



1. [African Pulled Beef Sandwiches in the Slow Cooker with Yogurt Mint Sauce](#), [Roasted Sweet & White Potatoes](#), watermelon
2. [Honey Lemon Pepper Salmon](#), [Garlic Cream Cheese Mashed Potatoes](#), favorite green veggie
3. [Chicken and Broccoli "Stir Fry" in the Slow Cooker](#), rice
4. [Garden Frittata](#), [Blueberry Muffins with Orange Glaze](#), fresh fruit
5. [Enchiladas with Chili-Tomato Sauce](#), salad, chips & salsa
6. [BBQ Chicken with Southwestern Cornbread Stuffing](#), favorite green veggie
7. [Coconut Cream and Chocolate Dessert](#)

**Produce**

Onions  
Garlic  
White potatoes  
Sweet potatoes  
New potatoes  
Broccoli  
Cucumber  
Red bell peppers  
Jalapenos  
Fresh herbs, such as basil, rosemary, and parsley  
Orange  
Blueberries  
{Watermelon}  
{Fresh fruit}  
{Salad fixings – 1 meal}

**Canned/Dry**

Petite diced tomatoes, 1 15 oz. can  
Tomato sauce, 3 15 oz. cans  
Chicken broth  
Corn, 1 can  
Refried beans, 1 can  
Stir fry sauce (like Panda Express' Mandarin Sauce), 1 bottle  
BBQ sauce  
Cornbread stuffing mix, 1 box  
Coconut cream instant pudding mix, 2 3 oz. mixes  
Cocoa  
Powdered sugar  
Chopped pecans  
Toasted coconut  
{Rice}  
{Chips & salsa}

**Frozen**

Whipped topping, 16 oz.  
{Favorite green veggie – 2 meals}

**Dairy**

Butter  
Eggs  
Milk  
Shredded cheddar cheese  
Shredded Monterey Jack cheese  
Cream cheese, 8 oz.  
Philly Cooking Creme Garlic flavor, 1 container  
Greek yogurt, 10 oz.  
Orange juice

**Meat**

Chuck roast, 2-3 lb.  
Ground beef, .75 lb.  
Boneless chicken breasts  
Chicken tenders, 2-3 lbs.  
Salmon fillets, 4-6

**Bread**

Pita bread  
Tortillas, 12

**Items to Have in Pantry/Fridge**

Salt  
Pepper  
Lemon pepper  
Ground red pepper  
Cumin  
Allspice  
Mint  
Chili powder  
Oregano  
Garlic powder  
Vanilla  
Honey  
Olive oil  
Flour  
Sugar  
Baking powder



## **African Pulled Beef Sandwiches in the Slow Cooker with Yogurt Mint Sauce**

For the sandwiches:

- 2-3 lb. chuck roast
- 3-5 cloves garlic, 1 whole and peeled, others crushed
- 1 tsp. cumin
- 1/2 tsp. ground red pepper (cayenne)
- 1/4 tsp. allspice
- 1 onion, diced
- 1 jalapeno, seeds removed and diced
- 15 oz. can petite diced tomatoes
- pita bread

For the sauce:

- 10 oz. Greek yogurt
- 1 large cucumber, peeled and diced
- 1/2 tsp. dried mint

Cut one garlic clove in half and rub roast all over with it. Place roast and whole garlic clove in slow cooker. Add remaining ingredients (except for sauce) to the slow cooker, sprinkling spices directly on meat. Cover and cook on high 5-6 hours or low 7-8 hours.

Remove meat from crock and shred with a fork. Return meat to the crock and stir to combine with juices from cooking the meat.

Stir yogurt, cucumber and mint together.

Serve meat in pita bread with yogurt sauce.

**Serving Suggestion: Roasted Sweet & White Potatoes, watermelon**





## Roasted Sweet & White Potatoes

- white potatoes, chopped
- sweet potatoes, chopped
- olive oil
- kosher salt
- ground black pepper

Toss the potatoes with a generous drizzle of olive oil, a sprinkle of kosher salt and as much black pepper as you like. You can raid the spice cabinet or herb garden for other additions as well. Roast on a rimmed cookie sheet at 400 degrees for about 40 minutes or until the potatoes are tender when poked with a fork.





### Honey Lemon Pepper Salmon

- 4-6 salmon fillets
- 3 Tbs. butter, melted
- 2 Tbs. honey
- 1 tsp. lemon pepper

Place salmon on greased or buttered baking sheet. Drizzle butter and honey over the top. Sprinkle with lemon pepper. Bake at 375 degrees for about 15 minutes.

**Serving Suggestion: Garlic Cream Cheese Mashed Potatoes, favorite green veggie**





## Garlic Cream Cheese Mashed Potatoes

- 1-3 lbs. new potatoes, cut in chunks if they are large
- 1/2 - 1 container Philly Cooking Creme, Garlic flavor

Boil the potatoes in salted water till very tender, about 30 minutes. Drain. Smash potatoes with spoon, potato ricer or pastry blender. Stir in desired amount of cooking creme.





### Chicken and Broccoli “Stir Fry” in the Slow Cooker

- 2-3 lbs. chicken tenders
- 1/2 bottle stir fry sauce (about 1 cup) or more, if you like (I used Mandarin Sauce from Panda Express)
- 1 bunch broccoli, chopped
- 1 red bell pepper, sliced

Place chicken in slow cooker. I start mine from frozen. Pour sauce over chicken. Cook on high 4-5 hours or low 6-7 hours. About an hour before serving, place broccoli and red pepper on top of chicken in slow cooker. Cover and let it finish cooking. Serve over rice.

**Serving Suggestion: rice**





## Garden Frittata

- 3 Tbs. butter
- 1/2 onion, chopped
- 2 bell peppers, chopped
- 6 eggs
- 1/4 cup milk
- a palm full of fresh herbs, chopped – I used basil, rosemary and parsley
- 1 cup shredded Monterey Jack cheese
- salt and pepper to taste

Melt the butter in an oven-proof skillet. Sauté the onions and peppers until tender crisp. Whisk the eggs, milk, herbs, cheese and salt and pepper together. Pour over the veggies in the skillet. Let cook over medium heat, without stirring until the middle is set, about 7-9 minutes. Place in the oven, under the broiler until browned.

**Serving Suggestion: Blueberry Muffins with Orange Glaze, fresh fruit**



## Blueberry Muffins with Orange Glaze

For the muffins:

- 2 cups flour
- 1 Tbs. baking powder
- 1 tsp. orange peel or zest
- 1/2 tsp. salt
- 1 stick butter, softened
- 3/4 cup sugar
- 2 eggs
- 1 cup milk
- 1 tsp. vanilla
- 1 cup blueberries

For the glaze:

- 1 cup powdered sugar
- 1 Tbs. + 2 tsp. orange juice

Stir the flour, baking powder, orange peel and salt together in a bowl. Beat the butter and sugar together with an electric mixer. Add in the eggs, milk and vanilla. Stir the wet ingredients into the dry. Don't over stir this, just blend them together. Fold in the blueberries. Spoon the batter into 12 muffin cups and bake at 400 degrees for 15-20 minutes.

Stir the ingredients for the glaze together. Drizzle over muffins that have cooled a bit. They don't have to be completely cool, but you don't want them piping hot either. I drizzled most of the muffins, but then decided to dunk a few too.





## Enchiladas with Chili-Tomato Sauce

### For the sauce:

- 1 onion, minced
- 3 1/2 cups tomato sauce (I used 1-15 oz. can and 2-8 oz. cans)
- 2 cloves garlic, minced
- 1-2 Tbs. chili powder
- 1/4 tsp. oregano
- 1 tsp. salt

Saute the onion in oil, just until it is tender but not brown. Add the other sauce ingredients and simmer while you prepare the enchiladas.

### For the enchiladas:

- 3/4 lb. ground beef (mine had been browned out and frozen in a Ziploc bag)
- 1 onion, chopped
- 1 can refried beans
- 1 tsp. salt
- 1/8 tsp. garlic powder or 1 cloved garlic, mashed
- 12 tortillas
- 2 cups shredded cheddar cheese

Brown the meat and onion together. Stir in all the ingredients, except the tortillas and cheese. Spread about 1/3 cup of this mixture on each flour tortilla and roll to close. To assemble the dish, spread some of the sauce in the bottom of a large baking pan. Put the rolled up tortillas, fold side down in the pan. Pour the remaining sauce over the tortillas and top with cheddar cheese. Bake uncovered at 350 degrees for 15-20 minutes, or until they are heated through.

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





### **BBQ Chicken with Southwestern Cornbread Stuffing**

- 1/2 stick butter
- 1/2 small onion, diced
- 1 jalapeno, seeds removed, diced
- 1 1/2 cups chicken broth
- 1 can corn
- 1 box cornbread stuffing mix
- chicken
- BBQ sauce

Melt butter in small skillet. Cook onion till soft. Add jalapeno and cook another minute or two.

Heat broth to boiling. Stir in cooked onions and peppers in butter. Add corn. Add contents of the stuffing mix. Turn off the heat and allow to stand for 5-10 minutes. Fluff with fork and serve.

This tasted great with BBQ chicken.

**Serving Suggestion: favorite green veggie**



## Coconut Cream and Chocolate Dessert

- 3/4 cup butter, melted
- 1 1/2 cups flour
- 3/4 cup chopped pecans
- 1 cup powdered sugar
- 1/2 cup cocoa
- 8 oz. cream cheese, softened
- 1 Tbs. milk
- 16 oz. frozen whipped topping, thawed and divided
- 2 – 3 oz. coconut cream instant pudding mix
- 3 cups milk
- toasted coconut, optional

Make the crust by stirring butter, flour and pecans together. Press into 9x13 inch pan. Bake 12-15 minutes at 350 degrees. Cool completely.

Stir powdered sugar and cocoa together until combined. Beat cream cheese with electric mixer. Gradually add powdered sugar and cocoa. Add 1 Tbs. milk. Mixture should be smooth and spreadable.

Fold in 1 cup frozen whipped topping. Spread on cooled crust.

Whisk together pudding mix and milk, whisking for several minutes until thickened. Refrigerate pudding for 5 minutes. Spread over chocolate layer.

Spread remaining frozen whipped topping over pudding layer. Top with toasted coconut, if desired. Store in the fridge.

