

1. Bramble Beans, salad
2. Potatoes and Ham ala Julia Child, steamed veggie
3. Sweet and Sour Meatballs over Rice
4. Taco Soup, salad
5. Scrambled Eggs and Peppers, fresh fruit, toast
6. Italian Chicken Melts, Pasta Soup, salad
7. Snickerdoodle Muffins

Produce

onions
 garlic
 potatoes - 5-7
 carrots
 bell pepper, red or yellow
 lettuce and tomato for sandwiches
 {Salad fixings - 3-4 meals}
 {Fresh fruit}

Canned/Dry

pork & beans - 2 cans
 kidney beans - 3 cans
 pineapple chunks 20 oz
 white rice
 black beans - 2 cans
 corn - 2
 tomatoes with green chilis
 diced tomatoes - 2
 tomato sauce 15 oz - 2
 beef broth - 1 can
 taco seasoning - 2 pkgs
 Fritos
 chicken broth - 1 box
 pasta - any shape

Meat

Ground beef 3 lbs.
 diced ham, 1-2 cups
 frozen meatballs
 boneless chicken breasts

Frozen

{favorite veggie}

Dairy

milk
 butter
 eggs
 cheddar, shredded
 Swiss cheese (1-2 cups shredded)
 Italian blend cheese, shredded 2 cup bag

Bread

good sandwich buns
 {bread for toast}

Items to have in pantry/fridge

ketchup - 1 cup
 mustard
 vinegar
 brown sugar
 vegetable oil
 soy sauce
 cornstarch
 mayonnaise
 basil
 flour
 cream of tartar
 baking soda
 sugar
 vanilla
 cinnamon

Bramble Beans

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

Brown hamburger and onion together in a skillet. Drain and rinse under hot water to remove extra grease. Return to skillet and stir in all other ingredients.

Heat on stove top till hot or bake at 350 for 30-45 minutes. If you want to try the slow cooker method, cook on low for 3-5 hours.

Serving Suggestion: salad

Potatoes and Ham ala Julia Child

- 1 onion, chopped
- 1 garlic clove, minced or crushed
- 1-2 Tbs. vegetable oil
- 1-2 cups diced ham
- 5-7 potatoes, peeled and sliced thin
- 1-2 cups shredded Swiss cheese
- 1 egg
- 1 cup (plus extra) milk or half & half
- 1 Tbs. butter
- salt and pepper to taste

Cook onion, garlic and ham in oil in a large skillet. Remove from the skillet when onion is soft. Starting with the sliced potatoes, layer potatoes, ham and cheese in the skillet.

Stir the egg and milk together and pour over the potatoes and ham. Add more milk or half & half to nearly cover the potatoes. Dot with butter. Bake at 350 degrees for 30-45 minutes.

Sweet and Sour Meatballs

- about 1 lb. of prepared, frozen meatballs
- 20 oz can pineapple chunks, drained – reserve the juice
- 1 – 1 1/2 cups carrots, sliced
- 1 onion, chopped
- 1 clove garlic
- water to add to the juice to make 1 1/2 cups
- 6 Tbs. vinegar
- 6 Tbs. brown sugar
- 4 Tbs. soy sauce
- 2 Tbs. cornstarch
- cooked rice

Thaw the meatballs in the microwave. In a skillet, saute the onion and garlic in a bit of oil. Add in the carrots and cook for a few minutes.

In a bowl, combine the pineapple juice with enough water to make 1 1/2 cups. Stir in the vinegar, brown sugar, soy sauce and cornstarch. Add to the skillet and stir till thickened. Add the meatballs. Simmer until the meatballs are hot and the carrots are tender-crisp. Serve over rice.

Taco Soup

Large package of hamburger (2 lbs. or so)
Large onion, chopped
2 cans Black Beans, drained and rinsed
2 cans Dark Red Kidney Beans, drained and rinsed
2 cans Corn, drained (you could use frozen)
1 can Tomatoes with Green Chilis (Rotelle)
1 can Diced Tomatoes
1 15oz can Tomato Sauce
1 can Beef Broth
2 packages of Taco Seasoning
2-3 cups of Water

Brown the meat and onion together. I like to rinse the hamburger under very hot water to get rid of the extra fat. Add in all the other ingredients and cook until it's hot. Serve with cheddar cheese and corn chips.

Serving Suggestion: tossed salad

Scrambled Eggs and Peppers

- onion, chopped
- red, yellow, orange or green bell peppers, chopped (I used 1/2 each yellow and red)
- butter for the skillet
- eggs, beaten with a fork (I used 8 or 9 for 5 people)
- salt and pepper to taste
- Italian blend cheese, shredded

Put the butter in a skillet and melt over medium heat. A couple tablespoons should do it. Add the onion and peppers and cook until tender.

Beat the eggs in a bowl and add in the salt and pepper. Add to the skillet and scramble till done. Remove from heat and sprinkle cheese in, stirring to melt.

Serve with biscuits, toast or muffins and fresh fruit.

Italian Chicken Melts

- grilled chicken breasts (I used 4 to make 6 sandwiches, but they didn't make it in the picture)
- good sandwich buns
- butter
- 1/2 cup mayonnaise
- 1 clove garlic, minced
- 1/2 tsp. basil
- salt and pepper
- mozzarella cheese, shredded
- lettuce and tomato

Slice the grilled chicken thin. Mix the mayo, garlic, basil, salt and pepper together for the sauce.

Butter the buns and pop them under the broiler to toast them. Pull them out and layer the chicken and mozzarella on the buns. Put it back under the broiler to melt the cheese.

Spread the top bun with the sauce. Add lettuce and tomato and serve.

Pasta Soup

- 1 box chicken broth
- 1 can tomato sauce
- 1 can diced tomatoes with juice
- 2 carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- about 1 cup pasta, any shape
- salt and pepper

Combine all the ingredients, except the pasta, in a pot on the stove. Bring to a boil and cook until the carrots are tender. Add in the pasta and cook until the pasta is tender. Season with salt and pepper to taste.

I used about 1 – 1 1/2 cups of pasta, just because that's what was left in the bottom of the box. I think it was a bit thick, but good. Next time I'll try less pasta for more of a soup texture. You can add any veggies you like or even a can of beans.

Snickerdoodle Muffins

- 2 cups flour
- 1/2 tsp. salt
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- 1 stick butter, softened
- 3/4 cup sugar
- 2 eggs
- 1 cup milk
- 1 1/2 tsp. vanilla
- 1 Tbs. sugar + 1 tsp. cinnamon for topping

In a bowl, stir together the flour, salt, cream of tartar and baking soda.

In a mixer bowl, cream the butter and sugar. Add the eggs. Add the milk and vanilla and mix until well combined. Stir the wet ingredients into the dry ingredients, just until moistened. Fill muffin cups 2/3 of the way full of batter. Sprinkle with cinnamon sugar. I just pinched some between my fingers and sprinkled the top of each muffin. Bake at 400 degrees for 15-20 minutes, or until a toothpick comes out clean.

Makes 1 dozen.