



Weekly Menu, Recipes, and Grocery List

1. [Reuben Calzone](#), [Quick Cole Slaw](#)
2. [Skillet Chicken, Peppers and Tomatoes](#), salad
3. [Mel's Diner Chili](#), [Cheddar Chive Freezer Biscuits](#)
4. [Salmon Patties](#), [Mac & Cheese](#), favorite green veggie
5. [Crockpot Cantonese Sweet and Sour Chicken](#) over rice
6. [Italian Sausage and Spinach Stuffed Shells](#), salad
7. [Hot Fudge and Caramel Chocolate Poke Cake](#)

Produce

Onions
Garlic
Red bell peppers
Orange bell pepper
Green bell pepper
Spinach
Slaw mix
Chives
Lemon juice
{Salad fixings – 2 meals}

Canned/Dry

Tomato paste, 2 6 oz. cans
Fire Roasted tomatoes, 1 can
Hunt's spaghetti sauce, 2 cans
Stewed tomatoes, 1 15 oz. can
Kidney beans, 1 can
Pineapple, 1 20 oz. Can
Salmon, 1 can
Sauerkraut, 8 oz.
Thousand Island dressing
Mayonnaise
Italian dressing
Red wine vinegar
Velveeta
Low-sodium chili seasoning mix, 2 packets
Macaroni
Jumbo pasta shells, 1 box
Devil's Food cake mix (and ingredients to make cake), 1 box
Hot fudge topping, 1 10 oz. jar
Caramel topping, 1 10 oz. jar
Toffee chips
{Rice}

Dairy

Milk
Buttermilk
Eggs
Butter
Ricotta cheese, 2 lbs.
Shredded sharp cheddar cheese
Shredded Italian-style blend cheese
Deli-sliced Swiss cheese, ¼ lb.

Meat

Chicken tenders, 3.5 lbs.
Deli-sliced corned beef, ½ lb.
Ground beef, 2 lbs.
Italian sausage, 1 lb.

Frozen

Whipped topping, 8 oz.
{Favorite green veggie – 1 meal}

Bread

Pizza dough, 1 lb.

Items to Have in Pantry/Fridge

Salt
Pepper
Ginger
Cayenne pepper
Olive oil
Soy sauce
Cider vinegar
Cornmeal
Cornstarch
Sugar
Brown sugar
Flour
Whole wheat flour
Baking soda





Reuben Calzone

- 1 lb. pizza dough
- 1/2 lb. deli-sliced corned beef
- 8 oz. sauerkraut
- 1/4 lb. deli-sliced Swiss cheese
- Thousand Island dressing, for dipping

Preheat the oven to 350 degrees. Divide the ball of pizza dough in half. Roll out one half of the dough into a rectangle approximately 8"x14". Top with half of the corned beef, half of the sauerkraut and half of the Swiss cheese. Roll from the long side, pinching the dough together to seal. Make sure to pinch the ends together too. Place seam-side down on a lined baking sheet. Repeat with remaining ingredients. Bake for 30-45 minutes, until the crust is lightly browned. Let sit for 5 minutes before cutting. Serve with Thousand Island dressing for dipping.

Serving Suggestion: Quick Cole Slaw





Quick Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix. How easy is that?





Skillet Chicken, Peppers and Tomatoes

- 1 1/2 lbs. chicken tenders marinated in soy sauce and Italian dressing
- olive oil for cooking the chicken
- 1 red pepper, cut in strips
- 1 orange pepper, cut in strips
- 1 onion, sliced
- 2 garlic cloves, crushed
- 15 oz. can stewed tomatoes with juice
- salt and pepper, to taste

Cook chicken in olive oil till done and browned. Remove chicken from pan. Add peppers, onion and garlic to pan and cook for several minutes. Add stewed tomatoes to other veggies. Return chicken to pan. Season with salt and pepper. Serve over couscous or angel hair pasta.

Serving Suggestion: salad





Mel's Diner Chili

- 2 lbs. ground beef (I used 1 lb. pork sausage + 1 lb. ground beef)
- 1 onion, chopped
- 2 cans tomato paste (6 oz. cans)
- 6 tomato paste cans of water
- 1 clove garlic, minced
- 1 can kidney beans, rinsed and drained
- 2 packs low-sodium chili seasoning mix
- 1 can Fire Roasted tomatoes, undrained (Judy's addition)
- salt and pepper to taste

Brown the beef, onion and garlic. Drain and rinse under hot water. Add all the other ingredients. Simmer for a few hours or toss it in the crockpot and cook it on low for 5 or 6 hours. I didn't have much time, so mine only cooked 45 minutes or so. It was still yummy.

Serving Suggestion: Cheddar Chive Freezer Biscuits





Cheddar Chive Freezer Biscuits

- 2 1/2 cups all-purpose flour
- 1 cup shredded sharp Cheddar
- 2 tablespoons minced fresh chives
- 2 teaspoons kosher salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon cayenne pepper
- 1/4 cup butter, cold and cut into pieces
- 1 cup buttermilk
- 2 eggs, beaten

Preheat oven to 425. Whisk together flour, Cheddar, chives, salt, baking soda, and cayenne pepper in a medium bowl. Using a pastry blender or two knives, cut in the butter. In a small bowl, stir together the buttermilk and eggs. Stir until flour mixture just until all ingredients are wet. Drop dough by heaping tablespoonfuls onto a greased cookie sheet. Bake until golden, between 15 and 18 minutes.





Salmon Patties

- 1 can salmon
- 1/2 cup whole wheat flour
- 1/4 cup cornmeal
- 2 eggs, beaten
- 1/2 small onion, finely chopped
- 1 Tbs. lemon juice
- oil for browning

Pour the salmon into a mixing bowl, along with the liquid in the can. Use a fork or pastry blender to mash the salmon and bones. Stir in all the other ingredients. If the mixture seems to wet, work in a bit more flour. Shape into 8 patties. Fry in oil in a skillet over medium heat, about 7-8 minutes on each side.

Serving Suggestion: Mac & Cheese, favorite green veggie





Mac & 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.





Crockpot Cantonese Sweet and Sour Chicken

- 2 lbs. of chicken (I used chicken tenders because they were on sale. I did not use the whole bag.)
- small onion, sliced
- red pepper, sliced
- green pepper, sliced
- 20 oz. can pineapple
- 1/4 cup brown sugar
- 1 clove garlic, crushed
- 1/4 tsp. ground ginger
- 2 Tbs. cornstarch
- 1/4 cup cider vinegar
- 1/4 cup water
- 1 Tbs. soy sauce
- 1/2 tsp. salt

Put the chicken, onion and peppers in the crockpot. I added my chicken frozen. Drain the can of pineapple. Set the pineapple chunks aside for later. Mix the juice with the rest of the ingredients and pour over the chicken. Cook on low for 7-9 hours or high for about 4-5 hours. A bit before serving add the pineapple chunks.

Serving Suggestion: rice





Italian Sausage and Spinach Stuffed Shells

- 1 lb. Italian sausage
- 1 onion, chopped
- 1 clove garlic, minced or crushed
- 1 bag fresh spinach
- 2 lbs. ricotta cheese
- 1 cup Italian style blend cheese, shredded
- 1 box jumbo pasta shells, cooked according to package directions
- 2 cans Hunt's spaghetti sauce

Brown the sausage with the onion and garlic. Drain and rinse under hot water. Cook the spinach in 1 cup of water until soft and wilted. Drain and squeeze out the water, then coarsely chop the spinach. Mix the sausage, spinach, ricotta and Italian cheese together. Fill each cooked shell with the mixture. Spread a bit of sauce on the bottom of two 9×13 pans. Put the stuffed shells in the pans as you fill them. Cover with the rest of the sauce.

To bake, cover the pan with foil and bake at 350 degrees for 45 minute to 1 hour.

To freeze, cover tightly with foil and label with directions, "Thaw in fridge. Bake at 350 degrees for 1 hour"

Serving Suggestion: salad





Hot Fudge and Caramel Chocolate Poke Cake

- 1 Devil's Food cake mix + ingredients to make cake
- 10 oz. jar hot fudge topping
- 10 oz. jar caramel topping
- 8 oz. frozen whipped topping, thawed
- 1/2 cup toffee chips, optional

Bake cake according to package directions in a 9x13 pan. While the cake is still hot, poke holes in it with a chopstick or skewer. Make a lot of holes. Warm the hot fudge and caramel sauces in the microwave until they will pour easily (warming is more important for the fudge than the caramel). Pour the sauces over the cake, using a spoon to evenly spread the toppings. Cool cake completely. Frost with frozen whipped topping. Sprinkle with toffee chips. Store in fridge.

