

Weekly Menu, Recipes, and Grocery List

1. [Whole Chicken in the Slow Cooker](#), baked sweet potatoes, steamed veggie
2. [French Dip Sandwiches in the Slow Cooker](#), french fries, salad
3. [Easy Pepper Steak in the Slow Cooker](#), angel hair pasta, salad
4. [All Veggie Vegetable Soup](#), [Cheddar Muffins](#), salad
5. [Italian Chicken and Rice Casserole](#), steamed veggie
6. [Honey Cashew Pork Stir Fry](#), rice
7. [Apple Crisp in the Slow Cooker](#)

Produce

Onions
Garlic
Green bell peppers
Red bell pepper
Potatoes
Carrots
Celery
Parsnips
Parsley
Apples
Any other veggies for All Veggie Vegetable
Soup
{Sweet potatoes}
{Salad fixings – 3 meals}

Canned/Dry

Spaghetti sauce, 1 can or jar
Chicken broth, 1 15 oz. cans
Cream of chicken soup, 1 can
Tomato juice, 1 large can
Orange juice
Honey
Soy sauce
Worcestershire sauce
Kitchen Bouquet
Cornmeal
Rice
Quick oats
Cashews
Dried cranberries
Chopped pecans
{Angel hair pasta}

Bread

Sub buns

Dairy

Milk
Eggs
Butter
Shredded cheddar cheese
Italian blend shredded cheese
Provolone cheese slices

Meat

Whole chicken
Boneless chicken breasts, 1 3 lb. bag
Cube steak, 2 lbs.
Stew beef, 2 lbs.
Boneless pork chops, 6

Frozen

{Favorite veggie – 2 meals}
{French fries}

Items to Have in Pantry

Salt
Pepper
Ground red pepper
Oregano
Basil
Ground ginger
Cinnamon
Vegetable oil
Olive oil
Corn starch
Baking powder
Flour
Sugar
Brown sugar



Whole Chicken in the Slow Cooker

How to Clean a Whole Chicken

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top. Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

Ideas for Seasoning a Whole Chicken

A lot of times, I just go with salt and pepper. Sometimes I use Kosher or sea salt and freshly ground pepper. Other times, I just use the regular table stuff. You can't go wrong with plain salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

Uses for Leftover Chicken

I love to have leftover cooked chicken in the freezer. I cut it or shred it and freeze it in 2-3 cup quantities. This can be quickly thawed in the microwave and then added to all kinds of recipes.

Serving Suggestion: baked sweet potatoes, steamed veggie



French Dip Sandwiches in the Slow Cooker

- 2 lbs. cube steak
- 1 green pepper, sliced
- 1 large or 2 small onions, sliced
- 1 Tbs. Worcestershire sauce
- provolone cheese slices
- sub buns

Place the steak, peppers and onions in the slow cooker. Cook 5-6 hours on high or 7-8 on low. Slice the steak into strips. Place on buns and top with cheese. Broil in the oven until cheese is melted. Serve the the broth from the slow cooker.

Adjust the amounts for the number of people you are feeding. This served about 6 people.

Serving Suggestion: french fries, salad



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



All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion - chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

Serving Suggestion: Cheddar Muffins, salad



Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 1/4 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients.

Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans and top each muffin with a bit more cheese.

Bake for 15-20 min.



Italian Chicken and Rice Casserole

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans (15 oz) chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. oregano
- 1/2-1 tsp. basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9×13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top.

In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients. Bake at 350 degrees for 1 hour - 1 hour and 15 minutes. Let it stand for a few minutes before serving.

Serving Suggestion: steamed veggie



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.

Serving Suggestion: rice



Apple Crisp in the Slow Cooker

- 1 cup brown sugar (dark brown is best)
- 1 cup quick oats
- 1/2 cup flour
- 1/4 cup butter
- 3-4 cups peeled and sliced apples
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans
- 3/4 cup water
- 1/2 cup sugar
- 1 tsp. cinnamon

Stir the first 3 ingredients together. Cut the butter in with a pastry blender or fork to make soft crumbs.

Combine the apples, cranberries and pecans in a large bowl. Stir in half the crumbs, mixing to coat all the apples. Pour into greased crock of the slow cooker.

Stir water, sugar and cinnamon together. Pour over apples.

Top with remaining crumbs.

Put the lid on the slow cooker. Cook on high for 3 hours or low for 5-6 hours. Open and let rest a few minutes before serving. This will allow the extra liquid to thicken.

