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Produce

Onions
Garlic
Green bell pepper
Red bell pepper
Cucumbers
Corn on the cob
Green beans
{Watermelon}
{Salad fixings – 2 meals}
{Baked potatoes}

Canned/Dry

Crushed tomatoes, 1 28 oz. can
Fire roasted diced tomatoes, 1 15 oz. can
Tomato sauce, 2 15 oz. cans
Green chilies, 1 can
Pineapple tidbits, 1 20 oz. can
BBQ sauce
Liquid smoke
Cornmeal
White rice
Italian bread crumbs
Red wine
Powdered sugar
Peanut butter
9" chocolate graham cracker crust
Nut topping and/or chocolate sprinkles
{Chips & salsa}

Frozen

Peas and carrots
Cool Whip topping, 8 oz.
Ravioli
{French fries}

Dairy

Butter
Eggs
Milk
Provolone cheese slices
Shredded cheddar cheese
Parmesan cheese
Cream cheese, 8 oz.

Meat

Ham steak, 2
Round steak, skirt steak, or other cut, 1.5 lbs.
Ground beef, 2.5 lbs.
Boneless chicken breasts, 1 3 lb. bag
Pepperoni, 6 oz.

Bread

Buns
Tortillas

Items to Have in Pantry/Fridge

Salt
Pepper
Oregano
Basil
Thyme
Garlic powder
Lemon pepper
Seasoned salt
Olive oil
Vegetable oil
Vinegar
Soy sauce
Baking powder
Flour
Sugar





Pizza Steak Sandwiches in the Slow Cooker

- 1 1/2 lbs. round steak, skirt steak or other cut
- 6 oz. pepperoni (I used turkey pepperoni)
- 1 onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 28 oz. can crushed tomatoes
- 2 cloves garlic, crushed
- 2 tsp. oregano
- 1 tsp. basil
- salt and pepper to taste
- buns
- provolone cheese slices

Place meat in slow cooker. Stir other ingredients together (except cheese and buns) and pour over meat. Cook on high 5-6 hours or low 7-8 hours. Shred meat with a fork. Serve on buns topped with cheese slices. Serves 8-10.

Serving Suggestion: Cucumbers and Onions, french fries





Cucumbers and Onions

- cucumbers, peeled and sliced
- onion, peeled and sliced
- 1 cup sugar
- 1/2 cup vinegar

Mix up the sugar and vinegar and pour it over the cucumbers and onions. That's it. You can make more "juice" if you need to. Just use twice as much sugar as vinegar.





BBQ Ham Steak on the Grill

- 1 ham steak
- BBQ sauce of your choice

I cooked the ham on low for about 15-20 minutes. Baste with barbecue sauce toward the end of cooking. Simple.

Serving Suggestion: Microwave Corn on the Cob, Hoe Cakes





Microwave Corn on the Cob

- corn on the cob
- butter
- salt

Put the shucked, cleaned ears of corn in a microwaveable dish. You can break them in half if you like. Top with plenty of butter pats and sprinkle with salt. Microwave for about 10 or 11 minutes. That's it. Roll each ear around in the bottom of the pan before you put it on the plates and it's pre-buttered.





Hoe Cakes

- 1 cup cornmeal
- 1/2 cup flour
- 2 tsp. baking powder
- 1/4 tsp. of salt
- 1 egg
- 1 cup milk (not in the photo)
- oil for frying
- butter

Stir the dry ingredients together in a bowl. Mix in the egg and milk. Fry in a skillet or griddle like you would a pancake. Serve with butter.





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.

Serving Suggestion: watermelon





Chicken Enchiladas

- cooked chicken
- tomato sauce
- cheddar cheese, shredded
- green chilies, diced
- salt and pepper
- garlic powder
- tortillas

Shred up the cooked chicken and mix it with cheese and green chilies. I don't have amounts, but just go by what I think looks good. I use most of one can of green chilies. The whole can would be good, but I've got a couple of picky eaters who pick out all the green chilies, so I make it easier on them by using less than a can.

Mix a can of tomato sauce with salt, pepper and garlic powder to taste. Spray a casserole dish with cooking spray. Spread a layer of the sauce in the dish.

Put some chicken mixture in a tortilla and roll it up, placing it in the pan. Repeat until you've used up the chicken mixture. I ended up having more tortillas than would fit in my dish, so I had to use a second dish. I also had to mix up more sauce. If you have extra and don't want to bake it up now, you can freeze the chicken and cheese mixture to use later.

Pour sauce over all the enchiladas. Add extra cheese on top.

Bake them at 350 degrees for about an hour or until they're hot and bubbly. I bake mine covered with foil, because my kids freak about things that get too brown. You'll have to be your own judge of proper enchilada brownness.

Serving Suggestion: salad, chips & salsa



Steak Burgers with Red Wine Onions

For the Steak Burgers:

- 2 1/2 lbs. ground beef (I used 8% fat)
- 3 eggs
- 1 cup Italian bread crumbs
- 2 tsp. lemon pepper seasoning
- 1 tsp. Lawry's seasoned salt
- 1/4 tsp. liquid smoke

Combine all the ingredients until well blended. Pat out burgers. Cook on the grill, an indoor grill or in a skillet.

For the Red Wine Onions:

- 1 onion, chopped or sliced
- 3 garlic cloves, crushed
- about 1 cup red wine

Cook the onion and garlic till soft, using the same skillet you used to cook the steak. Pour in about a cup or so of red wine and cook over medium heat, till the wine reduces. I didn't measure the wine, just glugged some in. I wish I would have used more, since most of it cooked off, but the taste was divine! Serve the onions over sliced steak.

Serving Suggestion: Fresh Green Beans, baked potatoes (fix in the slow cooker)





Fresh Green Beans

- green beans
- butter
- salt
- pepper

Snap the ends off each bean. This is a step your kids might like to help with. Toss the beans in a colander and rinse under cool water. Put the beans in a saucepan with about 1/2 – 3/4 cup water. Bring it to a boil and then turn the heat down and let them steam for about 15 minutes. I like them to be tender-crisp. Drain the water off and add a tablespoon or two of butter. Season with salt and pepper.





Fire Roasted Tomato Sauce with Two Cheeses over Ravioli

- 1 onion, finely chopped
- 4 cloves garlic, minced or crushed
- olive oil, for sauteing
- 15 oz. tomato sauce
- 15 oz. fire roasted diced tomatoes, lightly drained
- 1/4 tsp. fresh ground pepper
- 1 tsp. basil
- 1 tsp. oregano
- 1/2 tsp. thyme
- 3 slices Provolone cheese, diced or 1/2 cup shredded
- 1/4 cup Parmesan
- ravioli

Saute the onion and garlic in the olive oil over medium heat. Stir in the other ingredients and simmer about 10 minutes or until the cheeses have melted. Serve over hot pasta.

Serving Suggestion: salad





No Bake Peanut Butter Fluff Pie

- 8 oz. cream cheese, softened
- 2 cups powdered sugar
- 2/3 cup peanut butter
- 1 cup milk
- 8 oz. COOL WHIP whipped topping
- 9" chocolate graham cracker crust
- nut topping and/or chocolate sprinkles, optional

Beat cream cheese with electric mixer till smooth. Add powdered sugar and peanut butter. Beat in milk slowly until well combined. Fold in COOL WHIP whipped topping. Pour into pie shell. Sprinkle with nut topping and/or chocolate sprinkles if desired. Refrigerate or freeze.

