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Produce

Onions
Garlic
Jalapeno
Chives
Basil
Apples
{Salad fixings – 2 meals}
{Sweet potatoes}
{Favorite fruit}

Canned/Dry

Crushed tomatoes, 1 28 oz. can
Petite diced tomatoes, 2 cans
Corn, 1 can
Chicken broth, 2 32 oz. boxes
Beef, 1 jar (canned meat section)
BBQ sauce
Hoisin sauce
Soy sauce
Honey
Cornmeal
Cornbread stuffing mix, 1 box
Devil's food cake mix, 1 box
Instant chocolate pudding, 1 package (small box)
Chocolate chips, 1 bag
Powdered sugar
{Rice}

Dairy

Butter
Milk
Eggs
Buttermilk
Half & half
Shredded sharp cheddar cheese
Shredded Parmesan cheese

Meat

Boneless chicken breasts, 8-12
Chicken, 2-3 cups
Salmon fillets, 4-6
Pork chops, 1.5 lbs.

Frozen

{Garlic bread}
{Favorite veggie – 3 meals}

Items to Have in Pantry/Fridge

Salt
Pepper
Paprika
Ground red pepper
Lemon pepper
Ginger
Cayenne pepper
Vanilla
Olive oil
Dijon mustard
Cocoa
Flour
Baking soda
Baking powder





Tomato Basil Chicken Soup

- 1/2 (red or yellow) onion, diced
- 3 cloves garlic, crushed
- 1 Tbs. olive oil
- 28 oz. can crushed tomatoes
- 2 cans petite diced tomatoes
- 1 32 oz. box chicken broth
- 1/4 cup chopped fresh basil
- 1/8 tsp. ground red pepper
- 1/2 cup shredded Parmesan
- 1/2 cup half & half
- 2-3 cups cooked chicken, chopped

Cook onion and garlic in olive oil in a large pan. Add crushed and diced tomatoes, chicken broth, basil, ground red pepper, and Parmesan. Use an immersion blender to smooth soup, if desired. Add half & half and chicken. Heat over medium heat being careful not to bring to a boil.

Serving Suggestion: garlic bread, salad





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: baked sweet potatoes, favorite green veggie





Honey Hoisin Chicken

- 4-6 boneless chicken breasts
- 1/4 cup hoisin sauce
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup white wine or chicken broth
- 1/4 tsp. ground ginger

Put the chicken in the crockpot. Mix the other ingredients together and pour over the chicken. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: rice, favorite green veggie



Honey Dijon Pork Chops and Apples in the Slow Cooker

- 1 1/2 lbs. pork chops, boneless or bone-in
- 5 small apples, peeled and sliced
- 1 onion, sliced
- 3 Tbs. honey
- 1 tsp. Dijon mustard
- 1/2 tsp. Kosher salt
- generous grind black pepper

Place pork chops on bottom of crock. Stir honey, Dijon, salt and pepper together. Pour over apples and onions and toss to coat. Place apples and onions on top of pork chops in slow cooker. Cook 5-6 hours on high or 7-8 hours on low.

Serving Suggestion: spinach salad, Cheddar Chive Biscuits





Cheddar Chive 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.





Chipped Beef Gravy

- 3 Tbs. butter
- 3 Tbs. chopped onion
- 3 Tbs. flour
- 2 cups hot milk
- 1 jar of beef (you know the kind from the canned meat section that you use for cheese balls)
- 1/4 tsp paprika
- pepper and salt to taste

Rinse the meat under running water to remove a bit of the salt and then chop it up. In a sauce pan melt the butter and saute the onion until it's clear. Stir in the flour with a whisk and then add the hot milk, stirring until the mixture thickens. Add the remaining ingredients.

Serving Suggestion: Cornbread, fresh fruit





Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter (about 1 cup)

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir till well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.





BBQ Chicken with Southwestern Cornbread Stuffing

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

Melt butter in small skillet. Cook onion till soft. Add jalepeno 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. Serve with BBQ chicken.

Serving Suggestion: favorite veggie





Tuxedo Bars

For the cake:

- Devil's food cake mix
- 1 pkg. instant chocolate pudding (small box)
- 3 Tbs. cocoa
- 1-3/4 cups milk
- 2 eggs
- 1 bag chocolate chips

Combine all the ingredients (except the chocolate chips) in a mixer bowl. Mix until well combined. Stir in the chocolate chips. Pour into a well-greased 10x15 inch pan. Bake at 350 degrees for 25 minutes, or until a toothpick comes out clean. Cool completely.

For the frosting:

- 1 stick butter, softened
- 3 3/4 cups powdered sugar
- 3-4 Tbs. milk
- 2 tsp. vanilla

Beat butter in mixing bowl until smooth. Gradually add powdered sugar and milk, alternating. Add vanilla. Mix until smooth and spreadable. Spread onto cooled cake. Cut cake into bars to serve.

