



1. [Ham Caribbean](#) with [Hawaiian Cole Slaw](#) and steamed veggie
2. [Chocolate Chip Pancakes or Waffles with Coconut Syrup](#)
3. [Slow Cooker Beef Vegetable Soup](#)
4. [Baked Chicken with Summer Vegetables in the Slow Cooker](#)
5. [Fettucini Alfredo](#)
6. [Lentil Tacos](#)
7. [Moosehunter Cookies](#)

Produce

Cole slaw mix
 Green onions
 Potatoes
 Carrots
 Celery
 Garlic
 Onions
 Red bell pepper
 Green bell pepper
 {salad fixings – 2-3 meals}
 {taco fixings – lettuce, tomato etc}
 {Fresh fruit}

Canned/Dry

Chicken broth – 2 cans
 Beef broth – 4 cans or 2 boxes
 Chicken flavored ramen noodles
 Fettucini
 {Angel hair pasta}
 Lentils
 Toasted sunflower seeds
 Sliced almonds – small pkg
 Pineapple tidbits – 8 oz
 Corn – 1 can
 Diced tomatoes – 2 cans
 Salsa
 {taco sauce}
 Mini chocolate chips
 White wine

Meat

1 ½ lbs. fully cooked ham slices
 1-1 ½ lbs. lean, boneless chuck steak or other cut
 whole chicken cut up or equivalent
 {bacon or sausage to eat w/ pancakes}

Dairy

Butter
 Eggs
 Milk
 Parmesan – good quality shredded
 Half & half
 Cheddar, shredded
 Flour tortillas
 {sour cream for tacos}

Frozen

Peas – small pkg
 {favorite veggie – 2 meals}

Items to Have in Pantry

Brown sugar
 White sugar
 Flour
 Baking soda
 Baking powder
 Cornstarch
 Molasses – ½ cup
 Vanilla
 Cocoa powder – ½ cup + 2 Tbs.
 Powdered sugar – 2 cups
 Coconut extract
 Cloves
 Dijon mustard
 Chili powder
 Oregano
 Bay leaf
 Thyme
 Vegetable oil
 Vinegar
 Orange juice – 1/3 cup





Ham Caribbean

- 1 1/2 lbs. fully cooked ham slices
- 8 oz pineapple chunks or tidbits
- 1/4 cup brown sugar
- 1 Tbs. cornstarch
- 1/8 tsp. cloves or nutmeg
- 1/3 cup orange juice

Put the ham steaks in a foil pan or casserole dish. Drain the pineapple, reserving the juice. Add enough water to make 1/3 cup. In a saucepan, combine the brown sugar, cornstarch and cloves. Stir in the pineapple juice and orange juice. Cook and stir until thickened and bubbly. Stir in the pineapple. Pour over the ham. Cool and seal tightly with foil. Label with the instructions, "Thaw in fridge. Bake at 350 degrees for 30-45 minutes or until hot."

This is a freezer meal, so you can choose to prepare and freeze ahead of time or skip the freeze part and bake it for that night.

Serving Suggestions: Hawaiian Cole Slaw, steamed veggie





Hawaiian Cole Slaw

- 1 bag of coleslaw mix
- small bunch green onions
- 1/3 jar (8-12oz size) toasted sunflower seeds (like Planter's brand)
- small package of sliced or slivered almonds
- package of chicken flavored Ramen noodles

For the dressing:

- 1/2 cup oil
- 2-3 Tbs. sugar
- salt and pepper
- seasoning packet from the Ramen

Break the noodles into a 9" pan and add the almonds. Toast at 350 degrees to brown them. Stir every little bit. This should take about 10-15 minutes.

Mix up the dressing and stir everything together. Enjoy!



Chocolate Chip Pancakes or Waffles with Coconut Syrup

Coconut Syrup

- 1 stick butter
- 3/4 cup buttermilk (or add 1 Tbs. vinegar to 3/4 cup milk)
- 1 cup sugar
- 1/2 tsp. baking soda
- 1 tsp. coconut extract

In a saucepan, melt the butter, sugar and buttermilk together. Stir frequently. Bring it to a boil and boil for 1 minute. Remove from heat and add the soda and extract. It will bubble up a bit, but just stir until the fizz goes down.

Chocolate Chip Pancakes

This recipe is from the January issue of Southern Living. I added chocolate chips.

- 1 3/4 cups flour
- 2 tsp. sugar
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 2 cups buttermilk
- 2 eggs
- 1/4 cup melted butter
- 1/2 cup mini chocolate chips

Combine the dry ingredients in a bowl. Whisk together the eggs and buttermilk (I used milk soured with vinegar again.) Gradually stir the wet ingredients into the dry. Stir only enough to combine the ingredients. Over stirring causes tough pancakes. The batter will be lumpy. Stir in the melted butter, gently combining. Add in the chocolate chips. Cook in a skillet on top of the stove or on a griddle. If you use the griddle set the temp at 350 degrees. I found the batter to be very runny and my pancakes were thin, but the taste was wonderful, especially with the coconut syrup.





Chocolate Chip Waffles

This recipe comes from Country Living Country Morning Cookbook. I added the chocolate chips.

- 1/2 stick butter
- 1 1/2 cups flour
- 1 Tbs. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups milk
- 3 eggs, separated, at room temp
- 1/2 cup mini chocolate chips

In a large bowl, stir together the dry ingredients. Melt the butter in a bowl in the microwave. Stir the milk and then the egg yolks into the butter. Add this mixture to the dry ingredients, being careful not to over mix.

With an electric mixer, beat the egg whites until stiff peaks form. Carefully fold the egg whites into the batter. Stir in the chocolate chips. Cook in the waffle iron.

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



Slow Cooker Beef Vegetable Soup

- 1-1 1/2 lbs. lean, boneless chuck steaks or other cut of beef, cut into small bite-size pieces
- 4 potatoes, peeled and cubed
- 3 carrots, sliced
- 1 stalk celery, diced
- 1 can corn, drained
- 1 can diced tomatoes, undrained
- 1 cup frozen peas
- 1 clove garlic, minced or crushed
- 1 onion, chopped
- 2 qts. beef broth
- 1 bay leaf
- 1/2 tsp. thyme
- salt and pepper to taste

I decided to saute the onions and garlic, just to add extra sweetness. I'm pretty sure you can skip that step and the soup will still be good. You can also use different veggies, if you like. Throw everything in the crockpot and cook it on high for 7-8 hours. This much food filled up my 6 qt. slow cooker.

As for how many servings this makes, I'll guess about 10-12. I fed 5 of us twice and there were still leftovers.





Baked Chicken with Summer Vegetables in the Slow Cooker

- about 3 pounds of chicken (I used a whole chicken, cut up)
- a bit of olive oil
- 2 Tbs. dijon mustard
- salt and pepper
- 1 tsp. thyme
- 1 onion, cut in thick wedges
- 4 large cloves garlic, minced
- red bell pepper, sliced
- green bell pepper, sliced
- 1 can diced tomatoes, drained (or use fresh, chopped tomatoes)
- 1/2 cup white wine
- {You can also add mushrooms and hot peppers if you like them}

Rub the inside of the crockpot with olive oil. Rinse and pat the chicken pieces dry with a paper towel. Rub the undersides of the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place them in the bottom of the crockpot, skin side down. Put the veggies and wine on top of the chicken. Cover and bake on high for 5 hours or so. Or bake on low all day.

Serving suggestion: Angel hair pasta, tossed salad





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





Lentil Tacos

- 1 cups lentils
- 1 onion, diced
- 1 clove garlic, minced
- 1 Tbs. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 1/2 cups chicken broth
- 1 cup salsa
- a bit of oil to saute the onion and garlic
- tortillas and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa.

Serving Suggestion: Chips and Salsa





Moosehunter Cookies

- 3/4 cup butter, softened
- 1 cup sugar
- 1/2 cup molasses
- 1 egg
- 1 tsp. vanilla
- 3/4 cup milk
- 1/2 cup + 2 Tbs. cocoa
- 3 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- For the vanilla icing:
- 2 cups powdered sugar
- 2 Tbs. butter, softened
- 1 tsp. vanilla
- 3-4 Tbs. milk

Cream the butter, sugar, and molasses together. Add the vanilla and egg. Mix well. Add in the milk, mixing well. Drop by teaspoons onto a baking stone or cookie sheet lined with parchment paper. Bake at 375 degrees for 10-12 minutes.

For the icing, mix all the ingredients in a small bowl. Add milk gradually until it is spreading consistency. Ice the cooled cookies.

