

1. Beef and Bean Topped Potatoes, salad
2. Maple Apple Chicken in the Slow Cooker, favorite veggie
3. Sweet and Sour Meatballs over Rice
4. Italian Chicken Melts, Pasta Soup
5. Chicken Smothered with Summer Vegetables on a Bed of Couscous, salad
6. Camarones con Arroz (Shrimp with Rice), salad
7. Frozen Mocha Marble Loaf

Produce

Onions
 Garlic
 Carrots
 Green peppers
 Bell peppers (a variety)
 Tomatoes
 Cherry tomatoes
 Lettuce
 Parsley
 Potatoes
 Apples
 {Salad fixings – 3 meals}

Canned/Dry

Diced tomatoes, 2 cans
 Tomato sauce, 1 can
 Chicken broth, 2 boxes
 Pasta
 Rice
 Couscous, 1 box
 Kidney beans, 1 can
 Pineapple chunks, 1 can
 Italian dressing
 Mayonnaise
 Maple syrup
 Chocolate syrup
 Condensed milk, 1 can
 Oreos

Meat

Ground beef, 1 lb.
 Meatballs, 1 lb. frozen, prepared
 Shrimp, 1 lb. frozen, raw
 Bacon
 Boneless chicken breast, 2 3 lb. Bags

Dairy

Butter
 Cream cheese, 8 oz.
 Parmesan cheese
 Mozzarella cheese
 Cheddar cheese
 Whipping cream, 2 cups

Items to Have in Pantry

Coffee
 Olive oil
 Vinegar
 Soy sauce
 Cornstarch
 Brown sugar
 Vanilla
 Salt
 Pepper
 Basil

Bread

Sandwich buns

Frozen

{Favorite veggie}

Beef and Bean Topped Potatoes

- 1 lb. ground beef, cooked
- ½ cup onion and bacon, cooked
- 1 garlic clove, pressed or minced
- 1 can kidney beans, rinsed and drained
- 1 can chili ready diced tomatoes
- baking potatoes
- shredded cheddar cheese

Place all the ingredients, except the potatoes and cheese, in the slow cooker or heat them together on the stove. Top baked potatoes and sprinkle with shredded cheese, if desired.

You can substitute ingredients for what you have. Try regular diced tomatoes with a can of green chilis. Use any kind of canned beans. Skip the bacon. Cook the onion with the ground beef. Add chili powder or taco seasoning or salsa. Anything goes!

Serving Suggestion: salad

Maple Apple Chicken in the Slow Cooker

- 1 ½ - 2 lbs. boneless chicken breasts
- 3 apples, sliced
- 1 onion, sliced thin
- 1/2 cup Italian dressing
- 1/2 cup maple syrup

Put chicken, apples and onion in the slow cooker. Stir the dressing and syrup together and pour over the other ingredients. Cook on high for 5-6 hours or low for 7-8 hours.

Serving Suggestion: favorite veggie

Sweet and Sour Meatballs over Rice

- about 1 lb. of prepared, frozen meatballs
- 20 oz can pineapple chunks, drained - reserve the juice
- 1 - 1 ½ cups carrots, sliced
- 1 onion, chopped
- 1 clove garlic
- water to add to the juice to make 1 ½ 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 ½ cups. Stir in the vinegar, brown sugar, soy sauce and cornstarch. Add to the skillet and stir till thickened. Add the meatballs and pineapple. Simmer until the meatballs are hot and the carrots are tender-crisp. Serve over rice.

Italian Chicken Melts

- grilled chicken breasts (I used 4 to make 6 sandwiches)
- good sandwich buns
- butter
- ½ cup mayonnaise
- 1 clove garlic, minced
- ½ 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.

Serving Suggestion: Pasta Soup

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 ½ 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.

Serving Suggestion: Italian Chicken Melts

Chicken Smothered with Summer Vegetables on a Bed of Couscous

- 1 ½ pounds boneless chicken or chicken tenders
- olive oil for cooking the veggies
- 1 onion, sliced
- 1-2 cloves garlic, minced or crushed
- 2 bell peppers, sliced (I used half each of green, red, orange and yellow)
- cherry tomatoes, cut in half or quarters, about ½ cup
- fresh parsley, chopped, about 1/3 cup
- 1 box couscous
- 2 cups chicken broth
- Parmesan cheese for garnish

Cook the chicken on a grill. You could also choose to cook the chicken on the stove top in a skillet.

While the chicken cooks, heat the olive oil in a skillet over medium high heat. Cook the onions and garlic, stirring for about 5 minutes or until the onions are soft. Stir in the bell peppers and cook for 3-5 more minutes until the peppers are tender-crisp. Remove from heat and add the tomatoes and parsley.

Cook the couscous according to the package directions, using chicken broth instead of water.

To serve, place a mound of couscous on the plate. Top with chicken and add the veggies on top. Sprinkle with Parmesan cheese.

Serving Suggestion: salad

Camarones con Arroz (Shrimp with Rice)

- 1 onion, chopped
- 3 cloves garlic, minced
- ½ green pepper, sliced thin
- ¼ cup olive oil
- 1 large tomato, chopped
- 3 cups chicken broth (or water with 3 tsp. bouillon)
- salt and pepper
- 1 ½ cups uncooked rice
- 1 lb. frozen raw shrimp, deveined, tail-off
- ½ cup grated Parmesan cheese

Saute the onions, garlic and green pepper in the oil until the onion is cooked through. Rinse the shrimp under cold water to thaw it out and then add it to the pan with the veggies. Cook 5 or 6 minutes. Add the remaining ingredients, except the rice and cheese. Bring it to a boil, stirring it as it cooks. Add the rice and stir. Cover the pan and cook over low heat for about 30 minutes. Sprinkle each serving with cheese.

Serves 4-6 people.

Serving Suggestion: salad

Frozen Mocha Marble Loaf

- about 2 cups crumbled Oreos (I used about ½ pack)
- 3 Tbs. butter, melted
- 8 oz cream cheese, softened
- 1 can sweetened condensed milk
- 1 tsp. vanilla
- 2 cups whipping cream, whipped
- 2-3 Tbs. very strong coffee (or 2 Tbs. instant coffee dissolved in 1 Tbs. hot water)
- ½ cup chocolate syrup

Make the crust:

Combine the cookie crumbs and butter. Press into the bottom of a foil lined loaf pan.

Make the filling:

Beat the cream cheese with a mixer until smooth. Add the sweetened condensed milk and vanilla. Fold in the whipped cream. Divide the cream filling in half.

To one half gently stir in coffee and chocolate syrup. Spread half this mocha filling over the crust. Top with vanilla filling. Repeat the layers. Wrap with foil and freeze for at least 6 hours. The dessert is soft enough to slice straight out of the freezer.

Serves 12-15 people.