



Weekly Menu, Recipes, and Grocery List

1. [Western Omelette Casserole](#), fresh fruit
2. [Linda's BBQ Ham Sandwiches](#), [Slow Cooker Baked Beans](#), [Potato Salad](#)
3. [Beef and Black Bean Taco Bake](#), salad
4. [Slow Cooker Chicken and Gravy over Rice](#), steamed green veggie, salad
5. [Honey Mustard Grilled Pork Chops](#), favorite veggie, bowtie pasta sprinkled with cheddar cheese
6. [Super Simple Asian Noodles](#)
7. [Chocolate Cake with Cappuccino Frosting](#)

Produce

Onions
 Green pepper
 Red pepper
 Celery
 Potatoes
 {Favorite fruit – 1 meal}
 {Salad fixings – 2 meals}

Canned/Dry

Dijon mustard
 Teriyaki sauce
 Soy sauce
 Chili sauce
 Salad dressing (like Miracle Whip)
 Honey
 Molasses
 Cream of chicken soup, 2 cans
 Black beans, 1 can
 Navy beans, 4 cans
 Black bean and corn salsa, 1 jar
 Sweet pickles, 1 jar
 Grape jelly, 1 jar
 Brown rice
 Angel hair pasta, 1 lb.
 Chocolate cake mix, 1 box
 Powdered sugar
 {Bowtie pasta}

Bread

French or Italian bread, 1 loaf
 Tortillas (corn or flour), 6-10
 Sandwich buns

Dairy

Eggs, 2 dozen
 Butter
 Milk
 Cheddar cheese, shredded
 Mexican blend cheese, shredded

Meat

Ham, 1-2 cups diced
 Chipped ham, 2 lbs.
 Boneless pork chops, 6-8
 Bacon, 6 slices
 Ground beef, 1 lb.
 Boneless chicken breasts, 2 3 lb. bags

Frozen

Stir fry vegetables, 1 bag
 {Favorite veggie – 2 meals}

Items to Have in Pantry

Salt
 Pepper
 Dry mustard
 Paprika
 Vanilla
 Yellow mustard
 Ketchup
 Brown sugar
 Coffee
 Cooking spray





Western Omelette Casserole

- 1/2 - 2/3 loaf of French or Italian bread
- about 1/8 cup finely diced onion
- 1/2 red pepper, chopped
- 1/2 green pepper, chopped
- 1-2 cups diced ham
- 1 cup shredded cheddar
- 10 eggs
- 2 cups milk
- 1 tsp. dry mustard
- salt and pepper, to taste

Butter a 9×13 casserole dish. Tear the bread into pieces and place in the dish. Scatter the peppers, onions, ham and cheese over the top of the bread. Beat the eggs with a whisk. Stir in the milk, dry mustard, salt and pepper. Pour over the other ingredients. Cover and refrigerate overnight. Bake at 325 degrees for 1 hour.

Serving Suggestion: fresh fruit





Linda's BBQ Ham Sandwiches

- 1 1/2 Tbs. grape jelly
- 1 Tbs. mustard (I only used Dijon because that's all I had)
- 1/3 cup brown sugar
- 2 cups ketchup
- salt and pepper to taste
- a few teaspoons of water as it cooks
- 2 lbs. chipped ham (Ask for this in the deli section. You want it shaved so thin that it falls apart.)

Mix all the ingredients except the ham in a skillet. Bring it to a low boil, stirring so it doesn't burn. Add in the ham and heat through. Pile the meat on buns and serve. I'm guessing you could also put this in the crockpot if that's more convenient.

Serving Suggestion: Slow Cooker Baked Beans, Potato Salad





Slow Cooker 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.





Potato Salad

- 6 potatoes, peeled and chopped (about 4 cups)
- 1/3 cup chopped onion
- 1/3 cup chopped sweet pickles
- 4 eggs, hard-boiled and chopped
- 2 stalks celery, diced
- 1 cup salad dressing, like Miracle Whip
- 1 Tbs. sweet pickle juice
- 1 tsp. yellow mustard
- 1 tsp. paprika
- salt and pepper to taste

Boil the potatoes in a 3 quart saucepan until they are tender, about 20-25 minutes. Drain and run under cool water to stop the cooking process. Put the potatoes in a large bowl and stir in all the other ingredients. Taste for salt and add more if needed. Refrigerate for several hours or overnight before serving.





Beef and Black Bean Taco Bake

- 1 lb. ground beef, browned
- 1 can black beans, drained and rinsed
- 1 jar of black bean and corn salsa
- 6-10 tortillas, corn or flour, cut into bite sized pieces
- 2 cups cheddar or Mexican blend cheese, shredded
- extra cheese for the top, if desired

Mix all the ingredients together in a large bowl. Pour into a 9×13 casserole dish that has been sprayed with cooking spray. Cover and bake at 350 degrees for 30-45 minutes.

Serving Suggestion: salad





Slow Cooker Chicken and Gravy over Rice

- 2 lbs. boneless chicken breast
- 1 onion, diced
- 2 cans cream of chicken soup
- 3 Tbs. soy sauce
- black pepper, to taste
- brown rice, enough for 6 people, cooked according to package directions

Place the chicken and onions in the slow cooker. Stir the cream of chicken soup, soy sauce and pepper together and pour over the top of the chicken. Cook on low for 7-8 hours or high for 5-6 hours. Serve over hot, cooked brown rice.

Serving Suggestion: steamed green veggie, salad





Honey Mustard Grilled Pork Chops

- 6-8 boneless pork chops
- 2 Tbs. Dijon mustard
- 4 Tbs. honey
- black pepper, to taste

Grill the pork chops over medium heat. Stir the mustard, honey and pepper together. Baste the pork chops with the sauce a few minutes before removing from the grill.

Serving Suggestion: favorite veggie, bowtie pasta sprinkled with cheddar cheese





Super Simple Asian Noodles

- 1 lb. box angel hair pasta
- 1 bag frozen stir fry veggies
- Teriyaki Sauce
- about 2 cups shredded chicken or boneless, skinless chicken breasts cut into pieces

Start the water for the pasta, and start it cooking when the water boils. If you do not have pre-cooked chicken, you'll need to saute the raw chicken in a large skillet.

Remove the chicken when it's cooked. If you do have cooked chicken you can skip this step.

After the chicken is cooked (if you needed to do that) toss the frozen veggies into a large skillet with a bit of oil. Stir fry them until they are tender. Add the chicken back into the pan with the veggies and pour on some Teriyaki sauce. I used Soy Vay brand. I have no idea how widely available it is, but it was very good with bits of spices and sesame seeds. I used about 1/2 – 1 cup.

Add the cooked noodles to the pan of chicken and veggies. Pour on more Teriyaki sauce if you like.





Chocolate Cake with Cappuccino Frosting

For the cake, I used The Cake Mix Dr. recipe for Basic Buttermilk Cake. Any chocolate cake will do. Hershey's has a great cake recipe on the back of the cocoa powder. Or just make a box mix.

This is really all about the frosting. Here's how you make it:

- 1 stick butter, softened
- 3 3/4 cups powdered sugar
- 1 tsp. vanilla
- 3-4 Tbs. strong brewed coffee, cooled

With an electric mixer, beat the butter till smooth. Add the powdered sugar, vanilla and 2 Tbs. Coffee. Mix again until well blended. Gradually add more coffee, by the teaspoon until the frosting reaches a spreadable consistency.

