



1. [Roasted Red Pepper and Sun-Dried Tomato Pasta](#), salad
2. [Ham and Swiss Scalloped Potatoes](#), steamed green veggie, fresh fruit
3. [Mediterranean Chicken in the Slow Cooker](#), angel hair pasta, salad
4. [Steak Burgers with Red Wine Onions](#), baked potatoes, salad
5. [Complete BBQ Chicken Dinner in the Slow Cooker](#)
6. [Lentil Tacos](#), chips and salsa, salad
7. [Coconut Cream and Chocolate Dessert](#)

Produce

Onions
Garlic
Potatoes
{Salad fixings – 4 meals}
{Favorite fruit – 1 meal}
{Baked potatoes}

Canned/Dry

Chicken broth, 2.5 cups
Fire roasted diced tomatoes, 1 can
Stewed tomatoes, 1 can
Tomato paste, 1 6 oz. can
Salsa
Sun dried tomatoes
Roasted red peppers
Sliced black olives, 1 small can
Red wine
Red wine vinegar
Liquid smoke
Barbecue sauce
Italian bread crumbs
Lentils
Lawry's seasoned salt
Lemon pepper seasoning
Penne pasta, 1 lb.
Taco shells and toppings
Chopped pecans
Cocoa
Powdered sugar
Coconut cream instant pudding mix, 2 3 oz.
Packages
Toasted coconut
Plenty of foil
{Angel hair pasta}
{Chips and salsa}

Dairy

Butter
Milk
Half & half
Eggs
Shredded Swiss cheese
Shredded Italian blend cheese
Parmesan cheese
Shredded cheddar cheese
Cream cheese, 8 oz.

Meat

Boneless chicken breasts, 2 3 lb. bags
Ham, 2 cups diced
Ground beef, 2.5 lbs.

Frozen

Corn on the cob
Whipped topping, 16 oz.
{Favorite veggie – 1 meal}

Items to Have in Pantry

Salt
Pepper
Oregano
Basil
Thyme
Cumin
Chili powder
Crushed red pepper flakes
Olive oil
Flour



Roasted Red Pepper and Sun-Dried Tomato Pasta

- 1 1/2 - 2 lbs. boneless chicken, cut in bite size pieces
- 2 Tbs. red wine vinegar
- 1 tsp. [Italian Herb Seasoning](#)
- 2-3 Tbs. olive oil
- 2 cloves garlic, crushed
- 2 Tbs. butter
- 1 1/2 cups half & half, warmed
- 1 cup shredded Italian blend cheese
- 1/2 cup roasted red peppers
- 1/4 cup sun dried tomatoes
- salt and pepper to taste
- 1 lb. penne pasta, cooked

Combine chicken, red wine vinegar and Italian Herb Seasoning. Refrigerate for 30 minutes or over night. Heat the oil in a large skillet and cook the chicken till done. Remove from pan. Add garlic and butter to the skillet and cook for a minute or two. Whisk half & half into the skillet, let simmer over medium-low heat for several minutes. Stir in cheese and allow to melt. Add roasted red peppers and sun-dried tomatoes. Season with salt and pepper. Stir sauce and pasta together and serve.

Serving Suggestion: salad





Ham and Swiss Scalloped Potatoes

- 6-8 potatoes
- 4 Tbs. butter
- 4 Tbs. flour
- 3 cups milk, warmed
- salt and pepper to taste
- 2 cups diced ham
- 1-2 cups shredded Swiss cheese

Boil the potatoes in a large pan for about 30 minutes, or till tender when pricked with a fork. Cool potatoes slightly, then slice 1/4" thick. In a large pan or skillet, melt butter over medium heat. Stir in flour, cooking 1-2 minutes till golden. Whisk in milk. Bring to low boil over medium heat. Remove from heat and season with salt and pepper. Layer potatoes, ham and Swiss in buttered casserole dish. Repeat layers. Pour white sauce over all. Bake 350 degrees for 20 minutes.

Serving Suggestion: steamed green veggie, fresh fruit





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: angel hair pasta, salad



Steak Burgers with Red Wine Onions

For the Steak Burgers:

- 2 1/2 lbs. ground beef (I used 8% fat)
- 3 eggs
- 1 cup Italian bread crumbs
- 2 tsp. lemon pepper seasoning
- 1 tsp. Lawry's seasoned salt
- 1/4 tsp. liquid smoke

Combine all the ingredients until well blended. Pat out burgers. Cook on the grill, an indoor grill or in a skillet. I chose the outdoor grill.

I made 4 good sized burgers, fairly thick, to serve with the Red Wine Onions and 6 regular sized burgers to put in the freezer for later.

For the Red Wine Onions:

- 1 onion, chopped or sliced
- 3 garlic cloves, crushed
- about 1 cup red wine

Cook the onion and garlic till soft, using the same skillet you used to cook the burgers. Pour in about a cup or so of red wine and cook over medium heat, till the wine reduces. I didn't measure the wine, just glugged some in. I wish I would have used more, since most of it cooked off, but the taste was divine! Serve the onions over the burgers.

Serving Suggestion: baked potatoes, salad





Complete BBQ Chicken Dinner in the Slow Cooker

- boneless chicken breasts
- barbecue sauce
- potatoes, chopped
- cheddar cheese, shredded
- onion, diced
- salt and pepper
- a bit of olive oil
- frozen corn on the cob
- plenty of foil

Place the chicken in the bottom of the crockpot. Pour on some barbecue sauce. You don't want to add too much, because the goal is to have as little liquid as possible in the bottom of the pot. Stir the potatoes, a bit of olive oil, onion, cheese and salt and pepper together in a bowl. Make a large packet out of foil and wrap the potatoes in it, loosely. Wrap each corn in foil. Place the potato packet on top of the chicken. Add the corn. Cook on high for 5-6 hours or low for 7-8.





Lentil Tacos

- 1 cups lentils
- 2 Tbs. oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 Tbs. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 1/2 cups chicken broth
- 1 cup salsa
- taco shells and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa. Serve in taco shells with lettuce and tomato, if desired.

Serving Suggestion: chips and salsa, salad





Coconut Cream and Chocolate Dessert

- 3/4 cup butter, melted
- 1 1/2 cups flour
- 3/4 cup chopped pecans
- 1 cup powdered sugar
- 1/2 cup cocoa
- 8 oz cream cheese, softened
- 1 Tbs. milk
- 16 oz frozen whipped topping, thawed and divided
- 2 - 3oz coconut cream instant pudding mix
- 3 cups milk
- toasted coconut, optional

Make the crust by stirring butter, flour and pecans together. Press into 9x13 inch pan. Bake 12-15 minutes at 350 degrees. Cool completely. Stir powdered sugar and cocoa together until combined. Beat cream cheese with electric mixer. Gradually add powdered sugar and cocoa. Add 1 Tbs. milk. Mixture should be smooth and spreadable. Fold in 1 cup frozen whipped topping. Spread on cooled crust. Whisk together pudding mix and milk, whisking for several minutes until thickened. Refrigerate pudding for 5 minutes. Spread over chocolate layer. Spread remaining frozen whipped topping over pudding layer. Top with toasted coconut, if desired. Store in the fridge.

