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Produce

Onions
Garlic
{Salad fixings – 3 meals}
Potatoes (for #1 and #6)
Sweet potatoes
Carrots
Green peppers – 2
Cranberries
{Fresh fruit}

Canned/Dry

Tomato paste 6 oz – 3
Fire roasted diced tomatoes
Diced tomatoes
Kidney beans
Black beans
Chicken broth – 1 can
Cream of chicken soup
Corn – 1 can
{Angel hair pasta}
Low-sodium chili seasoning mix – 2
Beef slices in a jar
{Crackers}
{Tortilla chips}
{Salsa}
Lime juice
Orange marmalade

Meat

2 lbs. ground beef (or 1 beef/1 sausage)
Chicken with or without bones
3-4 boneless chicken breasts
2 lbs. stew beef
Tilapia fillets

Dairy

Milk
Butter
Tortillas
Cheddar, shredded

Frozen

{Favorite veggie – 2 meals}

Items to Have in Pantry/Fridge

Flour
Cornmeal
Sugar
Baking powder
Vanilla
Paprika
Chili powder
Cumin
Old Bay Seasoning
Olive oil
Kosher salt
Pepper
Kitchen Bouquet
Eggs - 3





Garlic Lime Tilapia

- 3 Tbs. butter
- 2-3 cloves garlic, crushed
- 6 Tilapia fillets
- Old Bay Seasoning
- 1/4 cup lime juice

Melt the butter in a large skillet. Add the garlic and cook for a minute or two. Season the fish with Old Bay Seasoning on both sides of each fillet. Add to the skillet. Cook for several minutes. Flip and cook the other side for a couple minutes. Pour the lime juice into the skillet. Cover and cook the last few minutes until the fish flakes easily with a fork. Serves 4-5 people, depending on how much they eat. We had enough for 5 of us, but we all would have eaten more because it was so good. Next time I'll double the recipe.

Serving Suggestion: Roasted Sweet and White Potatoes, favorite steamed veggie





Mel's Diner Chili

- 2 lbs ground beef (I used 1 lb. pork sausage + 1 lb. ground beef)
- 1 onion, chopped
- 2 cans tomato paste (6 oz cans)
- 6 tomato paste cans of water
- 1 clove garlic, minced
- 1 can kidney beans, rinsed and drained
- 2 packs low-sodium chili seasoning mix
- 1 can Fire Roasted tomatoes, undrained (Judy's addition)
- salt and pepper to taste

Brown the beef, onion and garlic. Drain and rinse under hot water. Add all the other ingredients. Simmer for a few hours or toss it in the crockpot and cook it on low for 5 or 6 hours. I didn't have much time, so mine only cooked 45 minutes or so. It was still yummy.

Serving suggestion: tossed salad, crackers





Chicken Fiesta with Black Beans in the Slow Cooker

- 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 7-8 hours or high for 5-6. Garnish with cheese and serve in tortillas. Yum!

Serving Suggestion: salad, chips and salsa





Easy Pepper Steak in the Slow Cooker

- 2 lbs. stew beef
- 1 can or jar of spaghetti sauce
- 1 onion, sliced
- 1 green pepper, sliced
- 2 tsp. Kitchen Bouquet

Put everything in the slow cooker and cook 6-8 hours on low. I have made this without the Kitchen Bouquet and it's still good, but the ingredient does add a good flavor.

Serving Suggestion: angel hair pasta, tossed salad





Chipped Beef Gravy over Cornbread

- 3 Tbs. butter
- 3 Tbs. chopped onion
- 3 Tbs. flour
- 2 cups hot milk
- 1 jar of beef (you know the kind from the canned meat section that you use for cheese balls)
- 1/4 tsp paprika
- pepper and salt to taste

Rinse the meat under running water to remove a bit of the salt and then chop it up. In a sauce pan melt the butter and saute the onion until it's clear. Stir in the flour with a whisk and then add the hot milk, stirring until the mixture thickens. Add the remaining ingredients.

Serving Suggestion: fresh fruit



Sunday Chicken Dinner in the Slow Cooker

- chicken (boneless or with bones)
- potatoes, chopped
- carrots, chopped
- onion, sliced
- about 2 cups (or 1 can) of chicken broth
- 1 can cream of chicken soup
- salt and pepper

The amounts are dependent on how many people you're cooking for. I think I used 5 good sized boneless chicken breasts for my family of 6.

Place the chicken on the bottom of the crockpot. Put the veggies on top of the chicken. Stir the broth and soup together with the salt and pepper. Pour over the veggies and chicken. Cook on high for 5-6 hours or low for 7-8 hours.

You can thicken the broth to make gravy. Remove the chicken and veggies from the pot. Turn the heat to high. In a container with a tight fitting lid, add several Tbs. of flour. Add some water and shake to make a thick paste. You want it to pour, but still be thick. Slowly whisk the flour mixture into the broth.

Serving Suggestion: favorite steamed veggie





Cranberry Muffins with Orange Marmalade Glaze

- 2 cups flour
- 1/2 tsp. salt
- 1 Tbs. baking powder
- 1 stick I Can't Believe It's Not Butter!, softened
- 3/4 cup sugar
- 2 eggs
- 3/4 cup milk
- 1 tsp. vanilla
- 1 cup coarsely chopped cranberries
- 1/2 cup orange marmalade

Stir the flour, salt and baking powder in a large bowl. With an electric mixer, cream the I Can't Believe It's Not Butter! and sugar. Add the eggs, vanilla and milk and mix until well blended. Stir wet ingredients into dry ingredients with a spoon. Stir gently, just until combined. Fold in the cranberries. Fill greased muffin pan with the batter and bake at 400 degrees for 15-20 minutes. Melt orange marmalade in the microwave in a small bowl. This will only take 20-30 seconds, depending on the power of the microwave. You don't want to make it too hot, just melted. Dunk the top of each muffin in the marmalade to coat it with the glaze.

