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Produce

Flat leaf parsley
Garlic – 2 bulbs
Roma tomatoes – 6
Small white onion
Yellow onions
Green peppers – 2
Carrots
Celery – optional
Baking potatoes
{Salad fixings – 4 meals}

Canned/Dry

Italian dressing
Beef broth
Angel hair or vermicelli
Anchovy fillets
Corn
Black beans
Diced tomatoes
Tomato paste – 6 oz
White rice
{Tortilla chips}
{Salsa}
Yellow cake mix
Heath toffee chips
Chopped pecans – ½ cup

Frozen

Shredded Hashbrowns
{Favorite veggie – 3 meals}

Bread

Good bread for dipping in olive oil

Dairy

Cheddar, shredded 3-4 cups
Tortillas
Sour cream – 8 oz
Butter
Pie crust
Swiss – 1 cup grated
Eggs
Half & half – 1 pint
Parmesan

Meat

Boneless chicken breast 1-2 bags or equivalent
Ham or smoked sausage
Round steak – 2 lbs.
Bacon, pre-cooked or regular

Items to Have in Pantry/Fridge

Foil
Soy sauce – ½ cup
Sugar
Vegetable oil
Olive oil – about 1 cup
Crushed red pepper flakes
Cumin
Chili powder
Ketchup – ½ cup
Flour
Nutmeg



Grilled Chicken with Soy Marinade

- 4-6 boneless chicken breasts
- ½ cup each of soy sauce, sugar, Italian dressing

Mix the soy sauce, sugar and Italian dressing together. Pour over the chicken and let it marinate 30 minutes to 24 hours. Grill.

Serving Suggestion: Oven Fried Rice, steamed veggie



Oven Fried Rice

- 1 cup white rice
- vegetable oil
- 1 can beef broth

Use a pan that can go on the stove top and in the oven. I use a Corning Ware casserole dish. Over medium heat, fry the dry rice in the oil until it has browned. Pour the beef broth over the rice, but don't stir.

Place into the oven and bake at 375 degrees for about 30 minutes. If the rice starts to look too dry, add a bit of water. Fluff with a fork before serving.



Spaghetti with Garlic & Oil and Tomato & Onion Salad

- 1 lb. spaghetti (I like angel hair or vermicelli)
- 1/3 cups olive oil (RR says 5 times around the pan)
- 8 cloves of garlic, chopped
- 8-10 flat anchovy fillet
- 1 tsp. crushed red pepper flakes (a small pile in the palm of your hand)
- fresh flat-leaf parsley

For the Tomato and Onion Salad:

- 6 Roma tomatoes (or any garden fresh, vine-ripe tomato)
- 1 small white onion
- more flat-leaf parsley
- salt and pepper (I like Kosher salt and fresh ground pepper)
- Add a loaf of crusty bread and extra oil for dipping it in.

Okay, here's how you fix it:

Put on a big pot of water to boil. Put the bread in the oven at 200 degrees while you fix everything else. Chop the garlic. In a skillet over medium -low heat add the olive oil, garlic, red pepper flakes and anchovies. Stir this every once in a while, using the back of the spoon to break up the anchovies. They will melt into the oil and become very yummy.

I wanted some oil to dip the bread into so I chopped more than 8 cloves of garlic and added them to another small skillet with olive oil to get toasty and yummy. When we served it we added oregano, basil, salt and pepper. Very yummy to dip bread into. While the sauce is cooking, slice the tomatoes and onions thin. Chop up some parsley – just a handful each for the spaghetti and tomatoes. Drizzle some olive oil over the tomatoes and onions. Add a bit of salt and pepper and stir in some of the parsley. Drain the spaghetti and add it to the skillet with the oil/anchovy mixture. Stir it around to coat the noodles and add the rest of the parsley. Season with salt and pepper.

That's it! It sounds like a lot of steps but it really does come together fast and it tastes like a bit of Italian heaven!



Chicken Fiesta with Black Beans

- 3-4 boneless chicken breasts (I like to use the tenders, as they break apart easily while cooking)
- 15 oz. corn, drained
- 15, oz black beans, rinsed and drained
- 1 Tbs. cumin
- 1 tsp. chili powder
- onion, sliced
- green pepper, sliced
- 14 oz can diced tomatoes
- 6 oz tomato paste

Combine all the ingredients in the crockpot and mix well. cover and cook on low for 5-6 hours. Garnish with cheese and serve over cornbread or in tortillas. Yum!

Serving Suggestion: salad, chips and salsa



Hashbrown Casserole in the Slow Cooker with Ham or Smoked Sausage

- 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)
- Ham or smoked sausage

Stir all the ingredients, except the meat, together in the slow cooker. Make a foil packet with the ham or smoked sausage inside. Place it over the potatoes. Cook on low for 5-6 hours.

Serving Suggestion: favorite steamed veggie



Round Steak with Vegetable Gravy in the Slow Cooker

- 3 carrots, peeled and diced
- onion, diced
- small green pepper, diced
- 2 stalks celery, diced (I didn't have celery, so I left it out)
- 2 lb. round steak
- 1/2 cup ketchup
- 1 Tbs. vinegar
- 1/3 cup water
- salt and pepper
- 2 Tbs. flour
- 1/2 cup water

Place the meat in the crockpot. Put the diced veggies on top. Mix the ketchup, vinegar, water and salt and pepper together. Pour over the meat and veggies. Cook on low for 8-10 hours or high for 5-6 hours.

Remove the meat from the slow cooker. Turn it up to high. Mix the flour and 1/2 cup water together in a container with a tight-fitting lid. Shake it to combine until smooth. Whisk into the broth in the slow cooker and let it cook just a few minutes until it's thickened a bit.

Serving Suggestion: Baked potatoes and salad



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



Butter Brickle Pecan Cookies

- 1 stick butter, softened
- 1 yellow cake mix
- 2 eggs
- 1 Tbs. water
- 1 package Heath chips
- 1/2 cup chopped pecans

Beat the butter until creamy. Add in the cake mix, eggs, water and beat until blended. Stir in the Heath chips and pecans. Drop by tablespoons onto ungreased baking sheets or baking stone. Bake at 350 degrees for 8-10 minutes. The top of the cookie will still look moist when you take it from the oven. Makes about 4 dozen cookies.

