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Produce

Cauliflower – 1 head
 Onions
 Garlic
 {Salad fixings – 4 meals}
 {Sweet potatoes to bake}

Canned/Dry

Chicken broth – 1 box + 1 can
 Kidney beans – 1 can
 Brown rice
 Couscous
 Hunt's spaghetti sauce – 1 can
 Tomato sauce – 15 oz can
 Cream of chicken soup – 1 can
 Cornbread stuffing mix
 Spaghetti – 8 oz
 Quick oats
 {salsa}
 {tortilla chips}
 Cinnamon applesauce
 Mini marshmallows
 Shredded coconut
 Heath toffee chips
 Chocolate chips

Meat

Bacon – pre-cooked or regular
 Ground beef – 1 lb.
 Chicken to cook for casserole
 Whole chicken

Bread

{French bread}
 {Rolls to go with soup}

Dairy

Butter
 Milk
 Cheddar, shredded – 1 bag
 Pie crust
 Swiss cheese, shredded – 1 cup
 Eggs
 Half & half
 Parmesan cheese
 Mozzarella, shredded – 2 cups

Frozen

{Favorite veggie – 2 meals}

Items to Have in the Pantry/Fridge

Flour
 White sugar
 Brown sugar
 Baking soda
 Baking powder
 Vanilla
 Nutmeg
 Oil
 Chili powder
 Cumin
 Garlic powder
 Oregano
 Basil
 Paprika
 Cayenne pepper
 Onion powder
 Thyme
 White pepper
 Salt & pepper





Cream of Cauliflower Soup

- 1 head cauliflower, cut in bite size pieces and steamed until tender
- 4 Tbs butter
- 1/2 onion or small onion, diced
- 1/4 cup flour
- 3 cups chicken broth
- 2 cups milk, warmed
- 1 tsp. worcestershire sauce
- 1 cup shredded cheddar cheese

Melt the butter in a large pot. Cook the onion in the butter until tender. Whisk in the flour and cook for a few minutes. Whisk in the chicken broth until smooth. Stir in the milk and worcestershire sauce. Add the steamed cauliflower and cheese. Heat through without boiling. Season with salt and pepper to taste.

Serving Suggestion: tossed salad, warm rolls





Swiss and Bacon Quiche

- 1 pie crust
- 4-6 slices of bacon, crumbled (I used 1/2 of this pack of pre-cooked)
- 1 cup Swiss cheese, grated
- 4 eggs
- 2 cups half & half
- 1/4 cup Parmesan cheese
- salt and pepper
- dash of nutmeg

Put the pie crust in a pie plate. Prick it with a fork and bake it at 400 degrees for 3 minutes. Take it out and prick it again, then bake it for another 5 minutes.

In a bowl, beat the eggs and then add the other ingredients, stirring to combine. Pour into the pie shell. Turn the oven down to 350 degrees and bake for 45 minutes.

Serving Suggestion: favorite steamed veggie, tossed salad





South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set.

I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish.

Serving Suggestion: Tortilla chips & salsa, tossed salad





Baked Spaghetti

- 1 lb. ground beef
- 1 can Hunt's spaghetti sauce
- 1 can tomato sauce, 15 oz
- 1 onion, diced
- about 2 cups Mozzarella
- generous shakes of oregano, basil, salt and pepper (optional)
- 8 oz spaghetti

Brown the meat with the onion. Drain the fat and rinse under hot water. Cook the spaghetti according to the package directions. Drain and stir it together with the meat, sauces and extra spices. Put it into a casserole dish and top with cheese. Bake at 350 degrees for about 30 minutes, or till hot and bubbly.

Serving Suggestion: Garlic bread or warmed French or Italian bread, tossed salad





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, Warm Applesauce with Toasted Marshmallows





Warm Applesauce with Toasted Marshmallows

Pour the apple sauce into a small baking dish. If your apple sauce doesn't have cinnamon, just stir some in.

If you have other things in the oven, go ahead and pop it in to heat for a while, then pull the apple sauce out of the oven and sprinkle with marshmallows. Put it back under the broiler for a minute to toast the marshmallows.

Or you can sprinkle the marshmallows of the apple sauce before you heat it. Put it in the oven at 350 degrees for about 15-20 minutes. The marshmallows will toast slowly as the apple sauce heats.





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





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.

