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Produce

Onion
Lemons – 2 or bottled lemon juice
Garlic
Bananas
{baking potatoes}
{salad fixings}

Canned/Dry

Tomato sauce – 2 cans
Refried beans – 1 can
Diced tomatoes – 1 can
Italian style stewed tomatoes – 2
Salsa
Tortilla chips
15 bean mix, dry beans
White rice
Brown rice
Couscous
Bowtie pasta
Chicken broth – 4 cans
Chocolate chips

Frozen

{favorite veggie – 2 meals}

Dairy

Parmesan, shredded (optional)
Cheddar, shredded – 2 bags
Half & half
Butter
Tortillas – 12

Meat

Tilapia fillets
Whole chicken (or equivalent pieces)
Ground beef – $\frac{3}{4}$ -1 lb.
Smoked sausage – turkey or low fat
Bulk Italian sausage – 1 lb.

Items to Have in Pantry

Salt & pepper
Paprika
Cayenne pepper
Onion powder
Thyme
White pepper
Garlic powder
Chili powder
Oregano
Crushed red pepper flakes
Basil
Flour – 3 $\frac{1}{2}$ cups
Sugar
Baking powder
Baking soda
Cinnamon
Egg – 1
Mayonnaise
Foil





Zesty Chicken in the Slow Cooker with Couscous

- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. onion powder
- 1 tsp. thyme
- 1 tsp. white pepper
- 1/2 tsp. garlic
- 1/2 tsp. black pepper
- 1 whole chicken
- 1 large onion, sliced thin

Clean the chicken and remove the giblets from the insides. Place the onions on the bottom of the slow cooker. Mix all the spices together and rub all over the chicken. Place the chicken in the slow cooker on top of the onions. Cook on high for 5-6 hours or low for 7-9 hours.

For the couscous:

Use a box of couscous. Cook according to the package directions, except instead of water use the broth and onions from the chicken. Couscous cooks in about 5 minutes, making it perfect for a busy night.

Serving Suggestion: Favorite steamed veggie



Tilapia with Garlic Cheese Sauce in the Slow Cooker

- 3-4 Tilapia fillets or other white fish (I made 6 fillets)
- 1/4 cup mayonnaise
- 1/2 cup shredded cheese (I used cheddar, but parmesan would be really good)
- the juice of two lemons (I used 5 Tbs. of lemon juice)
- 4 cloves garlic, minced
- salt and pepper

I didn't really measure the mayo or cheese. I knew I needed a bit more since I was making 6 fillets, so I just eye-balled it. Stir the sauce together (all ingredients except the fish). I decided not to thaw out the frozen fillets. It just seemed like an easy step to skip and it worked out fine.

Put the sauce on both sides of the fillet. Then wrap into a foil packet. Place all the packets in the crockpot, stacking them on top of each other.

Cook on low for 3-4 hours. I started mine on high for about 30 minutes since I started with frozen fish, but I don't know that I needed to do that. The fish should flake easily with a fork when it's done.

Serving Suggestion: Baked potatoes, tossed salad



Enchiladas with Chili-Tomato Sauce

For the Chili-Tomato Sauce:

- 1 onion, minced
- 3 1/2 cups tomato sauce (or 2 cans)
- 2 cloves garlic, minced
- 1-2Tbs. chili powder
- 1/4 tsp. oregano
- 1 tsp. salt

Saute the onion in oil, just until it is tender but not brown. Add the other sauce ingredients and simmer while you prepare the enchiladas.

For the enchiladas:

- 3/4 lb. ground beef (mine had been browned out and frozen in a ziplock bag)
- 1 onion, chopped
- 1 can refried beans
- 1 tsp. salt
- 1/8 tsp. garlic powder or 1 cloved garlic, mashed
- 12 tortillas
- 2 cups shredded cheddar cheese

Brown the meat and onion together. Stir in all the ingredients, except the tortillas and cheese. Spread about 1/3 cup of this mixture on each flour tortilla and roll to close.

To assemble the dish, spread some of the sauce in the bottom of a large baking pan. Put the rolled up tortillas, fold side down in the pan. Pour the remaining sauce over the tortillas and top with cheddar cheese. Bake uncovered at 350 degrees for 15-20 minutes, or until they are heated through.

Serving Suggestion: Salad, Chips and Salsa





Chicken and Cheesy Rice Casserole

- 2 cups chicken, cooked and shredded
- 1 cup cheddar cheese
- 1 cup rice
- 2 cans chicken broth
- 1 can cream of chicken soup
- pepper

Place the chicken in a casserole dish and sprinkle the rice over it. Stir the broth, soup and pepper together and pour over the top. Bake uncovered at 350 degrees for an hour.

Serving Suggestion: favorite steamed veggie





Calico Bean Soup with Smoked Sausage in the Slow Cooker

- smoked sausage – I use turkey because I don't like all the grease of the regular kind
- 1 lb. mixed dry beans
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can diced tomatoes (I thought it would have been good with a second can)
- 1 qt. chicken broth
- 2 cups water
- salt

Prepare the beans by rinsing them and picking through them to remove any little stones. Soak them overnight or do a quick soak by covering them with boiling water for an hour or two. Drain them and put them in the crockpot.

Chop the onion, garlic and sausage and add to the crockpot along with the other ingredients. No need to drain the tomatoes. Pop the lid on and cook on high, at least 5-6 hours. I don't think you could overcook these.

I serve the soup over brown rice.

Serving suggestion: Cornbread





Italian Sausage with Bowties

- 1 lb. bulk Italian sausage
- 1 box bowtie pasta
- 2 cans Italian style stewed tomatoes, drained and chopped
- 1/2 cup chopped onion
- 2 cloves of garlic
- 1/2 tsp. crushed red pepper flakes
- 1/2 tsp. Salt
- 1/4 tsp. dried basil
- 1 1/2 cups half & half (or heavy whipping cream)

Cook the pasta according to the package directions. While that cooks, brown the sausage, onion, garlic, red pepper flakes in a large skillet. Drain and rinse under hot water to remove the extra fat. Return to the skillet and add the tomatoes and half & half, salt and basil. Bring it to a boil, then simmer it until the sauce reduces a bit. Drain the pasta and put it back into the cooking pot. Add in the sauce and stir. Serve with Parmesan cheese.

Serving Suggestion: salad





Banana Chocolate Chip Cookies

- 1 cup butter, softened
- 1 cup sugar
- 2 mashed bananas
- 1 egg
- 3 1/4 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- semi-sweet chocolate chips – 1 bag

Cream the butter and sugar together in a mixer bowl. Add the eggs and bananas. In a separate bowl, stir together the dry ingredients. Slowly add the dry ingredients to the wet, mixing until combined. Stir in the chocolate chips. Drop by rounded teaspoonfuls onto a baking sheet or stone. Bake at 350 degrees for 10-12 minutes.

