



## Weekly Menu, Recipes, and Grocery List

1. [Spicy Chicken Soup in the Slow Cooker](#), salad with avocado, tomatoes and Ranch dressing
2. [Chicken with Summer Vegetables in the Slow Cooker](#), angel hair pasta
3. [Ravioli in the Slow Cooker](#), salad
4. [Chicken and Cheesy Rice Casserole](#), favorite veggie, fresh cut fruit
5. [Pork Chops Topped with Pineapple, Onion and Green Pepper](#), [Hawaiian Cole Slaw](#), favorite veggie
6. [Italian Beef Sandwiches in the Slow Cooker](#), [Oven Fried Potatoes](#), cut carrots or baby carrots
7. [Lemon Pineapple Cake Mix Cookies with Pineapple Glaze](#)

**Produce**

Onions  
Garlic  
Green bell peppers  
Red bell peppers  
Green onions  
Coleslaw mix  
Potatoes  
{Avocado}  
{Tomatoes}  
{Salad fixings – 2 meals}  
{Favorite fruit – 1 meal}  
{Carrots}

**Canned/Dry**

Chicken broth, 7 cans  
Cream of chicken soup, 1 can  
Chicken-flavored Ramen noodles, 1 package  
Diced tomatoes, 2 cans  
Tomato paste, 1 6 oz. can  
Crushed tomatoes, 1 28 oz. can  
Crushed pineapple, 1 8 oz. can  
Black beans, 1 can  
Pineapple rings, 1 can  
Good Seasons Italian dressing mix, 1 package  
Brown gravy mix, 1 package  
Taco seasoning, 1 package  
Pepperocinis, 1 small jar  
Dijon mustard  
Rice  
Toasted sunflower seeds, 1 8-12 oz. jar  
Sliced or slivered almonds, 1 small package  
White wine  
Powdered sugar  
Lemon cake mix, 1 box  
Lemon extract  
{Ranch dressing}  
{Angel hair pasta}

**Dairy**

Shredded Mozzarella cheese  
Shredded cheddar cheese  
Butter  
Eggs

**Meat**

Boneless chicken breasts, 2 3 lb. bags  
Chicken parts (whole chicken cut up, etc), 3 lbs.  
Boneless pork chops  
Beef roast, 1 large

**Frozen**

Corn  
Ravioli, 2 bags  
{Favorite veggie – 2 meals}

**Items to Have in Pantry**

Salt  
Pepper  
Seasoned salt  
Garlic powder  
Cumin  
Thyme  
Oregano  
Basil  
Parsley  
Olive oil  
Vinegar  
Sugar  
Flour





### Spicy Chicken Soup in the Slow Cooker

- 4-5 boneless chicken breasts
- 3 cans chicken broth
- 1 can diced tomatoes
- 16 oz frozen corn
- 1 can black beans
- 1 red pepper, chopped
- 1 onion, chopped
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. cumin
- 1 package taco seasoning
- 1/2 cup rice

Place all ingredients, except rice in slow cooker. Cook on high 5-6 hours or low 7-8 hours. Add rice 1-2 hours before serving.

**Serving Suggestion: salad with avocado, tomatoes and Ranch dressing**





### Chicken with Summer Vegetables in the Slow Cooker

- about 3 pounds of chicken (I used a whole chicken, cut up)
- a bit of olive oil
- 2 Tbs. Dijon mustard
- salt and pepper
- 1 tsp. thyme
- 1 onion, cut in thick wedges
- 4 large cloves garlic, minced
- red bell pepper, sliced
- green bell pepper, sliced
- 1 can diced tomatoes, drained (or use fresh, chopped tomatoes)
- 1/2 cup white wine

Rub the inside of the crockpot with olive oil. Rinse and pat the chicken pieces dry with a paper towel. Rub the undersides of the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place them in the bottom of the crockpot, skin side down. Put the veggies and wine on top of the chicken. Cover and bake on high for 5 hours or so. Or bake on low 7-8 hours.

**Serving Suggestion: angel hair pasta**





### Ravioli in the Slow Cooker

- 2 bags frozen ravioli
- 28 oz can crushed tomatoes
- 6 oz can tomato paste
- 1 small onion, diced (optional)
- 2 garlic cloves, crushed
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1 tsp. dried thyme
- 1/2 tsp. sugar
- salt and pepper to taste
- 1 cup Mozzarella, shredded

Pour the frozen ravioli into the slow cooker. Stir the crushed tomatoes, tomato paste, onion, garlic and seasonings together in a bowl. Pour over the ravioli and stir to coat all the ravioli with sauce. Cook on high for 3 hours or low for 5 hours. About 20 minutes before you're ready to eat, sprinkle the ravioli with Mozzarella.

**Serving Suggestion: salad**





## Chicken and Cheesy Rice Casserole

- chicken, cooked and shredded
- about 1 cup cheddar cheese
- 1 cup rice
- 2 cans chicken broth
- 1 can cream of chicken soup
- pepper

I baked 3 small chicken breasts and shredded them for this dish. I really like to have chicken already to go for casseroles in the freezer. You can also substitute canned chicken if you're very short on time.

Place the chicken in a casserole dish and sprinkle the rice over it. Stir the broth, soup and pepper together and pour over the top. Bake uncovered at 350 degrees for an hour.

**Serving Suggestion: favorite veggie, fresh cut fruit**





### **Pork Chops Topped with Pineapple, Onion and Green Pepper**

- boneless pork chops
- onion slices
- green pepper, rings
- pineapple rings
- salt and pepper

Place the pork chops in a casserole dish. Layer the onion, green pepper and pineapple on top of each pork chop. Sprinkle with salt and pepper. Bake for 1 hour at 350 degrees.

If you want to grill them outside, place them in individual foil packets and grill for about 20 minutes or so.

**Serving Suggestion: Hawaiian Cole Slaw, favorite veggie**





## Hawaiian Cole Slaw

- 1 bag of coleslaw mix
- small bunch green onions
- 1/3 jar (8-12oz size) toasted sunflower seeds (like Planter's brand)
- small package of sliced or slivered almonds
- package of chicken flavored Ramen noodles

### For the dressing:

- 1/2 cup oil
- 2-3 Tbs. sugar
- salt and pepper
- seasoning packet from the Ramen

Break the noodles into a 9" pan and add the almonds. Toast at 350 degrees to brown them. Stir every little bit. This should take about 10-15 minutes.

Mix up the dressing and stir everything together. Enjoy!





### Italian Beef Sandwiches in the Slow Cooker

- 1 large roast (fat trimmed if needed)
- 1 package Good Seasons Italian dressing
- 1/4 cup vinegar
- 1 Tbs. sugar
- 1-2 cans chicken broth (I used 1)
- 1 tsp. garlic powder
- 1 package brown gravy mix (mixed with 1 cup water)
- 1 green pepper, sliced
- 1 small jar pepperocinis with juice

Poke the meat with a fork or knife and put it in the crockpot. Mix all the ingredients and pour over the meat. Let it marinate overnight in the refrigerator or cook it right away on low for 8-10 hours. Or, be like me and don't fix it until lunch time then crank it up on high and cook it for 5-6 hours. Shred the meat and serve on hoagie buns with the peppers and sauce for dipping.

**Serving Suggestion: Oven Fried Potatoes, cut carrots or baby carrots**







## 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.





## Lemon Pineapple Cake Mix Cookies with Pineapple Glaze

### For the cookies:

- lemon cake mix
- 1 stick butter, softened
- 2 eggs
- 1 tsp. lemon extract
- 8 oz crushed pineapple, drained well, juice reserved
- 2 Tbs. flour

### For the glaze:

- 1 1/2 cups powdered sugar
- reserved juice from pineapple

Mix all the ingredients for the cookies with an electric mixer. Drop by teaspoons onto a baking stone or cookie sheet. Bake at 350 degrees for 8-10 minutes. Cool a bit before icing with the glaze.

To make the glaze, stir a few tablespoons of juice into the powdered sugar until it reaches a spreadable consistency. It should be a bit thinner than regular frosting, but not too thin.

