eat at HOME

EVERYDAY FOOD FOR BUSY PEOPLE

Weekly Menu, Recipes, and Grocery List

1. Linda's BBQ Chipped Ham Sandwiches, Hawaiian Cole Slaw, Oven Fries
2. Beef and Black Bean Taco Bake, salad
3. Slow Cooker Ham and Vegetable Soup, warm bread, salad
4. Ravioli with Pesto, Red Peppers and Grilled Chicken, salad
5. Slow Cooker Chicken and Gravy over Rice, favorite veggie
6. Tony's Tilapia, baked sweet potatoes, favorite veggie
7. German Chocolate Brownie Bites

Produce
Onions
Green onions
Red bell pepper
Coleslaw mix, 1 bag
Potatoes
{Salad fixings – 3 meals}
{Baked sweet potatoes}

Canned/Dry
Chicken broth, 2 quarts
Cream of chicken soup, 3 cans
Cream of celery soup, 1 can
Black bean and corn salsa, 1 jar
Black beans, 1 can
Pesto sauce
Ketchup
Mustard
Grape jelly
Toasted sunflower seeds, 1 8-12 oz size jar
Sliced or slivered almonds, 1 small package
Chicken flavored Ramen noodles, 1 package
Brown rice
Creole or Cajun seasoning
Brownie mix, 1 box
Coconut pecan frosting, 1 can

Dairy
Butter
Eggs
Shredded cheddar or Mexican blend cheese

Meat
Chipped ham, 2 lbs. from the deli
Ham, 2-3 cups cubed
Ground beef, 1 lb.
Boneless chicken breasts, 1 3 lb. bag
Tilapia fillets

Bread
Sandwich buns
Tortillas, corn or flour
{Bread}

Frozen
Cheese ravioli, 2 bags
Stew veggies or other veggies, 1 24-36 oz. Bag
{Favorite veggie – 2 meals}

Items to Have in Pantry
Salt
Pepper
Seasoned salt
Olive oil
Soy sauce
Brown sugar
Sugar

Linda's BBQ Chipped Ham Sandwiches

- 1 1/2 Tbs. grape jelly
- 1 Tbs. mustard (I only used Dijon because that's all I had)
- 1/3 cup brown sugar
- 2 cups ketchup
- salt and pepper to taste
- a few teaspoons of water as it cooks
- 2 lbs. chipped ham (Ask for this in the deli section. You want it shaved so thin that it falls apart.)

Mix all the ingredients except the ham in a skillet. Bring it to a low boil, stirring so it doesn't burn. Add in the ham and heat through. Pile the meat on buns and serve.

Serving Suggestion: Hawaiian Cole Slaw, Oven Fries

Hawaiian Cole Slaw

- 1 bag of coleslaw mix
- small bunch green onions
- 1/3 jar (8-12oz size) toasted sunflower seeds (like Planter's brand)
- small package of sliced or slivered almonds
- package of chicken flavored Ramen noodles

For the dressing:

- 1/2 cup oil
- 2-3 Tbs. Sugar
- salt and pepper
- seasoning packet from the Ramen

Break the noodles into a 9" pan and add the almonds. Toast at 350 degrees to brown them. Stir every little bit. This should take about 10-15 minutes. Mix up the dressing and stir everything together.

Oven Fries

- potatoes, cleaned and sliced very thin
- olive oil, just a Tbs. or 3
- seasoned salt

In a large bowl, drizzle olive oil over the potatoes. Sprinkle with seasoned salt and stir until well combined. The amounts just depend on how many people you are feeding. Four decent sized potatoes should feed 6 people.

Place in a single layer on a baking sheet. Bake at 425 degrees for about 20 minutes, or until tender and browned. You can flip them over with a spatula and let them brown on the other side too if you want them crisper.

Beef and Black Bean Taco Bake

- 1 lb. ground beef, browned
- 1 can black beans, drained and rinsed
- 1 jar of black bean and corn salsa
- 6-10 tortillas, corn or flour, cut into bite sized pieces
- 2 cups cheddar or Mexican blend cheese, shredded
- extra cheese for the top, if desired

Mix all the ingredients together in a large bowl. Pour into a 9×13 casserole dish that has been sprayed with cooking spray. Cover and bake at 350 degrees for 30-45 minutes.

Serving Suggestion: salad

Slow Cooker Ham and Vegetable Soup

- 2-3 cups cubed ham
- 24-36 oz. frozen stew veggies or other type veggies
- 2 quarts chicken broth
- 1 can cream of chicken soup
- 1 can cream of celery soup
- salt and pepper to taste

Toss all the ingredients into the slow cooker and give it a stir. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: warm bread, salad

Ravioli with Pesto, Red Peppers and Grilled Chicken

- 2 bags frozen cheese ravioli
- about 1/2 – 3/4 cup of pesto sauce
- 1 red pepper, cut into strips
- 1 onion, coarsely chopped
- grilled chicken breasts or tenders, sliced thin

Cook the ravioli according to the directions. Saute the onions and peppers in olive oil. When the pasta is done, drain it and put it back into the cooking pan. Add the peppers and onion, grilled chicken and pesto. Serve it up and make everyone happy.

Serving Suggestion: salad

Slow Cooker Chicken and Gravy over Rice

- 2 lbs. boneless chicken breast
- 1 onion, diced
- 2 cans cream of chicken soup
- 3 Tbs. soy sauce
- black pepper, to taste
- brown rice, enough for 6 people, cooked according to package directions

Place the chicken and onions in the slow cooker. Stir the cream of chicken soup, soy sauce and pepper together and pour over the top of the chicken. Cook on low for 7-8 hours or high for 5-6 hours. Serve over hot, cooked brown rice.

Serving Suggestion: favorite veggie

Tony's Tilapia

- Tilapia fillets
- Butter
- Creole or Cajun seasoning

Thaw the amount of fillets you need for your family. I thaw them for a while in a bowl of cool water. Place the fillets on a foil covered baking sheet. Pour the melted butter over them and sprinkle with the seasoning. Tony's seasoning has a nice kick to it, so you might want to go lightly (or heavier if you like it hot). Bake at 400 degrees for about 17 minutes or until you can flake the fillets with a fork.

Serving Suggestion: baked sweet potatoes, favorite veggie

German Chocolate Brownie Bites

- 1 brownie mix for 9x13 inch pan
- Ingredients to make brownies (oil, eggs, water)
- 1 can coconut-pecan frosting

Preheat the oven to 350 degrees. Mix brownie batter according to package directions. Spray mini muffin pan with cooking spray. Spoon small amount of brownie batter into muffin pan, enough to fill 1/3 to 1/2 full. Spoon small amount of frosting onto each cup of brownie batter. Top with more brownie batter, filling cups all the way. Bake for 15 minutes. Makes about 36 brownie bites.