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Produce

Onions
Garlic
Green bell pepper
Red bell pepper
Green onions
Red onions
Tomatoes
Cucumber
Celery
Lettuce
Corn
Apples
Lemon juice
{Salad fixings – 2 meals}

Canned/Dry

Diced tomatoes, 1 can
Tomato sauce, 1 15 oz. can
Hunt's spaghetti sauce, 1 can
Tomato soup, 1 can
Chicken broth, 3 cans
Kidney beans, 1 can
Black beans, 1 can
Black olives
Spaghetti, 8 oz.
Brown rice
White rice
Quick oats
Cornmeal
Taco seasoning, 3 packages
Dijon mustard
Ranch dressing
Dried cranberries
Chopped pecans
{Chips and salsa}

Frozen

Corn, 16 oz.
{Garlic bread}

Dairy

Butter
Milk
Eggs
Sour cream
Shredded cheddar cheese, 3 cups
Shredded mozzarella cheese, 2.5 cups
Shredded Swiss cheese, 2 cups
Monterey Jack cheese, ½ cup

Meat

Ground beef, 1 lb.
Thinly sliced ham, 1 lb.
Boneless skinless chicken breasts, 4 lbs.

Bread

Sandwich bread
Pizza crust, 1
Panko breadcrumbs

Items to Have in Pantry/Fridge

Salt
Pepper
Chili powder
Cumin
Garlic powder
Ground red pepper
Nutmeg
Oregano
Basil
Cayenne pepper
Cinnamon
Olive oil
Vegetable oil
Vinegar
Red wine vinegar
Soy sauce
Cornstarch
White sugar
Brown sugar
Flour
Baking powder





Crunchy Chicken Taco Salad

- 1 lb. boneless, skinless chicken breasts
- 1/2 cup flour
- 2 eggs
- 1 package taco seasoning, divided
- 2 cups panko breadcrumbs
- lettuce
- tomatoes
- green pepper
- green onions
- red onion
- corn
- black olives
- cheddar cheese

For the dressing:

- 2 Tbsp. sour cream
- 2 Tbsp. Ranch dressing
- 2 tsp. taco seasoning

Preheat oven to 400 degrees. Slice chicken breasts into strips. In a small bowl, whisk together eggs and flour. Stir in 1 Tbsp. taco seasoning. In another bowl, stir together panko and 1 Tbsp. taco seasoning. Dip chicken strips into egg mixture and then roll in the panko. Place on a lined baking sheet. Bake for 15 minutes, or until crunchy and cooked through.

While the chicken is cooking, prepare the salads. Chop lettuce, tomatoes, pepper, green onions and red onions and divide between plates. Top with corn, black olives and cheddar cheese. In a small bowl, whisk together sour cream, ranch dressing and 2 tsp. taco seasoning to make the dressing. Top salads with cooked chicken and dressing. Serve immediately.





Baked Spaghetti

- 1 lb. ground beef
- 1 can Hunt's spaghetti sauce
- 1 can tomato sauce, 15 oz.
- 1 onion, diced
- about 2 cups Mozzarella
- generous shakes of oregano, basil, salt and pepper (optional)
- 8 oz. spaghetti

Brown the meat with the onion. Drain the fat and rinse under hot water. Cook the spaghetti according to the package directions. Drain and stir it together with the meat, sauces and extra spices. Put it into a casserole dish and top with cheese. Bake at 350 degrees for about 30 minutes, or till hot and bubbly.

Serving Suggestion: garlic bread, salad





South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set. I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish. Serve with salsa.

Serving Suggestion: Cucumber and Tomato Salad, chips and salsa





Cucumber and Tomato Salad

This is really more method than recipe. Use the quantity you need for your family and adjust everything according to taste.

- 1 large cucumber or several small
- 4-6 tomatoes
- red onion, sliced thin
- drizzle olive oil
- generous sprinkle red wine vinegar
- Kosher salt
- fresh ground black pepper

Chop the cucumber and tomatoes into bite-size pieces. Mix together in a bowl with red onion slices. Drizzle a stream of olive oil over all. Sprinkle on red wine vinegar. Add a teaspoon or so of Kosher salt and some black pepper. Stir, taste and adjust seasonings.





Croque Monsieur Sandwiches

- 2 Tbs. butter, plus extra for butter the bread
- 2 Tbs. flour
- 1 cup milk, warmed
- 2 tsp. Dijon mustard
- shake of nutmeg
- salt and pepper to taste
- sandwich bread
- 1 lb. ham, thinly sliced
- 2 cups shredded Swiss cheese

First, you're going to make a white sauce to spread on the inside of the sandwiches. Melt the butter in a small saucepan. Stir in the flour and cook for a minute. Whisk in the milk. Add the mustard, nutmeg, salt and pepper. Cook for a couple of minutes until thickened.

To make the sandwiches, heat a non-stick skillet or griddle. Spread the sauce on a slice of bread. Top with ham and the other slice of bread. Butter the outside of the bread. I found this easiest to do by putting the sandwich on a plate and buttering one side, flipping to butter the other. Press both sides of the sandwich into the shredded cheese and place on the griddle or skillet. Cook for several minutes, until golden brown then flip to cook the other side.

Serving Suggestion: Shaker Tomato Soup





Shaker Tomato Soup

- 1 small onion, chopped fine
- 1/2 cup celery, chopped fine
- 2 Tbs. butter
- 1 can tomato soup
- 1 can water
- 1 Tbs. lemon juice
- 1 tsp. Sugar
- salt and pepper

Saute the onion and celery in the butter until it's tender, but not browned. Add the remaining ingredients and heat through. Stay warm!



Spicy Garlic Chicken Pizza

- 12 oz. boneless, skinless chicken breasts or tenders
- 1/4 cup green onions, chopped
- 2 cloves garlic, minced
- 2 Tbs. vinegar
- 2 Tbs. soy sauce
- 2 Tbs. vegetable oil + 1 Tbs. for cooking chicken
- 1/4 tsp. cayenne pepper
- 1/2 tsp. black pepper
- 1 Tbs. water
- 1 Tbs. cornstarch
- 1 pizza crust
- 1/2 cup grated Monterey Jack cheese
- 1/2 cup grated Mozzarella cheese

Cut the chicken into bite-size pieces. In a bowl, combine the onions, garlic, vinegar, soy sauce, 2 Tbs. of the oil, and the cayenne and black peppers. Add the chicken, stirring to combine. Refrigerate for at least 30 minutes. Heat the remaining Tbs. of oil in a skillet. Drain the chicken and reserve the marinade. Add the chicken to the skillet and cook until done, stirring often. Add the cornstarch and Tbs. of water to the marinade. Pour the marinade mixture into the skillet with the chicken. Cook until thickened and bubbly. Cool and then freeze in a Ziploc bag. Combine the cheeses in another ziploc bag and store in the fridge.

Label with these instructions, "Thaw chicken mixture in the fridge. Spread chicken mixture on the pizza crust. Cover with the cheeses. Bake at 400 degrees for 12-14 minutes."

Serving Suggestion: salad





Slow Cooker Spicy Chicken Soup

- 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: Cheddar Muffins





Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients. Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans. Bake for 15-20 min.





Apple Crisp in the Slow Cooker

- 1 cup brown sugar (dark brown is best)
- 1 cup quick oats
- 1/2 cup flour
- 1/4 cup butter
- 3-4 cups peeled and sliced apples
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans
- 3/4 cup water
- 1/2 cup sugar
- 1 tsp. cinnamon

Stir the first 3 ingredients together. Cut the butter in with a pastry blender or fork to make soft crumbs. Combine the apples, cranberries and pecans in a large bowl. Stir in half the crumbs, mixing to coat all the apples. Pour into greased crock of the slow cooker. Stir water, sugar and cinnamon together. Pour over apples. Top with remaining crumbs. Put the lid on the slow cooker. Cook on high for 3 hours or low for 5-6 hours. Open and let rest a few minutes before serving. This will allow the extra liquid to thicken.

