

eat at home

Weekly Menu, Recipes, and Grocery List



1. Mel's Diner Chili, Salad, Cornbread
2. Italian Chicken with Tomatoes in the Crockpot, Mashed Potatoes, Green Veggie
3. Harvest Apple Pot Roast, Rolls, Green Veggie
4. Easy Slow Cooker Pork Carnitas, Hawaiian Coleslaw
5. Angel Chicken, Salad
6. Slow Cooker Breakfast Casserole, Easy Peachy Fruit Salad
7. Pineapple Upside Down Cake in the Slow Cooker

Produce

Onion, ½ +1+ ½
Garlic, 1 +1 +1
{Salad fixings – 2 meals}
{Coleslaw mix, 1 bag}
{Green onions, 1 bunch}
{Banana, 1}

Canned/Dry

Tomato paste, 1 6 oz. can
Kidney beans, ½ can
Low sodium chili seasoning mix, 1 pkg.
Fire roasted tomatoes, 1 can
Petite diced tomatoes, 1 can
{Mashed potatoes}
Chunky applesauce, ¼ cup
Beef broth, 1 can
Italian dressing mix, 1 pkg. + ½ pkg.
Taco sauce, ¼ cup
{Toasted sunflower seeds}
{Sliced or slivered almonds}
{Chicken flavored ramen, 1 pkg.}
Cream of chicken soup, ½ can
White wine, ¼ cup
Angel hair pasta
{Peach pie filling, 1 can}
{Mandarin oranges, 1 can}
{Pineapple chunks, 1 can}
Pineapple chunks or tidbits, 1 20oz. can
White or yellow cake mix, 1 box

Bread

{Cornbread}
{Dinner rolls}
Tortillas

Frozen

{Green veggie – 2 meals}
O'Brien potatoes, 14 oz.

Dairy

Shredded Italian cheese blend, ¼ cup
Butter, 1 ½ Tbsp. + ½ cup
Cream cheese, 2 oz.
Shredded cheese, 4 oz.
Eggs, 6
Milk, ¼ cup

Meat

Ground beef, 1lb.
Chicken breast, 1 ½ - 2 lbs. + 2-3
Beef roast
Pork, any cut, 1 ¼ lbs.
Diced ham, ¼ lb.

Items to Have in Pantry/Fridge

Salt
Pepper
Olive oil
Red wine vinegar
Oregano
Basil
Chili powder
Cumin
{Sugar}
Brown sugar

Mel's Diner Chili

Yield: 3-4 Servings

- 1 lb. ground beef
- ½ onion chopped
- 1 (6 oz.) can tomato paste
- 3 tomato paste cans of water
- 1 clove of garlic, minced
- ½ can kidney beans, rinsed and drained
- 1 package of low-sodium chili seasoning mix
- 1 can fire roasted tomatoes, undrained
- Salt and pepper, to taste

Brown the beef, onion and garlic. Drain and rinse under hot water. Add all other ingredients and stir to combine.

Transfer everything to the crockpot and cook on low for 5-6 hours.

Serving Suggestion: Salad, Cornbread

Notes: Use remaining onion for Pork Carnitas. Remaining kidney beans can be used as a salad topper.

Italian Chicken with Tomatoes in the Crock-Pot

Yield: 3-4 Servings

- 1 ½ - 2 lbs. boneless chicken breast
- ¼ cup olive oil
- 2 Tbsp. red wine vinegar
- ½ tsp. oregano
- ½ tsp. basil
- 1 clove garlic, crushed
- Salt and pepper, to taste
- 1 15 oz. can petite diced tomatoes
- ¼ cup Italian blend shredded cheese

Place the chicken in a shallow dish. Whisk together all ingredients except tomatoes and cheese. Pour marinade over chicken and refrigerate for at least 20 minutes, up to overnight.

Brown the chicken in olive oil in a skillet over medium heat and then place in Crock-Pot. Add tomatoes to skillet, stirring to scrape up browned bits. Pour over chicken in the Crock-Pot. Cook on low for 7-8 hours or high for 5-6 hours. Top with shredded cheese.

Serving Suggestion: Mashed Potatoes, Green Veggie

Harvest Apple Pot Roast

Yield: 3-4 Servings

- 1 beef roast
- 1 onions
- ¼ cup chunky applesauce
- 1 can beef broth
- 1 packet Italian dressing mix

Put the roast in the slow cooker. Mix the applesauce, beef broth and Italian dressing mix together and pour over the roast. Cook on high for 4-5 hours or low for 7-8 hours.

Remove the roast and onions, turn heat to high. In a container with a tight-fitting lid, put 3-4 Tbsp. of flour and enough water to make the consistence of wallpaper paste. Shake well then whisk it into the broth in the crockpot to thicken.

Serve roast topped with onions and thickened gravy.

Serving Suggestion: Rolls, Green Veggie

Easy Slow Cooker Pork Carnitas

Yield: 3-4 Servings

- 1 ¼ lbs. boneless pork chops, pork roast or tenderloin
- ½ onion, diced
- 1 clove garlic, crushed
- 1 ½ tsp. chili powder
- ½ tsp. cumin
- ¼ cup taco sauce
- Tortillas and your favorite toppings, for serving

Place all ingredients in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Shred meat with a fork. Serve in tortillas with your favorite toppings.

Or, put all the ingredients into a large, freezer-safe zipper bag and freeze until ready to cook. If cooking from frozen, add additional time in the slow cooker.

Serving Suggestion: Hawaiian Coleslaw

Notes: Use remaining onion for Mel's Diner Chili.

Hawaiian Coleslaw

Yield: 6-8 Servings

- 1 bag of coleslaw mix
- 1 small bunch of green onions
- 1/3 of a 8-12 oz. jar of toasted sunflower seeds
- 1 small package of sliced or slivered almonds
- 1 package of chicken flavored ramen
- ½ cup oil
- 2-3 Tbsp. sugar
- Salt and pepper

Break the noodles into a 9" pan and add the almonds. Toast in a 350F degree oven to brown them, stirring occasionally. It should take about 10-15 minutes.

Mix together the oil, sugar, seasoning packet and salt and pepper to taste for the dressing.

Toss all ingredients together with the dressing.

Angel Chicken

Yield: 3-4 Servings

- 2-3 Chicken breasts
- 1 ½ Tbs. butter
- ½ pkg. Italian dressing mix
- ½ can cream of chicken soup
- 2 oz. cream cheese
- ¼ cup white wine
- Angel hair pasta, for serving

Put the chicken in the crockpot. Melt the butter and soften the cream cheese in the microwave. Stir those together with the Italian dressing mix, soup and wine. Pour over the chicken and cook on low for 5-6 hours. Serve over angel hair pasta.

Serving Suggestion: Salad

Notes: Remaining Italian dressing mix can be stored in an airtight container for future use. Remaining cream of chicken soup can be frozen for future use.

Slow Cooker Breakfast Casserole

Yield: 4 Servings

- Cooking spray to oil the crock
- 14 oz. bag frozen O'Brien Potatoes
- ¼ lb. diced ham
- 4 oz. shredded cheese
- 6 eggs
- ¼ cup milk
- Salt and pepper, to taste

Spray the inside of the crock with cooking spray. Put the potatoes on the bottom of the crock. Layer ham and cheese on top of the potatoes. In a large bowl, beat the eggs. Stir in the milk, salt and pepper. Pour over the top of the other ingredients in the crock. Cook on high for 4 hours or on low for 8 hours.

Serving Suggestion: Easy Peachy Fruit Salad

Easy Peachy Fruit Salad

Yield: 6 Servings

- 1 can peach pie filling
- 1 can mandarin oranges, drained
- 1 can pineapple chunks, drained
- 1 banana, coin sliced

Mix all ingredients together and chill until serving.

Pineapple Upside Down Cake in the Slow Cooker

Yield: 6-8 Servings

- ½ cup melted butter, divided
- 2/3 cup brown sugar
- 20 oz. pineapple (crushed or tidbit), drained and juice reserved
- 1 white or yellow cake mix

Stir together ¼ cup of butter, brown sugar and drained pineapple. Spread on the bottom of the slow cooker. Stir together the dry cake mix, remaining ¼ cup melted butter and pineapple juice in a large bowl. Pour cake batter over top of pineapple in the slow cooker. Cook on high for 2-3 hours or on low for 3-4 hours.