

1. Italian Chicken and Rice Casserole, favorite veggie, salad
2. French Dip Sandwiches in the Slow Cooker, Quick Cole Slaw, Oven Fried Potatoes
3. Mexican Beans and Rice, salad, tortilla chips and salsa
4. Chicago Style Pizza Pot Pie, salad
5. Honey Cashew Pork Stir Fry
6. Whole Chicken in the Slow Cooker, noodles cooked in chicken broth, favorite veggie
7. Brownies with Chocolate Glaze

### **Produce**

Red pepper  
 Green pepper  
 Onions  
 Garlic  
 Potatoes  
 Slaw mix  
 Carrots  
 Celery  
 Parsley  
 {Salad fixings - 3 meals}

### **Canned/Dry**

Pizza sauce  
 {Salsa}  
 Cream of chicken soup, 1 can  
 {Chicken broth, 2 cans}  
 Dark red kidney beans, 2 cans  
 Mayonnaise  
 Baker's unsweetened chocolate  
 Cashews  
 White rice  
 Brown rice  
 {Tortilla chips}  
 {Dry noodles}

### **Meat**

Boneless chicken breast, 3 lb. bag  
 Whole chicken  
 Boneless pork chops, 6  
 Italian sausage, 1 lb.  
 Cube steak, 2 lb.

### **Frozen**

{Favorite veggie - 2 meals}

### **Dairy**

Cheddar cheese  
 Mozzarella cheese, 2-3 cups  
 Italian blend shredded cheese  
 Provolone cheese  
 Sour cream  
 Eggs  
 Butter

### **Items to Have in Pantry/Fridge**

Sugar  
 Powdered sugar  
 Flour  
 Bread flour (optional)  
 Yeast  
 Corn starch  
 Vegetable oil  
 Olive oil  
 Red wine vinegar  
 Orange juice  
 Soy sauce  
 Worcestershire sauce  
 Honey  
 Vanilla  
 Ginger  
 Oregano  
 Basil  
 Cumin  
 Chili powder  
 Seasoned salt  
 Salt  
 Pepper

### **Bread**

Sub buns

## **Italian Chicken and Rice Casserole**

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. Oregano
- 1/2-1 tsp. Basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9x13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top.

In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients.

Bake at 350 degrees for 1 hour - 1 hour and 15 minutes. Let it stand for a few minutes before serving.

**Serving Suggestion: favorite veggie, salad**

## **French Dip Sandwiches in the Slow Cooker**

- 2 lbs. cube steak
- 1 green pepper, sliced
- 1 large or 2 small onions, sliced
- 1 Tbs. worcestershire sauce
- provolone cheese slices
- sub buns

Place the steak, peppers and onions in the slow cooker. Cook 5-6 hours on high or 7-8 on low.

Slice the steak into strips. Place on buns and top with cheese. Broil in the oven until cheese is melted. Serve the the broth from the slow cooker.

Adjust the amounts for the number of people you are feeding. This served about 6 people.

**Serving Suggestion: Quick Cole Slaw, Oven Fried Potatoes**

## **Quick Cole Slaw**

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix.

## Oven Fried Potatoes

- potatoes, cleaned and sliced very thin
- olive oil, just a Tbs. Or 3
- seasoned salt

In a large bowl, drizzle olive oil over the potatoes. Sprinkle with seasoned salt and stir until well combined. The amounts just depend on how many people you are feeding. Four decent sized potatoes should feed 6 people.

Place in a single layer on a baking sheet. Bake at 425 degrees for about 20 minutes, or until tender and browned. You can flip them over with a spatula and let them brown on the other side too if you want them crisper.

## **Mexican Beans and Rice**

- 2 cans of dark red kidney beans
- onion
- garlic
- oil
- 1 cup salsa
- 1 Tbs. chili powder
- 1 tsp. Cumin
- brown rice, cooked
- cheese and sour cream for extra yumminess

Cook the brown rice according to the package directions. You can cook it in chicken broth or vegetable stock for extra flavor. I usually forget that step and just cook it in water.

Chop up the onion and garlic. If you're not in the habit of using fresh garlic, you might want to give it a try. The pre-chopped stuff in the jar works fine for this recipe, but it isn't nearly as good.

Saute the onions and garlic in the oil until the onions are translucent.

Add in the beans, chili powder, cumin and salsa. Stir it all up and heat it through.

Serve it over the rice with shredded cheese and sour cream, if you like.

**Serving Suggestion: salad, tortilla chips and salsa**

## Chicago Style Pizza Pot Pie

For the crust:

- 1 pkg. yeast (or 2 1/4 tsp.)
- 1 cup warm water
- 1 tsp. Sugar
- 2 Tbs. vegetable oil
- 2 1/2 cups bread flour (you can use all-purpose, but bread flour makes a fluffier crust)

For the filling:

- 1 lb. Italian sausage
- 1 onion, diced
- 1 clove garlic, minced or crushed
- 2-3 cups shredded mozzarella cheese
- 1 jar pizza sauce

For top of crust:

- 2 Tbs. melted butter
- dried oregano and basil

Make the dough first. Dissolve the yeast in the water. Mix in the other ingredients until they are well blended. I use a stand mixer with a dough hook, but you can also do this by hand. Let the dough rest while you cook the sausage.

Brown the sausage with the onion and garlic. Drain and rinse under hot water to remove the extra fat.

Heavily grease a 9x13 casserole dish. Layer the mozzarella and then the sausage over the top. Pour the sauce over the sausage, using a spoon the spread it out.

On a floured surface, roll out the pizza dough with a rolling pin. It should be about the shape and size of the casserole dish. Carefully lift the dough and place it on the casserole dish. Trim any dough that is hanging over the sides. Brush with melted butter and sprinkle with oregano and basil, if desired. Bake at 425 degrees for about 25 minutes.

I flipped the pieces upside down to serve them, which is how the original individual pies get served. The cheese ends up on top.

**Serving Suggestion: salad**

## Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.



## **Whole Chicken in the Slow Cooker**

### How to Clean a Whole Chicken

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top.

Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

### Ideas for Seasoning a Whole Chicken

A lot of times, I just go with salt and pepper. Sometimes I use Kosher or sea salt and freshly ground pepper. Other times, I just use the regular table stuff. You can't go wrong with plain salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

**Serving Suggestion: noodles cooked in chicken broth, favorite veggie**

## **Brownies with Chocolate Glaze**

- 4 squares of Baker's unsweetened chocolate
- 1 1/2 sticks of butter
- 2 cups sugar
- 3 eggs
- 1 tsp. Vanilla
- 1 cup flour
- 1 cup nuts (optional)

Melt the chocolate and butter together in the microwave for two minutes. Stir until completely melted. Add the sugar and blend well. Mix in the eggs one at time. Add the vanilla. Add in the flour and nuts, if you're using them. Stir just until blended. Pour into a greased 9x13 pan and bake at 350 degrees for 30-35 min. Don't over bake.

While the brownies are cooling, make the chocolate glaze. You'll need:

- 1 square unsweetened chocolate
- 3 Tbs. Butter
- 1 1/2 cups powdered sugar
- 1 tsp. Vanilla
- 2-3 Tbs. water (use 2 first and add more if needed)

Melt the chocolate and butter together. Remove from heat and add the other ingredients, being careful not to add too much water. Spread on the brownies.