



## Weekly Menu, Recipes, and Grocery List

1. Honey Mustard Chicken in the slow cooker
2. Mexican Beans and Rice
3. Easy Jambalaya
4. Pasta Salad with Grilled Chicken and Cheese Muffins
5. Breakfast for dinner – Whole Wheat Waffles with Honey Cinnamon Butter
6. Cottage Pie
7. Brownies with Chocolate Glaze

**Produce**

Onions  
 Garlic  
 Green pepper  
 Broccoli – 1 bunch  
 Red pepper  
 Grape or cherry tomatoes  
 {Baking or sweet potatoes}  
 {Salad fixings – 2 meals}  
 {Fresh fruit – 2 meals}

**Canned/Dry Goods**

Instant mash potatoes (Idaho Spuds)  
 Brown rice  
 White rice  
 Bowtie pasta  
 Whole wheat flour (2 cups)  
 {Jiffy cornbread mix}  
 Beef gravy – 1 jar  
 French onion soup – 2 cans  
 Beef broth – 1 can  
 Chicken broth – 1 can  
 Dark red kidney beans – 2 cans  
 Salsa – large jar  
 {Tortilla chips}  
 Honey  
 Dijon mustard  
 Bakers Unsweetened chocolate

**Frozen**

{Your favorite veggies – 2 meals}

**Dairy**

Cheddar cheese, shredded – 2 cups  
 Sour cream – for garnish  
 Butter  
 Milk  
 Eggs  
 Parmesan or Mozzarella, shredded

**Meat**

Whole chicken, cut up or equivalent  
 Smoked sausage (light or turkey)  
 Boneless chicken breasts/tenders – 1 pound  
 {Bacon or sausage}  
 Ground beef – 1 ½ pounds

**Items you'll need in your pantry**

Salt and pepper  
 Chili powder  
 Cumin  
 Creole/Cajun seasoning  
 Thyme  
 Sage  
 Ground red pepper  
 Oregano  
 Basil  
 Cinnamon  
 Olive oil  
 Vegetable oil  
 Red or white wine vinegar  
 Hot sauce  
 Flour  
 Cornmeal  
 Baking powder  
 Brown sugar  
 White and Powdered sugars  
 Vanilla





### **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 Suggestions: steamed veggies, baked potatoes or sweet potatoes**





### **Mexican Beans and Rice**

- 2 cans of dark red kidney beans
- Onion
- Garlic
- Oil
- 1 cup salsa
- 1 Tbs. chili powder
- 1 tsp. cumin
- brown rice, cooked
- cheese and sour cream for extra yumminess

Cook the brown rice according to the package directions. Chop up the onion and garlic. Saute the onions and garlic in the oil until the onions are translucent.

Add in the beans, chili powder, cumin and salsa. Stir it all up and heat it through.

Serve it over the rice with shredded cheese and sour cream, if you like.

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





### Easy Jambalaya

- 1 onion, chopped
- 1 green pepper, chopped
- 1 pound smoked sausage, sliced (I use turkey smoked sausage)
- olive oil
- 3 cups uncooked long-grain rice
- 2 cans French onion soup
- 1 can beef broth
- 1 can chicken broth
- 2-3 tsp. Creole or Cajun seasoning
- hot sauce

Saute the onion, green pepper and smoked sausage in a bit of olive oil in a large Dutch oven. Stir in the other ingredients. Bake, covered at 350 degrees for 40 minutes. Give it a stir about 30 minutes into the baking time.

Makes 8-10 servings.

**Serving suggestion: tossed salad, cornbread**





## Pasta Salad with Grilled Chicken

For the salad:

- bowtie pasta
- parmesan or mozzarella cheese
- broccoli
- red pepper
- grape or cherry tomatoes

Cook the pasta according to the package directions. Chop the veggies. Add the chopped broccoli to the pasta water about 2 minutes before the pasta finishes cooking. This is enough time to make the broccoli a bit more tender, but still crisp. Drain the pasta and broccoli and run it under cool water to stop the cooking process. Put it in a big bowl with the other veggies.

For the dressing:

- 1/2 cup vegetable oil
- 1/4 cup olive oil
- 1/3 cup white or red wine vinegar (I used white this time)
- 2 garlic cloves, minced or crushed
- 1/4 tsp. salt
- 1 Tbs. Dijon mustard
- black pepper
- fresh herbs such as basil, parsley, chives, tarragon etc. or use dried

Whisk all the ingredients together, or put them in a container with a tight fitting lid and give it a good shake.

Stir the dressing into the salad. Top with cheese.

**Serving Suggestion: grilled chicken, cheddar muffins**





## 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. I always skip this step because I'm lazy and in a hurry. It does make for a pretty muffin though.

Bake for 15-20 min.





### Whole Wheat Waffles with Honey Cinnamon Butter

- 2 eggs
- 1 1/2 cups milk
- 1/4 cup oil
- 2 Tbs. brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 cups whole wheat flour

In a mixer bowl, put the eggs, milk, and oil. Mix until well blended. Stir the dry ingredients together and add to the mixer bowl, mixing until blended. Cook on a hot waffle iron.

While the waffles cook, gather up your Honey Cinnamon Butter.

The amounts for this are only determined by how much you want to make. I used a bit more than a half stick of butter, a big glob of honey and several shakes of cinnamon. Melt them all together over low heat and drizzle over hot waffles. Yum!





## Cottage Pie

- 1 1/2 lbs. ground beef
- 1 onion, diced
- 1 jar of beef gravy
- salt and pepper
- 1/4 tsp. thyme
- dash of sage
- 2 cups mashed potatoes
- butter, to dot pie with

Brown out the ground beef with the onion. Drain and rinse the meat under hot water. Add the thyme, sage, salt and pepper and gravy to the meat. Pour into a lightly buttered casserole dish. Top with mashed potatoes. Dot with butter. Bake at 400 degrees for 15-20 minutes or until the potatoes are browned a bit.





### **Brownies with Chocolate Glaze**

- 4 squares of Baker's unsweetened chocolate
- 1 1/2 sticks of butter
- 2 cups sugar
- 3 eggs
- 1 tsp. vanilla
- 1 cup flour
- 1 cup nuts (optional) I leave out the nuts so that my kids will be happy

Melt the chocolate and butter together in the microwave for two minutes. Stir until completely melted. Add the sugar and blend well. Mix in the eggs one at a time. Add the vanilla. Add in the flour and nuts, if you're using them. Stir just until blended. Pour into a greased 9×13 pan and bake at 350 degrees for 30-35 min. Don't over bake.

While the brownies are cooling, make the chocolate glaze.

- 1 square unsweetened chocolate
- 3 Tbs. butter
- 1 1/2 cups powdered sugar
- 1 tsp. vanilla
- 2-3 Tbs. water (use 2 first and add more if needed)

Melt the chocolate and butter together. Remove from heat and add the other ingredients, being careful not to add too much water. Spread on the brownies and restrain yourself from eating the whole pan.

