken and sweet potatoes in the crockpot. (I added the chicken still frozen.) Stir the brown sugar into the melted butter. Add salt and pepper. Pour over chicken and sweet potatoes. Cook on low for 7-8 hours or high for 5-6 hours.

**Serving Suggestion: steamed green veggie**





### South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set. I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish. Serve with salsa.

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





## Bacon and Tomato Pasta

- 1 lb. pasta – I used penne, but you could use any shape you like
- 2 Tbs. butter + 2 Tbs. olive oil
- onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 1/2 cups half & half
- 1 1/2 cups Parmesan cheese, shredded or grated
- salt & pepper
- bacon, cooked and diced
- 1 can diced tomatoes, drained
- fresh basil leaves, chopped

Boil the pasta according to the directions. Melt the butter and olive oil together in a pan and add the onion and garlic. Cook until the onion is tender. Add the wine and cook for a minute or two. Add the half & half, whisking to blend. Stir in the cheese and let it melt. Season with salt and pepper. Toss in the bacon, tomatoes and basil. Drain the pasta then mix it with the sauce. Serve it with extra Parmesan and black pepper if you like. Yum!

**Serving Suggestion: salad**





## Chicken Gyros

- 1/4 cup olive oil
- 3 Tbs. lemon juice
- 2 cloves garlic, minced or crushed
- 1 1/2 tsp. dried mint
- 1 1/2 tsp. oregano
- 1 1/2 tsp. ground black pepper
- 1/2 tsp. salt
- 2-2 1/2 lbs. boneless chicken breast, cut in bite size pieces

Whisk all the ingredients except the chicken to make the marinade. You could put them in a tight fitting container with a lid and give them a good shake instead of whisking.

Pour the marinade over the chicken and give it a stir to be sure all the chicken is coated with marinade. Refrigerate for several hours.

Cook the chicken in a skillet over medium-high heat. Work in batches, if necessary, so that the chicken isn't crowded in the pan. Remove the cooked chicken to a bowl and let it cool. Place the chicken in a plastic freezer bag. Don't forget to label it with the date, recipe title and reheating instructions.

For the cucumber-yogurt sauce I used about 1/2 a cucumber cut into small pieces. I stirred the cucumber into 6 oz. of Greek-style yogurt.

If you've frozen the chicken, reheat it in the microwave. Fill a pita pocket with chicken and top with the cucumber-yogurt sauce.

**Serving Suggestion: Asian Broccoli Slaw**





### Asian Broccoli Slaw

- 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 packets 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.





### Ham and Pineapple Fried Rice

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste

Cook the rice according to the package directions. Cook the onion and garlic in oil in a large skillet till soft. Add the ham, 2 Tbs. soy sauce, 1 Tbs. pineapple juice. Cook for several minutes till the ham is hot. Pour the eggs into the skillet and cook, stirring frequently. Add the peas and carrots and heat through. Stir in the drained pineapple. Add the cooked rice, stirring to combine. Add soy sauce, pineapple juice, salt and pepper to taste. I added about 2 Tbs. each of soy sauce and pineapple juice.



## Chicago Style Pizza Pot Pie

### For the crust:

- 1 pkg. yeast (or 2 1/4 tsp.)
- 1 cup warm water
- 1 tsp. sugar
- 2 Tbs. vegetable oil
- 2 1/2 cups bread flour (you can use all-purpose, but bread flour makes a fluffier crust)

### For the filling:

- 1 lb. Italian sausage
- 1 onion, diced
- 1 clove garlic, minced or crushed
- 2-3 cups shredded mozzarella cheese
- 1 jar pizza sauce

### For top of crust:

- 2 Tbs. melted butter
- dried oregano and basil

Make the dough first. Dissolve the yeast in the water. Mix in the other ingredients until they are well blended. I use a stand mixer with a dough hook, but you can also do this by hand.

Let the dough rest while you cook the sausage. Brown the sausage with the onion and garlic. Drain and rinse under hot water to remove the extra fat.

Heavily grease a 9×13 casserole dish. Layer the mozzarella and then the sausage over the top. Pour the sauce over the sausage, using a spoon the spread it out.

On a floured surface, roll out the pizza dough with a rolling pin. It should be about the shape and size of the casserole dish. Carefully lift the dough and place it on the casserole dish. Trim any dough that is hanging over the sides.

Brush with melted butter and sprinkle with oregano and basil, if desired. Bake at 425 degrees for about 25 minutes.

I flipped the pieces upside down to serve them, which is how the original individual pies get served. The cheese ends up on top. It's not pretty, but it's oh-so-good!

**Serving Suggestion: salad**







### **Peach Pound Cake with Peach Nectar Glaze**

- 1 box yellow cake mix
- 21 oz can peach pie filling
- 2 eggs
- 1 tsp. vanilla

Mix cake mix, pie filling, eggs and vanilla together with an electric mixer. Batter should be well blended, but with pieces of peach. Pour into greased bundt pan. Bake 350 for 40-45 minutes or until toothpick comes out clean. Cool 10 minutes, then remove from pan and cool completely.

For the glaze:

- 2 cups powdered sugar
- 1-3 Tbs. peach nectar

Put powdered sugar in a small bowl. Add peach nectar one tablespoon at a time. Stir with a spoon until glaze reaches the consistency of thick glue. Drizzle over cake.

