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Produce

Red pepper
Green pepper
Carrots
Celery
Onions
Broccoli
Potatoes
Slaw mix
Garlic
Parsley
Basil
{Salad fixings – 2 meals}
{Favorite fruit – 1 meal}

Canned/Dry

Chicken broth, 47 oz.
Cream of chicken soup, 1 can
Diced tomatoes, 3 cans
Diced tomatoes with green chilis, 1 can
Tomato paste, 1 6 oz. Can
Mayonnaise
Dijon mustard
Honey
White wine
Orange juice
Rice
Pasta, 1 lb.
Corn tortillas
Cashews
Mini chocolate chips

Bread

Sub buns

Frozen

Corn
{Favorite veggie – 1 meal}

Dairy

Milk
Butter
Eggs
Half & half
Italian blend shredded cheese
Swiss shredded cheese
Provolone cheese, slices
Parmesan cheese
Cheddar cheese

Meat

Boneless chicken breast, 2 3 lb. bags
Boneless pork chops, 6
Cube steak, 2 lbs.
Ham, ½ lb.
Bacon

Items to Have in Pantry

Salt
Pepper
Oregano
Basil
Garlic powder
Cumin
Chili powder
Ginger
Seasoned salt
Flour
Cornmeal
Corn starch
Baking powder
Sugar
Vanilla
Olive oil
Vegetable oil
Soy sauce
Worcestershire sauce
Red wine vinegar





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 (15 oz) 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 9×13 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: steamed veggie





Chicken Tortilla Soup

- 32 oz chicken broth
- 2 cans diced tomatoes
- 1 can diced tomatoes with green chilis
- 6 oz tomato paste
- 2 cups frozen corn
- 2 cups cooked chicken
- 1 tsp. garlic powder
- 1/2 tsp. cumin
- 1/8 tsp. chili powder
- 10 corn tortillas
- cheddar cheese

Mix all the ingredients in a large pot or slow cooker. Bring it to a boil, then turn it down to simmer while you fix the tortilla strips. Or cook on high in the slow cooker for 4-5 hours.

For the tortilla strips, cut a stack of 10 tortillas in half. Then slice them into 1/4" slices. Fry in hot oil in a skillet and drain on paper towels. Serve the soup with the tortilla strips and shredded cheese.

Serving Suggestion: salad





Honey Cashew Pork Stir Fry over Rice

- 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.





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 broth from the slow cooker.

This served about 6 people.

Serving Suggestion: Oven Fried Potatoes, Quick Cole Slaw





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.





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.





Baked Ham and Broccoli Rolls with Swiss Cheese Sauce

- 1/2 lb. ham, cut into slices
- 1 bunch broccoli, cut into spears
- 2 Tbs. butter
- 2 Tbs. flour
- 2 cups milk, warmed
- 1 tsp. Dijon mustard
- 1 cup shredded Swiss cheese
- salt and pepper to taste

Cook the broccoli in a small amount of water until it's tender, about 10 minutes or so. Meanwhile, melt the butter in a pan. Whisk in the flour and cook for a minute or two. Gradually add the milk, whisking until smooth. Stir in the Dijon mustard and the cheese. Let the sauce cook over medium heat until thickened and the cheese has melted. Season with salt and pepper.

Assemble the rolls by putting a few broccoli spears in the middle of a slice of ham and rolling it up. Place in a 9×13 pan. After all the ham rolls are in the pan, pour the sauce over the top. Bake at 350 degrees for about 20-30 minutes, until hot and bubbly.

Serving Suggestion: fresh fruit, Cornbread Muffins





Cornbread Muffins

- 1 cup cornmeal
- 1 cup flour
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 1/2 stick butter, melted
- 1/4 cup sugar
- 1 egg
- 1 cup milk

Stir the dry ingredients together in a bowl. Stir the sugar into the melted butter. Add the egg and milk. Pour this into the dry ingredients and stir, just to combine. Divide into 12 greased muffin cups. Bake at 425 degrees for 15-20 minutes.





Bacon and Tomato Pasta

- 1 lb. pasta - I used penne, but you could use any shape you like
- 2 Tbs. butter + 2 Tbs. olive oil (this didn't make it into the picture)
- onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 1/2 cups half & half
- 1 1/2 cups Parmesan cheese, shredded or grated
- salt & pepper
- bacon, cooked and diced
- 1 can diced tomatoes, drained
- fresh basil leaves, chopped

Boil the pasta according to the directions. Melt the butter and olive oil together in a pan and add the onion and garlic. Cook until the onion is tender. Add the wine and cook for a minute or two. Add the half & half, whisking to blend. Stir in the cheese and let it melt. Season with salt and pepper. Toss in the bacon, tomatoes and basil.

Drain the pasta then mix it with the sauce. Serve it with extra Parmesan and black pepper if you like.

Serving Suggestion: salad





Chocolate Chip Muffins

- 2 cups flour
- 1/2 tsp. salt
- 1 Tbs. baking powder
- 1 stick butter
- 3/4 cup sugar
- 2 eggs
- 3/4 cup milk
- 1 tsp. vanilla
- 1 cup mini chocolate chips

Stir the flour, salt and baking powder in a large bowl.

With an electric mixer, cream butter and sugar. Add the eggs, vanilla and milk and mix until well blended.

Stir wet ingredients into dry ingredients with a spoon. Stir gently, just until combined. Fold in the chocolate chips.

Fill greased muffin pan with the batter and bake at 400 degrees for 15-20 minutes.

Makes 12 muffins.

