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Produce

Onions
Garlic
Carrots
Parsnips
Potatoes
Sweet potatoes
Any other veggies you'd like for the All Veggie
Vegetable Soup
{Fixings for Easy Slow Cooker Pork Carnitas}
{Salad fixings – 2 meals}

Canned/Dry

Tomato juice, 1 large can
Kidney beans, 1 can
Taco sauce, 1 jar
Pizza sauce, 1 jar
Yeast, 1 package
Brown rice
Bowtie pasta, 1 lb.
Pretzels
Fritos
Mini peanut butter cups
Chocolate chips, 1 bag
{Chips & salsa}

Frozen

Broccoli
Cauliflower
Carrots
{Favorite veggie – 1 meal}

Bread

{Tortillas}

Dairy

Butter
Milk
Half and half
Eggs
Shredded cheddar cheese
Shredded mozzarella cheese
Feta cheese, 6-8 oz.

Meat

Boneless pork chops, roast, or tenderloin, 2.5 lbs.
Italian sausage, 1 lb.
Boneless chicken breasts, 4 lbs.

Items to Have in Pantry/Fridge

Salt
Pepper
Chili powder
Cumin
Oregano
Basil
Lemon pepper
Garlic powder
Ground red pepper
Sugar
Brown sugar
Flour
Bread flour (optional)
Vegetable oil
Cornmeal
Baking powder





Easy Slow Cooker Pork Carnitas

- 2 1/2 lbs. boneless pork chops, pork roast or tenderloin
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 Tbs. chili powder
- 1 tsp. cumin
- 1/2 cup taco sauce

Place all ingredients in slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Shred meat with a fork. Serve in tortillas with cheese, lettuce, and other toppings that you like.

Serving Suggestion: tortillas and fixings, chips & salsa





Brown Sugar Chicken and Sweet Potatoes in the Slow Cooker

- 2 lbs. boneless chicken breast
- 3 sweet potatoes, peeled and cut in chunks
- 5 Tbs. butter, melted
- 1/4 cup brown sugar
- salt and pepper to taste

Put the chicken and sweet potatoes in the crockpot. (I added the chicken still frozen.) Stir the brown sugar into the melted butter. Add salt and pepper. Pour over chicken and sweet potatoes. Cook on low for 7-8 hours or high for 5-6 hours.

Serving Suggestion: favorite green veggie





South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set. I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish. Serve with salsa.

Serving Suggestion: salad



Chicago Style Pizza Pot Pie

For the crust:

- 1 pkg. yeast (or 2 1/4 tsp.)
- 1 cup warm water
- 1 tsp. sugar
- 2 Tbs. vegetable oil
- 2 1/2 cups bread flour (you can use all-purpose, but bread flour makes a fluffier crust)

For the filling:

- 1 lb. Italian sausage
- 1 onion, diced
- 1 clove garlic, minced or crushed
- 2-3 cups shredded mozzarella cheese
- 1 jar pizza sauce

For top of crust:

- 2 Tbs. melted butter
- dried oregano and basil

Make the dough first. Dissolve the yeast in the water. Mix in the other ingredients until they are well blended. I use a stand mixer with a dough hook, but you can also do this by hand. Let the dough rest while you cook the sausage.

Brown the sausage with the onion and garlic. Drain and rinse under hot water to remove the extra fat.

Heavily grease a 9×13 casserole dish. Layer the mozzarella and then the sausage over the top. Pour the sauce over the sausage, using a spoon the spread it out.

On a floured surface, roll out the pizza dough with a rolling pin. It should be about the shape and size of the casserole dish. Carefully lift the dough and place it on the casserole dish. Trim any dough that is hanging over the sides. Brush with melted butter and sprinkle with oregano and basil, if desired. Bake at 425 degrees for about 25 minutes.

I flipped the pieces upside down to serve them, which is how the original individual pies get served. The cheese ends up on top. It's not pretty, but it's oh-so-good!

Serving Suggestion: salad





Bowtie Pasta with Feta and Lemon Pepper Chicken

- 1 1/2 - 2 lbs. boneless chicken breasts or tenders
- 1 lb. bowtie pasta
- broccoli, cauliflower and carrots (I like to use those steam in the bag fresh kind)
- feta cheese 6-8oz, crumbled
- lemon pepper
- 3-4 Tbs butter
- 1 1/2 – 2 cups half and half, warmed for a minute or two in the microwave

Sprinkle the chicken on both sides with lemon pepper and grill it. While the chicken is grilling start the pasta cooking. Steam the vegetables in the microwave, or add to the pasta during the last few minutes of cooking. Drain pasta. Combine pasta and veggies. Add the butter and warmed half & half to the pasta. Stir in the feta. Slice finished chicken in thin strips. Serve on top of pasta. Serve with additional lemon pepper, if desired.





All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion - chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

Serving Suggestion: Cheddar Muffins





Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients. Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans. Bake for 15-20 min.





Frito Candy

- 2 cups of pretzels
- 1 cup Fritos
- 8 mini peanut butter cups
- 1 stick of butter
- 1/2 cup brown sugar
- 1 bag of chocolate chips

Break the pretzels and Fritos up with your hands. Place them in a 9×13 pan that is lined with parchment paper or no-stick foil. Coarsely chop up the peanut butter cups and scatter them in the pan as well.

Melt the butter over medium heat, then stir in the brown sugar. Bring it to a full boil and boil 1 minute, stirring once or twice. Pour this mixture over the pretzel/Frito/peanut butter cups. Bake for 8 minutes at 350 degrees. Take the pan out of the oven and sprinkle with chocolate chips. Pop it back in the oven for a minute to melt the chips. Spread the chocolate over the top. Cool and then refrigerate for a while. Take it out of the pan and break it up, using a knife to cut it into rough pieces.

