

1. Salmon Patties, Mac & Cheese, green veggie
2. Smoky Chipotle Chicken Tacos in the Slow Cooker, salad, chips & salsa
3. Orange Chicken over rice
4. Honey Mustard Chicken in the Slow Cooker, steamed veggie, baked sweet potatoes
5. Shaker Village Tomato Soup, grilled cheese sandwiches
6. Grandma's Spaghetti Sauce in the Slow Cooker, pasta, salad
7. Butter Brickle Pecan Cookies

### **Produce**

Onions  
 Garlic  
 Green peppers  
 Celery  
 Lettuce  
 Lemon juice  
 {Sweet potatoes}  
 {Salad fixings – 2 meals}

### **Canned/Dry**

Salmon, 1 can  
 Tomato paste, 4 small cans  
 Tomato sauce, 2 15 oz. cans  
 Tomato soup, 1 can  
 Stewed tomatoes, 1 can  
 Fire roasted diced tomatoes, 1 can  
 Chipotle peppers in adobo sauce, 1 can  
 Orange sauce (such as Panda Express)  
 Liquid smoke  
 Honey  
 Dijon mustard  
 Rice  
 Macaroni  
 {Favorite pasta – 1 meal}  
 Flour tortillas  
 Yellow cake mix, 1 box  
 Heath chips, 1 package  
 Chopped pecans  
 {Chips}  
 {Salsa}

### **Bread**

{Sandwich bread}

### **Dairy**

Eggs  
 Butter  
 Milk  
 Velveeta (or generic alternative)  
 Cheddar cheese  
 Parmesan cheese  
 {Cheese of choice for grilled cheese sandwiches}

### **Frozen**

{Favorite veggie – 2 meals}

### **Meat**

Boneless chicken breast, 3 lb. bag  
 Popcorn chicken, 1 bag  
 Whole chicken (or the equivalent in chicken pieces)

### **Items to Have in Pantry**

Whole wheat flour  
 Cornmeal  
 Sugar  
 Vegetable oil  
 Salt  
 Pepper  
 Garlic powder  
 Basil  
 Oregano  
 Thyme  
 Bay leaves

## **Salmon Patties**

- 1 can salmon
- 1/2 cup whole wheat flour
- 1/4 cup cornmeal
- 2 eggs, beaten
- 1/2 small onion, finely chopped
- 1 Tbs. lemon juice
- oil for browning

Pour the salmon into a mixing bowl, along with the liquid in the can. Use a fork or pastry blender to mash the salmon and bones. Stir in all the other ingredients. If the mixture seems too wet, work in a bit more flour. Shape into 8 patties. Fry in oil in a skillet over medium heat, about 7-8 minutes on each side.

Serves 6-8 people.

**Serving Suggestion: Mac & Cheese, green veggie**

## Mac & Cheese

- Macaroni
- Velveeta (or generic alternative)
- Butter
- Milk

Make the amount of macaroni noodles you'll need for your family and then just eyeball the other ingredients for what looks good to you. You might like it creamier or drier or cheesier than what I do.

After the macaroni has cooked and drained, put it back in the pot. Add a couple tablespoons of butter. Slice off some thick slices of the cheese and break it up into the pot with your hands. Add some milk, but go slowly with it. You can always add more if it needs it, but you can't take it back out again. Allow it all to melt together in the pan, adjusting the ingredients as necessary.

### Here's a variation:

- Macaroni
- Stewed Tomatoes

Boil the macaroni and drain. Add in the stewed tomatoes.

## **Smoky Chipotle Chicken Tacos in the Slow Cooker**

- 4 boneless chicken breasts – about 1 1/2 lbs.
- 1 green pepper, sliced
- 1 onion, peeled and sliced
- 1 can Fire Roasted diced tomatoes, drained
- 1 chipotle pepper in adobo sauce, finely chopped (not the whole can, just 1 pepper)
- 1/4 tsp. liquid smoke
- flour tortillas
- shredded cheddar cheese
- lettuce, chopped

Mix all of the ingredients together in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Serve in tortillas with cheese and lettuce, if desired.

**Serving Suggestion: salad, chips & salsa**

## **Orange Chicken over rice**

- 1 bag frozen popcorn chicken
- 1 onion, chopped
- 1 green pepper, chopped
- vegetable oil
- 1-1 1/2 cups Orange Sauce – I used Panda Express bought from Walmart
- cooked rice

Put the popcorn chicken in the oven and bake according to the package directions.

Cook the onion and green pepper in a skillet with a little vegetable oil. Cook until tender-crisp. Pour in 1 to 1 1/2 cups of orange sauce. Add the chicken to the skillet and stir to combine. Serve over rice.

## **Honey Mustard Chicken in the Slow Cooker**

- whole chicken, cut up (or the equivalent in chicken pieces)
- 1/2 cup honey
- 1/4 cup dijon mustard
- salt and pepper to taste

Mix the honey, mustard, salt and pepper together in a small bowl. Put the chicken in the crockpot and pour the mixture over the top. Cook on high for 6-8 hours.

**Serving Suggestion: steamed veggie, baked sweet potatoes**

## **Shaker Village Tomato Soup**

- 1 small onion, chopped fine
- 1/2 cup celery, chopped fine
- 2 Tbs. butter
- 1 can tomato soup
- 1 can water
- 1 Tbs. lemon juice
- 1 tsp. Sugar
- salt and pepper

Saute the onion and celery in the butter until it's tender, but not browned. Add the remaining ingredients and heat through.

**Serving Suggestion: grilled cheese sandwiches**

## **Grandma's Spaghetti Sauce in the Slow Cooker**

- 1 onion, chopped
- about 4 cloves of garlic, minced
- 4 small cans tomato paste
- 4 cans water
- 2 tall cans (15 oz) tomato sauce
- garlic powder
- basil
- oregano
- thyme
- bay leaves
- salt and pepper
- sugar
- Parmesan cheese

Saute the onion and garlic in a bit of olive oil. Combine all the ingredients in the crockpot or large cooking pot on the stove. I didn't measure any of the spices, but used about 2 tsp of each, less for the garlic powder. I used 2 bay leaves. Salt and pepper are to taste. I used about 2 tsp of sugar and about 1/4 cup of Parmesan cheese.

Let it cook several hours or as long as you have time for.

**Serving Suggestion: pasta, salad**

## **Butter Brickle Pecan Cookies**

- 1 stick butter, softened
- 1 yellow cake mix
- 2 eggs
- 1 Tbs. water
- 1 package Heath chips
- 1/2 cup chopped pecans

Beat the butter until creamy. Add in the cake mix, eggs, water and beat until blended. Stir in the Heath chips and pecans. Drop by tablespoons onto ungreased baking sheets or baking stone. Bake at 350 degrees for 8-10 minutes. The top of the cookie will still look moist when you take it from the oven.

Makes about 4 dozen cookies.