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**Produce**

Onions  
 Red bell peppers  
 Green bell peppers  
 Carrots  
 Roma tomatoes  
 Spinach  
 Celery  
 Potatoes  
 Garlic  
 {Salad fixings – 3 meals}

**Canned/Dry**

Black beans, 2 cans  
 Kidney beans, 2 cans  
 Fire roasted diced tomatoes, 1 can  
 Crushed tomatoes, 1 28 oz. can  
 Diced green chilies, 2 cans  
 Cream style corn, 1 can  
 Cream of chicken soup, 3 cans  
 Chicken broth, 2 cans  
 Enchilada sauce, 2 cans  
 Alfredo sauce, 1 jar  
 Cornmeal  
 Bowtie pasta, 1 lb.  
 Rice  
 Honey  
 Orange juice  
 Cashews  
 Powdered sugar  
 Instant vanilla pudding mix  
 Yellow cake mix, 1 box  
 {Tortilla chips}

**Dairy**

Milk  
 Half & half  
 Butter  
 Eggs  
 Shredded mozzarella cheese

**Meat**

Chicken tenders, 1.5 – 2 lbs.  
 Boneless chicken breasts, 1 3 lb. bag  
 Boneless pork chops, 6  
 Italian sausage, 1 lb.  
 Ham, 3 cups diced

**Frozen**

Corn  
 {Favorite veggie – 1 meal}

**Bread**

Pizza crusts, 2

**Items to Have in Pantry**

Salt  
 Pepper  
 Oregano  
 Basil  
 Ginger  
 Cinnamon  
 Olive oil  
 Soy sauce  
 Hot sauce  
 Corn starch  
 Flour  
 Baking powder  
 Brown sugar



## Chicken Enchilada Soup in the Slow Cooker

- 1 ½ - 2 lbs. chicken tenders
- 1 red bell pepper, diced
- 1/2 large onion, diced
- 2 cans black beans, drained and rinsed
- 2 cans tomatoes with diced green chilies
- 1 can cream style corn
- 1 cup frozen corn
- 2 cans cream of chicken soup
- 2 cans enchilada sauce
- 3 cups milk

Place chicken in bottom of the slow cooker. I used frozen chicken and did not thaw it. Add all other ingredients except cream soup, enchilada sauce and milk. Stir those last 3 ingredients together and pour over others in slow cooker. Cook on high for 6 hours or low for 7-8 hours.

Top with shredded pepper jack cheese and serve with tortilla chips.

This made enough for my family of 6 to have dinner twice.

**Serving Suggestion: tortilla chips, salad**





### Chicken Florentine Pizza

- 2 pizza crusts
- 1 jar Alfredo sauce
- 1-2 cups fresh spinach
- 2-3 cups grilled chicken, sliced (I used 9 chicken tenders)
- 2 Roma tomatoes, sliced thin
- 2 cups shredded mozzarella cheese

Spread Alfredo sauce on the crust. I used about 3/4 of the jar for 2 pizzas. Layer spinach, chicken and tomatoes. Drizzle with the rest of the Alfredo. Sprinkle with cheese. Bake 450 degrees for 10-15 minutes.

**Serving Suggestion: salad**





### Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.





### **Bowtie Pasta with Italian Sausage and Bell Peppers**

- 1 lb. bowtie pasta
- 1 lb. bulk Italian Sausage
- 1 onion, diced
- 2-3 cloves garlic, crushed or minced
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 28 oz can crushed tomatoes
- 1 tsp. oregano
- 1 tsp. basil
- 1 cup half & half, warmed
- salt and pepper to taste

Boil the pasta according to the package directions.

In a large skillet, brown the meat with onion and garlic. Drain and rinse under hot water to remove the extra grease. Return to the skillet and add the bell peppers. Cook for several minutes, till the peppers are tender crisp. Add crushed tomatoes, oregano and basil. Cook over medium heat till hot. Turn the heat to low. Stir in half & half.

Drain the pasta and return to the cooking pan. Add the Italian sausage sauce to the pasta. Serve with Parmesan or Mozzarella cheese, if you like. Serves 6-8 people.

**Serving Suggestion: salad**





## Creamy Potato Soup

- 10 small-medium potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 1 onion, chopped
- butter
- milk
- 1 can cream of chicken soup
- salt and pepper, to taste

Place potatoes, carrots and onion in a large pot. Cover with water. Add a tablespoon or two of butter to keep it from boiling over. Bring to a boil and cook until the veggies are tender, about 20-30 minutes.

Drain. Smash the veggies with the back of a spoon until some of the potatoes smoosh. You don't want it to all be mashed, but this makes the soup a bit thicker.

Stir cream of chicken soup with 2 cups of milk. Add to the veggies in the pot. Fill the pot with milk, until the veggies are covered. Add salt and pepper to taste. Heat thoroughly over medium-low heat.

### Serving Suggestion: Cornbread





## Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir till well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.





### Red Beans and Rice with Ham

- 2 cups of dry rice
- oil for sautéing
- 1 onion, chopped
- 2 cloves garlic, minced or crushed
- 1 green pepper, chopped
- about 3 cups of diced ham
- 2 cups chicken broth
- 1 can Fire Roasted diced tomatoes, or regular diced tomatoes, undrained
- 2 cans kidney beans
- 2 tsp. hot sauce

Cook the rice according to the package directions. In a skillet, sauté the onion and garlic in oil. Add the green pepper and ham and cook for a few minutes, until the green pepper is tender-crisp. Add the chicken broth, tomatoes, hot sauce and beans. Bring to a boil. Cover and turn down the heat, letting it simmer for 10-15 minutes. Serve over the cooked rice, with extra hot sauce for those who like more spice.

**Serving Suggestion: favorite green veggie**





## Streusel Cake

- Yellow cake mix
- Instant vanilla pudding mix
- 2 Tbs. oil
- 2 eggs
- 1 1/3 cups water
- 1/2 cup flour
- 1/2 cup brown sugar
- 2 tsp. cinnamon
- 2 Tbs. butter, softened
- 3/4 cup powdered sugar
- 1 Tbs. milk

Mix cake mix, instant pudding, oil, eggs and water together with an electric mixer. Pour half the batter into a greased and floured bundt pan.

In a small bowl, stir flour, brown sugar and cinnamon together. Cut butter in with a fork or pastry blender to form crumbs. Sprinkle this mixture over the batter in the pan. Top with remaining batter.

Bake at 350 degrees for 35-45 minutes, or until a toothpick comes out clean. Cool completely.

Stir powdered sugar and milk together to make a glaze. Drizzle over cooled cake.

