

Weekly Menu, Recipes, and Grocery List

1. [Grilled Round Steak with Red Wine Vinegar and Homemade Seasoned Salt](#), baked sweet potatoes in the slow cooker, favorite green veggie
2. [Sloppy Slow Cooked Chicken Tacos](#), chips and salsa, salad
3. [Bacon and Tomato Pasta](#), garlic bread, salad
4. [Grilled Fish Sandwiches with Homemade Tartar Sauce](#), [Asian Broccoli Salad](#)
5. [Pesto Tomato Pizza](#), salad
6. [Scrambled Eggs and Peppers](#), [Biscuits](#), fresh fruit
7. [New England Blueberry Coffee Cake](#)

Produce

Onions
Garlic
Basil
Red onion
Broccoli
Roma tomatoes
Red, yellow, orange, or green bell peppers
Blueberries
{Sweet potatoes}
{Salad fixings – 3 meals}
{Favorite fruit – 1 meal}

Canned/Dry

Salsa verde, 1 can
Tomato sauce, 1 15 oz. can
Diced tomatoes, 1 can
Pesto sauce, 1 jar
Chicken-flavored Ramen noodles, 2 packages
Taco seasoning, 1 packet
Pasta, 1 lb.
Mayonnaise
Sweet pickle relish
White wine
Slivered almonds
Chopped walnuts
Sunflower seeds
{Chips and salsa}

Frozen

{Favorite veggie – 1 meal}
{Garlic bread}

Dairy

Butter
Milk
Half & half
Eggs
Cheddar cheese
Parmesan cheese
Mozzarella cheese
Italian-blend cheese

Meat

Round (or another cut) steak
Bacon
Boneless chicken tenders, 2-3 lbs.
Tilapia fillets, 12 small or 6 large

Bread

Tortillas
Sandwich buns, 6
Prepared pizza crust, 1

Items to Have in Pantry/Fridge

Salt
Pepper
Paprika
Garlic powder
Onion powder
Ground red pepper
Cajun or Creole seasoning
Cinnamon
Red wine vinegar
White vinegar
Olive oil
Baking powder
Flour
Sugar
Brown sugar



Grilled Round Steak with Red Wine Vinegar and Homemade Seasoned Salt

- round steak (or any other cut)
- red wine vinegar
- [homemade seasoned salt](#)

I didn't list amounts because this is more method than recipe. Place the steak on a plate or cutting board. Sprinkle red wine vinegar on one side. Sprinkle the seasoned salt on the meat. Rub the seasonings into the meat. Flip the steak over and repeat on the other side.

Let the steak rest at room temp for about 30 minutes while you work on the rest of the meal and preheat the grill. Grill over medium heat for about 8-10 minutes per side, or until it's as rare or well-done as you like.

If you have time, you can let the steak marinate in the refrigerator for several hours.

Serving Suggestion: baked sweet potatoes in the slow cooker, favorite green veggie



Sloppy Slow Cooked Chicken Tacos

- 2-3 lbs. boneless, chicken tenders
- 1 can salsa verde
- 1 packet taco seasoning
- 15 oz. tomato sauce
- tortillas
- cheddar cheese

Place chicken in slow cooker. I cooked mine from frozen. Stir remaining ingredients together and pour over chicken. Cook 5-6 hours on high or 7-8 hours on low. Shred meat and serve in tortilla shells with taco fixings.

Serving Suggestion: chips and salsa, salad



Bacon and Tomato Pasta

- 1 lb. pasta - I used penne, but you could use any shape you like
- 2 Tbs. butter + 2 Tbs. olive oil
- onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 1/2 cups half & half
- 1 1/2 cups Parmesan cheese, shredded or grated
- salt & pepper
- bacon, cooked and diced
- 1 can diced tomatoes, drained
- fresh basil leaves, chopped

Boil the pasta according to the directions. Melt the butter and olive oil together in a pan and add the onion and garlic. Cook until the onion is tender. Add the wine and cook for a minute or two. Add the half & half, whisking to blend. Stir in the cheese and let it melt. Season with salt and pepper. Toss in the bacon, tomatoes and basil. Drain the pasta then mix it with the sauce. Serve it with extra Parmesan and black pepper if you like. Yum!

Serving Suggestion: garlic bread, salad



Grilled Fish Sandwiches with Homemade Tartar Sauce

- 12 small or 6 large tilapia fillets
- Cajun or Creole seasoning, to taste
- 1/3 cup mayonnaise
- 1-2 Tbs. sweet pickle relish, depending on how pickley you like it
- 6 sandwich buns

Sprinkle seasoning on one or both sides of the fish. Go as heavy or light as you like. Grill fish on a George Foreman or other indoor grill for about 5-6 minutes. Stir relish and mayo together to make tartar sauce. Serve fish on buns with tartar sauce. Add lettuce, tomato and red onion if desired.

Serving Suggestion: Asian Broccoli Salad



Asian Broccoli Salad

- 2 pkg chicken flavored Ramen noodles
- 1 cup slivered almonds
- 1 head broccoli, chopped in small pieces
- 1/2 red onion, diced
- 1 red bell pepper, chopped
- 1 cup sunflower seeds
- 1 cup oil
- 1/2 cup sugar
- 1/3 cup vinegar
- 2 pkts Ramen noodle seasoning

Break Ramen noodles in small pieces. Set seasoning packets aside for later. Toast broken noodles and almonds in shallow pan at 350 degrees for 10-15 minutes. Stir several times during toasting. Combine broccoli, onion, red pepper, sunflower seeds, and toasted noodles and almonds in large bowl. Whisk together oil, sugar, vinegar and seasoning packets in a small bowl. Pour over salad right before serving and toss to coat.



Pesto Tomato Pizza

- 1 prepared pizza crust
- 1/2 jar prepared pesto sauce
- 3 Roma tomatoes, sliced thin (or use any variety of tomato you have)
- 1 cup mozzarella, shredded

Spread the pesto sauce on the crust. Top with sliced tomatoes and cheese. I used the directions on the crust as my guide for the oven temperature and cooking time.

Serving Suggestion: salad



Scrambled Eggs and Peppers

- onion, chopped
- red, yellow, orange or green bell peppers, chopped (I used 1/2 each, yellow and red)
- butter for the skillet
- eggs, beaten with a fork (I used 8 or 9 for 5 people)
- salt and pepper to taste
- Italian blend cheese, shredded

Put the butter in a skillet and melt over medium heat. A couple tablespoons should do it. Add the onion and peppers and cook until tender.

Beat the eggs in a bowl and add in the salt and pepper. Add to the skillet and scramble till done. Remove from heat and sprinkle cheese in, stirring to melt. Serve with biscuits, toast or muffins. Add bacon, sausage or ham if you want to make your teenage boy or hungry husband happy.

Serving Suggestion: Biscuits, fresh fruit



Biscuits

- 2 cups flour
- salt, a pinch or two
- heaping Tbs. baking powder
- 1/4 - 1/3 cup butter
- milk, nearly 1 cup

Stir together the dry ingredients. Cut in the butter. Stir in the milk to form a ball of dough. On a floured surface, pat or roll the dough out to about 1/2 inch thick. Cut into circles and place on a baking sheet. Bake at 450 degrees for 10 minutes.



New England Blueberry Coffee Cake

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 1/2 cups fresh blueberries
- 1 egg
- 1/2 cup milk
- 1/4 cup butter or margarine, melted

For the topping:

- 1/4 cup butter or margarine, melted
- 3/4 cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1/2 cup chopped walnuts

Stir the dry ingredients together in a large bowl. Stir in the blueberries. Mix the egg, milk and butter together with a fork in a smaller bowl. Add wet ingredients to the dry ingredients. Gently stir until well combined. Pour into 8" greased pan. Combine topping ingredients and put on top of cake batter. Bake 425 degrees for 30-40 minutes or until a toothpick comes out clean.

