

eat at home

Weekly Menu, Recipes, and Grocery List



1. Baked Chicken with Summer Vegetables in the Crockpot, Baked Potatoes
2. Slow Cooker Italian Sausage and Peppers Sub Sandwiches, Salad
3. Peach Pork BBQ Sliders topped with Apple Cole Slaw, Baked Beans, French Fries
4. Zesty Crockpot Chicken with Couscous, Roasted Beets
5. Cube Steaks and Gravy in the Slow Cooker, Roasted Asparagus, Italian Bread
6. Slow Cooker Breakfast Casserole, Mixed Berry Smoothies
7. Amish Oatmeal Cookies

Produce

Onion, 1 +1 +1 +1
Garlic, 4
Red bell pepper, 1 +1
{Baked potatoes}
Green pepper, 1
{Salad fixings – 1 meal}
Cole slaw mix, 16 oz.
Parsley, handful
Apple, 1
{Beets}
{Asparagus}
{Bananas, 3}

Canned/Dry

Dijon mustard, 2 Tbsp.
Diced tomatoes, 1 can
White wine, ½ cup
Spaghetti sauce, 1 jar
Barbecue sauce, 16 oz.
Peach salsa, 16 oz.
{Baked beans}
Couscous, 1 box
Brown gravy mix, 1 pkg.
Quick cooking oats, 3 cups

Bread

Hoagie rolls
Kings Hawaiian dinner rolls
{Italian bread}

Frozen

{Fries}
O'Brien potatoes, 28 oz. bag
{Mixed berries, 4 ½ - 6 cups}

Dairy

Provolone, 8 slices
Shredded cheddar, 8 oz.
Eggs, 12 +2
Milk, ½ cup {+ ¾ - 1 ½ cups}
{Vanilla yogurt, 1 ½ cups}
{Orange juice, ¾ - 1 ½ cups}
Butter, 1 cup

Meat

Chicken breast, 3 lbs.
Sweet Italian sausage links, 2 lbs.
Pork roast or tenderloin, 2 ½ - 3 lbs.
Boneless pork, 3 lbs.
Cube steak, 2 lbs.
Diced ham, ½ lb.

Items to Have in Pantry/Fridge

Salt
Pepper
Olive oil
Thyme
Vegetable oil
Flour
Italian seasoning
Vinegar
Sugar
Paprika
Cayenne
Onion powder
White pepper
Garlic powder
Dry mustard
Brown sugar
Vanilla
Baking powder
Baking soda

Baked Chicken with Summer Vegetables in the Crockpot

Yield: 6-8 Servings



- 3 lbs. chicken breasts
- A bit of olive oil
- 2 Tbsp. Dijon mustard
- Salt & pepper, to taste
- 1 tsp. thyme
- 1 onion, cut into thick wedges
- 4 large gloves garlic, minced
- 1 red bell pepper, sliced
- 1 can diced tomatoes, drained
- ½ cup white wine

Rub the inside of the crockpot with olive oil.

Rub the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place chicken in the bottom of the crockpot. Put the veggies and wine on top of the chicken.

Cook on low for 7-8 hours or on high for 5-6.

Serving Suggestion: Baked Potatoes

Slow Cooker Italian Sausage and Peppers Sub Sandwiches

Yield: 8 Servings



- 2 lbs. sweet Italian sausage links
- 1 onion, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 jar spaghetti sauce
- 1 tsp. Italian seasoning
- 8 hoagie rolls, toasted
- 8 slices Provolone cheese

In a skillet, brown the sausage on all sides. Place the sausage, onion, peppers, tomato sauce and Italian seasoning in the slow cooker.

Cook on high for 4-5 hours or low for 6-7 hours.

Served sausage and peppers on hoagie rolls, topped with cheese.

Serving Suggestion: Salad

Peach Pork BBQ Sliders Topped with Apple Cole Slaw

Yield: 6-8 Servings



- 2 ½ - 3 lbs. pork roast or tenderloin
- 16 oz. bottle barbecue sauce
- 16 oz. peach salsa
- 16 oz. bag cole slaw mix
- Handful of chopped parsley
- 1 apple, chopped
- 1/3 cup vegetable oil
- 3 Tbsp. vinegar
- 4 Tbsp. sugar
- Salt and pepper, to taste
- Kings Hawaiian dinner rolls

Place first 3 ingredients in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Shred cooked meat to serve.

Stir cole slaw mix, parsley and apple together. Put the remaining ingredients in a container with a tight fitting lid. Give it a good shake to combine. Pour dressing over slaw and toss.

Serve pork on rolls, topped with slaw.

Serving Suggestion: Baked Beans, French Fries

Zesty Crockpot Pork with Couscous

Yield: 6-8 Servings



- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. cayenne
- 1 tsp. onion powder
- 1 tsp. thyme
- 1 tsp. white pepper
- ½ tsp. garlic
- ½ tsp. black pepper
- 3 lb. boneless pork
- 1 large onion, sliced thin
- 1 box couscous

Place the onions on the bottom of the slow cooker. Mix all the spices together and rub all over the chicken. Place the chicken in the slow cooker on top of the onions. Cook on high for 5-6 hours or on low for 7-9 hours.

Cook the couscous according the package directions, except instead of water, use the broth and onions from the chicken.

Serving Suggestion: Roasted Beets

Roasted Beets

- Beets
- Olive oil
- Salt and Pepper

Wash the beets well and thinly slice. Place on an oiled baking sheet. Brush them with olive oil and sprinkle with salt and pepper. Bake at 425F degrees for 20-30 minutes.

Cube Steaks with Gravy in the Slow Cooker

Yield: 6-8 Servings



- ½ cup flour
- 2 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. dry ground mustard
- 2 lbs. cube steak
- 2 Tbsp. vegetable oil
- 1 onion, sliced
- 1 packet brown gravy mix
- 1 cup water

Stir flour, salt, garlic powder and ground mustard together in a bowl.

Dredge the cube steaks in flour and brown in a skillet with some vegetable oil. Remove and place the steaks in a crockpot.

Add onion to the skillet and cook a few minutes. Stir gravy mix and water together and pour into skillet, scraping up the browned bits. Pour gravy and onions over meat in the crockpot.

Cook on low for 7-8 hours or on high for 5-6 hours.

Serving Suggestion: Roasted Asparagus, Italian Bread

Roasted Asparagus

- Asparagus
- Olive oil
- Salt and Pepper

Wash the beets well and thinly slice. Place on an oiled baking sheet. Brush them with olive oil and sprinkle with salt and pepper. Bake at 425F degrees for 20-30 minutes.

Slow Cooker Breakfast Casserole



Yield: 8 Servings

- Cooking spray to oil the crock
- 28 oz. bag frozen O'Brien Potatoes
- ½ lb. diced ham
- 8 oz. shredded cheese
- 12 eggs
- ½ 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: Mixed Berry Smoothies

Mixed Berry Smoothies

Yield: 6 Servings

- 4 ½ - 6 cups of mixed, frozen berries, thawed a bit in the microwave
- 1 ½ cups of vanilla yogurt
- ¾ - 1 ½ cups orange juice
- ¾ - 1 ½ cup milk
- 3 ripe bananas

Combine all ingredients in a blender and blend until smooth.

Amish Oatmeal Cookies

- 2 cups brown sugar
- 1 cup butter
- 2 eggs, beaten
- 1 tsp. vanilla
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 ½ cups flour
- 3 cups quick cooking oats
- ½ tsp. salt

Cream together the sugar and butter. Add the eggs and vanilla and beat until combined. Stir together the dry ingredients and then mix with the wet ingredients.

Chill the dough.

Form into balls and roll in powdered sugar. Place on a cookie sheet, press down a bit and bake at 375F degrees for 8 minutes or so.