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**Produce**

Onions  
Garlic  
Potatoes  
Green bell peppers  
Broccoli  
Cauliflower  
Roma tomatoes  
Celery  
Carrots  
Basil  
{Salad fixings – 3 meals}

**Canned/Dry**

White rice  
Macaroni  
Pasta (any variety), 1 lb.  
Cream of chicken soup, 1 can  
Diced tomatoes, 1 can  
Tomato sauce, 1 15 oz. can  
Chili ready diced tomatoes, 1 can  
Salsa Verde, 1 can  
Kidney beans, 1 can  
Taco seasoning, 1 packet  
Unflavored gelatin, 1 packet  
Soy sauce  
Worcestershire sauce  
Marzetti Ranch Dip  
Velveeta  
White wine  
Baked 9" pie shell  
Peanut butter  
Semi-sweet chocolate chips  
Chocolate curls (optional)  
{Chips and salsa}

**Dairy**

Butter  
Milk  
Eggs  
Shredded cheddar cheese  
Provolone cheese  
Shredded Parmesan cheese  
Half & half

**Meat**

Bacon  
Pork tenderloin, 2-3 lb.  
Ground beef, 1 lb.  
Cube steak, 2 lbs.  
Boneless chicken tenders, 2-3 lbs.  
Boneless chicken breast, 1 3 lb. bag

**Frozen**

Cool Whip  
{Favorite veggie – 2 meals}

**Bread**

Tortillas  
Sub buns

**Items to Have in Pantry**

Salt  
Pepper  
Vanilla  
Italian seasoned salt  
Olive oil  
Sugar  
Cornstarch





### **Italian Seasoned Salt and White Wine Pork Tenderloin**

- 2-3 lb. pork tenderloin
- 1 clove garlic
- 1/2 cup white wine
- 1-2 Tbs. homemade Italian Seasoned Salt

Place tenderloin in foil lined pan. Cut garlic clove in half and rub all over meat. Leave in pan with meat. Pour white wine over meat. Sprinkle with Italian Seasoned Salt. Wrap in foil, making a loose packet around meat but crimp the foil tightly. Bake at 350 degrees for 2 hours or until done.

**Serving Suggestion: Mashed Potatoes, favorite green veggie**





## Mashed Potatoes

- potatoes
- butter
- milk
- salt

Wash the potatoes. Peel and chop them. Put them in a pan and shake salt over them. Add a dollop of butter and cover them with water. Bring to a boil and cook until very tender. The butter in the water helps keep them from boiling over on the stove.

When they're done, drain them. If you have a hand-held mixer, you can mix right in your pan. Mine bit the dust a long time ago, so I use a stand mixer. Either way, add more butter to the potatoes and some salt. Begin to mix them, adding dribbles of milk as you go. It doesn't take much milk, so go easy. Taste to be sure you have the right amount of salt.

If you like your potatoes lump-free, cook them a long time to be sure they're tender. Then mash them a bit before mixing.





### **Mandarin Chicken Rice Bake**

- 3/4 cup uncooked white rice
- 1 1/2 cups boiling water
- 2 cups cooked chicken
- 1 onion, chopped fine
- 1/2 cup green pepper, chopped
- 1 can cream of chicken soup
- 2 Tbs. soy sauce

Grease a 2 quart casserole dish. Put the rice and the boiling water in the dish, stirring to mix. Add the other ingredients, stirring to mix them all in. Bake at 350 degrees for an hour and 15 minutes. You can use celery or pimento in addition to or instead of the green pepper.

**Serving Suggestion: 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: salad, chips and salsa**





### **Beef and Bean Topped Potatoes**

- 1 lb. ground beef, cooked
- 1/2 cup onion and bacon, cooked
- 1 garlic clove, pressed or minced
- 1 can kidney beans, rinsed and drained
- 1 can chili ready diced tomatoes
- baking potatoes
- shredded cheddar cheese

Place all the ingredients, except the potatoes and cheese in the slow cooker or heat them together on the stove. Top baked potatoes and sprinkle with shredded cheese, if desired.

You can substitute ingredients for what you have. Try regular diced tomatoes with a can of green chilis. Use any kind of canned beans. Skip the bacon. Cook the onion with the ground beef. Add chili powder or taco seasoning or salsa. Anything goes!

**Serving Suggestion: salad**





### French Dip Sandwiches in the Slow Cooker

- 2 lbs. cube steak
- 1 green pepper, sliced
- 1 large or 2 small onions, sliced
- 1 Tbs. Worcestershire sauce
- provolone cheese slices
- sub buns

Place the steak, peppers and onions in the slow cooker. Cook 5-6 hours on high or 7-8 on low. Slice the steak into strips. Place on buns and top with cheese. Broil in the oven until cheese is melted. Serve the the broth from the slow cooker.

Adjust the amounts for the number of people you are feeding. This served about 6 people.

**Serving Suggestion: Ranch Veggie Salad, Macaroni & Cheese**





## Ranch Veggie Salad

- 1 bunch broccoli, chopped
- 1 head cauliflower, chopped
- 5-6 Roma tomatoes, chopped
- 1-2 stalks celery, chopped
- 4-5 carrots, chopped
- 2 cups Marzetti Ranch Dip

Stir the veggies together with ranch dip. Eat!







## Macaroni & Cheese

- Macaroni - I think Creamette is the best
- Velveeta (or generic alternative)
- Butter
- Milk

I never measure, so I'm not much help with the amounts. Make the amount of macaroni noodles you'll need for your family and then just eyeball the other ingredients for what looks good to you. You might like it creamier or drier or cheesier than what I do.

After the macaroni has cooked and drained, put it back in the pot. Add a couple tablespoons of butter. Slice off some thick slices of the cheese and break it up into the pot with your hands. Add some milk, but go slowly with it. You can always add more if it needs it, but you can't take it back out again. Allow it all to melt together in the pan, adjusting the ingredients as necessary.





## 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 (this didn't make it into the picture)
- 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: salad**





### Black Bottom Peanut Butter Chiffon Pie

- 1/2 cup sugar
- 1 Tbs. cornstarch
- 2 cups milk
- 4 beaten egg yolks
- 1 cup semi-sweet chocolate chips
- 1 tsp. vanilla
- 1 baked 9" pie shell
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 1/2 cup peanut butter
- 4 egg whites
- 1/4 cup sugar
- 2 cups Cool Whip
- chocolate curls, optional

Mix first 4 ingredients in heavy saucepan. Bring to boil over medium heat, stirring constantly. Dip 1 cup out in a bowl and add chocolate and vanilla. Stir till chocolate melts. Pour chocolate filling in bottom of pie shell. Chill in refrigerator. Add gelatin to 1/4 cup cold water. Let sit 1 minute. Add gelatin water to hot custard. Stir till dissolved. Stir in 1/2 cup peanut butter till well mixed and smooth. Beat egg whites with electric mixer, gradually adding 1/4 cup sugar. Mix till stiff peaks form. Fold in peanut butter custard and Cool Whip. Pour peanut butter layer on top of chocolate layer. Chill in refrigerator. Garnish with chocolate curls, if desired.

