

1. [Mediterranean Chicken in the Slow Cooker](#), angel hair pasta, salad
2. [Sweet and Sour Meatballs over Rice](#)
3. [Cottage Pie](#), steamed veggie, [Vanilla Fruit Salad](#)
4. [Steak Burgers with Red Wine Onions](#), baked potatoes, salad
5. [Spaghetti with Garlic & Oil, Tomato & Onion Salad](#), [Bread with Dipping Oil](#)
6. [Baked Ham & Broccoli Rolls with Swiss Cheese Sauce](#), steamed veggie, salad
7. [Apple Cinnamon Skillet Monkey Bread](#)

Produce

Onions
Garlic - 2 bulbs
Carrots
Flat leaf parsley
Roma tomatoes - 6
White onion, small
Broccoli, 1 bunch
{Salad fixings - 3 meals}
{Baking potatoes}

Canned/Dry

Red wine
Fire roasted diced tomatoes
Stewed tomatoes - 15oz
Tomato paste - 6 oz
Black olives, sliced - small can
Angel hair pasta - 2
Pineapple chunks - 20 oz
White rice
Beef gravy - 1 jar
Instant mashed potatoes
Italian bread crumbs
Anchovies packed in oil
Apple jelly
{Canned fruit - 2 any kind}
{Instant pudding mix lemon or vanilla}

Meat

Boneless chicken breast 1 1/2 lbs.
Frozen meatballs - 1 lb.
Ground beef, 1 1/2 lbs.
Lean ground beef, 2 1/2 lbs.
Ham, sliced at deli 1/2 lb.

Dairy

Swiss cheese for 1 cup shredded
Refrigerated biscuits

Frozen

{Favorite veggie - 2 meals}

Bread

Good crusty bread

Items to Have in Pantry/Fridge

Parmesan cheese
Vinegar
Brown sugar
Soy sauce
Cornstarch
Thyme
Sage, ground
Eggs - 3
Lemon pepper
Seasoned salt
Liquid smoke
Olive oil
Crushed red pepper flakes
Flour
Butter
Milk - 2 cups
Dijon mustard
Cinnamon



Mediterranean Chicken in the Slow Cooker

- 3 boneless chicken breasts (or more if you like it meatier)
- 1 can fire roasted diced tomatoes
- 1 can stewed tomatoes
- 1 6oz can tomato paste
- 1 onion, sliced
- 1 small can sliced black olives
- 1 whole bulb of garlic cloves, peeled but left whole (you can use less if you like things less garlicky)
- salt and pepper to taste
- Parmesan cheese, if desired

Place the chicken breasts in the bottom of the slow cooker. Add the other ingredients on top and stir to combine them a bit. Cover and cook on low for 7-8 hours or high for 5-6 hours. Serve over angel hair pasta. Top with Parmesan cheese if desired.

Serving Suggestion: salad



Sweet and Sour Meatballs over Rice

- about 1 lb. of prepared, frozen meatballs
- 20 oz can pineapple chunks, drained – reserve the juice
- 1 – 1 1/2 cups carrots, sliced
- 1 onion, chopped
- 1 clove garlic
- water to add to the juice to make 1 1/2 cups
- 6 Tbs. vinegar
- 6 Tbs. brown sugar
- 4 Tbs. soy sauce
- 2 Tbs. cornstarch
- cooked rice

Thaw the meatballs in the microwave. In a skillet, saute the onion and garlic in a bit of oil. Add in the carrots and cook for a few minutes.

In a bowl, combine the pineapple juice with enough water to make 1 1/2 cups. Stir in the vinegar, brown sugar, soy sauce and cornstarch. Add to the skillet and stir till thickened. Add the meatballs and pineapple. Simmer until the meatballs are hot and the carrots are tender-crisp. Serve over rice.



Cottage Pie

- 1 1/2 lbs. ground beef
- 1 onion, diced
- 1 jar of beef gravy
- salt and pepper
- 1/4 tsp. thyme
- dash of sage
- 2 cups mashed potatoes
- butter, to dot pie with

I am not a huge fan of instant mashed potatoes. In fact, this is the first time I've ever made them, other than when I used to cook in a restaurant. I'm not against eating them, I just don't usually make them at home. But I have this box of Idaho Spuds that I'd bought to make CocoNot Cookies and it just made sense to use some of them for this recipe.

Brown out the ground beef with the onion. Drain and rinse the meat under hot water. Add the thyme, sage, salt and pepper and gravy to the meat. Pour into a lightly buttered casserole dish. Top with mashed potatoes. Dot with butter. Bake at 400 degrees for 15-20 minutes or until the potatoes are browned a bit.

Serving Suggestion: steamed veggie, Vanilla Fruit Salad



Vanilla Fruit Salad

- 2 cans of fruit, any kind
- 1 box instant vanilla pie filling or try lemon or coconut

I used fruit cocktail, but I really like this with pineapple and mandarin oranges. You can also add chopped nuts if you like. Drain the fruit just a little. Stir in the pudding mix. Chill.



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.

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.



Baked Ham & Broccoli Rolls with Swiss Cheese Sauce

- 1/2 lb. ham, cut into slices (I had the Walmart deli cut it on 2)
- 1 bunch broccoli, cut into spears
- 2 Tbs. butter
- 2 Tbs. flour
- 2 cups milk, warmed
- 1 tsp. Dijon mustard
- 1 cup shredded Swiss cheese
- salt and pepper to taste

Cook the broccoli in a small amount of water until it's tender, about 10 minutes or so. Meanwhile, melt the butter in a pan. Whisk in the flour and cook for a minute or two. Gradually add the milk, whisking until smooth. Stir in the Dijon mustard and the cheese. Let the sauce cook over medium heat until thickened and the cheese has melted. Season with salt and pepper.

Assemble the rolls by putting a few broccoli spears in the middle of a slice of ham and rolling it up. Place in a 9×13 pan. After all the ham rolls are in the pan, pour the sauce over the top. Bake for about 20-30 minutes, until hot and bubbly.

Serving Suggestion: steamed veggie, salad



Apple Cinnamon Skillet Monkey Bread

- 1/4 cup butter
- 1/4 cup brown sugar
- 1/2 tsp. cinnamon
- 1 tube refrigerated biscuits
- 1/2 cup apple jelly

Melt the butter in a small bowl. Stir the brown sugar and cinnamon together. Cut the biscuits into 4 pieces each.

Pour the melted butter in a gallon size zip top bag. Add the biscuit pieces and gently squish to coat them with butter. Pour in the brown sugar and flip the bag to coat the pieces of biscuit with the sugar.

Spray a 9" or 10" iron skillet with cooking spray. Dump the biscuit pieces into the skillet and arrange in a single layer. Warm the apple jelly, till it thins. Pour over the top of the biscuits. Bake at 350 for about 20 minutes.

