

Weekly Menu, Recipes, and Grocery List

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Produce

Onions
 Broccoli
 Garlic – several bulbs
 Flat leaf parsley
 Lemon (or lemon juice)
 {baked potatoes or sweet potatoes}
 {salad fixings – 4 meals}

Canned/Dry

Chunky applesauce
 Beef broth – 1 can
 Chicken broth – 1 can + 1 box
 Diced tomatoes – 2 cans
 Tomatoes and green chilis – 1 can
 Tomato paste – 6 oz
 Crushed tomatoes – large can
 Anchovy fillets
 Angel hair pasta
 Rainbow swirl pasta or other shape
 Italian dressing mix packet (Good Seasons)
 Pretzels
 Corn chips
 Mini peanut butter cups
 Chocolate chips

Dairy

Cheddar, shredded – 1 large bag
 Parmesan, shredded
 Corn tortillas – 10
 Butter
 Milk

Meat

Beef roast
 Chicken (to cook for soup)
 Pre-cooked shrimp, medium size
 Chicken legs – 3 lbs.

Frozen

Corn – 2 cups
 {favorite veggie – 2 meals}

Bread

{French/Italian bread}

Items to Have in Pantry

Olive oil
 White wine
 Flour
 Cayenne
 Paprika
 Dijon mustard
 Garlic powder
 Cumin
 Chili powder
 Crushed red pepper flakes
 Kosher salt
 Brown sugar



Harvest Apple Pot Roast

- 1 beef roast (I used eye of round roast)
- onions – 1 or 2 (the red onion was good, but I only had 1/2)
- 1/3 cup chunky applesauce
- 1 can beef broth
- 1 packet Italian dressing mix

Put the roast in a slow cooker. Mix the applesauce, beef broth and Italian dressing mix together and pour over the roast. Cook on high for 4-5 hours or low for 7-8 hours. I thickened the broth with flour and water.

Remove the roast and onions from the crockpot. Turn the heat to high. In a container with a tight-fitting lid, put 3-4 Tbs. of flour and enough water to make the consistency of wall-paper paste. Shake the daylights out of it and gradually whisk it into the broth in the crockpot.

Serving Suggestion: baked potatoes or sweet potatoes, favorite veggie



Mac and Cheddar with Broccoli

- 1 lb. rainbow swirl pasta (or other type)
- 2 1/2 cups broccoli florets
- 2 Tbs. butter
- olive oil, about 1 Tbs.
- 1 small onion, finely chopped
- 3 Tbs. flour
- 1/2 tsp. cayenne pepper
- 1 tsp. paprika
- 3 cups milk
- 1 cup chicken broth
- 2 cups grated cheddar
- 1 Tbs. dijon mustard

Cook the pasta according to the directions. Add the broccoli to the cooking water during the last 3 minutes.

In a skillet, add the butter and olive oil. Add the onion and cook over medium heat until the onion is soft. Whisk in the flour, cayenne pepper and paprika. Cook for just a minute. Add the milk and broth, whisking until smooth. Bring it to a boil and then turn it back down. Stir in the mustard and cheese, letting the cheese melt.

When the pasta and broccoli are done, drain them and mix with the sauce.

Serving Suggestion: salad



Chicken Tortilla Soup

- 32 oz chicken broth
- 2 cans diced tomatoes
- 1 can diced tomatoes with green chilis
- 6 oz tomato paste
- 2 cups frozen corn
- 2 cups cooked chicken
- 1 tsp. garlic powder
- 1/2 tsp. cumin
- 1/8 tsp. chili powder
- 10 corn tortillas
- cheddar cheese

Mix all the ingredients in a large pot or slow cooker. Bring it to a boil, then turn it down to simmer while you fix the tortilla strips. Or cook on high in the slow cooker for 4-5 hours. For the tortilla strips, cut a stack of 10 tortillas in half. Then slice them into 1/4" slices. Fry in hot oil in a skillet and drain on paper towels. Serve the soup with the tortilla strips and shredded cheese.

Serving Suggestion: salad, corn bread or Cheddar Muffins



Shrimp Scampi

- 1 pound angel hair pasta
- 4-6 cloves garlic, minced or crushed
- about 1/2 cup flat-leaf parsley, chopped
- olive oil
- 1 bag frozen, pre-cooked shrimp, medium size
- 1 tsp. crushed red pepper flakes
- salt and pepper
- 1/2 cup white wine
- juice of 1 lemon
- 5 Tbs. butter
- 1 few ladels of the pasta cooking water

Boil the water for the pasta and when it's ready cook the pasta according to the package directions. Run the frozen shrimp under cold water to thaw it out.

In a large skillet, put the garlic, parsley, salt, pepper, crushed red pepper flakes and about 1/4 cup olive oil. Cook that for just a couple of minutes over medium-high heat. Add the wine to the skillet, then add a couple of ladels of the pasta cooking water and the lemon juice. Add the shrimp and the butter to the skillet and let it cook for a few minutes.

Drain the pasta and add it to the skillet, stirring to combine everything with the pasta. This will feed about 4 healthy-eating adults. I fed 5 of us with it, with enough leftover for lunch the next day.

Serving Suggestion: salad



Red Sauce DiPaola

- 1 can diced or crushed tomatoes with garlic, olive oil and basil (I used a large can without the added ingredients and added about a tsp. of basil)
- 2-4 cloves of garlic, minced
- 1/2 – 1 medium onion, minced
- anchovy fillets
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup freshly grated Parmesan
- olive oil
- pasta

While the pasta cooks, saute the onion and garlic in a pan. When they are soft, add in the anchovies. I used about 1/2 the tin. DiPaola Momma calls for 2 fillets, but I think I used a bigger can of tomatoes than she does.

Cook the anchovies with the onion and garlic, mashing them up with the back of a spoon. They'll totally disintegrate into the sauce so you can't see them anymore. Add in the other ingredients and heat through. Serve over pasta.

Serving Suggestion: salad, French or Italian bread



Garlic Chicken with More Garlic in the Crock Pot

- 3-4 pounds of chicken (I used a large pack of legs. You could use any cut you like.)
- 1 large onion, sliced
- 1 Tbs. olive oil
- 2 tsps. paprika
- 2 tsps. kosher salt
- 1 tsp. pepper
- 20-40 garlic cloved, peeled but left whole (I used 1 bulb of garlic)

Toss the onions in the bottom of the crockpot. In a large bowl, mix the chicken with the other ingredients. I used my hands to mix it all up. Put the chicken in the crockpot on top of the onions. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: favorite veggie; rice, baked potatoes, angel hair pasta – any of these would be good – remember to add it to your list, because I didn't so you could choose.



Frito Candy

- 2 cups of pretzels
- 1 cup Fritos
- 8 mini peanut butter cups
- 1 stick of butter
- 1/2 cup brown sugar
- 1 bag of chocolate chips

Break the pretzels and Fritos up with your hands. Place them in a 9×13 pan that is lined with parchment paper or no-stick foil. Coarsely chop up the peanut butter cups and scatter them in the pan as well.

Melt the butter over medium heat, then stir in the brown sugar. Bring it to a full boil and boil 1 minute, stirring once or twice. Pour this mixture over the pretzel/frito/peanut butter cups. Bake for 8 minutes at 350 degrees. Take the pan out of the oven and sprinkle with chocolate chips. Pop it back in the oven for a minute to melt the chips. Spread the chocolate over the top. Cool and then refrigerate for a while. Take it out of the pan and break it up, using a knife to cut it into rough pieces.

