



1. [Baked Potato Soup](#)
2. [Honey Hoisin Chicken in the slow cooker](#)
3. [Fettuccine Alfredo](#)
4. [Gina's Club Sandwiches](#)
5. [Nachos](#)
6. [Scrambled Egg-wiches](#)
7. [Way to a Man's Heart Cookies](#)

Produce

Baking potatoes – 4
 Green onions
 Lettuce & tomato (for sandwiches)
 {salad fixings – 2 or 3 meals}
 {baby carrots}
 {fresh fruit}

Canned/Dry

Fettuccine
 {white rice}
 Diced tomatoes
 Tomatoes w/ green chilis
 Black beans
 Corn
 Hoisin sauce
 Taco seasoning
 Tortilla chips
 {potato chips}
 Quick oats
 Shredded coconut
 Heath toffee chips
 Chocolate chips

Dairy

Butter
 Milk – ½ gallon
 Cheddar – 2 bags
 Parmesan, shredded
 Half & half – 1 qt.
 Provolone slices
 Muenster cheese
 Eggs
 {sour cream for nachos}

Bread

English muffins

Meat

Bacon – 1 regular or 2 pre-cooked
 Boneless chicken breasts – frozen or fresh (4-6 breasts)
 Deli ham
 Deli turkey
 Ham cubes or sliced
 Ground beef – 1 lb.

Frozen

{favorite veggie – 2 meals}
 {hash brown potatoes}

Items to Have in Pantry/Fridge

Flour
 Cornmeal
 Sugar
 Brown sugar
 Baking powder
 Baking soda
 Honey – ¼ cup
 Soy sauce – ¼ cup
 White wine or chicken broth – ¼ cup
 Vanilla
 Ginger
 Garlic powder
 Oregano
 Mayonnaise
 {ranch dressing for carrot dip}





Baked Potato Soup

- 4 baking potatoes
- bacon, cooked and crumbled – about 12 slices or 1/2 cup
- 4 green onions, chopped
- 2/3 cup butter
- 2/3 cup flour
- 6 cups milk (didn't make it in the picture)
- 1 cup cheddar cheese
- salt & pepper

Bake the potatoes until tender. Cool them and then split them in half and scoop out the pulp. I froze the potato skin shells. I'm going to try to make stuffed potato skins at some point. I'll let you know how that works out.

In a large pot, melt the butter. Stir in the flour and cook for a minute. Gradually add the milk. Cook over medium heat until it's bubbly. Don't let it boil and stir it often. Add the potato pulp, cheese, bacon, green onions, and salt & pepper to taste.

Heat the soup, but don't let it boil. You may need to add a bit more milk if it seems to thicken. Serve it with extra cheese and bacon.

Serving Suggestion: Cornbread, tossed salad





Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir till well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.



Honey Hoisin Chicken

- 4-6 boneless chicken breasts
- 1/4 cup hoisin sauce
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup white wine or chicken broth
- 1/4 tsp. ground ginger

Put the chicken in the crockpot. Mix the other ingredients together and pour over the chicken. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: steamed rice, favorite steamed veggie





Fettuccine Alfredo

- 1 box fettuccine
- 1 container of shredded Parmesan cheese (the original recipe calls for 1 cup, but I like more)
- 4 Tbs. butter, cut into pieces
- 1 1/2 cups half & half, warmed

Put the water on to boil and cook the fettuccine according to the package directions. Warm the half & half in the microwave for 1-2 minutes. You don't want to boil it, but you do want it warm. Drain the pasta and put it back into the cooking pot. Add the 4 Tbs. of butter to the pasta. Pour in the warm half & half and add the cheese. Season with salt and pepper to taste.

Serving Suggestion: tossed salad, favorite steamed veggie





Gina's Club Sandwich

- ham
- turkey
- good rolls or buns
- bacon
- provolone cheese
- lettuce and tomato
- butter
- garlic powder and oregano
- mayo

Layer the meats and cheese on the bottom half of the buns. Spread the top half with butter and sprinkle with garlic powder and oregano. Pop them under the broiler for a few minutes to melt the cheese and warm up the meats. Top with lettuce, tomato and mayo if you like.

Serving Suggestion: potato chips, carrots with ranch dressing



Nachos

- 1 lb. of ground meat
- 1 can diced tomatoes, drained
- 1 can tomatoes with green chilis
- 1 can corn, drained
- 1 can black beans, rinsed and drained
- 1 packet of taco seasoning (or equivalent amount)
- 1 bag tortilla chips
- shredded cheddar cheese

Brown the meat, then drain the grease and rinse under hot water. Put it back in the pan and add all the ingredients except the chips and cheese. Heat through.

On a baking stone or cookie sheet, put a layer of tortilla chips. Use a slotted spoon to put the meat mixture over the top of the chips. You probably won't use all of the meat mixture (this means some good leftovers!). Top with cheese and broil until brown. Watch it close!

Serving Suggestion: salad





Scramble Egg-wiches

- 1 egg per sandwich
- ½ - 1 cup ham cubes or torn lunch meat ham
- butter for scrambling eggs
- salt and pepper to taste
- 1 English muffin per sandwich
- 1 Muenster cheese slice per sandwich

Melt the butter in a skillet. Add the ham and cook it for a minute. Scramble the eggs with a fork and pour into the skillet. Cook and stir, seasoning with salt and pepper to taste.

Meanwhile, separate the English muffins and place them on a cookie sheet or baking stone. Pop them under the broiler for a minute to toast. When the eggs and ham are cooked, put it on the English muffins. Top with a slice of Muenster cheese and pop them back under the broiler for a minute to melt the cheese. Put the tops on the sandwiches and eat.

Serving Suggestion: fresh fruit, hash brown potatoes





Way to a Man's Heart Cookies

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 2 cups quick oats
- 1 cup shredded coconut
- 1 bag Heath toffee chips
- 2 tsp. vanilla
- 1 bag semi-sweet chocolate chips

Cream the butter and sugars together in a mixer bowl. Beat in the eggs and vanilla. In a separate bowl, stir together the flour, baking powder, baking soda and salt. Gradually add to the wet ingredients. Add in the oats, Heath chips and chocolate chips mixing to combine between each ingredient.

Drop on a greased cookie sheet (or baking stone) and bake at 325 degrees for about 14-15 minutes. This makes a lot of cookies, which is a good thing. You can freeze them in Ziploc bags if you don't eat them all right away.

