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Produce

Onions
Garlic
Green bell pepper
Red bell pepper
Parsley
Basil
Potatoes
Carrots
Parsnips
Other desired veggies for All Veggie Vegetable Soup
Lemon juice
{Salad fixings – 3 meals}
{Carrot sticks}

Canned/Dry

Chicken broth, 2 15 oz. cans
Cream of chicken soup, 1 can
Diced tomatoes, 1 can
Tomato juice, 1 large can
Spaghetti sauce, 1 can or jar
Kitchen Bouquet
Coffee
Cornmeal
Rice
Pasta (any variety), 1 lb.
Chocolate fudge instant pudding mix, 2 3.4 oz. boxes
Twinkies, 1 box
White wine
{Angel hair pasta}

Dairy

Butter
Milk
Eggs
Half & half
Shredded cheddar cheese
Shredded Parmesan cheese
Shredded Italian blend cheese

Meat

Stew beef, 2 lbs.
Whole chicken
Boneless chicken breast, 2 3 lb. bags
Bacon

Frozen

Whipped topping, 1 8 oz. Container
{Favorite veggie – 2 meals}

Bread

{Rolls}

Items to Have in Pantry

Salt
Pepper
Oregano
Basil
Mint
Seasoned salt
Red pepper
Olive oil
Flour
Sugar
Baking powder





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 7-8 hours on low or 5-6 hours on high.

Serving Suggestion: angel hair pasta, salad





Whole Chicken in the Slow Cooker

How to Clean a Whole Chicken

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.

Ideas for Seasoning a Whole Chicken

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: steamed veggie mix, rolls





Italian Chicken and Rice Casserole

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans (15 oz) chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. oregano
- 1/2-1 tsp. basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9×13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top.

In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients. Bake at 350 degrees for 1 hour -1 hour and 15 minutes. Let it stand for a few minutes before serving.

Serving Suggestion: favorite green veggie, 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.

Serving Suggestion: salad



Chicken Gyros

- 1/4 cup olive oil
- 3 Tbs. lemon juice
- 2 cloves garlic, minced or crushed
- 1 1/2 tsp. dried mint
- 1 1/2 tsp. oregano
- 1 1/2 tsp. ground black pepper
- 1/2 tsp. salt
- 2-2 1/2 lbs. boneless chicken breast, cut in bite size pieces

Whisk all the ingredients except the chicken to make the marinade. You could put them in a tight fitting container with a lid and give them a good shake instead of whisking.

Pour the marinade over the chicken and give it a stir to be sure all the chicken is coated with marinade. Refrigerate for several hours.

Cook the chicken in a skillet over medium-high heat. Work in batches, if necessary, so that the chicken isn't crowded in the pan. Remove the cooked chicken to a bowl and let it cool. Place the chicken in a plastic freezer bag. Don't forget to label it with the date, recipe title and reheating instructions.

For the cucumber-yogurt sauce I used about 1/2 a cucumber cut into small pieces. I stirred the cucumber into 6 oz. of Greek-style yogurt.

If you've frozen the chicken, reheat it in the microwave. Fill a pita pocket with chicken and top with the cucumber-yogurt sauce.

Serving Suggestion: Oven Fried Potatoes, carrot sticks





Oven Fried Potatoes

- potatoes, cleaned and sliced very thin (4 good sized potatoes should feed about 6 people)
- 2-3 Tbs. olive oil
- seasoned salt, to taste

In a large bowl, drizzle olive oil over the potatoes.

Sprinkle with seasoned salt and stir until well combined.

Place in a single layer on a baking sheet. Bake at 425 degrees for about 20 minutes, or until tender and browned. You can flip them over with a spatula and let them brown on the other side too if you want them crisper.





All Veggie Vegetable Soup

- large can of tomato juice
- potatoes, carrots, parsnips, onion - chopped
- any other veggie you'd like to add (diced tomatoes, corn, cabbage, green pepper etc)
- salt and pepper to taste
- 5 cups water

Put the juice and water in a large pot. Add the chopped veggies and cook until tender. Season with salt and pepper.

Serving Suggestion: Cheddar Muffins





Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients. Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans. Bake for 15-20 min.



Twinkie Tiramisu

- 1/3 cup boiling water
- 1/2 cup sugar
- 2/3 cup strong brewed coffee
- 2 boxes (3.4 oz) chocolate fudge instant pudding mix
- 3 1/2 cups milk
- 1 container frozen whipped topping, thawed (8oz)
- 1 box Twinkies

Mix the boiling water and sugar together, stirring until the sugar is dissolved and the liquid turns clear. Stir in the coffee and let it cool.

Mix the pudding mix and milk together with an electric mixer until the pudding has thickened. Fold in the whipped topping. This makes a delicious mousse-like fluff.

Slice the Twinkies in half, lengthwise. Place half of the slices on the bottom of a pan. I experimented with pan sizes. 9×13 was a bit too big. 9×9 was too small.

Drizzle with half the coffee syrup.

Spread half of the chocolate fluff over the Twinkies in the pan. Top with the rest of the Twinkies. Drizzle with the remaining coffee syrup. Spread the chocolate fluff over the top of all of it. Refrigerate until ready to serve.

