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Produce

Onions
 Green onions
 Green bell peppers
 Red bell pepper
 Cucumbers
 Garlic
 Coleslaw mix
 Bananas
 {Salad fixings – 3 meals}
 {Favorite fruit – 1 meal}
 {Baby carrots}

Canned/Dry

Crushed tomatoes, 1 28 oz. can
 Diced tomatoes, 1 can
 Crushed pineapple, 1 can
 Pineapple rings, 1 can
 Chicken broth, 2 cans
 Cream of chicken soup, 1 can
 Chicken flavored Ramen noodles, 1 package
 Kidney beans, 1 can
 White rice
 Brown rice
 Toasted sunflower seeds, 1 jar
 Sliced or slivered almonds, 1 small package
 Dijon mustard
 White wine
 Graham crackers
 Marshmallow cream, 1 7 oz. jar
 Maraschino cherries, 1 10 oz. jar
 Chocolate syrup
 Nut topping
 {Angel hair pasta}

Frozen

Ravioli, 2 bags
 Whipped topping, 1 8 oz. container
 {Favorite veggie – 2 meals}

Dairy

Cheddar cheese, shredded
 Swiss cheese, shredded
 Mozzarella cheese, shredded
 Cream cheese, 8 oz.
 Eggs
 Milk
 Butter

Meat

Chicken, about 3 pounds (whole chicken, etc)
 Boneless chicken breasts, 1 3 lb. bag
 Boneless pork chops
 Ham, 1 lb. thinly sliced

Bread

Sandwich bread

Items to Have in Pantry

Olive oil
 Vegetable oil
 Vinegar
 Salt
 Pepper
 Oregano
 Basil
 Parsley
 Thyme
 Chili Powder
 Cumin
 Garlic powder
 Nutmeg
 Flour
 Sugar





Ravioli in the Slow Cooker

- 2 bags frozen ravioli
- 28 oz can crushed tomatoes
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1 tsp. dried thyme
- 1/2 tsp. sugar
- salt and pepper to taste
- 1 cup Mozzarella, shredded

Pour the frozen ravioli into the slow cooker.

Stir the crushed tomatoes and seasonings together in a bowl. Pour over the ravioli and stir to coat all the ravioli with sauce.

Cook on high for 3 hours or low for 5 hours.

About 20 minutes before you're ready to eat, sprinkle the ravioli with Mozzarella.

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: salad, angel hair pasta





Chicken and Cheesy 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: steamed green veggie, fresh fruit





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



Croque Monsieur

- 2 Tbs. butter, plus extra for butter the bread
- 2 Tbs. flour
- 1 cup milk, warmed
- 2 tsp. Dijon mustard
- shake of nutmeg
- salt and pepper to taste
- sandwich bread
- 1 lb. ham, thinly sliced
- 2 cups shredded Swiss cheese

First, you're going to make a white sauce to spread on the inside of the sandwiches. Melt the butter in a small saucepan. Stir in the flour and cook for a minute. Whisk in the milk. Add the mustard, nutmeg, salt and pepper. Cook for a couple of minutes until thickened.

To make the sandwiches, heat a non-stick skillet or griddle. Spread the sauce on a slice of bread. Top with ham and the other slice of bread. Butter the outside of the bread. I found this easiest to do by putting the sandwich on a plate and buttering one side, flipping to butter the other.

Press both sides of the sandwich into the shredded cheese and place on the griddle or skillet. Cook for several minutes, until golden brown then flip to cook the other side.

This recipe will serve about 6 people.

Serving Suggestion: Cucumbers and Onions, baby carrots





Cucumbers and Onions

- cucumbers, peeled and sliced
- onion, peeled and sliced
- 1 cup sugar
- 1/2 cup vinegar

Mix up the sugar and vinegar and pour it over the cucumbers and onions. That's it. You can make more "juice" if you need to. Just use twice as much sugar as vinegar.





Pork Chops Topped with Pineapple, Green Pepper and Onion

- 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: Hawaiian Cole Slaw, steamed green veggie



Hawaiian Cole Slaw

- 1 bag of coleslaw mix
- small bunch green onions
- 1/3 jar (8-12oz size) toasted sunflower seeds (like Planter's brand)
- small package of sliced or slivered almonds
- package of chicken flavored Ramen noodles

For the dressing:

- 1/2 cup oil
- 2-3 Tbs. Sugar
- salt and pepper
- seasoning packet from the Ramen

Break the noodles into a 9" pan and add the almonds. Toast at 350 degrees to brown them. Stir every little bit. This should take about 10-15 minutes.

Mix up the dressing and stir everything together. Enjoy!



Banana Split Dessert

For the crust:

- 2 cups graham cracker crumbs
- 1 stick butter, melted

For the filling:

- 8 oz cream cheese, softened
- 7 oz jar marshmallow cream (2 cups)
- For the fruit and toppings:
- 4 firm bananas, sliced
- 1 can crushed pineapple
- 8 oz frozen whipped topping, thawed
- 10 oz jar maraschino cherries, cut in half
- 1/3-1/2 cup nut topping
- generous drizzle chocolate syrup

Mix the graham cracker crumbs and butter together in a bowl and then press into a 9×13 inch pan. Bake at 350 degrees for 5 minutes.

With an electric mixer, blend the cream cheese and marshmallow cream together. Mix until creamy and smooth. Spread over the cooled crust.

Place the bananas in a colander and pour the crushed pineapple over the top. Allow this to drain thoroughly. Once it's drained, spread the fruit over the filling. Spread frozen whipped topping over the fruit and refrigerate.

Sprinkle with nuts and cherries and drizzle chocolate syrup right before serving.

I made the dessert the day before I served it. It held up fine for that amount of time. I made sure to completely cover the bananas with whipped topping so they stayed fresh.

