

eat at home

Weekly Menu, Recipes, and Grocery List



1. Skillet Chicken, Peppers, and Tomatoes served in Tortillas with Chips and Guacamole
2. Grilled Pizza with Salad
3. Bowtie Pasta with Feta and Lemon Pepper Chicken with Salad and Garlic Bread
4. Bramble Beans, Mac n' Cheese, and Tomatoes/Cucumbers
5. Chicken Salad over Spinach with Crusty Bread
6. Grilled Brats and Onions with Chips and Almost Homemade Pickles
7. Homemade Chocolate Ice Cream

Produce

Red pepper, 1/2
Orange pepper, 1/2
Onion, 1/2 +1/2 +1/2
Garlic cloves, 1 {+ 1}
{Avocados, 1}
{Lime or lemon juice}
Pizza dough, 1 lb.
Pizza toppings (onion, green pepper, etc.)
{Salad} +1
{Tomatoes/Cucumbers}
Celery, 2 stalks
Purple grapes, 1 cup
{Spinach, 1/2 bag}

Canned/Dry

Stewed tomatoes (8 oz. can)
Italian dressing, 1/4 cup
Soy sauce, 1/4 cup
{Chips}
Tomato sauce, 8 oz.
Bowtie pasta, 1/2 lb.
Ketchup, 1/2 cup
Pork and Beans, 1 can
Kidney beans, 1 can
{Macaroni, 8 oz.}
{Whole jar of dill pickles, 24 oz.}
Sweetened condensed milk, 1 can
Nestle Choco bake, 2 packets

Bread

{Crusty bread}

Frozen

Broccoli, cauliflower, carrot mix, 1 bag
{Garlic bread}

Dairy

Mozzarella cheese, 12 oz.
Feta cheese, 3-4 oz. crumbled
Butter, 1 1/2-2 tbs.
Half & half, 3/4-1 cup + {3/4 cup} + 2 cups
{Milk, 3/4 cups}
{Monterey Jack cheese, 4 oz.}

Meat

Chicken tenders, 1/2-3/4 lbs.
Pizza toppings (peperoni, ground beef, sausage, etc.)
Chicken breast or tenders, 3/4-1 lbs.
Ground beef, 1/2 lb.
Cooked chicken, 2 cup
Brats, 1/2 lb.

Items to Have in Pantry/Fridge

Salt
Pepper
Olive Oil
Sugar, 1/4 cup {+ 1 1/2 cups}
Garlic powder {+ 1/8 tsp.}
Italian seasoning
Non-stick grill spray
Lemon pepper seasoning
Mustard, 1 Tbs.
Vinegar, 1 Tbs.
Brown sugar, 2 Tbs.
{dry mustard, 1/2 tsp.}
{pinch of cayenne pepper}
Pecans, 1/2 cup
Mayo, 1/2 cup
Lemon juice, 1 Tbs.
{Alum, 1/4 tsp.}

Skillet Chicken, Peppers, and Tomatoes

Yield: 3-4 servings

Ingredients

- 1 3/4 lbs. [chicken tenders marinated in soy sauce and Italian dressing](#)
- olive oil for cooking the chicken
- 1/2 red pepper, cut in strips
- 1/2 orange pepper, cut in strips
- 1/2 onion, sliced
- 1 garlic clove, crushed
- 8 oz. can stewed tomatoes with juice
- Salt and pepper, to taste

Marinade – 1/4 cup each of soy sauce, Italian dressing, and sugar

Instructions

1. Cook chicken in olive oil till done and browned.
2. Remove chicken from pan.
3. Add peppers, onion and garlic to pan and cook for several minutes.
4. Add stewed tomatoes to other veggies.
5. Return chicken to pan.
6. Season with salt and pepper.

Serving Suggestion: Serve in Tortillas with Chips and Guacamole on the side

Guacamole

- 1 ripe avocados
- 1 clove garlic, pressed or minced
- Lemon or lime juice to taste
- Salt and red pepper to taste

Slice the avocados in half and take out the pit. Mash them together with the other ingredients. I put everything in the stand mixer to do this. Adjust the seasonings as needed.

Grilled Pizza (with your favorite toppings)

Yield: 4 servings

Ingredients

- 1 lb. pizza dough
- 8 oz. tomato sauce
- Garlic powder, to taste
- Italian seasoning, to taste
- 12 oz. mozzarella cheese, shredded
- Your favorite pizza toppings
- Non-stick grill spray

Instructions

1. Preheat grill to medium-high heat.
2. Divide pizza dough into four equal balls and roll out to about 1/4 inch thick. Generously spray grill grates with non-stick spray. Place pizza dough directly on the grill grates.
3. After about a minute, when the bottom of the pizza is solid and is beginning to get grill lines, flip the dough over with a spatula. Top with tomato sauce, garlic powder, Italian seasoning, mozzarella cheese and your favorite pizza toppings.
4. Close the lid of the grill to melt the cheese. After about three minutes, the cheese should be melted and the pizza cooked through. Remove from the grill grates with a spatula.
5. Let sit for a few minutes to let the cheese set before serving.

Serving Suggestion: Salad

Bowtie Pasta with Feta and Lemon Pepper Chicken

Yield: 3-4 servings

Ingredients

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

Instructions

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

Serving Suggestion: Salad and Garlic Bread

Bramble Beans

Yield: 3-4 servings

Ingredients

- 1/2 lb. ground beef
- 1/2 onion, chopped
- 1/2 cup ketchup
- 1 cans pork & beans
- 1 can kidney beans, rinsed and drained
- 1 Tbs. mustard
- 1 Tbs. vinegar
- 2 Tbs. brown sugar

Instructions

1. Brown hamburger and onion together in a skillet. Drain and rinse under hot water to remove extra grease.
2. Return meat to skillet and stir in all other ingredients.
3. Heat on stove top till hot or bake at 350 for 30-45 minutes.
4. If you want to try the slow cooker method, cook on low for 3-5 hours.

Serving Suggestion: Mac n' Cheese, Tomatoes and Cucumbers

Mac n' Cheese in a Pressure Cooker

Ingredients

- 8 oz. macaroni
- 2 cups water
- 1/2 tsp. salt
- 1/2 tsp. dry mustard
- Pinch cayenne pepper
- 3/4 cups milk
- 3/4 cups half & half
- 4 oz. cheddar cheese, shredded
- 4 oz. Monterey Jack cheese, shredded
- Black pepper, to taste

Instructions

1. Stir macaroni, water, salt, mustard and cayenne pepper together in the pressure cooker.
2. Lock the lid and select high pressure.
3. Once the pressure button pops up, indicating full pressure, set a timer (not the one on the cooker) for 4 minutes.
4. Use a quick pressure release when the 4 minutes are up.
5. Remove lid and stir in the milk and half & half.
6. Turn on the "browning" setting and cook 1-3 minutes until thick, stirring often.
7. Add the cheese a handful at a time, stirring to allow it to melt into the macaroni.
8. Season with pepper and serve.

To cook stove top – use these instructions:

1. Add macaroni and salt to a pot of boiling water and cook according to package directions.
2. Drain, but don't shake all the water from the pasta. It's okay to leave it a little wet.
3. Place macaroni back in the pot.
4. Stir in mustard, cayenne, milk, half & half and cheese.
5. Stir to combine and let the cheese melt with the pan over the burner on very low heat.

Chicken Salad

Yield: 3-4 servings

Ingredients

- 2 cups cooked chicken, cut up
- 1/3 cup chopped pecans
- 2 stalks celery, chopped
- 1 cup seedless purple grapes, halved
- 1/2 cup mayonnaise
- 1 Tbs. lemon juice
- Salt, to taste
- 1/4 tsp. pepper

Instruction

Combine the chicken, celery, grapes and nuts in a large bowl. In a small bowl, stir together the mayo, salt, pepper, and lemon juice. Stir this sauce into the chicken mixture and chill for several hours.

Serving Suggestion: Over spinach with crusty bread

Grilled Brats and Onions

Yield: 3-4 servings

Ingredients

- ½-¾ lb. pack of brats
- ½ onion, sliced
- Sub rolls

Instructions

1. Grill the brats to your liking on either grill or stovetop.
2. Sauté onions with salt, pepper, and a little olive oil
3. Serve in sub buns with mustard, yum!

Serving suggestion: Chips and almost homemade pickles

Almost Homemade Pickles

Ingredients

- 24 oz. jar whole dill pickles
- 1 ½ cups sugar
- 1/8 tsp. garlic powder
- 1/4 tsp. alum

Instructions

1. Remove the pickles from the jar and slice them 1/2" thick. I used a crinkle cutter for this, but you can use a knife.
2. Place slices in large bowl.
3. Pour juice from the jar over the slices.
4. Add remaining ingredients and stir with a spoon until the sugar is dissolved.
5. Let them sit on the counter covered with wax paper for 24 hours, stirring 6-7 times during the 24 hours.
6. Put pickles back in the jar and pour as much juice as will fit over the top of the pickles.
7. Store in the fridge.

Homemade Chocolate Ice Cream

Yield: 6 servings

Ingredients

- 2 cups half & half
- 2 packets of Nestle Choco Bake (sold near the cocoa powder, it comes with 8 packets per box)
- 1 can sweetened condensed milk

Instructions

1. First stir the sweetened condensed milk and the pre-melted chocolate together.
2. Stir in the 1/2 and 1/2.
3. Freeze according to your freezer's directions.
4. I like to transfer the ice cream into another container and place it in a regular freezer or deep freeze so that it scoops out like hard ice cream.