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Produce

Potatoes (soup {mashed,baked})
Onions
Celery
Carrots
Garlic
Green pepper
Tomato – 1 large
{salad fixings – 2 meals}
{fresh fruit}

Canned/Dry

Cream of chicken soup – 2
Chicken broth – 4 boxes + 1 can
Beef broth – 1 can
White rice
Cornbread stuffing mix
Velveeta
Italian dressing mix – 1 pkt
Chunky applesauce
{mandarin oranges}
{whole cranberry sauce}
Whole wheat flour
Brown sugar
Pumpkin – 15 oz can
Quick oats
Chocolate chips
Pancake syrup

Frozen

{favorite veggie – 3 meals}

Dairy

Parmesan cheese
Milk
Butter

Meat

Pork chops
Chicken breast – 1 bag or equivalent
Beef roast
Raw shrimp, deveined, tail-off
{bacon/ham with pancakes}

Items to Have in Pantry

Flour – about 5 cups
Salt and pepper
Ground mustard
Garlic powder
Vegetable oil
Olive oil
Baking powder
Baking soda
Eggs – 2
Vanilla
Cinnamon





Chicken Fried Chops in the Slow Cooker

- 6 pork chops (boneless or with bones)
- 1/2 cup flour
- 2 tsp. salt
- 1 1/2 tsp. ground mustard
- 1/2 tsp. garlic powder
- oil for frying chops
- 1 can cream of chicken soup
- 1/3 cup water

Mix the flour, salt, ground mustard and garlic powder together. Dredge the chops in the flour mixture and fry in a skillet. You don't need to cook them all the way, just get them browned. Put the chops in the slow cooker.

Mix the soup and water together. Pour into the hot skillet, stirring to pick up all the little crispy pieces left by the chops. Pour the gravy over the top of the chops in the slow cooker. Cook on low for 6-8 hours.

Serving Suggestion: mashed potatoes, favorite steamed veggie





Cheesy Chicken Chowder

- 2-3 cups cooked chicken
- 3 boxes chicken broth
- 1 onion, chopped
- 3 celery stalks, chopped
- 3-4 carrots, chopped
- 2 potatoes, peeled and chopped
- 3/4 cup white rice
- 1/2 lb. Velveeta cheese, cubed
- salt and pepper

Bring the broth to a boil in a large pot. Add the veggies and cook about 30 minutes. Stir in the rice and continue to cook for 20-30 minutes or until the rice is tender. Stir in the chicken and Velveeta, stirring often as the cheese melts. Be careful not to boil the soup. Add salt and pepper to taste.

Serving Suggestion: tossed salad, corn bread or cheese muffins





Harvest Apple Pot Roast in the Slow Cooker

- 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 crock pot. 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 crock pot.

Serving Suggestion: baked potatoes, favorite steamed veggie





Chicken and Dressing Casserole

- 3 cups of cooked chicken, approximately
- 1 box of cornbread stuffing mix
- 1 can chicken broth
- 3 Tbs. butter
- 1 1/3 cups milk
- 1 can cream of chicken soup

Put the chicken in the bottom of a baking dish (13×9 or nearly that size). In a large bowl, melt the butter in the microwave. Add the chicken broth and stir in the stuffing mix. Set aside while you mix the milk and cream soup together in a separate bowl. Pour the milk/soup mixture over the chicken. Top with the stuffing mix. Bake at 350 degrees for 45 minutes to one hour. I think it's best baked uncovered, but my kids revolt if it gets too brown so I usually cover it for most of the time and then let it brown up near the end of cooking.

Serving Suggestion: favorite steamed veggie, Cranberry-Orange Salad





Camarones con Arroz

- 1 onion, chopped
- 3 cloves garlic, minced
- 1/2 green pepper, sliced thin
- 1/4 cup olive oil
- 1 large tomato, chopped
- 3 cups chicken broth (or water with 3 tsp. bouillon)
- salt and pepper
- 1 1/2 cups uncooked rice
- 1 lb. frozen raw shrimp, deveined, tail-off
- 1/2 cup grated Parmesan cheese

Saute the onions, garlic and green pepper in the oil until the onion is cooked through. Rinse the shrimp under cold water to thaw it out and then add it to the pan with the veggies. Cook 5 or 6 minutes. Add the remaining ingredients, except the rice and cheese. Bring it to a boil, stirring it as it cooks. Add the rice and stir. Cover the pan and cook over low heat for about 30 minutes. Sprinkle each serving with cheese. Serves 4 – 6 people.

Serving Suggestion: tossed salad





Whole Wheat Pancakes

- 2 cups whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg
- 2 cups milk

Stir together the dry ingredients. Add in the egg and milk. Pour onto a hot griddle or skillet that has been sprayed with cooking spray. Cook until the edges are a bit dry and there are bubbles over the surface. Flip and cook a few more minutes. Serve with butter and syrup.

Serving Suggestion: milk to drink, fresh fruit, ham or bacon





Pumpkin Chocolate Chip Cookies

- 1 1/2 cups butter, softened
- 2 cups brown sugar
- 15 oz can pumpkin
- 1 egg
- 1 tsp. vanilla
- 4 cups flour
- 2 cups oats
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 12 oz semi-sweet chocolate chips

In a large bowl, cream the butter and sugar. Add in the pumpkin, egg and vanilla. Combine the dry ingredients in a bowl and gradually add to the wet ingredients. Beat until well combined. Stir in the chocolate chips.

Drop by spoonfuls onto an ungreased cookie sheet or baking stone. Bake at 350 degrees for 10-12 minutes.

