

1. Bowtie Pasta with Roasted Red Peppers and Grilled Chicken, salad
2. Zingy BBQ Chicken in the Slow Cooker, baked potatoes, steamed veggie
3. All Veggie Vegetable Soup, Cheddar Muffins
4. Chicken and Dressing Casserole, baked sweet potatoes, steamed veggie
5. Salsa Verde Steak in the Slow Cooker, served in tortillas with fixings, salad, chips and salsa
6. Croque Monsieur (fancy ham & cheese sandwiches), fresh fruit
7. Chocolate Drop Cookies

Produce

Onions
 Garlic
 Potatoes
 Carrots
 Parsnips
 Lettuce
 Tomato
 Sweet potatoes
 {Salad fixings – 2 meals}
 {Baked potato fixings – 2 meals}
 {Favorite fruit}

Canned/Dry

Chicken broth, 3 cans
 Cream of chicken soup, 1 can
 Salsa verde, 1 can
 Tomato juice, 1 large can
 Roasted red peppers, 1 12 oz. jar
 BBQ sauce
 Italian dressing
 Dijon mustard
 Bowtie pasta, 1 lb.
 Cornbread stuffing mix, 1 box
 Flour tortillas
 Cocoa
 Nuts, Heath chips, or dried fruit (whichever you prefer)
 {Chips}
 {Salsa}

Meat

Boneless chicken breast, 3 lb. bag
 Boneless rounds steak (or another cut of beef)
 Ham, 1 lb.

Dairy

Butter
 Eggs
 Milk
 Half and half
 Mozzarella cheese
 Cheddar cheese
 Swiss cheese
 Sour cream

Frozen

{Favorite veggie – 2 meals}

Bread

Sandwich bread

Items to Have in Pantry

Vegetable oil
 Flour
 Sugar
 Baking powder
 Baking soda
 Cornmeal
 Vanilla
 Salt
 Pepper
 Seasoned salt
 Red pepper
 Chili powder
 Cumin
 Nutmeg

Bowtie Pasta with Roasted Red Peppers and Grilled Chicken

- 1 lb. bowtie pasta
- 1-1 1/2 lbs. grilled chicken, sliced
- 1 onion, diced
- 3 cloves garlic, pressed or crushed
- 4 Tbs. Butter
- 1 cup half and half, warmed
- 1 cup chicken broth
- 1 tsp. [Homemade Seasoned Salt](#)
- 12 oz jar roasted red peppers, sliced
- 1 cup mozzarella, shredded

Cook the pasta according to the package directions. While it cooks, melt butter in a skillet over medium heat and cook the onion and garlic till soft. Whisk in half and half and chicken broth. Stir in seasoned salt and mozzarella. Lower the heat to keep the sauce from boiling.

Add the chicken and red pepper slices to the sauce. Stir frequently and keep an eye on the heat so it doesn't boil. Drain the cooked pasta and stir it together with the sauce. Add chopped parsley or basil when serving, if you're lucky enough to have some.

Serving Suggestion: salad

Zingy BBQ Chicken in the Slow Cooker

- 1/2 cup BBQ sauce
- 1/2 cup Italian dressing
- 1 1/2 lbs. boneless chicken breast

Mix the BBQ sauce and dressing together. Pour over the top of the chicken. Bake at 350 degrees for an hour or slow cook it for 5-6 hours on high or 7-8 hours on low.

Change this up by using any kind of BBQ sauce or a combination and any type of dressing that sounds good. Instead of boneless chicken, you could use any chicken cut or even a whole chicken. Increase the cooking time to match the type of meat you use.

Serving Suggestion: baked potatoes, steamed veggie

All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion – chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper, etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

Serving Suggestion: Cheddar Muffins

Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 1/4 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients.

Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans and top each muffin with a bit more cheese.

Bake for 15-20 min.

Chicken and Dressing Casserole

- 3 cups of cooked chicken, approximately
- 1 box of cornbread stuffing mix
- 1 can chicken broth
- 3 Tbs. Butter
- 1 1/3 cups milk
- 1 can cream of chicken soup

Put the chicken in the bottom of a baking dish (13×9 or nearly that size). In a large bowl, melt the butter in the microwave. Add the chicken broth and stir in the stuffing mix. Set aside while you mix the milk and cream soup together in a separate bowl. Pour the milk/soup mixture over the chicken. Top with the stuffing mix.

Bake at 350 degrees for 45 minutes to one hour. It's best baked uncovered, but you can cover it for most of the time and then let it brown up near the end of cooking.

Serving Suggestion: baked sweet potatoes, steamed veggie

Salsa Verde Steak in the Slow Cooker

- boneless rounds steak or another cut of beef
- 1 small can of salsa verde
- 1/2 cup chicken broth, beef broth or water
- 1 tsp. chili powder
- 1 tsp. Cumin
- 1 clove garlic, minced
- 1 onion, sliced
- flour tortillas
- cheddar cheese
- lettuce, tomato, sour cream, etc.

Put the steak and onions in the crockpot. Combine the salsa, broth and seasonings. Pour over the steak. Cook on high for 5-6 hours or low for 7-8 hours.

Shred the meat and serve in the tortillas with the fixings.

Serving Suggestion: salad, chips and salsa

Croque Monsieur

- 2 Tbs. butter, plus extra butter for the bread
- 2 Tbs. Flour
- 1 cup milk, warmed
- 2 tsp. Dijon mustard
- shake of nutmeg
- salt and pepper to taste
- sandwich bread
- 1 lb. ham, thinly sliced
- 2 cups shredded Swiss cheese

First, you're going to make a white sauce to spread on the inside of the sandwiches. Melt the butter in a small saucepan. Stir in the flour and cook for a minute. Whisk in the milk. Add the mustard, nutmeg, salt and pepper. Cook for a couple of minutes until thickened.

To make the sandwiches, heat a non-stick skillet or griddle. Spread the sauce on a slice of bread. Top with ham and the other slice of bread. Butter the outside of the bread. I found this easiest to do by putting the sandwich on a plate and buttering one side, flipping to butter the other.

Press both sides of the sandwich into the shredded cheese and place on the griddle or skillet. Cook for several minutes, until golden brown then flip to cook the other side.

This recipe will serve about 6 people.

Serving Suggestion: fresh fruit

Chocolate Drop Cookies

- 2 eggs
- 1/2 cup + 2 Tbs. vegetable oil
- 1 tsp. Vanilla
- 1 cup sugar
- 1 3/4 cup flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. Salt
- 6 Tbs. Cocoa
- 1/2 cup chopped nuts or Heath chips or dried fruit

Beat the eggs with an electric mixer. Beat in oil, vanilla and sugar. Stir flour, baking soda, baking powder, salt and cocoa together until well combined. Add to the mixer and beat until blended. Stir in the nuts, Heath chips or dried fruit if you're using it.

Drop teaspoonfuls of dough onto ungreased cookie sheets or baking stone. Bake at 375 degrees for 8-10 minutes.