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Produce

carrots - 2 lbs.
 green pepper - 4
 onions
 garlic
 potatoes (for soup and baking)
 celery (optional)
 {salad fixings - 3 meals}
 lettuce for tacos

Canned/Dry

white rice
 orange sauce
 fire roasted diced tomatoes
 chipotle pepper in adobo sauce
 chicken broth - 2 boxes or 4 cans
 Velveeta
 fettuccine
 quick oats
 shredded coconut
 Heath chips
 chocolate chips

Meat

frozen meatballs or meat to make
 popcorn chicken
 boneless chicken breast - 1 1/2 lbs.
 tilapia fillets
 round steak 2 lb.
 diced ham - 2 cups

Frozen

{favorite veggie - 2 meals}

Dairy

Italian blend shredded cheese - 1 cup
 Cheddar, shredded (for tacos)
 Parmesan, shredded 2 cups
 Butter
 Tortillas

Items to Have in Pantry/Fridge

oregano
 basil
 vegetable oil
 liquid smoke
 Cajun or Creole seasoning
 ketchup - 1/2 cup
 vinegar
 flour
 whole wheat flour
 brown sugar
 white sugar
 baking soda
 baking powder
 salt
 pepper
 vanilla
 eggs - 3
 milk - 1 cup





Cheesy Rice and Meatball Skillet

- 20-24 frozen meatballs, thawed
- 1 cup rice
- 2 cups water
- 1 pound carrots, peeled and sliced
- 1 green pepper, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. salt
- 1 cup shredded Italian blend cheese

Put all the ingredients in a large skillet. Bring to a boil. Cover and turn down to simmer for 20-25 minutes. Stir in the shredded cheese and serve.

Serving Suggestion: favorite steamed veggie





Orange Chicken

- 1 bag frozen popcorn chicken
- 1 onion, chopped
- 1 green pepper, chopped
- vegetable oil
- 1-1 1/2 cups Orange Sauce – I used Panda Express bought from Walmart
- cooked rice, not in photo

Put the popcorn chicken in the oven and bake according to the package directions. Cook the onion and green pepper in a skillet with a little vegetable oil. Cook until tender-crisp. Pour in 1 to 1 1/2 cups of orange sauce. Add the chicken to the skillet and stir to combine. Serve over rice.





Smoky Chipotle Chicken Tacos

- 4 boneless chicken breasts – about 1 1/2 lbs.
- 1 green pepper, sliced
- 1 onion, peeled and sliced
- 1 can Fire Roasted diced tomatoes, drained
- 1 chipotle pepper in adobo sauce, finely chopped (not the whole can, just 1 pepper)
- 1/4 tsp. liquid smoke
- flour tortillas
- shredded cheddar cheese
- lettuce, chopped

Mix all of the ingredients together in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Serve in tortillas with cheese and lettuce, if desired.

Serving Suggestion: salad





Ham and Potato Chowder

- 1 onion, diced
- 1 Tbs. butter
- about 4 cups chopped, peeled potatoes
- 2 boxes chicken broth
- 2-3 cups diced ham
- 1/2 lb. Velveeta
- salt and pepper, to taste

Cook the onion in the butter till it's soft in a large soup pot. Add in the potatoes and the chicken broth. Bring to a boil and cook until the potatoes are tender. Turn down the heat.

Stir in the ham. Add the Velveeta. You can use a knife to cut it or just tear it up with your hands and drop the pieces in, which is the way I do it. Let the Velveeta melt in the soup, but try not to let the soup boil again. Add salt and pepper to your liking.

Serving Suggestion: salad, Graham Muffins





Graham Muffins

- 1 cup whole wheat flour
- 1 cup white flour
- 1 tsp. baking soda
- 1/4 cup brown sugar
- 1/4 tsp. salt
- 1 egg, beaten
- 1 cup buttermilk (or regular milk that you've added 1 Tbs. vinegar to)
- 3 Tbs. oil

Mix the dry ingredients. Add in the wet ingredients and stir only until blended. Put the batter in greased muffin cups and bake at 375 degrees for 15 minutes.





Tony's Tilapia

- Tilapia fillets
- Butter
- Creole or Cajun seasoning

Thaw the amount of fillets you need for your family. I thaw them for a while in a bowl of cool water. Place the fillets on a foil covered baking sheet. Pour the melted butter over them and sprinkle with the seasoning. Tony's seasoning has a nice kick to it, so you might want to go lightly (or heavier if you like it hot). Bake at 400 degrees for about 17 minutes or until you can flake the fillets with a fork.

Serving Suggestion: Parmesan Fettuccine, salad





Parmesan Fettuccine

- 1 lb Fettuccine
- 3-4 Tbs. butter, sliced into pats
- 1-2 cups Parmesan, grated or shredded
- fresh ground black pepper, to taste

Boil the fettuccine according to the package directions. Drain and add the butter, Parmesan and pepper. This is my kind of recipe – quick, easy and delicious.





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, favorite steamed veggie





Way to a Man's Heart Cookies

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 2 cups quick oats
- 1 cup shredded coconut
- 1 bag Heath toffee chips
- 2 tsp. vanilla
- 1 bag semi-sweet chocolate chips

Cream the butter and sugars together in a mixer bowl. Beat in the eggs and vanilla. In a separate bowl, stir together the flour, baking powder, baking soda and salt. Gradually add to the wet ingredients. Add in the oats, Heath chips and chocolate chips mixing to combine between each ingredient.

Drop on a greased cookie sheet (or baking stone) and bake at 325 degrees for about 14-15 minutes. This makes a lot of cookies, which is a good thing. You can freeze them in Ziploc bags if you don't eat them all right away.

