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Produce

Corn
Onions
Garlic
Red bell pepper
Green bell peppers
Tomato
Lettuce
{Favorite fruit – 1 meal}
{Salad fixings – 3 meals}

Canned/Dry

Navy beans, 4 cans
Kidney beans, 1 can
Fire roasted tomatoes, 2 cans
Diced tomatoes, 1 can
Salsa verde, 1 small can
Chicken broth, 3 cans
Cream of chicken soup, 1 can
Whole berry cranberry sauce, 1 can
Mandarin oranges, 1 can
Crushed pineapple, 1 can
Chili sauce, 1 bottle
Molasses
Dijon mustard
Bowtie pasta, 1 lb.
Cornmeal
Brown rice
Lemon cake mix
Lemon extract
White wine
{Chips}
{Salsa}

Bread

Flour tortillas

Dairy

Milk
Butter
Eggs
Cheddar cheese, 2.5 cups
Mozzarella cheese
Parmesan cheese
Sour cream

Meat

Whole chicken, about 3.5 pounds
Bacon, 6 slices
Boneless round steaks (or other cut of beef)
Italian sausage, 1 lb.
{Favorite meat – 1 meal}

Frozen

{Favorite veggie – 1 meal}

Items to Have in Pantry

Salt
Pepper
Chili powder
Cumin
Basil
Oregano
Thyme
Cumin
Garlic powder
Ketchup
Olive oil
Vegetable oil
Brown sugar
Sugar
Powdered sugar
Flour
Baking powder





Microwave Corn on the Cob

Put the shucked, cleaned ears of corn in a microwaveable dish. You can break them in half if you like. Top with plenty of butter pats and sprinkle with salt. Microwave for about 10 or 11 minutes. That's it.

Roll each ear around in the bottom of the pan before you put it on the plates and it's pre-buttered.

Serving Suggestion: favorite meat on the grill, Homemade Baked Beans, fresh summer fruit





Homemade Baked Beans

- 4 cans navy beans, drained and rinsed
- 3/4 cup brown sugar
- 1/4 cup molasses
- 1/4 cup ketchup
- 1 bottle chili sauce
- 1 small onion or 1/2 large onion, diced (about 1/2-3/4 cup)
- 6 slices bacon, cooked and chopped or crumbled

Combine all the ingredients in the slow cooker. Cook on high for 3-4 hours.

The beans were soupy when I first took the lid off, but thickened up after a few minutes. The leftovers heated up well in the microwave.

Serving Suggestion: favorite meat on the grill, Microwave Corn on the Cob, fresh summer fruit





Salsa Verde Steak in the Slow Cooker

- boneless rounds steak or another cut of beef
- 1 small can of salsa verde
- 1/2 cup chicken broth, beef broth or water
- 1 tsp. chili powder
- 1 tsp. Cumin
- 1 clove garlic, minced
- 1 onion, sliced
- flour tortillas
- cheddar cheese
- lettuce, tomato, sour cream, etc

Put the steak and onions in the crockpot. Combine the salsa, broth and seasonings. Pour over the steak. Cook on high for 5-6 hours or low for 7-8 hours.

Shred the meat and serve in the tortillas with the fixings.

Serving Suggestion: chips and salsa, salad





Pizza Bowties with Italian Sausage

- 1 lb. Italian sausage
- 1 lb. bowtie pasta
- 2 cans fire roasted tomatoes, lightly drained
- 1 green pepper, chopped
- 1 onion, chopped
- 1 clove garlic, minced (my tomatoes had garlic so I skipped this)
- 1 tsp. Basil
- 1 tsp. Oregano
- 1/2 cup mozzarella, shredded
- 1/2 cup Parmesan

Cook the pasta according to the package directions. Brown the sausage with the onion, garlic and green pepper. Drain and rinse under hot water. Put the meat back in the skillet and add the tomatoes and seasonings.

When the pasta is cooked and drained, mix it with the sauce and cheese.

Serves 6-8 people.

Serving Suggestion: salad





Baked Chicken and Summer Veggies in the Slow Cooker

- about 3 pounds of chicken (I used a whole chicken, cut up)
- a bit of olive oil
- 2 Tbs. Dijon mustard
- salt and pepper
- 1 tsp. Thyme
- 1 onion, cut in thick wedges
- 4 large cloves garlic, minced
- red bell pepper, sliced
- green bell pepper, sliced
- 1 can diced tomatoes, drained (or use fresh, chopped tomatoes)
- 1/2 cup white wine
- (You can also add mushrooms and hot peppers if you like them.)

Rub the inside of the crockpot with olive oil. Rinse and pat the chicken pieces dry with a paper towel. Rub the undersides of the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place them in the bottom of the crockpot, skin side down. Put the veggies and wine on top of the chicken. Cover and bake on high for 5 hours or so. Or bake on low all day.

Serving Suggestion: 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.

Serving Suggestion: Baked Chicken and Summer Veggies in the Slow Cooker





Cheesy Chicken and Rice Casserole

- 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 steamed veggie, Cranberries and Oranges





Cranberries and Oranges

- 1 can whole berry cranberry sauce
- 1 can mandarin oranges

Mix these together in a bowl and chill.

Serving Suggestion: Cheesy Chicken and Rice Casserole, favorite steamed veggie





South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. Salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set.

I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish.

Serve with salsa.

Serving Suggestion: salad





Lemon Pineapple Cake Mix Cookies with Pineapple Glaze

For the cookies:

- Lemon cake mix
- 1 stick butter, softened
- 2 eggs
- 1 tsp. lemon extract
- 8 oz crushed pineapple, drained well, juice reserved
- 2 Tbs. flour

For the glaze:

- 1 1/2 cups powdered sugar
- reserved juice from pineapple

Mix all the ingredients for the cookies with an electric mixer. Drop by teaspoons onto a baking stone or cookie sheet. Bake at 350 degrees for 8-10 minutes. Cool a bit before icing with the glaze.

To make the glaze, stir a few tablespoons of juice into the powdered sugar until it reaches a spreadable consistency. It should be a bit thinner than regular frosting, but not too thin.

