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**Produce**

Green bell peppers  
 Red bell pepper  
 Onions  
 Lettuce  
 Potatoes  
 Garlic  
 {Salad fixings – 3 meals}  
 {Baked potatoes – sweet or white}  
 {Favorite fruit – 1 meal}

**Canned/Dry**

Fire Roasted diced tomatoes, 1 can  
 Diced or crushed tomatoes with garlic, olive oil, and basil, 1 can  
 Chipotle pepper in adobo sauce, 1 can  
 Pineapple, 1 20 oz. can  
 Pumpkin, 1 15 oz. can  
 Anchovy fillets, 1 can  
 Chicken broth, 2 boxes  
 Velveeta, 1/2 lb.  
 Honey  
 Liquid smoke  
 Dijon mustard  
 Semi-sweet chocolate chips, 12 oz.  
 Whole wheat flour  
 {Chips}  
 {Salsa}  
 {Pasta}  
 {Rice}

**Bread**

Flour tortillas  
 {English muffins}

**Dairy**

Eggs  
 Butter  
 Buttermilk  
 Shredded cheddar cheese  
 Shredded Monterey Jack cheese  
 Parmesan cheese

**Meat**

Boneless chicken breasts, 2 3 lb. bags  
 Whole chicken  
 Ham, 2-3 cups diced  
 Breakfast sausage, 1/2 lb.

**Frozen**

O'Brien potatoes, 1 bag  
 {Favorite veggie – 2 meals}

**Items to Have in Pantry**

Salt  
 Pepper  
 Seasoned salt  
 Cinnamon  
 Vanilla  
 Olive oil  
 Apple cider vinegar  
 Soy sauce  
 Cornstarch  
 Baking soda  
 Flour  
 Oats  
 Brown sugar





### Smoky Chipotle Chicken Tacos in the Slow Cooker

- 4 boneless chicken breasts - about 1 1/2 lbs.
- 1 green pepper, sliced
- 1 onion, peeled and sliced
- 1 can Fire Roasted diced tomatoes, drained
- 1 Chipotle pepper in adobo sauce, finely chopped (not the whole can, just 1 pepper)
- 1/4 tsp. liquid smoke
- flour tortillas
- shredded cheddar cheese
- lettuce, chopped

Mix all of the ingredients together in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Serve in tortillas with cheese and lettuce, if desired.

**Serving Suggestion: chips and salsa, salad**





### Honey Mustard Chicken in the Slow Cooker

- whole chicken, cut up (or the equivalent in chicken pieces)
- 1/2 cup honey
- 1/4 cup Dijon mustard
- salt and pepper to taste

Mix the honey, mustard, salt and pepper together in a small bowl. Put the chicken in the crockpot and pour the mixture over the top. Cook on high for 6-8 hours.

**Serving Suggestion: favorite steamed veggie, baked potatoes (sweet or white)**





## Ham and Potato Chowder

- 1 onion, diced
- 1 Tbs. butter
- about 4 cups chopped, peeled potatoes
- 2 boxes chicken broth
- 2-3 cups diced ham
- 1/2 lb. Velveeta
- salt and pepper, to taste

Cook the onion in the butter till it's soft in a large soup pot. Add in the potatoes and the chicken broth. Bring to a boil and cook until the potatoes are tender. Turn down the heat.

Stir in the ham. Add the Velveeta. You can use a knife to cut it or just tear it up with your hands and drop the pieces in, which is the way I do it. Let the Velveeta melt in the soup, but try not to let the soup boil again. Add salt and pepper to your liking.

**Serving Suggestion: Graham Muffins, salad**





## Graham Muffins

- 1 cup whole wheat flour
- 1 cup white flour
- 1 tsp. baking soda
- 1/4 cup brown sugar
- 1/4 tsp. salt
- 1 egg, beaten
- 1 cup buttermilk (or regular milk that you've added 1 Tbs. vinegar to)
- 3 Tbs. oil

Mix the dry ingredients. Add in the wet ingredients and stir only until blended. Put the batter in greased muffin cups and bake at 375 degrees for 15 minutes.





## Red Sauce DiPaola

- 1 can diced or crushed tomatoes with garlic, olive oil and basil (I used a large can without the added ingredients and added about a tsp. of basil)
- 2-4 cloves of garlic, minced
- 1/2 - 1 medium onion, minced
- anchovy fillets
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup freshly grated Parmesan
- olive oil
- pasta

While the pasta cooks, saute the onion and garlic in a pan. When they are soft, add in the anchovies. I used about 1/2 the tin. DiPaola Momma calls for 2 fillets, but I think I used a bigger can of tomatoes than she does.

Cook the anchovies with the onion and garlic a bit. Now you can finish the sauce by adding the rest of the ingredients and simmering until the pasta is ready to serve.

**Serving Suggestion: pasta of choice, salad**





## Breakfast Burritos

- about 1/2 bag O'Brien potatoes
- 1/2 lb. sausage, browned
- 6 eggs
- Seasoned salt and pepper, to taste
- 1 cup Monterey Jack cheese, shredded
- flour tortillas

Heat a skillet and add several Tbs. Oil. Pour the potatoes into the hot skillet in a single layer. Let them brown and then flip them over to brown the other side.

While the potatoes cook, beat the eggs in a bowl. Add in the seasoned salt and pepper. Stir in the cheese.

After the potatoes are done, add in the browned sausage and pour the eggs over the top. Let the eggs cook, stirring only enough to help them cook. If you stir too much the potatoes will fall apart.

Warm tortillas and fill with the egg/sausage/potato mixture.

**Serving Suggestion: English muffins, fresh fruit**





### Sweet and Sour Cantonese Chicken in the Slow Cooker

- 2 lbs. of chicken
- small onion, sliced
- red pepper, sliced
- green pepper, sliced
- 20 oz. can pineapple
- 1/4 cup brown sugar
- 2 Tbs. Cornstarch
- 1/4 cup cider vinegar
- 1/4 cup water
- 1 Tbs. soy sauce
- 1/2 tsp. salt

Put the chicken, onion and peppers in the crockpot. I added my chicken frozen. Drain the can of pineapple. Set the pineapple chunks aside for later. Mix the juice with the rest of the ingredients and pour over the chicken. Cook on low for 7-9 hours. I cooked mine on high for about 4-5 hours.

A bit before serving add the pineapple chunks. Serve over rice or chow mein noodles.

**Serving Suggestion: rice, favorite steamed veggie**







## Pumpkin Chip Cookies

- 1 1/2 cups butter, softened
- 2 cups brown sugar
- 15 oz can pumpkin
- 1 egg
- 1 tsp. vanilla
- 4 cups flour
- 2 cups oats
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 12 oz. semi-sweet chocolate chips

In a large bowl, cream the butter and sugar. Add in the pumpkin, egg and vanilla.

Combine the dry ingredients in a bowl and gradually add to the wet ingredients. Beat until well combined. Stir in the chocolate chips.

Drop by spoonfuls onto an ungreased cookie sheet or baking stone. Bake at 350 degrees for 10-12 minutes.

