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Produce

Broccoli
Green peppers
Red pepper
Onions
Garlic
Roma tomatoes
Herbs (basil, rosemary, parsley, etc)
Lemons
Lime juice
{Baked potato fixings – 1 meal}
{Favorite fruit – 1 meal}
{Salad fixings – 2 meals}
{Corn on the cob}

Canned/Dry

Kung Pao sauce, 1 bottle
Kitchen Bouquet
Adobo sauce from chipotle peppers
Pesto sauce
Spaghetti sauce, 1 jar
Mayonnaise
White wine
Pecans
Rice
Angel hair pasta

Meat

Boneless chicken breasts, 1 3 lb. bag
Stew beef, 2 lbs.
Tilapia fillets, 3-4

Dairy

Butter
Eggs
Milk
Buttermilk
Cheddar cheese, shredded
Mozzarella cheese, shredded
Monterey Jack cheese, shredded

Bread

Prepared pizza crust

Frozen

{Favorite veggie – 2 meals}

Items to Have in Pantry

Vegetable oil
Olive oil
Salt
Pepper
Flour
Baking soda
Baking powder
Sugar
Powdered sugar
Cocoa
Vanilla



Kung Pao Chicken over Rice

- 1 - 1 1/2 lbs. cooked chicken breast (I used sliced, grilled chicken)
- 1 bunch broccoli, chopped
- 1 red pepper, chopped
- vegetable oil
- 1 bottle Kung Pao sauce (I used Panda Express)
- hot cooked rice

Thaw chicken in the microwave, if you've got some frozen. Otherwise, cook some chicken.

In a large skillet, cook the broccoli and red pepper over medium-high heat for several minutes. Stir often. Add chicken and Kung Pao sauce. Turn heat down and let it finish heating while the rice finishes cooking.

Serves 6-8



Easy Pepper Steak in the Slow Cooker

- 2 lbs. stew beef
- 1 can or jar of spaghetti sauce
- 1 onion, sliced
- 1 green pepper, sliced
- 2 tsp. Kitchen Bouquet

Put everything in the slow cooker and cook 6-8 hours on low.

Serving Suggestion: baked potatoes, steamed veggie



Garden Frittata

- 3 Tbs. butter
- 1/2 onion, chopped
- 2 bell peppers, chopped
- 6 eggs
- 1/4 cup milk
- a palm full of fresh herbs, chopped - I used basil, rosemary and parsley
- 1 cup shredded Monterey Jack cheese
- salt and pepper to taste

Melt the butter in an oven-proof skillet. Sauté the onions and peppers until tender crisp. Whisk the eggs, milk, herbs, cheese and salt and pepper together. Pour over the veggies in the skillet. Let cook over medium heat, without stirring until the middle is set, about 7-9 minutes.

Place in the oven, under the broiler until browned.

Serving Suggestion: Biscuits, fresh fruit



Biscuits

- 2 cups flour
- salt, a pinch or two
- heaping Tbs. baking powder
- 1/4 - 1/3 cup butter
- milk, nearly 1 cup

Stir together the dry ingredients. Cut in the butter. Stir in the milk to form a ball of dough. On a floured surface, pat or roll the dough out to about 1/2 inch thick. Cut into circles and place on a baking sheet. Bake at 450 degrees for 10 minutes.



Chipotle Lime Chicken Scampi

- Angel hair pasta
- 4-6 cloves garlic, minced or crushed
- olive oil
- 1-3 Tbs. adobo sauce from chipotle peppers
- 1/2 cup white wine
- 3-6 Tbs. lime juice
- 5 Tbs. butter
- a few ladles of cooking water from the pasta
- 1 1/2 lbs. grilled chicken, sliced

Cook the pasta according to the directions. Saute garlic in oil. Add adobo sauce and grilled chicken. Cook for a few minutes till the chicken is hot. Remove chicken. Add wine, lime juice, butter and a few ladles of cooking water to the pan. Cook till hot and bubbling.

Drain pasta. Stir chicken and sauce into the pasta. Add more pasta water if the dish is too sticky.

Serving Suggestion: salad



Pesto Tomato Pizza

- 1 prepared pizza crust
- 1/2 jar prepared pesto sauce
- 3 Roma tomatoes, sliced thin (or use any variety of tomato you have)
- 1 cup mozzarella, shredded

Spread the pesto sauce on the crust. Top with sliced tomatoes and cheese. I used the directions on the crust as my guide for the oven temperature and cooking time.

Serve this with a green salad for complete dinnertime happiness.

Serving Suggestion: salad



Tilapia in the Slow Cooker with Garlic Cheese Sauce

- 3-4 Tilapia fillets or other white fish (I made 6 fillets)
- 1/4 cup mayonnaise
- 1/2 cup shredded cheese (I used cheddar, but Parmesan would be really good)
- the juice of two lemons (I used 5 Tbs. of lemon juice)
- 4 cloves garlic, minced
- salt and pepper

Stir the sauce together (all ingredients except the fish). I decided not to thaw out the frozen fillets. It just seemed like an easy step to skip and it worked out fine.

Put the sauce on both sides of the fillet. Then wrap into a foil packet. Place all the packets in the crockpot, stacking them on top of each other.

Cook on low for 3-4 hours. I started mine on high for about 30 minutes since I started with frozen fish, but I don't know that I needed to do that. The fish should flake easily with a fork when it's done.

Serving Suggestion: steamed veggie, corn on the cob



Chocolatey Texas Sheet Cake

- 2 cups flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 2 cups sugar
- 1 stick butter
- 1/2 cup vegetable oil
- 4 Tbs. cocoa
- 1 cup water
- 2 eggs
- 1/2 cup buttermilk (or milk soured with 1 Tbs. vinegar)
- 1 tsp. vanilla

In a large bowl, stir together the flour, salt, soda and sugar.

In a saucepan, combine the butter, oil, cocoa and water. Bring to a boil. Remove from heat and stir into the dry ingredients. Then add the eggs, milk and vanilla, stirring by hand to combine. The batter will be thin. Pour into a greased jelly roll pan 10"x15". Bake at 350 degrees for 20-25 minutes.

This cake gets iced while both the cake and the icing are still hot. Here's what you'll need:

- 1 stick butter
- 4 Tbs. cocoa
- 3 3/4 cups powdered sugar
- 1 tsp. vanilla
- 4 Tbs. milk
- 1/2 cup pecans

In a small saucepan, bring the butter and cocoa to a boil. Remove from the heat and add the powdered sugar, vanilla and milk. Stir it by hand until smooth, then stir in the pecans. Spread on the cake while the cake is still hot and the icing is hot.

