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Produce

Onions
Garlic
Basil
Green beans
Zucchini
Green peppers
Carrots
Broccoli
Tomatoes
White potatoes
Sweet potatoes
Blueberries
{Salad fixings – 1 meal}

Canned/Dry

Pineapple rings/slices, 1 can
Fire roasted diced tomatoes, 1 can
Diced tomatoes, 2 cans
Tomatoes with green chilies, 1 can
Kidney beans, 2 cans
Chicken broth, 1 box
Cornbread stuffing mix, 1 box
Couscous
Cornmeal
Rice
Hot sauce
White pepper

Frozen

Corn
Cheese tortellini, 2 bags
{Favorite veggie – 2 meals}

Dairy

Butter
Eggs
Milk
Cheddar cheese
Sour cream

Meat

Whole chicken
Boneless pork chops
Ham
Sirloin tip steak (or other cut of beef), 2 lbs.

Bread

{Crusty bread}

Items to Have in Pantry

Salt
Pepper
Paprika
Cayenne pepper
Onion powder
Thyme
Cumin
Coriander
Olive oil
Red wine vinegar
Flour
Baking powder
Sugar





Zesty Chicken in the Slow Cooker with Couscous

- 4 tsp. Salt
- 2 tsp. Paprika
- 1 tsp. cayenne pepper
- 1 tsp. onion powder
- 1 tsp. Thyme
- 1 tsp. white pepper
- 1/2 tsp. Garlic
- 1/2 tsp. black pepper
- 1 whole chicken
- 1 large onion, sliced thin

Clean the chicken and remove the giblets from the insides. Place the onions on the bottom of the slow cooker. Mix all the spices together and rub all over the chicken. Place the chicken in the slow cooker on top of the onions. Cook on high for 5-6 hours or low for 7-9 hours.

For the couscous:

Use a box of couscous. Cook according to the package directions, except instead of water use the broth and onions from the chicken.

Serving Suggestion: Fresh Green Beans





Fresh Green Beans

Snap the ends off each bean. Toss the beans in a colander and rinse under cool water. Put the beans in a saucepan with about 1/2 - 3/4 cup water. Bring it to a boil and then turn the heat down and let them steam for about 15 minutes. Drain the water off and add a tablespoon or two of butter. Season with salt and pepper.





Mexican Vegetables

- 2 zucchini
- 4 carrots
- 1 green pepper
- 1 onion
- 2 cloves garlic
- 2 cups frozen corn
- 2 cans diced tomatoes with juice
- 1 tsp. Cumin
- 1 tsp. Coriander
- salt

Chop all the veggies. Saute the onion and garlic in a large skillet. Add in the carrots and saute for a few minutes, covering to cook for about 5 minutes. Add in the other veggies and seasonings and let it cook until the veggies are tender. Serve hot over cornbread with shredded cheese and sour cream. Serves 4-6 people.

Serving Suggestion: Cornbread





Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir till well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.





Broccoli, Tomato and Tortellini Salad

- 2 bags frozen cheese tortellini
- large bunch fresh broccoli, cut into florets
- about 3 medium tomatoes or the equivalent in cherry or grape tomatoes
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, crushed
- Kosher salt and fresh ground pepper
- handful of fresh basil, chopped

Boil a big pan of water. Add the broccoli to the pot of boiling water. A minute or two later add the tortellini. The pasta only takes a couple of minutes to cook, so you can do the broccoli at the same time. Once the tortellini is done, drain the water and rinse the pasta and broccoli in cold water to stop the cooking process. Drain and place into a large bowl, along with the tomatoes.

To make the dressing, combine the rest of the ingredients in a container with a tight fitting lid. Shake it all up till it's well combined. Pour over the salad and toss to coat.

You can serve this right away or refrigerate it for several hours or even the next day.

Serving Suggestion: crusty bread





Pork Chops Topped with Onion, Green Pepper and Pineapple

- boneless pork chops
- onion slices
- green pepper rings
- pineapple rings
- salt and pepper

Place the pork chops in a casserole dish. Layer the onion, green pepper and pineapple on top of each pork chop. Sprinkle with salt and pepper. Bake for 1 hour at 350 degrees.

If you want to grill them outside, place them in individual foil packets and grill for about 20 minutes or so.

Serving Suggestion: Roasted White and Sweet Potatoes, favorite green veggie





Roasted White and Sweet Potatoes

This is more a method than a recipe.

- white potatoes, chopped
- sweet potatoes, chopped
- olive oil
- kosher salt
- ground black pepper

Toss the potatoes with a generous drizzle of olive oil, a sprinkle of kosher salt and as much black pepper as you like. You can raid the spice cabinet or herb garden for other additions as well. Roast on a rimmed cookie sheet at 400 degrees for about 40 minutes or until the potatoes are tender when poked with a fork.





Red Beans and Ham over Rice

- 2 cups of dry rice
- oil for sauteing
- 1 onion, chopped
- 2 cloves garlic, minced or crushed
- 1 green pepper, chopped
- about 3 cups of diced ham
- 2 cups chicken broth
- 1 can Fire Roasted diced tomatoes, or regular diced tomatoes, undrained
- 2 cans kidney beans
- 2 tsp. hot sauce

Cook the rice according to the package directions. In a skillet, saute the onion and garlic in oil. Add the green pepper and ham and cook for a few minutes, until the green pepper is tender-crisp. Add the chicken broth, tomatoes, hot sauce and beans. Bring to a boil. Cover and turn down the heat, letting it simmer for 10-15 minutes. Serve over the cooked rice, with extra hot sauce for those who like more spice.

Serving Suggestion: salad





Southwestern Steak and Cornbread Dressing in the Slow Cooker

- 2 lbs. sirloin tip steak or round steak or other beef cut
- 1 box cornbread stuffing mix
- 1 can tomatoes with green chilies, 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: favorite green veggie





Blueberry Cobbler

- 2 - 2 1/2 cups blueberries
- 3/4 cup sugar
- 2 Tbs. water to dissolve the sugar and juice up the berries
- 1 stick butter
- 1 cup flour
- 1 cup sugar
- 1/2 tsp. Salt
- 2 tsp. baking powder
- 1 cup milk

Preheat the oven to 375 degrees. Put the stick of butter in a 2-quart casserole dish and place it in the oven to melt it while you prep the other ingredients.

Stir the blueberries, 3/4 cup sugar and 2 Tbs. water together until the sugar has dissolved.

Stir the flour, sugar, salt and baking powder together in a bowl. Stir in the milk and mix till smooth.

Pull the casserole dish from the oven. The butter should be melted by now. Pour the batter over the butter, then spoon the blueberries over the batter. Bake for 45 minutes.

