

# Weekly Menu, Recipes, and Grocery List

1. [Slow Cooker Beans for the Freezer \(Refried w/out the Refry\)](#), tortillas and fixings
2. [Chicken Florentine Pizza](#), salad
3. [Bowties with Italian Sausage and Bell Peppers](#), salad
4. [Pork Chops topped with Pineapple, Green Pepper and Onion](#), baked sweet potatoes, favorite green veggie
5. [Baked Chicken and Summer Vegetables in the Slow Cooker](#), angel hair pasta, salad
6. [Whole Chicken in the Slow Cooker](#), sliced tomatoes, corn on the cob, watermelon
7. [No-Bake Cappuccino Pie](#)

## Produce

Garlic  
Onions  
Green bell peppers  
Red bell peppers  
Roma tomatoes  
Spinach  
Jalapeno  
Pineapple  
{Salad fixings – 3 meals}  
{Sweet potatoes}  
{Tomatoes}  
{Corn on the cob}  
{Watermelon}

## Canned/Dry

Dry pinto beans, 1 lb.  
Dry black beans, 1 lb.  
Bowtie pasta, 1 lb.  
Alfredo sauce, 1 jar  
Crushed tomatoes, 1 28 oz. can  
Diced tomatoes, 1 can  
White wine  
Mocha cappuccino spread  
Powdered sugar  
9" graham cracker crust  
{Tortillas and fixings}  
{Angel hair pasta}

## Dairy

Milk  
Half & half  
Shredded mozzarella cheese  
Cream cheese, 8 oz.

## Meat

Bulk Italian sausage, 1 lb.  
Boneless pork chops  
Chicken tenders, 2-3 cups  
Whole chickens, 2

## Frozen

Cool Whip, 8 oz.  
{Favorite veggie – 1 meal}

## Bread

Pizza crusts, 2

## Items to Have in Pantry/Fridge

Salt  
Pepper  
Cumin  
Oregano  
Basil  
Thyme  
Dijon mustard  
Olive oil



## Slow Cooker Beans for the Freezer (Refried w/out the Refry)

- 1 lb. dry pinto beans
- 1 lb. dry black beans
- 10 big cloves garlic, crushed
- 2 onions, diced
- 1 jalepeno, 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 - thanks goodness! But you might not want to risk it. And you definitely want to soak them if you're making kidney beans.

**Serving Suggestion: tortillas and fixings**



## 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: salad**



## **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**



## **Pork Chops topped with Pineapple, Green Pepper and Onion**

- boneless pork chops
- onion slices
- green pepper, rings
- pineapple rings
- salt and pepper

Place the pork chops in a casserole dish. Layer the onion, green pepper and pineapple on top of each pork chop. Sprinkle with salt and pepper. Bake for 1 hour at 350 degrees.

If you want to grill them outside, place them in individual foil packets and grill for about 20 minutes or so.

**Serving Suggestion: baked sweet potatoes, favorite green veggie**



## Baked Chicken and Summer Vegetables in the Slow Cooker

- about 3 pounds of chicken (I used a whole chicken, cut up)
- a bit of olive oil
- 2 Tbs. Dijon mustard
- salt and pepper
- 1 tsp. thyme
- 1 onion, cut in thick wedges
- 4 large cloves garlic, minced
- red bell pepper, sliced
- green bell pepper, sliced
- 1 can diced tomatoes, drained (or use fresh, chopped tomatoes)
- 1/2 cup white wine

Rub the inside of the crockpot with olive oil. Rinse and pat the chicken pieces dry with a paper towel. Rub the undersides of the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place them in the bottom of the crockpot, skin side down. Put the veggies and wine on top of the chicken. Cover and bake on high for 5 hours or so. Or bake on low 7-8 hours. Serve with angel hair pasta or baked potatoes.

**Serving Suggestion: angel hair pasta, salad**



## Whole Chicken in the Slow Cooker

### How to Clean a Whole Chicken

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top. Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

### Ideas for Seasoning a Whole Chicken

A lot of times, I just go with salt and pepper. Sometimes I use Kosher or sea salt and freshly ground pepper. Other times, I just use the regular table stuff. You can't go wrong with plain salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

**Serving Suggestion: sliced tomatoes, corn on the cob, watermelon**



## No-Bake Cappuccino Pie

- 8 oz cream cheese, softened
- 2/3 cup mocha cappuccino spread
- 1 1/2 cups powdered sugar
- 1 cup milk
- 8 oz Cool Whip, thawed
- 9" graham cracker crust

Beat the cream cheese and cappuccino spread together with electric mixer. Add powdered sugar and milk. Blend well. Fold in Cool Whip. Pour into graham cracker crust. Freeze until ready to serve.

If you want to use store bought graham cracker crusts, you might be able to get 2 pies from this recipe. Store bought crusts are quite a bit smaller than homemade.

