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Produce

Onions
Garlic
Red onion
Leeks
Yellow squash
Zucchini
Red bell pepper
Green bell pepper
Carrots
Baby spinach
Roma tomatoes
Cranberries
{Salad fixings – 3 meals}
{Baked potatoes}

Canned/Dry

Pasta shells, 1 lb.
Penne pasta, 1 lb.
Crushed tomatoes, 1 28 oz. can
Black beans, 1 can
Black bean and corn salsa, 1 jar
Chicken broth, 12 oz.
Pineapple tidbits, 1 20 oz. can
Progresso Recipe Starters Cooking Sauce -
Creamy Roasted Garlic Flavor, 1 can
Teriyaki sauce, 1 15-20 oz. jar
Chopped pecans, 1 cup
{Rice}
{Chips and salsa}

Frozen

Potato gnocchi, 8 oz.
{Favorite veggie – 1 meal}

Dairy

Butter
Milk
Eggs
Shredded Italian 5-blend cheese
Shredded Swiss cheese
Shredded cheddar or Mexican-blend cheese

Meat

Stew beef, 2 lbs.
Ground beef, 1 lb.
Smoked sausage, 1 lb.
Pepperoni, 6 oz.
Chicken breast, 2 cups
Tilapia fillets, 6

Bread

Tortillas, 6-10

Items to Have in Pantry/Fridge

Salt
Pepper
Lemon pepper
Basil
Oregano
Italian seasoning
Dijon mustard
Non-stick cooking spray
Flour
Sugar
Oil





Swiss Macaroni and Cheese with Smoked Sausage

- 4 Tbs. butter
- 1/2 onion, diced
- 4 Tbs. flour
- 3 cups milk, warmed
- 1 Tbs. Dijon mustard
- about 2 cups shredded Swiss cheese
- 1 lb. smoked sausage, heated according to package directions, sliced
- 1 lb. pasta shells, cooked

Melt butter in large skillet over medium heat. Add onion and cook till soft. Whisk in flour and cook 1 minute. Whisk in milk. Cook over medium heat, stirring often. Add mustard and cheese. When cheese is melted, combine sauce, cooked pasta and smoked sausage.

Serving Suggestion: favorite green veggie





Slow Cooker Beef Teriyaki with Pineapple

- 2 lbs. stew beef
- 15 - 20 oz. jar Teriyaki sauce
- 20 oz. pineapple tidbits, drained

Put the beef in the slow cooker. Pour sauce over the top. Cook on high for 5-6 hours or low for 7-8 hours. Add pineapple during the last 20-30 minutes of cooking.

Serving Suggestion: rice





Slow Cooker Chicken and Dumplings with Gnocchi

- 1 can Progresso Recipe Starters Cooking Sauce, Creamy Roasted Garlic Flavor
- 12 oz. chicken broth
- 1 c. chopped carrots
- 1/2 small onion, diced
- 2 c. cooked, shredded chicken breast
- 8 oz. frozen potato gnocchi
- 1 T. Italian seasoning
- 1 c. baby spinach, chopped

In your slow cooker, whisk together the Progresso Recipe Starter and chicken broth until well combined. Stir in chopped carrots, diced onion, shredded chicken, gnocchi and Italian seasoning. Cook on low for 6-8 hours. A half hour before serving, stir in chopped spinach. If soup is too thick, stir in some additional chicken broth; if too thin, vent the lid for the last half hour.

Serving Suggestion: salad





Pepperoni Pizza Pasta

- 1 lb. penne pasta
- 2 Tbs. oil
- 1 green pepper, chopped
- 1 red (or yellow or orange), chopped
- 2 cloves garlic
- 1/2 red onion, chopped
- 28 oz. crushed tomatoes
- 1 tsp. basil
- 1 tsp. oregano
- 6 oz. pepperoni (I used turkey pepperoni), cut in halves
- salt and pepper, to taste
- 1 cup Italian 5 cheese, shredded

Cook the pasta according to package directions. While it cooks, saute the peppers, onions and garlic in oil in a large skillet. When the veggies are tender-crisp, add crushed tomatoes, basil, oregano and pepperoni. Cook over medium heat till pasta is done. Season with salt and pepper. Drain pasta and put back in cooking pan. Pour sauce over pasta and stir to combine. Serve with shredded cheese.

Serving Suggestion: salad





Lemon Pepper Tilapia with Veggies on the Grill

- 6 tilapia fillets, thawed (I used one bag of frozen fillets)
- 3 leeks, sliced thin
- 1 yellow squash, sliced in thin half moons
- 1 zucchini, sliced in thin half moons
- 3 Roma tomatoes, sliced thin
- 1-2 tsp. lemon pepper seasoning or to taste
- non-stick cooking spray

You'll need heavy duty foil for this dish. If you don't have that, try doubling regular foil. Spread a large piece of foil on the counter (about 15 inches long). Spray with cooking spray. Place the tilapia in a single layer on the foil. Lightly sprinkle with lemon pepper. Cover with the veggies and sprinkle more lemon pepper using as much or as little as you like. Rip off another piece of foil, about this same size as the first and cover the fish and vegetables. Fold all of the sides of the foil together so you end up with a loose packet. Slide the packet onto a cookie sheet or cutting board to transfer it to the grill. Cook over low to medium heat for 15-20 minutes.

Serving Suggestion: baked potatoes





Beef and Black Bean Taco Bake

- 1 lb. ground beef, browned
- 1 can black beans, drained and rinsed
- 1 jar of black bean and corn salsa
- 6-10 tortillas, corn or flour, cut into bite sized pieces
- 2 cups cheddar or Mexican blend cheese, shredded
- extra cheese for the top, if desired

Mix all the ingredients together in a large bowl. Pour into a 9×13 casserole dish that has been sprayed with cooking spray. Cover and bake at 350 degrees for 30-45 minutes.

Serving Suggestion: chips and salsa, salad





Cranberry Nut Bars

- 4 eggs
- 2 cups sugar
- 2 cups flour
- 2/3 cup butter, melted
- 1 bag fresh cranberries, coarsely chopped
- 1 cup chopped pecans

Please Note: There is no leavening or salt in this recipe. I didn't accidentally leave them out of the list (like I did one other time), they just don't exist in this recipe.

Beat the eggs in a mixer bowl until thick. Gradually blend in the sugar. Stir in the melted butter and flour, blending well. Add the cranberries and pecans, gently stirring until it's all combined. Pour into a greased 9×13 pan. Bake at 350 degrees for 45 minutes.

