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**Produce**

Onions  
 Green onions  
 Green bell peppers  
 Red bell peppers  
 Potatoes  
 Carrots  
 Broccoli  
 Iceberg lettuce  
 Jalapeno  
 Fresh herbs (basil, rosemary, parsley, etc)  
 Garlic  
 Blueberries  
 {Salad fixings – 2 meals}

**Canned/Dry**

Chicken broth, 2 boxes  
 Cream of chicken soup, 1 can  
 Fire roasted tomatoes, 1 can  
 Kidney beans, 1 can  
 Water chestnuts, 1 can  
 Corn, 1 can  
 Tomato paste, 2 6 oz. cans  
 Spaghetti sauce, 1 jar or can  
 BBQ sauce  
 Kitchen Bouquet  
 Low-sodium chili seasoning mix, 2 packs  
 Cornbread stuffing mix, 1 box  
 Instant vanilla pudding mix, 1 4-serving box  
 White cake mix, 1 box  
 Orange zest  
 Orange juice  
 Apple cider  
 {Angel hair pasta}

**Dairy**

Butter  
 Milk  
 Eggs  
 Shredded Monterey Jack cheese

**Meat**

Chicken breasts, 1 3 lb. bag  
 Whole chicken (or equivalent in chicken parts)  
 Stew beef, 2 lbs.  
 Ground beef, 2 lbs.

**Frozen**

{Favorite veggie – 2 meals}

**Items to Have in Pantry**

Salt  
 Pepper  
 Cayenne pepper  
 Vanilla  
 Flour  
 Baking powder  
 Sugar  
 Powdered sugar  
 Olive oil  
 Vegetable oil  
 Soy sauce  
 Vinegar  
 Cornstarch





### **BBQ Chicken with Southwestern Stuffing**

- Chicken
- BBQ sauce
- 1/2 stick butter
- 1/2 small onion, diced
- 1 jalapeno, seeds removed, diced
- 1 1/2 cups chicken broth
- 1 can corn
- 1 box cornbread stuffing mix

Melt butter in small skillet. Cook onion till soft. Add jalapeno and cook another minute or two.

Heat broth to boiling. Stir in cooked onions and peppers in butter. Add corn. Add contents of the stuffing mix. Turn off the heat and allow to stand for 5-10 minutes. Fluff with fork and serve.

This tasted great with BBQ chicken, but it would also be good as a side dish to another meal as well.

**Serving Suggestion: favorite green veggie**





### Easy Pepper Steak in the Slow Cooker

- 2 lbs. stew beef
- 1 can or jar of spaghetti sauce
- 1 onion, sliced
- 1 green pepper, sliced
- 2 tsp. Kitchen Bouquet

Put everything in the slow cooker and cook 6-8 hours on low. I have made this without the Kitchen Bouquet and it's still good, but the ingredient does add a good flavor.

**Serving Suggestion: angel hair pasta, salad**





## Garden Frittata

- 3 Tbs. butter
- 1/2 onion, chopped
- 2 bell peppers, chopped
- 6 eggs
- 1/4 cup milk
- a palm full of fresh herbs, chopped - I used basil, rosemary and parsley
- 1 cup shredded Monterey Jack cheese
- salt and pepper to taste

Melt the butter in an oven-proof skillet. Sauté the onions and peppers until tender crisp. Whisk the eggs, milk, herbs, cheese and salt and pepper together. Pour over the veggies in the skillet. Let cook over medium heat, without stirring until the middle is set, about 7-9 minutes.

Place in the oven, under the broiler, until browned.

**Serving Suggestion: Blueberry Muffins with Orange Glaze**



## Blueberry Muffins with Orange Glaze

- 2 cups flour
- 1 Tbs. baking powder
- 1 tsp. orange peel or zest
- 1/2 tsp. salt
- 1 stick butter, softened
- 3/4 cup sugar
- 2 eggs
- 1 cup milk
- 1 tsp. vanilla
- 1 cup blueberries

For the glaze:

- 1 cup powdered sugar
- 1 Tbs. + 2 tsp. orange juice

Stir the flour, baking powder, orange peel and salt together in a bowl.

Beat the butter and sugar together with an electric mixer. Add in the eggs, milk and vanilla. Stir the wet ingredients into the dry. Don't over stir this, just blend them together. Fold in the blueberries.

Spoon the batter into 12 muffin cups and bake at 400 degrees for 15-20 minutes.

Stir the ingredients for the glaze together. Drizzle over muffins that have cooled a bit. They don't have to be completely cool, but you don't want them piping hot either.



## Chicken Lettuce Wraps

- 1 1/2 lbs. boneless chicken breast
- pepper and soy sauce for seasoning
- vegetable oil
- 1 bunch green onions, chopped
- 1 can water chestnuts, chopped
- 2 cloves garlic, minced
- 5 Tbs. soy sauce
- 5 Tbs. vinegar
- 1/4 tsp. cayenne pepper
- 1/4 tsp. sugar
- 2 Tbs. cornstarch
- iceberg lettuce

Cut the chicken into very small pieces. Sprinkle with pepper and a couple teaspoons of soy sauce. Cook in batches in a large skillet until done.

Put all the chicken back into the skillet. Add the garlic, green onions, and water chestnuts. Stir soy sauce, vinegar, cayenne, sugar and cornstarch together. Pour into the skillet and cook till hot and bubbly.

Serve right away in slices of lettuce or over rice. Serves 6 people.

To freeze, cool and put in zip top freezer bag. Thaw in the refrigerator and reheat in the microwave.

**Serving Suggestion: Roasted Broccoli and Red Pepper**





### Roasted Broccoli and Red Pepper

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil. Sprinkle with seasonings and toss again. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.

I didn't specify amounts because you can make as much or as little as you like.





### Mel's Diner Chili

- 2 lbs ground beef (I used 1 lb. pork sausage + 1 lb. ground beef)
- 1 onion, chopped
- 2 cans tomato paste (6 oz cans)
- 6 tomato paste cans of water
- 1 clove garlic, minced
- 1 can kidney beans, rinsed and drained
- 2 packs low-sodium chili seasoning mix
- 1 can Fire Roasted tomatoes, undrained
- salt and pepper to taste

Brown the beef, onion and garlic. Drain and rinse under hot water. Add all the other ingredients. Simmer for a few hours or toss it in the crockpot and cook it on low for 5 or 6 hours.

**Serving Suggestion: salad**



## Sunday Chicken Dinner in the Slow Cooker

- chicken (boneless or with bones)
- potatoes, chopped
- carrots, chopped
- onion, sliced
- about 2 cups (or 1 can) of chicken broth
- 1 can cream of chicken soup
- salt and pepper

The amounts are dependent on how many people you're cooking for. I think I used 5 good sized boneless chicken breasts for my family of 6.

Place the chicken on the bottom of the crockpot. Put the veggies on top of the chicken. Stir the broth and soup together with the salt and pepper. Pour over the veggies and chicken. Cook on high for 5-6 hours or low for 7-8 hours.

You can thicken the broth to make gravy. Remove the chicken and veggies from the pot. Turn the heat to high. In a container with a tight fitting lid, add several Tbs. of flour. Add some water and shake to make a thick paste. You want it to pour, but still be thick. Slowly whisk the flour mixture into the broth.

**Serving Suggestion: favorite green veggie**





## Apple Cider Cake

For the cake:

- 1 box white cake mix
- 1 4-serving box instant vanilla pudding mix
- 4 eggs
- 1 stick butter (1/2 cup), melted
- 1 cup apple cider

For the glaze:

- 3/4 cup apple cider
- 1 cup powdered sugar

In the bowl of an electric mixer, combine all the ingredients for the cake. Blend until thoroughly mixed. Pour the batter into a well greased bundt pan. Bake at 350 degrees for about 40 minutes, or until a toothpick comes out clean.

Remove the cake from the oven. Stir together the apple cider and powdered sugar. Pour over the cake while it is hot and still in the pan. Allow the sweet cider to run down the edges of the pan and over the cake. Let it sit for about 30 minutes. Turn out onto a plate and cool completely.

