



## Weekly Menu, Recipes, and Grocery List

1. [Bean and Cheese Enchiladas](#), salad, chips and salsa
2. [Garden Rotini with Grilled Zucchini and Chicken](#), salad
3. [Red Beans and Rice with Ham](#), salad
4. [BBQ Pepper Jack Chicken](#), [corn on the cob](#), [roasted potatoes](#)
5. [Cheesy Chicken and Rice Casserole](#), watermelon, favorite veggie
6. [Whole Chicken in the Slow Cooker](#), [fresh green beans](#), whole grain rolls
7. [Oatmeal Chocolate Chip Cookies](#)

**Produce**

Zucchini  
 Garlic  
 Tomatoes – 2 medium  
 Fresh basil  
 Onion  
 Green pepper  
 {Salad fixings – 3 meals}  
 {Corn on the cob}  
 {Potatoes}  
 {Watermelon}  
 {Green beans}

**Canned/Dry**

Pinto beans – 2  
 Kidney beans – 2  
 White rice  
 Garden rotini (tri-color)  
 Tomato sauce – 15 oz  
 Enchilada sauce – 10 oz  
 Fire roasted or diced tomatoes – 1  
 Taco seasoning – 1 pkt.  
 Chicken broth – 3 cans  
 Barbeque sauce  
 Cream of chicken soup – 1  
 Quick oats  
 Chocolate chips  
 {Tortilla chips}  
 {Salsa}

**Meat**

Boneless chicken breasts – 2 bags or equivalent  
 Ham cubes or steak  $\frac{3}{4}$ -1 lb.  
 Whole chicken

**Frozen**

{Favorite veggie or buy fresh}  
 Dairy  
 Cheddar, Jack or Mex blend shredded – 2 cups  
 Cheddar shredded – 1 cup  
 Parmesan –  $\frac{1}{2}$  cup  
 Gorgonzola – 5 oz crumbled  
 Pepper Jack slices  
 Flour tortillas  
 Half and half – 1 pint  
 Butter

**Bread**

{whole grain rolls}

**Items to Have in the Pantry**

Olive oil  
 Seasoned salt  
 Hot sauce  
 Sugar  
 Brown sugar  
 Vanilla  
 Flour  
 Baking soda  
 Salt  
 Eggs – 2  
 Milk



## Bean and Cheese Enchiladas

- 2 cans pinto beans, drained and rinsed
- 1 Tbs. butter
- 15 oz can tomato sauce
- 1 packet of taco seasoning (1/4 cup)
- 10 oz can enchilada sauce
- 2 cups shredded cheese (I used Monterey Jack and cheddar)
- 8 flour tortillas

Mash the beans in a bowl. Melt the butter in a skillet. Stir in the beans, half the can of tomato sauce and the taco seasoning. Cook until hot and bubbly.

Mix the enchilada sauce with the remaining tomato sauce. Pour a bit in the bottom of a 9×13 inch pan and spread it around. This will help keep the enchiladas from sticking. Spread some beans on a tortilla and top with shredded cheese. Roll up and place in the pan. Fill the rest of the tortillas. Pour the sauce over the top. Bake at 350 degrees for 30 minutes.

**Serving Suggestion: salad, chips and salsa**



## Garden Rotini with Grilled Zucchini and Chicken

- 1 box garden rotini
- 4 boneless chicken breasts
- 1 zucchini, quartered lengthwise
- olive oil
- homemade seasoned salt
- 4 Tbs. butter
- 1 clove garlic, minced or pressed
- 2 cups half & half, warmed
- 1/2 cup shredded Parmesan
- 5 oz Gorgonzola cheese, crumbled
- 2 medium tomatoes, chopped
- handful fresh basil, chopped

Boil the pasta according to the package directions.

Sprinkle the chicken breasts with seasoned salt and grill till done, then slice. Brush the zucchini with olive oil and sprinkle with seasoned salt. Grill for about 10 minutes. Cut the finished zucchini into bite sized pieces.

Melt the butter in a skillet. Cook the garlic in the butter for a minute or two. Whisk in the half & half and cook for a few minutes over medium heat. Add a pinch or two of seasoned salt. Stir in the cheeses and let them melt.

Mix the drained pasta, chicken, zucchini, tomatoes, basil and sauce together in a bowl and serve. Makes approximately 6-8 servings.

**Serving Suggestion: salad**





### Red Beans and Rice with Ham

- 2 cups of dry rice
- oil for sautéing
- 1 onion, chopped
- 2 cloves garlic, minced or crushed
- 1 green pepper, chopped
- about 3 cups of diced ham
- 2 cups chicken broth
- 1 can Fire Roasted diced tomatoes, or regular diced tomatoes, undrained
- 2 cans kidney beans
- 2 tsp. hot sauce

Cook the rice according to the package directions. In a skillet, sauté the onion and garlic in oil. Add the green pepper and ham and cook for a few minutes, until the green pepper is tender-crisp. Add the chicken broth, tomatoes, hot sauce and beans. Bring to a boil. Cover and turn down the heat, letting it simmer for 10-15 minutes. Serve over the cooked rice, with extra hot sauce for those who like more spice. Makes about 8 servings.

**Serving Suggestion: salad**





## Barbecue Pepper Jack Chicken

- boneless chicken breasts
- seasoned salt
- Sweet Baby Ray's or another BBQ sauce
- pepper jack cheese slices

If the chicken breasts are frozen, go ahead and put them on the hot grill. Let them thaw a bit and then sprinkle them with seasoned salt. If they're already thawed you can add the seasoned salt before you put them on the grill. Cook them until they are nearly done, then baste with barbecue sauce. I like Sweet Baby Ray's, but you can use any kind you like. I do think the sweet taste compliments the peppers and spice.

Top each chicken breast with a slice of cheese, letting it melt before removing the chicken from the grill.

**Serving Suggestion: Roasted potatoes, favorite steamed veggie**





## Roasted Potatoes

A simple side dish to add to dinner. This is more of a method than a recipe. Clean and chop the potatoes. Toss with olive oil, kosher salt and fresh ground pepper. Bake them at 400 degrees for about 45 minutes or so, depending on how big you cut the potatoes. You can use red potatoes, yukon golds or any other kind. Peel them or leave the peels on. Chop them bite size or cut them in wedges or sticks. Toss them with ground red pepper, red pepper flakes, parsley, rosemary, tarragon, garlic...anything that catches your imagination and will complement the rest of the meal.





### Chicken and Cheesy Rice Casserole

- 2 cups chicken, cooked and shredded
- 1 cup cheddar cheese
- 1 cup rice
- 2 cans chicken broth
- 1 can cream of chicken soup
- pepper

Place the chicken in a casserole dish and sprinkle the rice over it. Stir the broth, soup and pepper together and pour over the top. Bake uncovered at 350 degrees for an hour.

**Serving Suggestion: favorite steamed veggie, tossed salad**



## Whole Chicken in the Slow Cooker

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top. Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

### Seasoning ideas:

A lot of times, I just go with salt and pepper. Sometimes I use Kosher or sea salt and freshly ground pepper. Other times, I just use the regular table stuff. You can't go wrong with plain salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

### Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

### **Serving suggestion: Fresh green beans, whole grain rolls**







## Oatmeal Chocolate Chip Cookies

- 2 sticks butter, softened
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 Tbs. milk
- 1 1/2 tsp. vanilla
- 1 1/2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 4 cups quick oats
- 1 bag chocolate chips

Cream the butter and sugars together with an electric mixer. Beat in the eggs, milk and vanilla, mixing until well combined.

Stir the flour, baking soda and salt together and mix into the wet ingredients. Then stir in the oats and chocolate chips.

Drop by teaspoons onto ungreased cookie sheet or baking stone. Bake 9-10 minutes at 375 degrees.

