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Produce

Onions
Garlic
Green bell peppers
Red bell pepper
Carrots
Celery
Lettuce
Lemon juice
{Salad fixings – 3 meals}
{Baked potato fixings – 1 meal}

Canned/Dry

Fire roasted diced tomatoes, 2 cans
Diced tomatoes, 1 15 oz. can
Tomato paste, 2 6 oz. cans
Tomato sauce, 1 15 oz. can
Kidney beans, 1 can
Chipotle pepper in adobo sauce, 1 can
Pineapple, 1 20 oz. can
Salmon, 1 can
Chicken or beef broth, 2 cartons or 4 cans
Soy sauce
Liquid smoke
Macaroni, 1 box
Low sodium chili seasoning mix, 2 packs
Ketchup
Velveeta
Whole wheat flour
Cornmeal
Yellow cake mix, 1 box
Heath chips, 1 bag
Chopped pecans
{Chips and salsa}
{Rice}
{Crackers}

Dairy

Eggs
Butter
Milk
Shredded cheddar cheese

Meat

Boneless chicken breasts, 4 (about 1.5 lbs.)
Chicken, 2 lbs. (chicken tenders or other cut)
Round steak, 2 lbs.
Ground beef, 2 lbs.

Frozen

Fully cooked meatballs, 20-25
Tortellini, 19 oz.
{Favorite veggie – 3 meals}

Bread

Flour tortillas
{Bread}

Items to Have in Pantry

Brown sugar
Flour
Olive oil
Vinegar
Cider vinegar
Cornstarch
Salt
Pepper
Ground ginger
Basil
Oregano





Smokey 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: salad, chips and salsa





Crockpot Sweet and Sour Chicken

- 2 lbs. of chicken (I used chicken tenders)
- small onion, sliced
- red pepper, sliced
- green pepper, sliced
- 20 oz can pineapple
- 1/4 cup brown sugar
- 1 clove garlic, crushed
- 1/4 tsp. ground ginger
- 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 or high for about 4-5 hours. A bit before serving add the pineapple chunks. Serve over rice.

Serving Suggestion: rice, green veggie





Salmon Patties

- 1 can salmon
- 1/2 cup whole wheat flour
- 1/4 cup cornmeal
- 2 eggs, beaten
- 1/2 small onion, finely chopped
- 1 Tbs. lemon juice
- oil for browning

Pour the salmon into a mixing bowl, along with the liquid in the can. Use a fork or pastry blender to mash the salmon and bones. Stir in all the other ingredients. If the mixture seems to wet, work in a bit more flour. Shape into 8 patties. Fry in oil in a skillet over medium heat, about 7-8 minutes on each side. Serves 6-8 people.

Serving Suggestion: Macaroni and Cheese, green veggie





Macaroni and Cheese

- macaroni - I think Creamette is the best
- Velveeta (or generic alternative)
- butter
- milk

I never measure, so I'm not much help with the amounts. Make the amount of macaroni noodles you'll need for your family and then just eyeball the other ingredients for what looks good to you. You might like it creamier or drier or cheesier than what I do.

After the macaroni has cooked and drained, put it back in the pot. Add a couple tablespoons of butter. Slice off some thick slices of the cheese and break it up into the pot with your hands. Add some milk, but go slowly with it. You can always add more if it needs it, but you can't take it back out again. Allow it all to melt together in the pan, adjusting the ingredients as necessary.





Round Steak with Vegetable Gravy in the Slow Cooker

- 3 carrots, peeled and diced
- onion, diced
- small green pepper, diced
- 2 stalks celery, diced
- 2 lb. round steak
- 1/2 cup ketchup
- 1 Tbs. vinegar
- 1/3 cup water
- salt and pepper
- 2 Tbs. flour
- 1/2 cup water

Place the meat in the crockpot. Put the diced veggies on top. Mix the ketchup, vinegar, water and salt and pepper together. Pour over the meat and veggies. Cook on low for 8-10 hours or high for 5-6 hours.

Remove the meat from the slow cooker. Turn it up to high. Mix the flour and 1/2 cup water together in a container with a tight-fitting lid. Shake it to combine until smooth. Whisk into the broth in the slow cooker and let it cook just a few minutes until it's thickened a bit.

Serving Suggestion: baked potatoes, favorite veggie





Mel's Diner Chili

- 2 lbs 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, crackers





Tortellini Meatball Soup

- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 Tbs. olive oil
- 2 boxes or 4 cans chicken or beef broth
- 20-25 fully cooked, frozen meatballs, thawed
- 19 oz frozen tortellini
- 15 oz can diced tomatoes
- 15 oz can tomato sauce
- 1/2 tsp. basil
- 1/2 tsp. oregano
- salt and pepper to taste

In a soup pot, cook onion and garlic in olive oil till onion is soft. Add broth and bring to boil. Add remaining ingredients and boil, till tortellini is cooked.

Serving Suggestion: salad, hot bread





Butter Brickle Pecan Cookies

- 1 stick butter, softened
- 1 yellow cake mix
- 2 eggs
- 1 Tbs. water
- 1 package Heath chips
- 1/2 cup chopped pecans

Beat the butter until creamy. Add in the cake mix, eggs, water and beat until blended. Stir in the Heath chips and pecans. Drop by tablespoons onto ungreased baking sheets or baking stone. Bake at 350 degrees for 8-10 minutes. The top of the cookie will still look moist when you take it from the oven. Makes about 4 dozen cookies.

