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**Produce**

Onions  
 Potatoes (for baking & oven fries)  
 Garlic  
 Slaw mix  
 {Salad fixings – 3 meals}  
 Fresh mushrooms, sliced 8 oz  
 Green onions  
 Apples – 2 medium

**Canned/Dry**

Ketchup  
 Taco sauce 8 or 16 oz  
 Liquid smoke  
 Cream of chicken soup – 3 cans  
 Diced green chilis – 1  
 {tortilla chips}  
 {salsa}  
 Plain bread crumbs  
 Brown gravy mix – 2 envelopes  
 Pizza crusts – 2  
 Pizza sauce – 2 jars

**Dairy**

Cheddar, shredded – 1 bag  
 Flour tortillas – 10"  
 Sour cream – 16 oz  
 Monterey Jack cheese, 1 cup shredded  
 Mozzarella – 5 cups, shredded  
 Butter  
 Eggs  
 Frozen  
 Shredded hashbrown potatoes  
 Frozen bread dough  
 {favorite veggie – 2 meals}

**Meat**

4 or 9 lbs. pork shoulder or beef roast  
 Boneless chicken breasts – 1 bag  
 Lean ground beef or sirloin – 2 lbs.  
 Boneless pork chops – 6  
 Pepperoni or other pizza meat

**Bread**

Sandwich buns

**Other**

Foil pans for freezing  
 Heavy duty foil  
 Ziploc bags

**Items to Have in Pantry/Fridge**

Brown sugar  
 White sugar  
 Flour  
 Baking soda  
 Baking powder  
 Cinnamon  
 Honey – ½ cup  
 Vegetable oil  
 Olive oil  
 White vinegar  
 Red wine or cider vinegar  
 Soy sauce  
 Worcestershire sauce  
 Oregano  
 Basil  
 Dry mustard  
 Garlic powder  
 Seasoned salt  
 Cayenne pepper  
 Ground ginger  
 Mayonnaise – ½ cup  
 Milk  
 Parmesan cheese – 4 Tbs.



## Pulled Pork

This is a good recipe to double, but if you do, make sure your slow cooker is big enough to fit the meat.

- 4 lbs. pork shoulder or beef or pork roast
- 2 tsp. salt
- 1 onion, chopped fine
- 2 cups ketchup or BBQ sauce
- 8 oz taco sauce (not salsa)
- 2 Tbs. brown sugar
- 2 Tbs. vinegar
- 2 Tbs. Worcestershire sauce
- 1 tsp. liquid smoke
- 1 tsp. oregano
- 1 tsp. black pepper
- 1 Tbs. dry mustard
- 1 tsp. garlic powder

The night before, put the meat and salt in the crockpot. Cook on low 8-10 hours. The next morning, drain and shred the meat. It will be very tender. Put the shredded meat back in the crockpot and mix in all the other ingredients. Cook another 2-6 hours on low, watching so it doesn't burn.

I froze it in approximate 4 cup quantities. That was enough for our family of 6 to eat dinner and have a bit of leftovers for the next day. Janet says she sometimes freezes it in muffin cups, then drops those into a Ziploc freezer bag. That would be perfect for individual sandwiches.





## Oven Fried Potatoes

- potatoes, cleaned and sliced very thin
- olive oil, just a Tbs. or 3
- seasoned salt

In a large bowl, drizzle olive oil over the potatoes. Sprinkle with seasoned salt and stir until well combined. The amounts just depend on how many people you are feeding. Four decent sized potatoes should feed 6 people.

Place in a single layer on a baking sheet. Bake at 425 degrees for about 20 minutes, or until tender and browned. You can flip them over with a spatula and let them brown on the other side too if you want them crisper.

## Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix. How easy is that?





## Golden Enchilada Bake

- 2 Tbs. butter
- 1 clove garlic, pressed or minced
- 1/2 onion, diced
- 1 can diced green chilis
- 1/2 cup sour cream
- 1-2 cans cream of chicken soup
- 2 cups cooked chicken, shredded
- 1/4 cups milk, plus extra
- 1 cup cheddar cheese
- flour tortillas

Saute the onion and garlic in the butter. Stir in the sour cream, green chilis and soup. Mix well and take out 3/4 cup of sauce to reserve for later. Add the chicken and 1/2 cup cheese to the sauce still in the pan.

Fill the tortillas with the chicken mixture, rolling and placing in a greased baking dish. In a small bowl, combine the reserved sauce with the milk. I added a second can of cream of chicken soup and extra milk. Pour this sauce over the enchiladas in the pan. Sprinkle with the remaining cheese.

Bake at 350 degrees for 30-40 minutes or until hot. Or, cover tightly with foil and freeze. Label with the instructions, "Thaw in fridge. Bake at 350 degrees for 45 minutes to 1 hour or until bubbly."





### Smothered Steak with Mushrooms and Onions

- 2 lbs. ground sirloin
- 1 cup plain bread crumbs
- salt and pepper
- 8 oz package of sliced, fresh mushrooms
- large onion, sliced
- 2 envelopes brown gravy mix
- 2 cups water

Combine the meat, bread crumbs, salt and pepper. Shape into 1/2" thick patties.

In a skillet, brown the patties on both sides. Cook them until done. Or, if you are going to freeze the dish and are in a hurry, like I was the day I made these, just brown them. They can finish cooking in the oven when you're ready for them.

Remove the meat from the skillet. Add the mushrooms and onions to the skillet and saute about 10 minutes. Whisk the gravy and water together and add to the skillet, cooking until thickened, which should take just a couple minutes.

If eating that night, return the meat to the skillet with the gravy and let it heat for a couple minutes.

If freezing, put the meat in a casserole dish or foil pan. Pour the gravy over the top. Cool it a bit and then seal tightly with foil. Label with the instructions "Thaw in fridge. Bake at 350 degrees for 1 hour or until done".



## Spicy Chicken Garlic Pizza

Double this to have 1 tonight and 1 for the freezer.

- 12 oz boneless, skinless chicken breasts or tenders
- 1/4 cup green onions, chopped
- 2 cloves garlic, minced
- 2 Tbs. vinegar
- 2 Tbs. soy sauce
- 2 Tbs. vegetable oil + 1 Tbs. for cooking chicken
- 1/4 tsp. cayenne pepper
- 1/2 tsp. black pepper
- 1 Tbs. water
- 1 Tbs. cornstarch
- 1 pizza crust
- 1/2 cup grated Monterey Jack cheese
- 1/2 cup grated Mozzarella cheese

Cut the chicken into bite size pieces. In a bowl, combine the onions, garlic, vinegar, soy sauce, 2 Tbs. of the oil, and the cayenne and black peppers. Add the chicken, stirring to combine. Refrigerate for at least 30 minutes.

Heat the remaining Tbs. of oil in a skillet. Drain the chicken and reserve the marinade. Add the chicken to the skillet and cook until done, stirring often. Add the cornstarch and Tbs. of water to the marinade. Pour the marinade mixture into the skillet with the chicken. Cook until thickened and bubbly. Cool and then freeze in a Ziploc bag. Combine the cheeses in another Ziploc bag and store in the fridge. Label with these instructions, "Thaw chicken mixture in the fridge. Spread chicken mixture on the pizza crust. Cover with the cheeses. Bake at 400 degrees for 12-14 minutes."





## Honey Pork Chops

- 6 boneless pork chops
- 1/2 cup honey
- 1/4 cup cider vinegar (I used white wine vinegar)
- 1/4 tsp. ground ginger
- 1 clove garlic, minced
- 2 Tbs. soy sauce
- dash black pepper

Put all the ingredients, except the pork chops in a blender and mix well. Put the chops in a Ziploc freezer bag and pour the marinade over them. Label the bag and freeze. Thaw completely in the fridge. Bake at 350 degrees for 1 hour and 15 minutes. Or grill. Or pop them in the slow cooker, cooking 5-6 hours on low.





## Hashbrown Casserole

- 1 bag frozen, shredded hash brown potatoes
- 8 oz sour cream
- 1 can cream of chicken soup
- 1/2 cup butter, melted
- onion, chopped fine (about 1/2 a small onion)
- 1 cup shredded cheddar cheese (or a bit more if you like)

Stir all the ingredients together. Bake in an oven at 350 degrees for about 1 hour. Or place in the crockpot to cook them.





## Stromboli

Double this if you want to end up with 2. One will serve about 4-5 people, depending on how much they eat.

- 1 loaf frozen bread dough, thawed
- 2 egg yolks, save the whites
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 Tbs. Parmesan cheese
- 2 Tbs. oil
- Filling: pepperoni, sausage, ham, veggies etc.
- Mozzarella cheese – about 2 cups
- 1 jar pizza sauce

Spread the dough out on a buttered cookie sheet, like a pizza crust. Mix the other ingredients (minus the fillings) and spread like butter on the crust. Layer the fillings and top with cheese.

Roll it up starting with the long edge so you end up with a long, log shape. Place it seam side down on the cookie sheet. Brush with the reserved egg white. Bake at 350 degrees for 30-40 minutes. Slice and serve with the pizza sauce.





## Apple Brownie

- 1 stick butter, melted
- 1 cup sugar
- 1 egg
- 1 – 1 1/2 cups chopped apple (I used 2 apples)
- 1/2 cup walnuts, optional
- 1 cup flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 Tbs. cinnamon

Grease a 9" square baking pan. In a large bowl, beat the melted butter, sugar and eggs. Stir in the apples and nuts. Mix in the dry ingredients and pour into the pan. Bake at 350 degrees for 45-50 minutes.

