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Produce

Sweet potatoes
 Red bell peppers
 Green bell pepper
 Onions
 Zucchini
 Yellow squash
 Roma tomatoes
 Carrots
 Red onion
 Leeks
 Cucumber
 Broccoli
 Corn on the cob
 Garlic
 Parsley
 Watermelon
 {Salad fixings – 2 meals}
 {Potatoes}

Canned/Dry

Rice
 Red wine vinegar
 Worcestershire sauce
 Pizza sauce, 1 jar
 Cream of chicken soup, 1 can
 Chicken broth, 2 15 oz. cans
 Yeast
 Bread flour
 Lemon pepper seasoning
 Powdered sugar

Frozen

{Favorite veggie – 1 meal}

Dairy

Butter
 Eggs
 Italian blend cheese, shredded
 Mozzarella cheese, shredded
 Provolone cheese, slices
 Cream cheese, 8 oz.

Bread

Sub buns
 {Hamburger buns}

Meat

Whole chicken
 Boneless chicken breasts, 1 3 lb. bag
 Tilapia fillets, 6
 Cube steak, 2 lbs.
 Italian sausage, 1 lb.
 {Ground beef, 1 lb.}

Items to Have in Pantry

Salt
 Pepper
 Oregano
 Basil
 Chili powder
 Olive oil
 Vegetable oil
 Cooking spray
 Sugar
 Flour
 Baking powder
 Baking soda
 Cinnamon
 Vanilla





Sweet Potato Fries

- sweet potatoes
- olive oil
- Kosher salt
- black pepper

Wash the sweet potatoes and cut them into sticks. Put them in a large bowl and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Place them on a greased baking sheet and bake at 400 degrees for about 30 minutes, or until the potatoes are tender.





Wild Watermelon

- watermelon
- chili powder

Add chili powder to watermelon. Use any kind of chili powder you like.



Whole Chicken in the Slow Cooker

How to Clean a Whole Chicken

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top. Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

Ideas for Seasoning a Whole Chicken

A lot of times, I just go with salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

Serving Suggestion: Roasted Broccoli and Red Peppers, Microwave Corn on the Cob





Roasted Broccoli and Red Peppers

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil. Sprinkle with seasonings and toss again. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.





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.





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 green veggie



Chicago Style Pizza Pot Pie

For the crust:

- 1 pkg. yeast (or 2 1/4 tsp.)
- 1 cup warm water
- 1 tsp. sugar
- 2 Tbs. vegetable oil
- 2 1/2 cups bread flour (you can use all-purpose, but bread flour makes a fluffier crust)

For the filling:

- 1 lb. Italian sausage
- 1 onion, diced
- 1 clove garlic, minced or crushed
- 2-3 cups shredded mozzarella cheese
- 1 jar pizza sauce

For top of crust:

- 2 Tbs. melted butter
- dried oregano and basil

Make the dough first. Dissolve the yeast in the water. Mix in the other ingredients until they are well blended. I use a stand mixer with a dough hook, but you can also do this by hand. Let the dough rest while you cook the sausage.

Brown the sausage with the onion and garlic. Drain and rinse under hot water to remove the extra fat. Heavily grease a 9×13 casserole dish. Layer the mozzarella and then the sausage over the top. Pour the sauce over the sausage, using a spoon the spread it out.

On a floured surface, roll out the pizza dough with a rolling pin. It should be about the shape and size of the casserole dish. Carefully lift the dough and place it on the casserole dish. Trim any dough that is hanging over the sides. Brush with melted butter and sprinkle with oregano and basil, if desired. Bake at 425 degrees for about 25 minutes.

I flipped the pieces upside down to serve them, which is how the original individual pies get served. The cheese ends up on top.

Serving Suggestion: salad





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 with the broth from the slow cooker.

Adjust the amounts for the number of people you are feeding. This served about 6 people.

Serving Suggestion: Cucumber and Tomato Salad, french fries





Cucumber and Tomato Salad

This is really more method than recipe. Use the quantity you need for your family and adjust everything according to taste.

- 1 large cucumber or several small
- 4-6 tomatoes
- red onion, sliced thin
- drizzle olive oil
- generous sprinkle red wine vinegar
- Kosher salt
- fresh ground black pepper

Chop the cucumber and tomatoes into bite-size pieces. Mix together in a bowl with red onion slices. Drizzle a stream of olive oil over all. Sprinkle on red wine vinegar. Add a teaspoon or so of Kosher salt and some black pepper. Stir, taste and adjust seasonings.





Lemon Pepper Tilapia with Veggies on the Grill

- 6 tilapia fillets, thawed (I used one bag of frozen fillets)
- 3 leeks, sliced thin
- 1 yellow squash, sliced in thin half moons
- 1 zucchini, sliced in thin half moons
- 3 Roma tomatoes, sliced thin
- 1-2 tsp. lemon pepper seasoning or to taste
- non-stick cooking spray

You'll need heavy duty foil for this dish. If you don't have that, try doubling regular foil. Spread a large piece of foil on the counter (about 15 inches long). Spray with cooking spray.

Place the tilapia in a single layer on the foil. Lightly sprinkle with lemon pepper. Cover with the veggies and sprinkle more lemon pepper using as much or as little as you like. Rip off another piece of foil, about this same size as the first and cover the fish and vegetables. Fold all of the sides of the foil together so you end up with a loose packet. Slide the packet onto a cookie sheet or cutting board to transfer it to the grill. Cook over low to medium heat for 15-20 minutes.

Serving Suggestion: salad



Zucchini Carrot Cake with Cream Cheese Frosting

- 2 cups flour
- 2 cups sugar
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 tsp. baking powder
- 2 tsp. baking soda
- 3/4 cup vegetable oil
- 4 eggs
- 1 tsp. vanilla
- 2 cups shredded zucchini
- 1 cup shredded carrots

Combine the dry ingredients. Mix in the oil, eggs, and vanilla until well blended. Stir in zucchini and carrots. Pour into greased jelly roll pan (15"x10"). Bake at 350 degrees for 35 minutes or until a toothpick comes out clean. You can also bake it in 9x13 pan for 45 minutes.

Cool, then top with cream cheese frosting.

- 1 stick butter, softened
- 8 oz cream cheese, softened
- 3 1/2 cups powdered sugar
- 1 tsp. vanilla

Mix butter and cream cheese together with an electric mixer. Add powdered sugar and vanilla. Blend until smooth and spreadable.

