

# Weekly Menu, Recipes, and Grocery List

1. [Whole Chicken in the Slow Cooker](#), baked sweet potatoes, favorite steamed veggie
2. [Chicken Casserole - Lightened Up](#), favorite steamed veggie, salad
3. [French Dip Sandwiches in the Slow Cooker](#), [Ranch Veggie Salad](#), [Macaroni & Cheese](#)
4. [Italian Sausage Enchiladas](#), chips and salsa, salad
5. [Honey Cashew Pork Stir-Fry](#), rice
6. [Bacon and Tomato Pasta](#), salad
7. [Pumpkin Chip Cookies](#)

## Produce

Onions  
Garlic  
Green bell pepper  
Broccoli  
Cauliflower  
Celery  
Carrots  
Roma tomatoes  
Red onion  
Basil  
Lemon juice  
{Sweet potatoes}  
{Salad fixings – 3 meals}

## Canned/Dry

Reduced fat cream of chicken soup, 2 cans  
Chicken broth  
Diced tomatoes, 1 can  
Tomato sauce, 1 15 oz. Can  
Enchilada sauce, 10 oz.  
Pumpkin, 1 15 oz. can  
Marzetti Ranch Dip, 1 jar  
Honey  
White wine  
Ritz crackers  
Oats  
Cashews  
Velveeta  
Macaroni  
Penne pasta, 1 lb.  
Semi-sweet chocolate chips, 12 oz.  
{Rice}  
{Chips and salsa}

## Frozen

{Favorite veggie – 2 meals}

## Dairy

Milk  
Butter  
Eggs  
Half & half  
Fat free plain yogurt  
Provolone cheese slices  
Shredded Parmesan cheese  
Shredded Monterey Jack cheese, 8 oz.

## Meat

Whole chicken  
Boneless chicken breasts, 5 cups  
Cube steak, 2 lbs.  
Italian sausage, 1 lb.  
Boneless pork chops, 6  
Bacon

## Bread

Sub buns  
Flour tortillas, 9-10

## Items to Have in Pantry/Fridge

Salt  
Pepper  
Celery salt  
Garlic powder  
Ginger  
Cinnamon  
Vanilla  
Olive oil  
Soy sauce  
Worcestershire sauce  
Corn starch  
Flour  
Brown sugar  
Baking soda



## 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.

See, that wasn't so bad, was it? Now you can scrub out your sink and you'll not only have your dinner ready to go, but a shiny sink too.

### 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: baked sweet potatoes, favorite steamed veggie**



## Chicken Casserole - Lightened Up

- 5 cups chicken breasts, cooked and cubed
- 1 cup fat free plain yogurt
- 2 cans reduced fat cream of chicken soup (or homemade)
- 2 cups crushed 'buttery round' (aka Ritz) crackers (about 1 1/2 rolls of crackers)
- 1/3 cup melted butter
- 1/4 cup chicken broth
- optional ingredients: 1 T lemon juice, 1 tsp Worcestershire sauce, 1 tsp celery salt, 1/2 tsp garlic powder, 1/4 tsp pepper

Preheat oven to 350 degrees. Boil chicken until done. (I like to boil mine a small onion, carrot, and a couple of celery sticks- cut into large chunks, salt & pepper, and a tsp of chicken bouillon to make a flavorful broth). Let chicken cool slightly and cut into bite size pieces. Place cubed chicken in a 9X13 casserole dish. Stir together the condensed soup, yogurt, optional ingredients (if using). Pour over chicken. In a separate bowl, stir together the crushed crackers, melted butter, and chicken broth (from cooked chicken). Sprinkle over the chicken and sauce. Bake for 30 minutes in the preheated oven, until the topping is browned and the sauce is bubbling.

**Serving Suggestion: favorite steamed veggie, salad**



## French Dip Sandwiches in the Slow Cooker

- 2 lbs. cube steak
- 1 green pepper, sliced
- 1 large or 2 small onions, sliced
- 1 Tbs. Worcestershire sauce
- provolone cheese slices
- sub buns

Place the steak, peppers and onions in the slow cooker. Cook 5-6 hours on high or 7-8 on low. Slice the steak into strips. Place on buns and top with cheese. Broil in the oven until cheese is melted. Serve the the broth from the slow cooker.

**Serving Suggestion: Ranch Veggie Salad, Macaroni & Cheese**



## Ranch Veggie Salad

- 1 bunch broccoli, chopped
- 1 head cauliflower, chopped
- 5-6 Roma tomatoes, chopped
- 1-2 stalks celery, chopped
- 4-5 carrots, chopped
- 2 cups Marzetti Ranch Dip

Stir the veggies together with ranch dip. Eat!



## Macaroni & Cheese

- Macaroni - I think Creamette is the best
- Velveeta (or generic alternative)
- Butter
- Milk

I never measure, so I'm not much help with the amounts. Make the amount of macaroni noodles you'll need for your family and then just eyeball the other ingredients for what looks good to you. You might like it creamier or drier or cheesier than what I do.

After the macaroni has cooked and drained, put it back in the pot. Add a couple tablespoons of butter. Slice off some thick slices of the cheese and break it up into the pot with your hands. Add some milk, but go slowly with it. You can always add more if it needs it, but you can't take it back out again. Allow it all to melt together in the pan, adjusting the ingredients as necessary.



## Italian Sausage Enchiladas

- 1 lb. Italian sausage
- 1/2 red onion, chopped
- 8 oz. Monterey Jack Cheese, shredded
- 9-10 flour tortillas
- 10 oz. enchilada sauce
- 15 oz. tomato sauce
- 1/2 tsp. garlic powder
- salt and pepper to taste

Brown sausage and onion in large skillet. Drain and rinse under hot water to remove extra grease. Mix 2/3 of the cheese with the meat, reserving some cheese for the top. Stir together enchilada sauce, tomato sauce and garlic powder. Spread some sauce on bottom of 9x13 pan. Fill tortillas with meat and cheese. Roll and place in pan. Cover with sauce. Top with cheese. Bake 30 minutes or till hot at 350 degrees.

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



## Honey Cashew Pork Stir-Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside. Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.

**Serving Suggestion: rice**





## 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 (this didn't make it into the picture)
- 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**



## Pumpkin Chip Cookies

- 1 1/2 cups butter, softened
- 2 cups brown sugar
- 15 oz. can pumpkin
- 1 egg
- 1 tsp. vanilla
- 4 cups flour
- 2 cups oats
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 12 oz. semi-sweet chocolate chips

In a large bowl, cream the butter and sugar. Add in the pumpkin, egg and vanilla. Combine the dry ingredients in a bowl and gradually add to the wet ingredients. Beat until well combined. Stir in the chocolate chips. Drop by spoonfuls onto an ungreased cookie sheet or baking stone. Bake at 350 degrees for 10-12 minutes.

