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Produce

Onion
Garlic
Red bell pepper
Green bell pepper
Celery
Broccoli
Green onions
Coleslaw mix
Corn on the cob
Potatoes
Tomatoes
Basil
{Salad fixings – 2 meals}

Canned/Dry

Rice, 5 cups
Chicken-flavored Ramen noodles, 1 package
Taco seasoning, 2 packages
Cornbread stuffing mix, 1 box
Cornmeal
Cocktail sauce
Teriyaki sauce
BBQ sauce
Tomatoes with green chilis, 1 can
Chicken broth
Kidney beans, 2 cans
Black beans, 3 cans
Fire roasted diced tomatoes (or regular diced tomatoes), 1 can
Toasted sunflower seeds, 1 8-12 oz. jar
Sliced or slivered almonds, 1 small package
Graham cracker crust, 1
Chocolate pudding, 2 boxes
Nutella
Marshmallow cream
Mini marshmallows
{Chips and salsa}

Dairy

Eggs
Milk
Butter
Savory Garlic Cooking Crème, 1 tub
Shredded Pepper Jack cheese, 8 oz.
Monterey Jack cheese, 8 oz.

Meat

Crab meat, 2 6 oz. cans
Diced ham, 3 cups
Chicken legs, 3 lbs.
Sirloin tip steak, round steak, or other beef cut, 2 lbs.

Frozen

Cheese tortellini, 2 bags
{Favorite veggie – 2 meals}

Bread

Burrito-sized tortillas, 20-25
Italian-style bread crumbs

Items to Have in Pantry/Fridge

Salt
Pepper
Seasoned salt
Olive oil
Red wine vinegar
Hot sauce
Sugar
Flour
Baking powder





Crab Cakes with Creamy Sauce

- 2 cans crab meat (6 oz. each), well drained
- 3/4 cup Italian style bread crumbs
- 1/4 cup finely chopped green onions
- 1/4 cup finely chopped red pepper
- 1/4 cup finely chopped celery
- 1 tub Savory Garlic Cooking Creme, divided
- 1 egg, beaten
- 2 Tbs. cocktail sauce

Place crab meat in bowl and shred lightly with a fork. Stir in the veggies, 2/3 cup Cooking Creme and the egg. Combine well and form into 9 small patties. Cook in a non-stick skillet coated with cooking spray over medium heat, about 3 minutes on each side or until browned. Stir remaining Cooking Creme and cocktail sauce together. Serve over crab cakes.

Serving Suggestion: Corn on the Cob, Oven Fried Potatoes





Corn on the Cob

- corn on the cob
- butter
- salt

Put the shucked, cleaned ears of corn in a microwaveable dish. You can break them in half if you like. Top with plenty of butter pats and sprinkle with salt. Microwave for about 10 or 11 minutes. That's it. Roll each ear around in the bottom of the pan before you put it on the plates and it's pre-buttered.





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.





Southwestern Steak with Cornbread Dressing in the Slow Cooker

- about 2 lbs. sirloin tip steak or round steak or other beef cut
- 1 box cornbread stuffing mix
- 1 can tomatoes with green chilis, undrained
- 1/2 stick butter (4 Tbs), melted

Place the steak in the slow cooker. Stir the stuffing mix, tomatoes and melted butter together. Put the stuffing on top of the steak in the slow cooker. Cook on low for 5-7 hours.

Serving Suggestion: favorite veggie





Teriyaki BBQ Chicken Legs in the Slow Cooker

- 3 lbs. chicken legs
- 1 cup Teriyaki sauce
- 1 cup BBQ sauce

Put chicken legs in slow cooker. Stir sauces together and pour over chicken. Cook on high 5-6 hours or low 7-8 hours.

Serving Suggestion: Hawaiian Cole Slaw, favorite veggie





Hawaiian Cole Slaw

- 1 bag of coleslaw mix
- small bunch green onions
- 1/3 jar (8 – 12 oz. 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!





Red Beans and Rice with Ham

- 2 cups of dry rice
- oil for sautéing
- 1 onion, chopped
- 2 cloves garlic, minced or crushed
- 1 green pepper, chopped
- about 3 cups of diced ham
- 2 cups chicken broth
- 1 can Fire Roasted diced tomatoes, or regular diced tomatoes, undrained
- 2 cans kidney beans
- 2 tsp. hot sauce

Cook the rice according to the package directions. In a skillet, sauté the onion and garlic in oil. Add the green pepper and ham and cook for a few minutes, until the green pepper is tender-crisp. Add the chicken broth, tomatoes, hot sauce and beans. Bring to a boil. Cover and turn down the heat, letting it simmer for 10-15 minutes. Serve over the cooked rice, with extra hot sauce for those who like more spice.

Serving Suggestion: salad





Broccoli, Tomato, Tortellini Salad

- 2 bags frozen cheese tortellini
- large bunch fresh broccoli, cut into florets
- about 3 medium tomatoes or the equivalent in cherry or grape tomatoes
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, crushed
- Kosher salt and fresh ground pepper
- handful of fresh basil, chopped

Boil a big pan of water. Add the broccoli to the pot of boiling water. A minute or two later add the tortellini. The pasta only takes a couple of minutes to cook, so you can do the broccoli at the same time. Once the tortellini is done, drain the water and rinse the pasta and broccoli in cold water to stop the cooking process. Drain and place into a large bowl, along with the tomatoes.

To make the dressing, combine the rest of the ingredients in a container with a tight fitting lid. Shake it all up till it's well combined. Pour over the salad and toss to coat.

You can serve this right away or refrigerate it for several hours or even the next day.

Serving Suggestion: Cornbread Muffins





Cornbread Muffins

- 1 cup cornmeal
- 1 cup flour
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 1/2 stick butter, melted
- 1/4 cup sugar
- 1 egg
- 1 cup milk

Stir the dry ingredients together in a bowl. Stir the sugar into the melted butter. Add the egg and milk. Pour this into the dry ingredients and stir, just to combine. Divide into 12 greased muffin cups. Bake at 425 degrees for 15-20 minutes.





Black Bean and Rice Freezer Burritos

- 3 cups uncooked rice
- 3 cans black beans, rinsed and drained
- 2 packages taco seasoning
- 8 oz Pepper Jack cheese, shredded
- 8 oz Monterey Jack cheese, shredded
- 20-25 burrito-sized tortillas

Cook the rice according to the package directions. In a large bowl, stir the black beans and taco seasoning together. Add the cooked rice and cheeses, stirring to combine. Fill the tortillas with the rice and beans. Wrap each burrito in plastic wrap and store in zip top freezer bags. I had enough filling to fill a few more burritos, but ran out of tortillas. I did put 20 burritos in the freezer.

To heat, microwave unwrapped on a plate. For our microwave, 1 minute and 45 seconds is a good amount of time. Serve with salsa if you like.

Serving Suggestion: salad, chips and salsa





S'mores Pie

- graham cracker crust – I used the larger size
- 2 boxes chocolate cook and serve pudding
- Nutella – about 1/4 cup
- marshmallow cream – about 1/2 cup
- mini marshmallows – about 3/4 cup

Cook the pudding according to the package directions. While it cools, spread a layer of marshmallow cream in the bottom of the pie crust. I had a little trouble with the marshmallow pulling up the crust in places. Just be gentle and it's okay if it's not an even layer of marshmallow cream. Spread the Nutella over the top of the marshmallow.

Pour the chocolate pudding into the pie crust. Allow to cool about 10 minutes. Sprinkle the mini marshmallows over the top, so all the pudding is covered. Put the pie under the broiler just until the marshmallows toast. Watch it close so you don't burn them. Cool the pie and then cover and refrigerate.

This pie is really easy to make and I think the toasted marshmallows make it a little different and special.

