



1. [Cheater Chinese Chicken](#) over rice
2. [Mini Deep Dish Pizzas](#), salad
3. [Chicken Philly Sandwiches in the Slow Cooker](#), french fries, carrot sticks
4. [Cottage Pie](#), favorite steamed green veggie, [Warm Cinnamon Apple Sauce with Toasted Marshmallows](#)
5. [Mexican Beans and Rice](#), salad, chips and salsa
6. [Ham, Broccoli and Cheddar Soup](#), [Cheddar Chive Biscuits](#)
7. [Pumpkin Biscoff Monster Cookies](#)

**Produce**

Onions  
Garlic  
Green bell peppers  
Green onions  
Broccoli  
Chives  
Chinese cabbage (or other cabbage)  
{Salad fixings – 2 meals}  
{Carrot sticks}

**Canned/Dry**

Petite diced tomatoes, 1 14.5 oz. can  
Dark red kidney beans, 2 cans  
Chicken broth, 6 cups  
Salsa  
General Tso sauce  
Beef gravy, 1 jar  
Cinnamon applesauce, 1 jar  
Biscoff, 1 14 oz. jar  
Pumpkin, 1 15 oz. can  
Marinated, quartered artichoke hearts, 1 7.5 oz. jar  
Toasted sesame seeds  
Instant mashed potatoes, 1 box  
Brown or white rice  
Quick oats  
Chocolate chips  
M&Ms  
Mini marshmallows  
{Chips and salsa}

**Frozen**

Pizza dough, 1 16 oz. ball  
{French fries}  
{Favorite veggie – 1 meal}

**Dairy**

Butter  
Milk  
Buttermilk  
Eggs  
Shredded cheddar cheese  
Shredded mozzarella cheese  
Provolone cheese, 6-8 slices  
Sour cream

**Meat**

Boneless skinless chicken breasts, about 4 lbs.  
Ground beef, 1.5 lbs.  
Diced ham, 2 cups

**Bread**

Hoagie rolls, 6-8

**Items to Have in Pantry/Fridge**

Salt  
Pepper  
Italian seasoning  
Thyme  
Sage  
Cumin  
Chili powder  
Cayenne pepper  
Vanilla  
Olive oil  
Worcestershire sauce  
Flour  
Baking soda  
Sugar  
Brown sugar





## Cheater Chinese Chicken

- boneless, skinless chicken breast (I'm sure thighs would work well too) - cooked and cut into bite-size chunks
- onion - chopped
- broccoli (any veggies you have on hand!)
- garlic - minced (to taste - I used one clove)
- Chinese cabbage (Napa or your preference)
- General Tso sauce
- olive oil
- toasted sesame seeds (optional)
- green onions (for serving)

Place a little olive oil in your skillet. Heat on medium heat. Add onion to pan and saute until translucent. Add garlic and broccoli. Give it a good stir. Add cooked chicken and sauce. Bring to a simmer. When sauce begins to thicken, add Chinese cabbage - go ahead and fill the pan, because the cabbage will wilt and reduce in size (a lot!) Carefully mix cabbage into the sauce/chicken/veggies and your done! It only takes a few minutes for the cabbage to begin to wilt, and I like mine to still have a little crunch to it. Garnish with toasted sesame seeds and green onions if desired.

**Serving Suggestion: rice**





### Mini Deep Dish Pizzas

- 6 Tablespoon + 1 teaspoon Olive oil, divided
- 1/3 cup onion, chopped
- 2 cloves of garlic, minced
- 1 can (14.5 oz.) petite diced tomatoes
- 2 teaspoons Italian seasoning
- 1 ball (approx. 16 oz.) pizza dough
- 1/2 green pepper, finely diced
- 8 oz. mozzarella cheese, shredded

Preheat oven to 350 degrees. Heat 1 tablespoon olive oil in a large frying pan, until shimmering. Add the onion and cook for 5 minutes, until translucent. Stir in minced garlic. Cook for about 30 seconds, or until fragrant. Stir in diced tomatoes and Italian seasoning. Cook until slightly thickened, about 15 minutes. Remove from heat and set aside. Add 1 teaspoon olive oil to each well of a cupcake tin. Roll out pizza dough until about 1/4 inch thick. Using a biscuit cutter slightly larger than the opening of your cupcake pan, cut out rounds of dough and push them into the cupcake pans. (If you don't have a biscuit cutter, a large cup or small bowl would work too!) Add a heaping tablespoon of the tomato sauce to each pizza dough cup. Top with chopped peppers and shredded mozzarella cheese. Bake for 15-18 minutes, until cheese is bubbly and dough is lightly browned on top. Remove from oven and let cool for two minutes before removing to a serving tray.

**Serving Suggestion: salad**





### Chicken Philly Sandwiches in the Slow Cooker

- 1 1/2 - 2 lb. boneless chicken
- 1 large onion, sliced
- 1 green pepper, sliced
- 7.5 oz marinated, quartered artichoke hearts with juice
- 6-8 hoagie rolls
- 6-8 slices provolone cheese

Put all ingredients in slow cooker. Cook on high 5-6 hours or low 7-8 hours. Pull the cooked chicken into bite-sized pieces. Broil the buns. Add meat and cheese. Broil again to melt the cheese. Enjoy!

**Serving Suggestion: French fries, carrot sticks**





## Cottage Pie

- 1 1/2 lbs. ground beef
- 1 onion, diced
- 1 jar of beef gravy
- salt and pepper
- 1/4 tsp. thyme
- dash of sage
- 2 cups mashed potatoes
- butter, to dot pie

Brown out the ground beef with the onion. Drain and rinse the meat under hot water. Add the thyme, sage, salt and pepper and gravy to the meat. Pour into a lightly buttered casserole dish. Top with mashed potatoes. Dot with butter. Bake at 400 degrees for 15-20 minutes or until the potatoes are browned a bit.

**Serving Suggestion: favorite steamed green veggie, Warm Cinnamon Apple Sauce with Toasted Marshmallows**





### **Warm Cinnamon Apple Sauce with Toasted Marshmallows**

- jar of cinnamon apple sauce
- handful of mini marshmallows

Pour the apple sauce into a small baking dish. If your apple sauce doesn't have cinnamon, just stir some in. If you have other things in the oven, go ahead and pop it in to heat for a while, then pull the apple sauce out of the oven and sprinkle with marshmallows. Put it back under the broiler for a minute to toast the marshmallows.

Or you can sprinkle the marshmallows of the apple sauce before you heat it. Put it in the oven at 350 degrees for about 15-20 minutes. The marshmallows will toast slowly as the apple sauce heats.





### **Mexican Beans and Rice**

- 2-3 Tbs. olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 Tbs. chili powder
- 1 tsp. cumin
- 2 cans dark red kidney beans, drained and rinsed
- 1 cup salsa
- 3 cups brown or white rice, cooked
- cheddar cheese, shredded
- sour cream, if desired

Cook onion and garlic in oil in a large skillet until onion is soft. Add spices, beans and salsa. Cook several more minutes until it's all hot. Serve beans over rice. Top with cheese and sour cream, if desired.

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





### **Ham, Broccoli and Cheddar Soup**

- 1 bunch broccoli, cut (or about 4 cups frozen florets)
- 1 stick butter
- small onion, diced
- 1/2 cup flour
- 6 cups chicken broth
- 4 cups milk, warmed
- 2 tsp. Worcestershire sauce
- 1 cups cheddar, shredded
- 2 cups diced ham

Steam the broccoli until tender. In a large pot, melt the butter and cook the onion till soft. Stir in the flour and cook for a minute or two. Whisk in the chicken broth. Add the warm milk and Worcestershire sauce. Heat over medium heat till the soup is hot. Drain the broccoli and add to the soup. Stir in the cheese and ham. Season with salt and pepper. Serve with extra cheese, if you like.

### **Serving Suggestion: 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.





### Pumpkin Biscoff Monster Cookies

- 2 sticks butter, softened
- 14 oz. jar Biscoff
- 3 eggs
- 1/2 tsp. vanilla
- 1 cup sugar
- 1 cup brown sugar
- 15 oz. can pumpkin
- 1/2 cup flour
- 1 tsp. salt
- 2 tsp. baking soda
- 5 cups quick oats
- 2 cups chocolate chips
- 2 cups M&Ms

Cream butter and Biscoff together in large mixing bowl. Mix in eggs, vanilla, sugars and pumpkin. Add flour, salt, baking soda and quick oats. Mix till well combined. Stir in chocolate chips and M&Ms. Drop by spoonfuls onto baking stone or cookie sheet. Bake at 375 degrees for 10 minutes.

