



1. [Pasta Soup with Italian Chicken Melts](#)
2. [Salsa Verde Steak in the Slow Cooker](#)
3. [Sunday Chicken Dinner in the Slow Cooker](#)
4. [Calico Bean Soup with Smoked Sausage in the Slow Cooker](#)
5. [Grandma's Spaghetti Sauce in the Slow Cooker](#)
6. [Vietnam Fried Rice](#)
7. [Simple Coffee Cake](#)

Produce

Onions – 1 bag
 Garlic
 Carrots
 Potatoes
 Lettuce, tomato (taco fixings and sandwiches)
 {Salad fixings 2-3 meals}

Canned/Dry

Chicken broth – 2 boxes + 1 can
 Cream of Chicken soup – 1 can
 Tomato sauce – 3 cans, 15 oz
 Diced tomatoes – 2-3 cans
 Tomato paste – 4 cans, 6 oz
 Salsa verde – small can
 {Salsa}
 {Tortilla Chips}
 Pasta, any shape
 Spaghetti
 Rice (white and brown)
 Mixed, dry beans – 1 lb.
 {cornbread mix or ingr. to make}

Dairy

Flour tortillas
 Cheddar Cheese (for Salsa Verde Steak)
 Sour cream (garnish)
 Parmesan cheese
 Mozzarella

Frozen

Peas and carrots
 {favorite veggie}

Meat

Boneless Chicken breasts – 2 bags or equivalent
 Boneless Round Steak
 Smoked Sausage
 {meatballs or ingredients to make}

Bread

Good sandwich buns

Items to Have in Pantry/Fridge

Butter
 Eggs – 4
 Milk
 Mayonnaise – ½ cup
 Soy sauce
 Oil
 Flour
 Brown sugar
 White sugar
 Baking powder
 Basil
 Chili powder
 Cumin
 Garlic powder
 Oregano
 Thyme
 Bay leaves
 Cinnamon
 Salt and pepper





Pasta Soup

- 1 box chicken broth
- 1 can tomato sauce
- 1 can diced tomatoes with juice
- 2 carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- about 1 cup pasta, any shape
- salt and pepper

Combine all the ingredients, except the pasta, in a pot on the stove. Bring to a boil and cook until the carrots are tender. Add in the pasta and cook until the pasta is tender. Season with salt and pepper to taste.

I used about 1 – 1 1/2 cups of pasta, just because that's what was left in the bottom of the box. I think it was a bit thick, but good. Next time I'll try less pasta for more of a soup texture. You can add any veggies you like or even a can of beans.





Italian Chicken Melts

- grilled chicken breasts (I used 4 to make 6 sandwiches, but they didn't make it in the picture)
- good sandwich buns
- butter
- 1/2 cup mayonnaise
- 1 clove garlic, minced
- 1/2 tsp. basil
- salt and pepper
- mozzarella cheese, shredded
- lettuce and tomato

Slice the grilled chicken thin. Mix the mayo, garlic, basil, salt and pepper together for the sauce.

Butter the buns and pop them under the broiler to toast them. Pull them out and layer the chicken and mozzarella on the buns. Put it back under the broiler to melt the cheese.

Spread the top bun with the sauce. Add lettuce and tomato and serve.





Sunday Chicken Dinner in the Slow Cooker

- chicken (boneless or with bones)
- potatoes, chopped
- carrots, chopped
- onion, sliced
- about 2 cups (or 1 can) of chicken broth
- 1 can cream of chicken soup
- salt and pepper

The amounts are dependent on how many people you're cooking for. I think I used 5 good sized boneless chicken breasts for my family of 6.

Place the chicken on the bottom of the crockpot. Put the veggies on top of the chicken. Stir the broth and soup together with the salt and pepper. Pour over the veggies and chicken. Cook on high for 5-6 hours or low for 7-8 hours.

You can thicken the broth to make gravy. Remove the chicken and veggies from the pot. Turn the heat to high. In a container with a tight fitting lid, add several Tbs. of flour. Add some water and shake to make a thick paste. You want it to pour, but still be thick. Slowly whisk the flour mixture into the broth.

Serving Suggestion: favorite steamed veggie





Salsa Verde Steak in the Slow Cooker

- boneless rounds 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: chips and salsa





Calico Bean Soup with Smoked Sausage in the Slow Cooker

- smoked sausage – I use turkey because I don't like all the grease of the regular kind
- 1 lb. mixed dry beans
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can diced tomatoes (I thought it would have been good with a second can)
- 1 qt. chicken broth
- 2 cups water
- salt

Prepare the beans by rinsing them and picking through them to remove any little stones. Soak them overnight or do a quick soak by covering them with boiling water for an hour or two. Drain them and put them in the crockpot.

Chop the onion, garlic and sausage and add to the crockpot along with the other ingredients. No need to drain the tomatoes. Pop the lid on and cook on high, at least 5-6 hours. I don't think you could overcook these.

I serve the soup over brown rice.

Serving suggestion: Cornbread





Grandma's Spaghetti Sauce in the slow cooker

- 1 onion, chopped
- about 4 cloves of garlic, minced
- 4 small cans tomato paste
- 4 cans water
- 2 tall cans (15 oz) tomato sauce
- garlic powder
- basil
- oregano
- thyme
- bay leaves
- salt and pepper
- sugar
- Parmesan cheese, this can be the cheap kind in the can

Saute the onion and garlic in a bit of olive oil. Combine all the ingredients in the crockpot or large cooking pot on the stove. I didn't measure any of the spices, but used about 2 tsp of each, less for the garlic powder. I use 2 bay leaves. Salt and pepper are to taste. I used about 2 tsp of sugar and about 1/4 cup of Parmesan cheese. That is all just a guess though, because I really just eye-balled it and then went by taste. Let it cook several hours or as long as you have time for.

Serving Suggestion: tossed salad





Vietnam Fried Rice

- 1 cup rice (I ended up doubling the recipe and using 2 cups of rice)
- 4 Tbs. cooking oil
- 1/4-1/2 lb. any cooked or raw meat (I used 2 large boneless chicken breasts that I sliced thin)
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp.. sugar
- 1 Tbs. soy sauce
- 1 cup leftover or frozen vegetables (I used frozen peas and carrots)
- 2 eggs, beaten

Cook the rice. In a hot skillet add the oil and stir fry the meat if it's not cooked. I sprinkled some soy sauce on the chicken before I stir fried it. Remove the meat from the skillet and add the garlic, onion, salt, pepper, sugar and soy sauce. I didn't measure any of this, just eye-balled it. Stir fry until the onion is cooked through. Stir in the beaten eggs, stir frying until the eggs are done. They will not and should not look like scrambled eggs you eat for breakfast. Add the vegetables and stir fry until they are hot through. Add the chicken back in to the skillet, along with the rice. Throw in some more soy sauce until it looks good to you. Serves 6-8 people if you use 2 cups of rice.





Simple Coffee Cake

- 1 stick butter
- 1 1/2 cups flour
- 1 cup brown sugar
- heaping tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1 egg
- 1/2 cup milk

In a large bowl crumble all the ingredients together except the milk and egg. Scoop out 1/2 cup of this for the topping.

To the rest of the crumbs, stir in the egg and milk. Pour into a greased 8" or 9" square pan and sprinkle with the saved crumb topping. Bake at 350 degrees for 25-30 min.

