

# Weekly Menu, Recipes, and Grocery List

1. [Chicken Curry in the Slow Cooker](#), rice, favorite green veggie
2. [Pizza Steak Sandwiches in the Slow Cooker](#), carrot sticks, French fries
3. [Ham and Swiss Scalloped Potatoes](#), favorite green veggie
4. [Lentil Tacos](#), salad, chips & salsa
5. [Zingy BBQ Chicken in the Slow Cooker or Oven](#), corn, favorite veggie
6. [Spaghetti with Garlic and Oil](#), [Tomato and Onion Salad](#), good bread with [Olive Oil for Dipping](#)
7. [Brownie Biscoff Puppy Chow](#)

## Produce

Onions  
Garlic  
Green bell pepper  
Red bell pepper  
Flat-leaf parsley  
Roma tomatoes  
Potatoes  
{Carrot sticks}  
{Salad fixings – 1 meal}  
{Corn}

## Canned/Dry

Salsa, 16+ oz.  
BBQ sauce  
Italian dressing  
Crushed tomatoes, 1 28 oz. Can  
Chicken broth  
Taco shells and toppings  
Lentils  
Curry  
Angel hair pasta, 1 lb.  
Unsweetened coconut milk, 1 can  
Chex (or store brand), 4.5 cups  
Biscoff (or any nut butter or peanut butter)  
Brownie mix  
Chocolate chips  
Optional brownie add-ins (mini marshmallows, M&Ms, etc)  
{Rice}  
{Chips & salsa}

## Frozen

{Favorite veggie – 3 meals}  
{French fries}

## Dairy

Butter  
Milk  
Provolone cheese slices  
Shredded Swiss cheese

## Meat

Chicken thighs, 3-4 lbs.  
Boneless chicken breast, 1.5 lbs.  
Round steak, skirt steak, or other cut, 1.5 lbs  
Pepperoni, 6 oz.  
Diced ham, 2 cups  
Flat anchovy fillets, 8-10

## Bread

Buns  
{Bread}

## Items to Have in Pantry/Fridge

Salt  
Pepper  
Oregano  
Basil  
Thyme  
Crushed red pepper flakes  
Cumin  
Chili powder  
Olive oil  
Flour



## Chicken Curry in the Slow Cooker

- 3-4 lbs. of chicken thighs
- 1 medium onion chopped
- 3 tbsp of curry
- 1 can of coconut milk - unsweetened
- 16 oz. of salsa (whatever heat you like - I use medium)

Put the chicken thighs down on the bottom of the crockpot. Mix the chopped onion, salsa, curry, and the salt/pepper. Pour the sauce mixture over the top and cook for 4 hours on high or 8 hours on low. When it's finished cooking, just pull the chicken out and place on a platter. Then you will pour in the coconut milk in the crockpot and mix well.

Serve the chicken with the sauce over the top.

**Serving Suggestion: rice, favorite green veggie**



## 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:** carrot sticks, French fries



## Ham and Swiss Scalloped Potatoes

- 6-8 potatoes
- 4 Tbs. butter
- 4 Tbs. flour
- 3 cups milk, warmed
- salt and pepper to taste
- 2 cups diced ham
- 1-2 cups shredded Swiss cheese

Boil the potatoes in a large pan for about 30 minutes, or till tender when pricked with a fork. Cool potatoes slightly, then slice 1/4" thick. In a large pan or skillet, melt butter over medium heat. Stir in flour, cooking 1-2 minutes till golden. Whisk in milk. Bring to low boil over medium heat. Remove from heat and season with salt and pepper. Layer potatoes, ham and Swiss in buttered casserole dish. Repeat layers. Pour white sauce over all. Bake 350 degrees for 20 minutes.

**Serving Suggestion: favorite green veggie**



## Lentil Tacos

- 1 cups lentils
- 2 Tbs. oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 Tbs. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 1/2 cups chicken broth
- 1 cup salsa
- taco shells and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa. Serve in taco shells with lettuce and tomato, if desired.

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



## Zingy BBQ Chicken in the Slow Cooker or Oven

- 1/2 cup BBQ sauce
- 1/2 cup Italian dressing
- 1 1/2 lbs. boneless chicken breast

Mix the BBQ and dressing together. Pour over the top of the chicken. Bake at 350 degrees for an hour or slow cook it for 5-6 hours on high or 7-8 hours on low.

**Serving Suggestion: corn, favorite veggie**



## Spaghetti with Garlic and Oil

- 1 lb. angel hair
- 1/3 cups olive oil
- 8 cloves of garlic, chopped
- 8-10 flat anchovy fillet
- 1 tsp. crushed red pepper flakes
- fresh flat-leaf parsley, chopped

Put a large pot of water on to boil. Cook spaghetti according to package directions. While that cooks, chop the garlic. In a skillet over medium -low heat add the olive oil, garlic, red pepper flakes and anchovies. Stir this every once in a while, using the back of the spoon to break up the anchovies. They will melt into the oil and become very yummy. Drain the pasta and add to the skillet. Add parsley. Toss to coat.

**Serving Suggestion: Tomato and Onion Salad, good bread with Olive Oil for Dipping**



## Tomato and Onion Salad

- 6 Roma tomatoes (or any garden fresh, vine-ripe tomato)
- 1 small white onion
- flat-leaf parsley
- drizzle olive oil
- salt and pepper (I like Kosher salt and fresh ground pepper)

Slice the tomatoes and onions thin. Chop up some parsley - just a handful. Drizzle some olive oil over the tomatoes and onions. Add a bit of salt and pepper and stir in some of the parsley.





## Olive Oil for Dipping

- several cloves of garlic, chopped
- plenty of olive oil
- oregano, basil, crushed red pepper flakes, thyme, salt and pepper

This is more method than recipe. Pour plenty of oil into a small skillet. The amount you'll need depends on how many people you're feeding and how much dipping they do. Toss the garlic into the pan and let it roast in the oil over medium heat until it begins to brown a bit. Remove the oil from the heat and stir in the other seasonings. I don't measure any of this, but just go by the way it looks to me. Serve with bread warmed in the oven.



## Brownie Biscoff Puppy Chow

- 4 1/2 cups Chex (or store brand) cereal
- 1/2 cup chocolate chips
- 1/4 cup Biscoff (could also use any nut butter or PB replacement)
- 3/4 cup brownie mix (I used dark chocolate)
- Add ins (optional) - mini marshmallows, M&M candy, the possibilities are endless!

Measure out cereal and place in a large bowl. In a small, microwave safe bowl, melt your chocolate chips and Biscoff. (I start out with 30 seconds, stir, then heat in 15 second increments until melted.) Pour melted chocolate mixture over the cereal. Stir gently to coat. Add 3/4 cup brownie mix to a large Ziploc bag, dump chocolate coated cereal into Ziploc, and shake to coat. Spread brownie coated mixture on a large baking sheet to completely dry. Once cereal mix is dry (which only takes a few minutes), you can add anything you like to it (I used mini marshmallows and M&M's - but during the holidays, themed candies are fun to add) or you can leave the mix plain - b/c it is delicious all by itself!

