



1. [Italian Parmesan and Herb Chicken and Potatoes in the Slow Cooker](#), favorite veggie
2. [Ham and Pineapple Fried Rice](#)
3. [Stromboli](#), salad
4. [Spaghetti with Garlic and Oil and Tomato and Onion Salad](#), hot bread with [Olive Oil for Dipping](#)
5. [Cottage Pie](#), favorite veggie, salad
6. [Lentil Tacos](#), chips and salsa, salad
7. [Butter Brickle Pecan Cookies](#)

Produce

Onions
Garlic
New potatoes, 1.5 lbs
Roma tomatoes
Parsley
Any veggies for Stromboli filling
Any veggies for Lentil Taco toppings
{Salad fixings – 3 meals}

Canned/Dry

White rice
Spaghetti, 1 lb.
Lentils
Mashed potatoes
Pineapple tidbits, 1 20 oz. can
Pizza sauce, 1 jar
Beef gravy, 1 jar
Taco shells
Salsa
Chicken broth
Soy sauce
Heath chips, 1 package
Chopped pecans
Yellow cake mix, 1 box
{Chips and salsa}

Frozen

Chicken tenders, 2 lbs.
Peas and carrots
Bread dough, 1 loaf
{Favorite veggie – 2 meals}

Dairy

Parmesan cheese
Mozzarella cheese
Butter
Eggs
Any Lentil Taco toppings (cheese, sour cream, etc)

Meat

Ham
Ground beef, 1.5 lbs
Anchovy fillets, 8-10 flat
Any meat for Stromboli filling

Bread

{Crusty bread}

Items to Have in Pantry

Olive oil
Vegetable oil
Salt
Pepper
Oregano
Basil
Thyme
Garlic powder
Cumin
Chili powder
Sage
Crushed red pepper flakes



Italian Parmesan and Herb Chicken and Potatoes in the Slow Cooker

- 2 lbs. frozen chicken tenders
- 1 medium onion, sliced
- 1 1/2 lbs. new potatoes, quartered
- 1 clove garlic, crushed
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. thyme
- 1/2 tsp. Kosher salt
- Black pepper to taste
- 1/3 cup Parmesan cheese, grated
- 1-2 Tbs. olive oil

Place chicken in the slow cooker. Top with sliced onion.

In a small bowl, combine garlic, herbs, salt, pepper, Parmesan and oil. Toss with potatoes.

Put potatoes over chicken and onions in slow cooker.

Cook on high for 5-6 hours or low for 7-8 hours.

Serving Suggestion: favorite veggie





Ham and Pineapple Fried Rice

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste

Cook the rice according to the package directions.

Cook the onion and garlic in oil in a large skillet till soft. Add the ham, 2 Tbs. soy sauce, 1 Tbs. pineapple juice. Cook for several minutes till the ham is hot.

Pour the eggs into the skillet and cook, stirring frequently. Add the peas and carrots and heat through. Stir in the drained pineapple. Add the cooked rice, stirring to combine. Add soy sauce, pineapple juice, salt and pepper to taste. I added about 2 Tbs. each of soy sauce and pineapple juice.



Stromboli

- 1 loaf frozen bread dough, thawed
- 2 egg yolks, save the whites
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 Tbs. Parmesan cheese
- 2 Tbs. oil
- Filling: pepperoni, sausage, ham, veggies etc.
- Mozzarella cheese - about 2 cups
- 1 jar pizza sauce

Spread the dough out on a buttered cookie sheet, like a pizza crust. Mix the other ingredients (minus the fillings) and spread like butter on the crust. Layer the fillings and top with cheese.

Roll it up starting with the long edge so you end up with a long, log shape. Place it seam side down on the cookie sheet. Brush with the reserved egg white. Bake at 350 degrees for 30-40 minutes. Slice and serve with the pizza sauce.

Serving Suggestion: salad



Spaghetti with Garlic and Oil and Tomato and Onion Salad

- 1 lb. spaghetti (I like angel hair or vermicelli)
- 1/3 cups olive oil
- 8 cloves of garlic, chopped
- 8-10 flat anchovy fillets
- 1 tsp. crushed red pepper flakes (a small pile in the palm of your hand)
- fresh flat-leaf parsley

For the Tomato and Onion Salad:

- 6 Roma tomatoes (or any garden fresh, vine-ripe tomato)
- 1 small white onion
- more flat-leaf parsley
- salt and pepper (I like Kosher salt and fresh ground pepper)
- Add a loaf of crusty bread and extra oil for dipping it in.

Put on a big pot of water to boil. Put the bread in the oven at 200 degrees while you fix everything else. Chop the garlic. In a skillet over medium-low heat add the olive oil, garlic, red pepper flakes and anchovies. Stir this every once in a while, using the back of the spoon to break up the anchovies. They will melt into the oil and become very yummy.

I wanted some oil to dip the bread into so I chopped more than 8 cloves of garlic and added them to another small skillet with olive oil to get toasty and yummy. When we served it we added oregano, basil, salt and pepper. Very yummy to dip bread into.

While the sauce is cooking, slice the tomatoes and onions thin. Chop up some parsley - just a handful each for the spaghetti and tomatoes. Drizzle some olive oil over the tomatoes and onions. Add a bit of salt and pepper and stir in some of the parsley.

Drain the spaghetti and add it to the skillet with the oil/anchovy mixture. Stir it around to coat the noodles and add the rest of the parsley. Season with salt and pepper.

Serving Suggestion: hot bread with Olive Oil for Dipping





Olive Oil for Dipping

- several cloves of garlic, chopped
- plenty of olive oil
- oregano, basil, crushed red pepper flakes, thyme, salt and pepper

Pour plenty of oil into a small skillet. The amount you'll need depends on how many people you're feeding and how much dipping they do. Toss the garlic into the pan and let it roast in the oil over medium heat until it begins to brown a bit. Remove the oil from the heat and stir in the other seasonings. I don't measure any of this, but just go by the way it looks to me.

Serve with bread warmed in the oven.





Cottage Pie

- 1 1/2 lbs. ground beef
- 1 onion, diced
- 1 jar of beef gravy
- salt and pepper
- 1/4 tsp. thyme
- dash of sage
- 2 cups mashed potatoes
- butter, to dot pie with

Brown out the ground beef with the onion. Drain and rinse the meat under hot water. Add the thyme, sage, salt and pepper and gravy to the meat. Pour into a lightly buttered casserole dish. Top with mashed potatoes. Dot with butter. Bake at 400 degrees for 15-20 minutes or until the potatoes are browned a bit.

Serving Suggestion: favorite veggie, salad





Lentil Tacos

- 1 cups lentils
- 1 onion, diced
- 1 clove garlic, minced
- 1 Tbs. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 1/2 cups chicken broth
- 1 cup salsa
- a bit of oil to saute the onion and garlic
- taco shells and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa.

Use this just like you would taco meat.

Serving Suggestion: chips and salsa, salad





Butter Brickle Pecan Cookies

- 1 stick butter, softened
- 1 yellow cake mix
- 2 eggs
- 1 Tbs. water
- 1 package Heath chips
- 1/2 cup chopped pecans

Beat the butter until creamy. Add in the cake mix, eggs, water and beat until blended. Stir in the Heath chips and pecans. Drop by tablespoons onto ungreased baking sheets or baking stone. Bake at 350 degrees for 8-10 minutes. The top of the cookie will still look moist when you take it from the oven. Makes about 4 dozen cookies.

