

Weekly Menu, Recipes, and Grocery List

1. [Baked Chicken with Summer Vegetables in the Slow Cooker](#), angel hair, salad
2. [Salsa Verde Steak in the Slow Cooker](#), tortillas & fixings, chips and salsa
3. [Ravioli in the Slow Cooker](#), salad, garlic bread
4. [Hawaiian BBQ Sandwiches](#), fresh fruit, French fries
5. [Veggie Pie](#), fresh fruit
6. [Zesty Crockpot Chicken with Couscous](#), favorite veggie
7. [Grilled Pineapple Dessert](#)

Produce

Onions
Garlic
Red bell pepper
Green bell pepper
Lettuce
Tomatoes
Broccoli
Whole pineapple
{Salad fixings – 2 meals}
{Favorite fruit – 2 meals}

Canned/Dry

Diced tomatoes, 1 can
Crushed tomatoes, 1 28 oz. can
Tomato paste, 1 6 oz. can
Salsa verde, 1 small can
Chicken or beef broth
Pineapple rings, 1 can
Mayonnaise
Couscous, 1 box
White wine
Caramel ice cream topping
{Angel hair pasta}
{Chips and salsa}

Frozen

Ravioli, 2 bags
Vanilla ice cream
{Garlic bread}
{French fries}
{Garlic bread}
{Favorite veggie – 1 meal}

Bread

Flour tortillas
Sub rolls
Pound cake

Dairy

Butter
Shredded cheddar cheese
Swiss cheese slices
Shredded mozzarella cheese
Plain yogurt
Sour cream

Meat

Whole chickens, 2
Boneless chicken breasts, 1 3 lb. bag
Thinly sliced ham, .5 – 1 lb.
Boneless round steak (or other cut of beef), 2-3 lbs.

Items to Have in Pantry/Fridge

Olive oil
Salt
Pepper
White pepper
Cayenne pepper
Thyme
Onion powder
Chili powder
Cumin
Oregano
Basil
Parsley
Paprika
Whole wheat flour
Baking powder
Brown sugar
White sugar
Dijon mustard
BBQ sauce



Baked 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. Serve with angel hair pasta or baked potatoes.

Serving Suggestion: angel hair pasta, salad



Salsa Verde Steak in the Slow Cooker

- 2-3 lbs. boneless round steak or another cut of beef
- 1 small can of salsa verde
- 1/2 cup chicken broth, beef broth or water
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 clove garlic, minced
- 1 onion, sliced
- flour tortillas
- cheddar cheese
- lettuce, tomato, sour cream etc

Put the steak and onions in the crockpot. Combine the salsa, broth and seasonings. Pour over the steak. Cook on high for 5-6 hours or low for 7-8 hours. Shred the meat and serve in the tortillas with the fixings.

Serving Suggestion: tortillas & fixings, chips and salsa



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, garlic bread



Hawaiian BBQ Sandwiches

- 1/2 - 1 lb. thinly sliced ham
- 1/2 - 1 lb. grilled chicken, sliced thin
- pineapple rings
- Swiss cheese slices
- BBQ sauce
- sub rolls

Warm the meat in the microwave just a bit. Layer meats, pineapple and cheese on buns. Toast under the broiler until hot and melty. Add BBQ sauce. Eat!

Serving Suggestion: fresh fruit, French fries



Veggie Pie

- 1 1/4 cups whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup butter, softened
- 1/2 cup plain yogurt
- 2 cups broccoli, finely chopped
- 1/2 cup onion, diced
- 1 cup shredded cheese (cheddar, Swiss, etc)
- 2 medium tomatoes, sliced
- 1/3 cup mayonnaise
- 1 tsp. dried basil or several Tbs. fresh basil

In a large bowl, combine whole wheat flour, baking powder and salt for the crust. Cut the butter in and then stir in the yogurt. Pat into a buttered pie plate. Layer the broccoli, onion, and tomatoes in the crust. Sprinkle with the basil. Spread the mayo over the top of the veggies. Add the cheese to the top of the pie. Bake at 450 degrees for 10 minutes. Reduce the heat to 350 degrees and bake for 30 minutes.

Serving Suggestion: fresh fruit



Zesty Crockpot Chicken with Couscous

- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. onion powder
- 1 tsp. thyme
- 1 tsp. white pepper
- 1/2 tsp. garlic
- 1/2 tsp. black pepper
- 1 whole chicken
- 1 large onion, sliced thin
- 1 box couscous

Clean the chicken and remove the giblets from the insides. Place the onions on the bottom of the slow cooker. Mix all the spices together and rub all over the chicken. Place the chicken in the slow cooker on top of the onions. Cook on high for 5-6 hours or low for 7-9 hours.

For the couscous:

Cook according to the package directions, except instead of water use the broth and onions from the chicken. Couscous cooks in about 5 minutes, making it perfect for a busy night.

Serving Suggestion: favorite veggie



Grilled Pineapple Dessert

- 1 whole pineapple, sliced into rings
- 4 Tbs. butter, melted
- 1/4 cup brown sugar
- pound cake
- vanilla ice cream
- caramel ice cream topping

Stir the butter and brown sugar together until combined. Baste pineapple rings with the sauce. Place rings on the grill and grill over low heat for 5 or so minutes per side. Cool rings slightly and serve over pound cake with ice cream and caramel sauce.

