

1. Bowtie Pasta with Italian Sausage and Bell Peppers, salad
2. Southwest Steak and Cornbread Dressing in the Slow Cooker, steamed veggie
3. Vietnam Fried Rice
4. Bean and Cheese Enchiladas, salad, chips & salsa
5. Whole Chicken in the Slow Cooker, Roasted Carrots, Parsnips and Potatoes, steamed green veggie
6. Cheesy Chicken and Rice, favorite veggie, Applesauce with Toasted Marshmallows
7. S'mores Pie

Produce

Onions
 Garlic
 Green pepper
 Red pepper
 Carrots, 1 bag
 Parsnips, 1 bag
 Potatoes, 1 bag
 {Salad fixings – 2 meals}

Canned/Dry

Crushed tomatoes, 1 28 oz. can
 Tomatoes with green chilis, 1 can
 Tomato sauce, 1 15 oz. can
 Chicken broth, 2 cans
 Cream of chicken soup, 1 can
 Pinto beans, 2 cans
 Enchilada sauce, 1 10 oz. Can
 Taco seasoning, 1 packet
 Cinnamon apple sauce, 1 jar
 Cornbread stuffing mix, 1 box
 Rice
 Bowtie pasta, 1 lb.
 Flour tortillas
 Mini marshmallows
 Marshmallow cream
 Graham cracker crust, 1 of the large size
 Chocolate pudding, 2 boxes
 Nutella, 1 jar
 {Chips}
 {Salsa}

Dairy

Eggs
 Butter
 Cheddar cheese
 Monterey Jack cheese
 Half & half

Frozen

Frozen vegetables of choice
 {Favorite veggie – 3 meals}

Meat

Italian sausage, 1 lb.
 Whole chicken
 Sirloin tip steak (or round steak or other beef cut), 2 lb.
 Boneless chicken breast, 3 lb. bag

Items to Have in Pantry

Oregano
 Basil
 Salt
 Pepper
 Sugar
 Soy sauce
 Cooking oil
 Olive oil

Bowtie Pasta with Italian Sausage and Bell Peppers

- 1 lb. bowtie pasta
- 1 lb. bulk Italian Sausage
- 1 onion, diced
- 2-3 cloves garlic, crushed or minced
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 28 oz can crushed tomatoes
- 1 tsp. oregano
- 1 tsp. basil
- 1 cup half & half, warmed
- salt and pepper to taste

Boil the pasta according to the package directions.

In a large skillet, brown the meat with onion and garlic. Drain and rinse under hot water to remove the extra grease. Return to the skillet and add the bell peppers. Cook for several minutes, until the peppers are tender crisp. Add crushed tomatoes, oregano and basil. Cook over medium heat until hot. Turn the heat to low. Stir in half & half.

Drain the pasta and return to the cooking pan. Add the Italian sausage sauce to the pasta. Serve with Parmesan or Mozzarella cheese, if you like. Serves 6-8 people.

Serving Suggestion: salad

Southwest Steak and Cornbread Dressing in the Slow Cooker

- About 2 lbs. sirloin tip steak or round steak or other beef cut
- 1 box cornbread stuffing mix
- 1 can tomatoes with green chilis, undrained
- 1/2 stick butter (4 Tbs), melted

Place the steak in the slow cooker. Stir the stuffing mix, tomatoes and melted butter together. Put the stuffing on top of the steak in the slow cooker. Cook on low for 5-7 hours.

Serving Suggestion: steamed veggie

Vietnam Fried Rice

- 1 cup rice (I ended up doubling the recipe and using 2 cups of rice)
- 4 Tbs. cooking oil
- 1/4-1/2 lb. any cooked or raw meat (I used 2 large boneless chicken breasts that I sliced thin)
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp.. sugar
- 1 Tbs. soy sauce
- 1 cup leftover or frozen vegetables (I used frozen peas and carrots)
- 2 eggs, beaten

Cook the rice. In a hot skillet add the oil and stir fry the meat if it's not cooked. I sprinkled some soy sauce on the chicken before I stir fried it. Remove the meat from the skillet and add the garlic, onion, salt, pepper, sugar and soy sauce. I didn't measure any of this, just eye-balled it. Stir fry until the onion is cooked through.

Stir in the beaten eggs, stir frying until the eggs are done. They will not and should not look like scrambled eggs you eat for breakfast. Add the vegetables and stir fry until they are hot through. Add the chicken back in to the skillet, along with the rice. Throw in some more soy sauce until it looks good to you. Pull out the chop sticks and enjoy!

Been and Cheese Enchiladas

- 2 cans pinto beans, drained and rinsed
- 1 Tbs. butter
- 15 oz can tomato sauce
- 1 packet of taco seasoning (1/4 cup)
- 10 oz can enchilada sauce
- 2 cups shredded cheese (I used Monterey Jack and cheddar)
- 8 flour tortillas

Mash the beans in a bowl. Melt the butter in a skillet. Stir in the beans, half the can of tomato sauce and the taco seasoning. Cook until hot and bubbly.

Mix the enchilada sauce with the remaining tomato sauce. Pour a bit in the bottom of a 9×13 inch pan and spread it around. This will help keep the enchiladas from sticking.

Spread some beans on a tortilla and top with shredded cheese. Roll up and place in the pan. Fill the rest of the tortillas. Pour the sauce over the top and add more cheese to the top. Bake at 350 degrees for 30 minutes.

Serving Suggestion: salad, chips and salsa

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: Roasted Carrots, Parsnips and Potatoes, salad

Roasted Carrots, Parsnips and Potatoes

- 1 bag carrots
- 1 bag parsnips
- 3 small potatoes
- olive oil
- kosher salt

Wash, peel and chop the carrots, parsnips and potatoes. I opted to leave the peels on the potatoes, but you can peel them too if you like.

In a large bowl, drizzle a couple tablespoons of olive oil over the veggies and sprinkle with salt. Mix it well and pour onto a large baking pan. Bake at 400 degrees for 40-45 minutes or until the veggies are tender.

This amount makes enough to serve 4-6 people, depending on their appetites.

Cheesy Chicken and Rice

- chicken, cooked and shredded
- about 1 cup cheddar cheese
- 1 cup rice
- 2 cans chicken broth
- 1 can cream of chicken soup
- pepper

I baked 3 small chicken breasts and shredded them for this dish. I really like to have chicken already to go for casseroles in the freezer. You can also substitute canned chicken if you're very short on time.

Place the chicken in a casserole dish and sprinkle the rice over it. Stir the broth, soup and pepper together and pour over the top. Bake uncovered at 350 degrees for an hour.

Serving Suggestion: favorite veggie, Applesauce with Toasted Marshmallows

Applesauce with Toasted Marshmallows

- jar of cinnamon apple sauce
- handful of mini marshmallows

Pour the apple sauce into a small baking dish. If your apple sauce doesn't have cinnamon, just stir some in.

If you have other things in the oven, go ahead and pop it in to heat for a while, then pull the apple sauce out of the oven and sprinkle with marshmallows. Put it back under the broiler for a minute to toast the marshmallows.

Or you can sprinkle the marshmallows on the apple sauce before you heat it. Put it in the oven at 350 degrees for about 15-20 minutes. The marshmallows will toast slowly as the apple sauce heats.

S'mores Pie

- graham cracker crust – I used the larger size
- 2 boxes chocolate cook and serve pudding
- Nutella – about 1/4 cup
- marshmallow cream – about 1/2 cup
- mini marshmallows – about 3/4 cup

Cook the pudding according to the package directions. While it cools, spread a layer of marshmallow cream in the bottom of the pie crust. I had a little trouble with the marshmallow pulling up the crust in places. Just be gentle and it's okay if it's not an even layer of marshmallow cream. Spread the Nutella over the top of the marshmallow.

Pour the chocolate pudding into the pie crust. Allow to cool about 10 minutes. Sprinkle the mini marshmallows over the top, so all the pudding is covered. Put the pie under the broiler just until the marshmallows toast. Watch it close so you don't burn them. Cool the pie and then cover and refrigerate.