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Produce

Potatoes
Carrots (for soup & pineapple carrot bread)
Parsnips or other veggies for soup
Onions
Green pepper
Garlic
Broccoli
New potatoes
Fresh basil, optional
{salad fixings 3-4 meals}

Canned/Dry

Tomato juice, large can
Diced tomatoes – 1 can
Chicken broth – 1 can
Cream of chicken soup – 1
Black bean and corn salsa
{salsa}
{tortilla chips}
Rainbow swirl pasta
Penne Pasta
White rice
Flour
Crushed pineapple
Pecans or walnuts (optional, 1 cup)
Dijon mustard
Honey

Dairy

Milk
Cheddar, shredded – 3 bags
Flour tortillas
Half & half
Parmesan cheese, shredded

Meat

1 cooked rotisserie chicken
1 bag frozen boneless chicken breasts
Whole chicken, cut up or equivalent
Bacon (pre-cooked or regular)

Frozen

{Favorite steamed veggie}

Items to Have in Pantry

Corn meal
Baking powder
Baking soda
Sugar
Vegetable oil
Olive oil
Vanilla
Cinnamon
Ground red pepper
Paprika
Butter
Eggs – 4
Soy sauce
White wine





All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion – chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

Serving Suggestion: Cheddar Muffins





Black Bean and Corn Chicken Taco Bake

- 1 rotisserie chicken, taken off the bone and cut into bite-size pieces
- 1 jar of black bean and corn salsa
- 10 small flour tortillas, cut into pieces
- 2 cups shredded cheddar or Mexican blend cheese

Mix the chicken, tortillas, cheese and 1/2 jar of salsa together and pour into a greased baking dish. Claire only uses 1/2 jar of salsa, but I thought it needed more so I poured the rest of the salsa over the top. Cover with foil. Bake at 350 for 30-45 minutes or until hot.

Serving Suggestion: salad, chips and salsa





Mandarin Chicken Rice Bake

- 3/4 cup uncooked white rice
- 1 1/2 cups boiling water
- 2 cups cooked chicken
- 1 onion, chopped fine
- 1/2 cup green pepper, chopped
- 1 can cream of chicken soup
- 2 Tbs. soy sauce

Grease a 2 quart casserole dish. Put the rice and the boiling water in the dish, stirring to mix. Add the other ingredients, stirring to mix them all in. Bake at 350 degrees for an hour and 15 minutes.

You can use celery or pimento in addition to or instead of the green pepper. The recipe serves 6.

Serving Suggestions: favorite steamed veggie





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. These are great with soup.





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 Suggestion: buttered new potatoes, favorite veggie





Bacon and Tomato Pasta

- 1 lb. pasta – I used penne, but you could use any shape you like
- 2 Tbs. butter + 2 Tbs. olive oil (this didn't make it into the picture)
- onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 1/2 cups half & half
- 1 1/2 cups Parmesan cheese, shredded or grated
- salt & pepper
- bacon, cooked and diced
- 1 can diced tomatoes, drained
- fresh basil leaves, chopped

Boil the pasta according to the directions. Melt the butter and olive oil together in a pan and add the onion and garlic. Cook until the onion is tender. Add the wine and cook for a minute or two. Add the half & half, whisking to blend. Stir in the cheese and let it melt. Season with salt and pepper. Toss in the bacon, tomatoes and basil. Drain the pasta then mix it with the sauce. Serve it with extra Parmesan and black pepper if you like. Yum!

Serving Suggestion: tossed salad





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





Pineapple Carrot Bread

- 2 cups sugar
- 3 cups flour
- 1 1/2 tsp. cinnamon
- 1 tsp. baking soda
- 1 tsp. salt
- 3 eggs, beaten
- 1 cup oil
- 1 cup crushed pineapple, undrained
- 1 cup grated carrot (2-3 carrots)
- 2 tsp. vanilla
- 1 cup nuts, optional

Stir together the dry ingredients in a mixer bowl. Add the others in the order listed, mixing between each. Pour into 2 loaf pans that have been greased and floured very well. I like to use Baker's Joy No-Stick Spray with Flour. Bake at 325 degrees (that's not a type, the temp is really that low) for 1 hour. Remove from the pans immediately. The ingredients call for only 1 cup of crushed pineapple. I could only find a 20 oz can. I just dipped 1 cup out with a spoon. The rest could be used in another recipe or fruit salad.

