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Produce

Onions
Garlic
Carrots
Celery
Red bell peppers
Green bell pepper
Baking potatoes
Broccoli
Lime juice
Apple cider
{Salad fixings – 3 meals}
{Sweet potatoes}

Canned/Dry

Chicken broth
Diced tomatoes, 2 cans
Black beans, 3 cans
Black bean and corn salsa, 1 jar
Pumpkin, 1 can
Cornmeal
Old Bay Seasoning
Cashews
White wine
Honey
White cake mix, 1 box
Instant vanilla pudding mix, 1 4-serving box
Powdered sugar
{Angel hair pasta – 1 lb.}
{Rice}

Frozen

{Favorite veggie – 1 meal}

Dairy

Milk
Eggs
Butter
Shredded cheddar cheese
Orange juice

Meat

Ground beef, 1 lb.
Tilapia fillets, 6
Boneless pork chops, 6
Bacon
Chicken, 4.5-5 lbs.

Bread

Corn or flour tortillas, 6-10

Items to Have in Pantry/Fridge

Salt
Pepper
Thyme
Oregano
Cumin
Chili powder
Parsley
Ginger
Ground red pepper
Flour
Baking powder
Olive oil
Soy sauce
Dijon mustard
Cornstarch





Pumpkin Black Bean Chili in the Slow Cooker

- 1 onion, chopped
- 1 red or yellow bell pepper, chopped
- 3-4 cloves garlic
- 4 cups chicken broth
- 1 can pumpkin
- 2 cans black beans, rinsed and drained
- 1 can diced tomatoes, with juice
- 2 tsp. parsley flakes
- 2 tsp. chili powder
- 1 1/2 tsp. oregano
- 1 1/2 tsp. cumin
- 2-3 cups cooked, chopped chicken

Put all ingredients in slow cooker. Cook on low 5 hours or more.

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.



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





Loaded Baked Potatoes with Homemade Cheese Sauce

- baking potatoes, scrubbed
- fresh broccoli
- bacon, cooked and crumbled
- 3 Tbs. butter
- 3 Tbs. flour
- 1 1/2 cups warm milk
- 1 cup cheddar cheese, shredded
- salt and pepper

Bake the potatoes until tender. I poke holes in them and wrap them in foil. Bake them at 400 degrees for an 1 - 1 1/2 hours. Cut the broccoli in florets and steam in a pan until tender-crisp. In a skillet, melt the butter. Whisk in the flour and cook for a minute. Gradually whisk in the warm milk. Let it cook over medium heat until it begins to thicken a bit. Stir in the cheese, letting it melt into the sauce. Season with salt and pepper. Split the baked potatoes open. Top with broccoli, bacon and cheese sauce. Eat up!

Serving Suggestion: salad





Garlic Lime Tilapia

- 3 Tbs. butter
- 2-3 cloves garlic, crushed
- 6 Tilapia fillets
- Old Bay Seasoning
- 1/4 cup lime juice

Melt the butter in a large skillet. Add the garlic and cook for a minute or two. Season the fish with Old Bay Seasoning on both sides of each fillet. Add to the skillet. Cook for several minutes. Flip and cook the other side for a couple minutes. Pour the lime juice into the skillet. Cover and cook the last few minutes until the fish flakes easily with a fork.

Serving Suggestion: baked sweet potatoes, favorite green veggie





Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside. Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.

Serving Suggestion: rice



Beef and Black Bean Taco Bake

- 1 lb. ground beef, browned
- 1 can black beans, drained and rinsed
- 1 jar of black bean and corn salsa
- 6-10 tortillas, corn or flour, cut into bite sized pieces
- 2 cups cheddar or Mexican blend cheese, shredded
- extra cheese for the top, if desired

Mix all the ingredients together in a large bowl. Pour into a 9×13 casserole dish that has been sprayed with cooking spray. Cover and bake at 350 degrees for 30-45 minutes.

Serving Suggestion: salad





Apple Cider Cake

For the cake:

- 1 box white cake mix
- 1 4-serving box instant vanilla pudding mix
- 4 eggs
- 1 stick butter (1/2 cup), melted
- 1 cup apple cider

For the glaze:

- 3/4 cup apple cider
- 1 cup powdered sugar

In the bowl of an electric mixer, combine all the ingredients for the cake. Blend until thoroughly mixed. Pour the batter into a well greased bundt pan. Bake at 350 degrees for about 40 minutes, or until a toothpick comes out clean.

Remove the cake from the oven. Stir together the apple cider and powdered sugar. Pour over the cake while it is hot and still in the pan. Allow the sweet cider to run down the edges of the pan and over the cake. Let it sit for about 30 minutes. Turn out onto a plate and cool completely.

