



Weekly Menu, Recipes, and Grocery List

1. [Ham Steak on the grill](#), [Roasted Broccoli & Red Peppers](#), [Mac & Cheese](#)
2. [Chicken Teriyaki in the slow cooker](#), rice, favorite steamed veggie
3. [Pasta Salad with grilled chicken](#)
4. [Asian Chicken Lettuce Wraps](#)
5. [Tamale Sandwiches](#), [Refried Beans](#), salad
6. [Oven Fried Potatoes](#), [corn on the cob](#), [Cucumbers and onions](#), sliced tomatoes, watermelon, [green beans](#), [Hoe Cakes](#)
7. [Strawberry Shortcake](#)

Produce

Broccoli – 2 bunches
 Red bell peppers – 2-3
 Grape or cherry tomatoes
 Garlic
 Onions
 Green onions
 Lettuce with large flat leaves
 Potatoes
 Corn on the cob
 Cucumbers
 Tomatoes
 Watermelon
 Green beans
 Strawberries
 {Salad fixings – 1 meal}

Dry/Canned

Macaroni
 Bowtie pasta – 1 lb.
 White rice
 Pinto or kidney beans – 2
 Crushed tomatoes 28 oz – 2
 Tomato sauce – 8 oz
 Chipotle peppers in adobo sauce
 Chopped green chilis
 Teriyaki sauce
 Hoisin sauce
 Water chestnuts
 Velveeta
 Pineapple chunks – 20oz

Dairy

Milk
 Eggs
 Parmesan cheese, shredded
 Butter

Meat

Ham steak – 1-1/2 lb.
 Boneless chicken – 2 bags or equivalent
 Large pork shoulder roast or other cut of beef or pork

Frozen

{Favorite veggie}

Items to Have in Pantry/Fridge

Vegetable oil
 Olive oil
 Red or white wine vinegar
 White vinegar
 Flour
 Cornmeal
 Sugar
 Fresh herbs (basil, parsley, etc or use dried)
 Cumin
 Ginger
 Seasoned salt
 Dijon mustard
 Barbecue sauce





Roasted Broccoli and Red Peppers

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil. Sprinkle with seasonings and toss again. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.





Crockpot Teriyaki Chicken

- 2-3 pounds boneless chicken breasts
- 20 oz can pineapple chunks
- 1 cup Teriyaki Sauce
- ground ginger, just a shake or two

Drain the pineapple chunks, reserving the juice and setting the pineapple chunks aside for later. Put the chicken in the crockpot. Mix the juice, Teriyaki sauce and ginger and pour over the chicken. Cook 6-8 hours on low or 4-6 on high. Don't over cook this! Add the pineapple chunks about 20-30 minutes before you're ready to eat.

Serving Suggestion: steamed rice, favorite steamed veggie



Pasta Salad with Grilled Chicken

For the salad:

- bowtie pasta
- parmesan or mozzarella cheese
- broccoli
- red pepper
- grape or cherry tomatoes

Cook the pasta according to the package directions. Chop the veggies. Add the chopped broccoli to the pasta water about 2 minutes before the pasta finishes cooking. This is enough time to make the broccoli a bit more tender, but still crisp. Drain the pasta and broccoli and run it under cool water to stop the cooking process. Put it in a big bowl with the other veggies.

For the dressing:

- 1/2 cup vegetable oil
- 1/4 cup olive oil
- 1/3 cup white or red wine vinegar (I used white this time)
- 2 garlic cloves, minced or crushed
- 1/4 tsp. Salt
- 1 Tbs. Dijon mustard
- black pepper
- fresh herbs such as basil, parsley, chives, tarragon etc. or use dried

Whisk all the ingredients together, or put them in a container with a tight fitting lid and give it a good shake.

Stir the dressing into the salad. Top with cheese.

Serving Suggestion: grilled chicken





Tamale Sandwiches on Cornbread

- large pork shoulder roast or other cut of beef or pork roast
- 2 28oz cans crushed tomatoes
- 1 onion, diced
- 2 tsp. cumin
- 4 chilis from a can of chilis in adobo sauce, seeds scraped out and chopped fine
- 1 tsp. salt
- 1 recipe of cornbread

Place the roast in a slow cooker. Sprinkle it with salt and pepper and cook 5-6 hours on high or 7-8 hours on low. When it is fully cooked, shred the meat with a fork and return it to the slow cooker. You could also refrigerate or freeze the meat at this point to finish at a later time.

Add the other ingredients to the meat in the slow cooker. Stir to combine. Cook on low for another 2-4 hours. Serve over the cornbread.

Serving Suggestion: Refried Beans, salad





Refried Beans

- 3 Tbs. butter
- 1 small onion, diced
- 1-2 garlic cloves, minced or crushed
- 2 cans kidney or pinto beans, drained
- 1 can chopped green chilis
- about 1 cup tomato sauce
- salt to taste (I usually skip the salt)

Melt the butter in a skillet. Cook the onion and garlic in the butter until soft. Add the beans to the skillet and mash them with a fork. Stir in the chopped green chilis and tomato sauce. The original recipe calls for an 8 oz can of tomato sauce, but I didn't have that size. I used a 15 oz can and just poured some in. I used about 3/4 of the can. Heat until hot and bubbly.





Asian Chicken Lettuce Wraps

- boneless chicken breasts or tenders (although I grilled more, 10 tenders would have been plenty)
- hoisin sauce
- can of water chestnuts, roughly chopped
- green onions, sliced (2-4, depending on how much rice you use)
- cooked rice (about 1 cup)
- lettuce variety that has large leaves, cleaned and patted dry (Iceberg will work well for this dish)

Cook the rice according to the package directions. Grill the chicken, basting it with hoisin sauce during the last few minutes of the grilling. While the chicken grills, add the green onions and water chestnuts to the finished rice. Slice the grilled chicken into thin slices.

To assemble the wraps, lay a lettuce leaf on a plate. Add some rice to the middle of the lettuce. Be careful not to use too much, or you won't be able to wrap it. Add some chicken and top with hoisin sauce if you like extra flavor. These are fun to eat, but messy. Lettuce does not make a rip-proof wrap.





Hoe Cakes

- 1 cup cornmeal
- 1/2 cup flour
- 2 tsp. baking powder
- 1/4 tsp. of salt
- 1 egg
- 1 cup milk (not in the photo)
- oil for frying

Stir the dry ingredients together in a bowl. Mix in the egg and milk. Fry in a skillet or griddle like you would a pancake. Serve with butter.





Strawberry Shortcake

For the cake:

- 2 cups flour
- 2 Tbs. sugar
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 1/2 cup butter
- 1 egg, beaten
- 2/3 cup milk

Cut all the dry ingredients together with the butter. Stir in the egg and milk. The batter will be thick. Put it into a square 8" or 9" pan that you've greased. Bake at 450 degrees for 15-18 minutes, or until a toothpick comes out clean.

Serve with strawberries sweetened with sugar and whipped cream.

