

## MENU Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ranch Chicken	Chicken Pot Pies	Comforting Chicken Soup	Pineapple Enchiladas	Spaghetti	Frozen Pizza	Turkey Steaks
Baked Potatoes	Green Beans	Bread	Green Salad	Spaghetti Squash	Green Salad	Baked Potatoes
Carrots	Green Salad	Apple Salad		Green Salad	Corn	Squash
				Garlic Breadsticks	12 min. chocolate cake	Rolls

## Shopping List Week 1

Dry and Canned	Dairy	Produce	Meat	Frozen
Ranch Dressing mix Corn flakes Chicken bouillon Wide egg noodles 1 can cream of chicken soup Fruit fresh Raisins Nutmeg Chocolate frosting Lemon cake mix Tortillas 1 can crushed pineapple 2 cans enchilada sauce	1 cup sour cream 2 cups lemon yogurt 1 pkg cream cheese Cheddar cheese	4 large apples such as pink lady Potatoes Carrots Salad ingredients (what every your family likes) Spaghetti squash Acorn Squash	10 chicken breasts split	1 tub cool whip Chicken pot pies Green beans Corn Turkey Steaks Frozen pizza

# Recipes Week 1

## **Ranch Chicken**

6 boneless, skinless chicken breasts  
3 Tbsp. Ranch dressing mix  
1/4 cup corn flake crumbs  
Combine dressing mix and crumbs in gallon size Ziploc bag. Add chicken and shake to coat. Bake on ungreased baking pan at 375 for 50 minutes.

## **Comforting Chicken Soup**

—Recipe from Jullie Payne  
2 qts water (8 cups)  
8 chicken bouillon cubes  
6 1/2 cup uncooked wide egg noodles  
3 c cooked cubed chicken  
1 cup sour cream  
Minced Parsley  
1 can cream of chicken soup  
In a large pot boil water and bouillon. Add noodles, cook until tender (10 min). Add soup and chicken, heat and stir in sour cream, sprinkle with parsley. Serves 10

## **Apple Salad**

4 large apples, washed and shredded and soaked in fruit fresh to prevent browning  
1 regular sized tub of light cool whip  
1 cup raisins  
nutmeg to taste  
Mix everything together and serve.

## **Pineapple Enchiladas**

Tortillas  
1 can crushed pineapple  
1 pkg cream cheese  
2 cans enchilada sauce  
Cheddar Cheese shredded  
Mix drained pineapple and cream cheese. On each tortilla add one large spoonful of mixture. Roll up and place in pan. Cover with enchilada sauce. Bake covered for 30 minutes or until heated through. Sprinkle with shredded cheese and serve.

## **Bread Sticks**—Recipe from Ann Frederickson

Combine  
1 1/2 c water  
1 TBS yeast  
When dissolved add  
2 Tbsp sugar  
1/2 t salt  
3-4 cups flour  
Mix. Raise 10 min. Roll out. Let sit 10 min. Add butter and garlic salt. Bake 350 for 20 min.

## **12 Minute Chocolate Lemon Yogurt Cake**

1 cup canned creamy chocolate frosting  
1 lemon cake mix (18.25 oz)  
3 eggs  
2 cups lemon flavored low-fat yogurt  
ice cream, optional  
Method:

Spray microwave safe bundt pan with non-stick spray. (NOTE: You may substitute 2-qt microwave safe bowl. Place a microwave safe glass or cup in center of bowl to create a bundt pan. Spray glass and bowl with non-stick spray.)

Spread frosting in bottom of bundt pan.

Combine cake mix, eggs, and yogurt. Beat until smooth, batter will be thick. Spread cake batter in bundt pan; microwave on high, 12 minutes. If microwave is not equipped with an automatic turntable - microwave 3-4 minutes, turn bowl one quarter turn; repeat process until cake is down. If low-wattage microwave is used, cook until done (a toothpick inserted in center should come out clean).

Allow cake to set 5-10 minutes to absorb frosting. Remove glass and invert on serving plate. Serve warm with ice cream. Serves 12

NOTES: Experiment with your favorite cake mixes and frosting flavors for variety. I have substituted sour cream for the yogurt. I have also substituted a 21 oz can fruit pie filling for yogurt and sour cream. Cherry pie filling goes well in chocolate and served up with chocolate ice cream.

## **2 Hour French Bread or Rolls**

6 cups flour	1 Tbsp. salt
1 pkg. yeast	1/3 cup oil
3 Tbsp. sugar	2 1/2 cups Hot water

Mix 3 cups flour, yeast, sugar, and salt. Add water and oil. Mix together with a spoon and add 3 more cups flour. Leave spoon in the bowl and stir down every 10 minutes for a total of 50 minutes. Dough is ready to use. Roll into bread loaves and let rise until double. Can brush with whipped egg white for a crispier crust. Bake @ 400 for 20 minutes.

## MENU Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken Salad Sandwich  Relish Tray  Chips	Tomato Mac Soup  Salad  Rolls	Monterey Chicken  Mashed Potatoes  Peas	Sloppy Joes  Chips  Salad	BBQ Chicken  Crock-pot Baked Potatoes  Salad  Cake Mix Cookies	Hamburger  French Fries  Salad  Corn	Roast Chicken  Mashed Potatoes and Gravy  Peas

## Shopping List Week 2

Dry and Canned	Dairy	Produce	Meat	Frozen
<b>1 can tomato juice</b> <b>(2 qt size)</b> <b>½ lb macaroni</b> <b>Brown sugar</b> <b>Lawreys season salt</b> <b>1 bottle Barbecue</b> <b>sauce with honey</b> <b>1 can Tomato soup</b> <b>Kosher salt</b> <b>Cooking oil</b> <b>1 box cake mix</b> <b>Dry thyme</b> <b>Dry oregano</b> <b>Dry rubbed sage</b> <b>Pepper</b> <b>Potato Chips</b>	<b>Butter</b> <b>Shredded</b> <b>Monterey jack and</b> <b>cheddar cheese mix</b> <b>eggs</b>	<b>Green onion</b> <b>2 onion</b> <b>4 Baking Potatoes</b> <b>4 red potatoes for</b> <b>mashing</b> <b>Baby carrots</b> <b>Celery</b> <b>Salad ingredients</b> <b>(buy what your</b> <b>family likes)</b> <b>cucumber</b>	<b>2 lb ground beef</b> <b>2 chicken breasts</b> <b>Bacon (4 slices)</b> <b>1 whole roasting</b> <b>chicken (3 ¼ lbs)</b>	<b>Frozen Peas</b> <b>Frozen Corn</b> <b>French fries</b>

## Recipes Week 2

### **Tomato Mac Soup (Juniper Inn)**

Recipe from--Leigh Ann Teeple

2 qt. Water

2 qt tomato juice

½ lb macaroni

½ c Brown Sugar

2 t Lawreys Season Salt

¼ c Butter

½ c. Green onion chopped

½ C Regular onion Chopped

Cook with 1 lb. Ground Beef

Cook macaroni in water and juice until tender.

Add rest of ingredients and simmer until ready to serve.

### **Monterey Chicken**

2 boneless, skinless chicken breasts

1/2 cup Monterey jack and cheddar cheese mixture

4 tsp. Barbeque sauce

4 slices bacon, well cooked

Pound chicken breasts until flattened; season with salt and pepper. Cook chicken breasts in oven until juicy and done. Top with barbeque sauce, bacon, and cheese. Broil in oven until cheese is melted. Sprinkle with a small amount of cold chopped tomatoes and chives.

### **Sloppy Joes**

1/2 onion, chopped

½ bottle barbeque sauce with honey

1 can tomato soup

Salt to taste

1 lb hamburger or ground turkey

Brown onion with hamburger. Drain. Add ingredients, simmer till warm. Serve on Hamburger buns

### **Barbeque Chicken**

1 lb left over cooked chicken

½ bottle barbeque sauce with honey

In a sauce pan combine chicken and barbeque sauce. Heat thoroughly.

### **Crock Pot Baked Potatoes**

Scrub potatoes. Rub with olive oil and Kosher salt. Poke. Cover and cook on low in crock pot for 8-10 hours **Do not add water.** May be cooked all night.

### **CAKE MIX COOKIES**

From Jolene Mortensen

Simple and tasty!!! Use any flavor you want!

Can frost them, too! Preheat oven to 375 degrees

1 box cake mix

2 large eggs

1 /3 cooking oil

Mix together with a fork. Roll into small balls.

Place on a cookie sheet. Bake for 8 to 10 minutes.

### **Roast Chicken and Gravy**

Be sure the butter is softened so it combines thoroughly with the herbs.

#### **Chicken:**

1 (3 3/4-pound) whole roasting chicken

1 tablespoon butter, softened

1/2 teaspoon salt

1/2 teaspoon dried thyme

1/2 teaspoon dried oregano

1/2 teaspoon dried rubbed sage

1/8 teaspoon freshly ground black pepper

2 carrots, peeled and halved

4 stalks celery, halved

1 onion, quartered

Preheat oven to 375°.

To prepare chicken, remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.

Combine butter and next 5 ingredients (through pepper) in a small bowl. Rub seasoning mixture under loosened skin and over breasts and drumsticks. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken. Place carrots, celery, and onion in a single layer in a roasting pan. Place chicken, breast side up, on top of vegetables.

Bake at 375° for 40 minutes.

Increase oven temperature to 450°, and bake an additional 20 minutes or until a thermometer inserted in the meaty part of thigh registers 170°.

Using tongs or insulated rubber gloves, remove chicken from pan, tilting slightly to drain juices.

Let stand 15 minutes. Remove vegetables from pan with a slotted spoon. Dripping can be used for gravy.

## Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Slow cooker chicken and dumplings	Loaded baked potato soup	Lime Chicken Tacos  Green salad	Taco Salad	Chicken and Potato bake  Green Beans  Green Salad  No bake cheesecake	Leftovers or go out to dinner	Turkey Rollups  Cranberry  Corn  Salad

## Shopping List Week 3

Dry and Canned	Dairy	Produce	Meat	Frozen
Tortillas 1 can chicken broth Cranberry Salt 1 can premium mixed veggies 2 can cream of chicken soup <b>Real</b> Bacon Bits Stuffing Lime juice Chili powder Salsa Italian salad dressing Ranch salad dressing Oreos	2 pgs refrigerator biscuits Sour Cream Parmesan Cheese Butter Milk Cheddar Cheese Cream cheese	1 bunch spinach Celery Lettuce Tomatoes Green Salad Green onions 1 onion 2 1/2 lb baking potatoes Lettuce tomatoes	Turkey (deli) 8 skinless boneless chicken breast 4 bone in chicken pieces 1 lb ground beef	Frozen corn Green Beans Frozen mixed vegetables Cool whip

## Recipes Week 3

### Slow Cooker Chicken and Dumplings

4 skinless, boneless chicken breast halves  
2 tablespoons butter  
2 cans cream of chicken soup  
1 onion, finely diced

1 bag frozen mixed vegetables  
2 packages refrigerated biscuit dough, torn into pieces (or make your own)

1. Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.  
2. Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough and the mixed vegetables in the slow cooker. Cook until the dough is no longer raw in the center.

### **Loaded Baked Potato Soup**

Makes 4 servings

1 lb. baking potatoes, cut into cubes  
1 can (14-1/2 oz.) fat-free reduced-sodium chicken broth  
1 cup milk  
3 TBSP **real** bacon bits  
1 cup Cheddar Cheese, shredded divided  
2 Tbsp. sliced green onions, divided  
1/4 cup Sour Cream

PLACE cubed potatoes in large microwaveable bowl; microwave on HIGH 5 min., stirring after 2-1/2 min. Add broth and milk to bowl; stir. Microwave on HIGH 10 min., stirring after 5 min. Crush potatoes with a potato masher. RESERVE 2 Tbsp. each of the bacon and cheese and 1 Tbsp. of the onions for topping; set aside. Add remaining bacon, cheese and onions to soup. SERVE topped with reserved bacon, cheese, onions and sour cream.

### **Turkey Rollups**

1 lb deli turkey  
1 box stove top stuffing  
1 can cream of chicken soup  
1 can cranberry sauce

Make stuffing mix according to package directions. On each piece of turkey place a large spoonful of stuffing then roll up like a burrito. Place in pan. Mix soup with 1/2 can water to for gravy and pour over the top of the turkey rolls. Bake at 350 for 20 minutes or until heated thoroughly. Serve with cranberry sauce if desired.

### **Crock Pot LIME CHICKEN TACOS**

Recipe from Teresa Hunsaker

1 1/2 pounds boneless skinless chicken breasts  
3 tablespoons lime juice  
1 tablespoon chili powder  
1 cup frozen corn  
1 cup chunky salsa

Place chicken in a 3-quart slow-cooker. Combine lime juice and chili powder; pour over chicken. Cover and cook on low for 5-6 hours or until tender. Remove chicken; cool slightly. Shred and stir in corn and salsa. To serve: Serve on tortillas with sour cream, cheese, lettuce and chopped tomatoes.

### **Chicken and Potato Bake**

4 bone-in chicken pieces (1-1/2 lb.)  
1-1/2 lb. potatoes (about 3 med. potatoes), cut into thin wedges  
1/4 cup KRAFT Zesty Italian Dressing 1/4 cup KRAFT 100% Grated Parmesan Cheese  
1 tsp. Italian seasoning

**PREHEAT** oven to 400°F. Place chicken and potatoes in 13x9-inch baking dish.

**TOP** with dressing; sprinkle with cheese and Italian seasoning. Cover with foil.

**BAKE** 1 hour or until chicken is cooked through (180°F), removing foil after 30 min. Sprinkle with chopped fresh parsley, if desired.

### **Taco Salad**

8 Flour Tortillas  
1 lb. extra lean ground beef  
1 cup Salsa  
1/2 cup Shredded Cheddar Cheese  
2 cups chopped lettuce  
1 cup chopped tomatoes  
1/4 cup KRAFT Ranch Dressing

**PREHEAT** oven to 350°F. Microwave tortillas on HIGH 30 sec. or until softened. Press 1 tortilla into each of eight medium muffin cups to form a bowl. Carefully fold edges of tortilla back to keep an opening for the filling. Bake 10 min.

**MEANWHILE**, brown meat in large skillet on medium heat; drain. Stir in salsa; bring to boil. Reduce and simmer 10 min. Spoon about 1/4 cup of the meat mixture into each tortilla bowl. **TOP** evenly with cheese, lettuce and tomatoes. Drizzle with dressing.

### **No-Bake Mini Cheesecakes**

1 pkg Cream Cheese, softened  
1/2 cup sugar  
1 tub (8 oz.) COOL WHIP  
12 OREO Chocolate Sandwich Cookies

**BEAT** cream cheese and sugar until well blended. Gently stir in whipped topping.

**PLACE** cookies on bottom of 12 paper-lined muffin cups.

**SPOON** cream cheese mixture into muffin cups. Top with multi-colored sprinkles. Refrigerate until ready to serve

## Menu Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salisbury steak	Chicken Nuggets	Coney Island Taters	Rosemary chicken and white beans	Stir Fry with Pasta	Left overs or go out to eat	Baked Salmon
Potatoes	Apple salad	Green salad	Cottage cheese and peaches			Mashed Potatoes
Salad	Sweet and white potato spears	Corn	Bread			Cheesy Garlic Bread

## Shopping List Week 4

Dry and Canned	Dairy	Produce	Meat	Frozen
1 can tomatoes 1 can navy beans Teriyaki sauce Canned peaches French bread Dry rosemary Barbeque sauce 1 can cream of mushroom soup Dry bread crumbs 1 box pasta	Cottage cheese Butter Cheddar cheese eggs	Salad stuff Squash Apples Broccoli Tomatoes Green onion 2 onion 5 large potatoes 3 sweet potatoes 1 pkg mushrooms Stir fry choices 5 cups slices fruit (for fruit crisp)	Salmon 2 lb ground beef 1 lb boneless chicken thighs	Chicken nuggets

## Recipes Week 4

### **Coney Island Taters** (Makes 4 servings)

1 pound lean ground beef  
1 medium onion, chopped  
1 cup prepared barbecue sauce  
2 large all-purpose potatoes  
1/2 cup shredded Cheddar cheese  
1/4 cup sliced green onions (optional)

In large skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings. Stir barbecue sauce into beef; cover and simmer over medium-low heat 10 minutes.

Meanwhile pierce potatoes in several places with fork. Place on paper towel in microwave oven. Microwave on HIGH 10 to 11 minutes or until tender, rearranging potatoes halfway. Cut potatoes lengthwise into quarters. Cut each quarter crosswise in half. Arrange 4 pieces potato on each serving plate; top with beef mixture. Sprinkle with cheese; top with green onions, if desired.

**ROSEMARY CHICKEN** (Makes 4 servings)

2 teaspoons olive oil  
1-1/2 teaspoons dried rosemary  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
8 skinless and boneless chicken thighs (about 1 pound)  
1 (14.5-ounce) can stewed tomatoes, undrained  
1 (15-ounce) can navy beans, rinsed and drained

Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt and pepper; sprinkle over one side of chicken. Place chicken in pan with seasoned side down, cook 3 minutes. Reduce heat to medium and turn chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done. Stir in olives.

**Cheesy Garlic Bread**

1 loaf French bread  
1 cup shredded cheese  
1/2 cup mayo  
2 tsp. garlic  
Combine mayo, garlic, and cheese. Spread over French bread. Bake at 400 for 12-15 minutes. Let cool.

**Salisbury Steak**

1 can cream of mushroom soup  
1 pound of ground beef  
1/3 cup dry bread crumbs  
1 egg beaten  
1/4 cup finely chopped onions  
1 1/2 cups sliced mushrooms

In a bowl mix together 1/4 of the soup, beef, and breadcrumbs, egg, and onion. Shape firmly into 6 patties. In a skillet over medium heat, cook patties a few at a time, until browned on both sides, spoon off fat, set aside. Stir in remaining soup and mushrooms, return the patties to the skillet, reduce heat to low, cover and simmer 20 minutes or until done, turning patties occasionally. (can be made ahead and frozen)

**Stir Fry with Pasta**

2-3 cups of precooked pasta  
Choose 1/2 cup for the following color groups  
**Red Group** Carrots (julienne), Red Pepper, Cherry Tomatoes (add at serving time)  
**Green** Broccoli, Zucchini (julienne), Celery  
**Green** Frozen peas (run under cold water), Sugar snap peas, Snow peas  
**Yellow/white** Cabbage, Onion, Mushrooms

In large pan stir fry each of chosen ingredients separately with small amounts of oil for a short time. Do not over cook. As each vegetable is stir-fried, place together in mixing bowl. In the small pan add 2 tablespoons of oil add pasta and stir fry pasta for 1 minute. Pour in 1/2 cup Yoshida's gourmet sauce (or any other prepared teriyaki) Reduce the liquid, while stirring to make sure that sticking doesn't occur. Add veggies back (sometimes they sweat, so be careful not to add sitting water) and any precooked meat. Heat through Add more teriyaki sauce to taste.

**White and Sweet Potato Spears**

1-1/2 lb. sweet potatoes (about 3), cut into spears  
1-1/2 lb. russet potatoes (about 3), cut into spears  
1/2 cup Italian Reduced Fat Dressing  
1/4 cup Grated Parmesan Cheese  
2 Tbsp. chopped fresh parsley

**PREHEAT** oven to 375°F. Toss potatoes with dressing.

**PLACE** on lightly greased baking sheet or 15x10x1-inch baking pan.

**COOK** 30 min. Turn potatoes. Cook an additional 30 min., sprinkling with cheese during the last 5 min. Sprinkle with parsley.

**Fruit Crisp**

5 cups sliced, peeled fruit (or 1 bottle of peaches)  
4 Tbs granulated sugar  
1-cup regular rolled oats  
1 cup packed brown sugar  
1/2 cup flour  
1/2 teaspoon ground cinnamon  
1/2 cup butter

Place fruit in square baking dish stir in sugar for topping mix rest of ingredients together until it looks like coarse crumbs. Sprinkle topping over filling  
Bake crisp at 375 degrees for 30 min or until topping is golden





# One Month Menu Planner

By Crystal Kearn



**Menu Week 1**

**Monday :**

Fresh Vegetable Risotto,

Bread

**Tuesday:**

Salisbury Steak, Mashed  
Potatoes, Broccoli

**Wednesday:**

Spiral-Sliced Ham,  
Cheesy Potatoes, Salad

**Thursday:**

Hawaiian Haystacks

**Friday:**

Taco Soup, Corn bread

**Saturday:**

Leftovers or go out to eat!

**Sunday:**

Cream Cheese Chicken,  
Rice, Fresh Veggies and dip



## **Shopping List Week 1**

**Meat and Dairy**

Spiral Sliced Ham  
3 lbs. Chicken,  
boneless skinless  
2 ½ lbs Ground Beef  
8 oz. Cream cheese  
16 oz. sour cream  
Cheddar cheese  
1 Egg

**Cans and Dry**

4 cans Cream of  
chicken soup  
1 can cream of  
mushroom soup

½ C Breadcrumbs

Chow mein noodles

1 can mandarin oranges

or pineapple

15 oz corn

15 oz kidney beans

8 oz tomato sauce

15 oz tomatoes

Cornflakes (or other  
topping)

Tortilla chips (optional)

**Produce**

Onion

Garlic

Broccoli

4 Roma Tomatoes

Carrots

Avocado (optional)

Salad stuff

Veggies to dip

**Frozen**

1 bag hash browns

**Fresh Vegetable Risotto**

1 Tbsp Olive oil	1 c. chopped tomato (Roma is best)
1 onion chopped	1 medium shredded carrot
2 cloves garlic, minced	$\frac{3}{4}$ cup shredded cheese
1 cup rice	3 Tbsp grated Parmesan cheese
3 cup water	1 tbsp basil or parsley
1tsp instant chicken bouillon	
2 cup broccoli flowerets	

In large saucepan cook the onion and garlic in oil until tender. Add water and bouillon and stir to dissolve. Add rice and cook covered for 15 minutes. Stir in tomato and carrot and cook about 5 min more. Stir in cheese and basil. Serve immediately. Makes 4 main dish servings.

### **Cream Cheese Chicken**

4-6 Boneless, skinless chicken  
breasts  
1 can Cream of chicken soup  
8 oz. Cream cheese  
¼ tsp oregano  
½ tsp basil

½ tsp celery seeds  
¼ tsp garlic powder  
1 tsp minced onion  
2 Tbsp grated Parmesan cheese  
1/8 tsp salt  
Pinch pepper

Mix together all ingredients, except chicken. Pour over  
chicken breasts in crock-pot. Cook on low for 6 hours.  
Serve with rice.



**Taco Soup**

1 lb. Ground beef  
1 Onion, chopped  
15 oz can tomatoes  
1/2 pkg. Taco seasoning mix  
15 oz. Can corn, drained  
15 oz. Can kidney beans

8 oz. Can tomato sauce  
Shredded cheese  
Sour cream  
Avocado (optional)  
Tortilla Chips (optional)

Saute ground beef and onion for about 5 minutes or until onions are tender. Place in crock-pot and add the remaining ingredients. Serve with shredded cheese, sour cream, avocado and chips on top.



### **Spiral Cut Baked Ham**

Cook ham according to package directions OR cut ham off bone. Place in casserole dish. Cover with foil. Bake at 350 for 1 hour or until heated through. Freeze leftover ham and use in Split pea soup, or Ham Cheese Broccoli Loaf.

### ***Cheesy Potatoes***

1 bag frozen hash browns  
2 cans cream of chicken soup  
Cornflakes

8 oz. sour cream  
Shredded cheddar cheese  
Butter

Mix together hash browns, soup, and sour cream. Place in 9x13 pan. Top with cheese and cornflakes. Pour melted butter on the top. Bake at 350 for 30 minutes.



### **Shepherd's Pie**

1 lb. ground beef  
½ cup chopped onion  
1 can tomato soup or sauce  
½ tsp salt

¼ tsp pepper  
3 cups mashed potatoes  
1 cup shredded cheddar cheese

Crumble and cook ground beef in skillet until brown and no longer pink. Add onion and cook for 3 minutes. Drain off excess fat. Stir in tomato soup, green beans, salt and pepper. Pour into baking dish and top with mashed potatoes and then cheese. Bake at 350 for 30 minutes or until bubbly, or microwave until heated through.



### **Chicken Enchiladas**

2 cups cubed chicken, cooked  
2 cans cream of chicken soup  
1 cup sour cream  
1 small can green chilies

1 small onion, grated  
2 cups grated cheese  
10 flour tortillas

Mix chicken with 1 can cream of chicken soup, sour cream, chilies, onion and 1 cup cheese. Spoon onto the center of tortillas and roll up. Place filled tortillas in 9x13 inch pan. Top with remaining soup and cheese. Bake at 350 for 30 minutes.



### Salisbury Steak

1 ½ lbs ground beef  
1 onion, chopped  
½ cup dry breadcrumbs  
1 egg, slightly beaten  
½ tsp salt

½ tsp pepper  
1 can cream of mushroom soup  
1/3 cup water  
1 tsp steak sauce

Combine ground beef, onion, breadcrumbs, egg, salt, pepper, and ¼ of soup. Shape into oblong patties and place on broiler pan. Broil 5-7 minutes on each side. Combine reserved soup in a small sauce pan with water and steak sauce. Heat thoroughly and spoon over cooked meat.



### **Fettuccine Alfredo**

8 ounces cream cheese (light), cut up  
3/4 cup Parmesan cheese  
1/2 cup butter  
1/2 cup milk  
8 ounces Fettuccine, cooked & drained

Combine all ingredients in large saucepan and heat through. Pour over fettuccine and toss. May add spinach, broccoli, or chicken.



### **Chicken & Rice**

2 1/2 cups water

1 can cream of chicken soup

2 cans cream of mushroom soup

2 cups rice

Onion soup mix

4 chicken breasts

Mix water and soups together. Sprinkle rice on top of soup mixture, DO NOT STIR IN. Place chicken breasts on top of rice. Sprinkle top with onion soup mix. Bake @ 350 for 1 hour, covered.



### **Malibu Chicken**

1 cup water  
1 tsp chicken bouillon  
6 boneless chicken breasts

6 slices ham  
6 slices Swiss cheese  
Salt and pepper to taste

Bring water to a boil in large skillet. Add bouillon and stir until dissolved. Remove from heat. Add chicken breasts and marinate for 15 minutes turning frequently. Bring to a boil on high heat. Lower heat and simmer for about 20 minutes, turning every 10 minutes until no longer pink inside. Place a thin slice of ham and a slice of cheese on top of chicken. Cover and cook for another minute or until cheese starts to melt.



### **Stroganoff**

1 lb. Ground beef  
1 can cream of mushroom soup  
1/2 cup sour cream

1 bag egg noodles OR rice  
Garlic salt  
Salt & Pepper

Cook egg noodles or rice according to package directions. While doing that, brown hamburger and drain. Mix together the soup, sour cream, and seasonings. Add hamburger and mix with hot egg noodles. Serve immediately.



### **Ham Broccoli Cheese Loaf**

1 recipe Easy Homemade Bread	1 cup frozen broccoli (thawed)
1 1/2 cups chopped cooked ham	1 cup grated cheddar cheese

Roll bread dough to fit into a greased jelly roll size cookie sheet. Layer ham, broccoli, and grated cheese down the middle 1/3 of the dough. Make 1 inch slits diagonally about 1 inch from the filling to the edge. Fold over edges alternating sides until completed. Do not let rise. Bake immediately at 400 for 16-20 minutes. Serve hot with cheese sauce.

### ***Cheese Sauce***

1 Tbsp butter or margarine	2/3 cup milk
1 Tbsp flour	3/4 cup grated cheddar cheese

Microwave butter for 30 seconds or until melted. Stir in flour, then add milk and stir to combine. Cook on high 2-4 minutes stirring every 30 seconds until thickened and bubbly. Stir in cheese.



### **Ranch Chicken**

6 boneless, skinless chicken breasts      1/4 cup Ranch Flavored Bread crumbs

Place breadcrumbs in gallon size Ziploc bag. Add chicken and shake to coat. Bake on ungreased baking pan at 375 for 50 minutes.

### ***Crispy Potato Wedges***

4 potatoes      Garlic salt  
1 Tbsp butter, melted      Pepper

Scrub potatoes, place on paper towels in microwave, cook for 6 minutes. Let sit for 5 minutes. Cut into wedges. Place on baking sheet sprayed with cooking spray. Brush with butter, sprinkle with garlic salt and pepper. Bake at 375 for 30 minutes or until golden brown.

### Easy Lasagna

1 Lb. ground beef or sausage	1 (8 oz.) pkg. lasagna noodles
1/2c. chopped onion	4 c. cottage cheese
1 clove garlic, minced	1 Tbsp. chopped parsley
1 (25 or 32 oz.) jar spaghetti sauce	1 c. shredded cheese
3/4 c. water	1 pkg frozen spinach

Heat oven to 375. Brown meat, onion, and garlic. Drain Fat. Stir in spaghetti sauce and water. Combine cottage cheese, spinach, and parsley. In 13x9 inch pan, layer 1/3 of sauce mixture, and 1/2 of uncooked lasagna noodles, 1/2 of cheese mixture. Repeat layers ending with sauce mixture. Cover with foil and bake 1 hour. Uncover, sprinkle with cheese, and return to the oven for 5 min. Let stand 10 minutes before serving.



### **Chicken Cream Cheese Pockets**

1 8 oz cream cheese	4 Tbsp. butter, melted
4 Tbsp. Milk	1 can mushrooms
1/2 tsp. salt	1/4 tsp. pepper
2 cups chicken, cubed	Melted butter
Italian bread crumbs	

Mix all ingredients except bread crumbs and melted butter. Roll out Homemade bread dough and cut into 4 inch squares. Put a spoonful of filling in the center of each square and pull up opposite corners to seal well. Dip in melted butter and breadcrumbs. Put seam side down on cookie sheet. Do not let rise. Bake @ 400 for 16-20 minutes



### Meatloaf

2 beaten eggs

3/4 cup milk

2/3 cup fine dry bread crumbs

1/4 cup finely chopped onion

1 tsp. Salt

1/8 tsp pepper

1/2 tsp dried sage, basil, parsley,  
or oregano

1 1/2 lbs. Ground beef

1/4 cup catsup

2 Tbsp. Brown sugar

1 tsp. Dry mustard

In a bowl combine eggs and milk; stir in bread crumbs, onion, parsley, salt, sage, and pepper. Add meat and mix well. Lightly pat mixture into an 8x4x2 inch loaf pan. Bake at 350 for 1 to 1 1/4 hours or until internal temperature is 160. Spoon off fat. In a bowl combine catsup, sugar, and mustard. Spread over meat and bake 10 more minutes. Let stand 10 minutes before serving.



### Easy Enchiladas

1 pkg flour tortillas	Refried beans or cooked beans
Rice	Cheese
2 cans tomato sauce	1 lb cooked hamburger <i>optional</i>
1 pkg enchilada seasoning or 1 tsp cumin and 2-3 tsp chili pwdr	Sour Cream

Cook rice according to package instructions. Grate cheese.

Mix spices with tomato sauce. Spread  $\frac{1}{4}$  of sauce in the bottom of a 9x16 inch pan. Fill each tortilla with beans, rice, hamburger and cheese, roll up the tortillas and place in pan. Cover with remaining sauce and cheese.

Bake for 25 minutes at 350 or microwave until heated through. Serve with sour cream.



### **Easy Tacos or Burritos**

1 pkg flour tortillas or taco shells	Refried beans or cooked beans
Cheddar Cheese	Salsa
Sour Cream	Tomatoes, chopped <i>optional</i>
1 lb. cooked hamburger <i>optional</i>	1 pkg taco seasoning <i>optional</i>
Lettuce <i>optional</i>	Cooked Rice <i>optional</i>

Cook Rice according to package instructions. Add taco seasoning and  $\frac{1}{4}$  cup water to the meat and microwave until hot. Heat beans. Grate cheese. Fill tortillas with meat, cheese, beans, rice, tomatoes, salsa, lettuce, and sour cream.



**Minestrone Soup**

1 lb Smoked Turkey Sausage	1 15 oz can beans
2 ½ cups winter squash	½ tsp dried crushed sage
1 ½ cups peeled potato	4 cups chicken broth
1 large onion	4 cups frozen or fresh spinach
2 cloves garlic, minced	

Cut Sausage into ½ inch slices. Peel squash and cut into 1 inch pieces.  
Chop the onion and mince the garlic.  
Place squash, potatoes, onion, garlic, beans and sage and broth in a pot.  
Place the sausage on top. Cook 20 minutes on medium high or until  
potatoes and squash are tender. Stir in spinach and cook until heated.

Crock-pot instructions: Cook on low-heat setting for 8 hrs or high heat for  
4 to 5 hours.

### **Hamburger Meal Mix**

#### **TO MAKE MIX:**

1 ¼ cups macaroni  
1 tsp. minced onion  
1 tsp beef bouillon

1 tsp chili powder  
OR ¾ tsp Italian seasoning  
¼ tsp garlic powder

Combine all ingredients. Place in airtight container; store in cool dry place. Use within 6-8 months. Makes 1 mix.

#### **TO USE:**

1 lb. ground beef  
2 cups tomato sauce  
2 cups water

1 hamburger  
meal mix

Continued...





Brown 1 lb. ground beef; drain. Stir in 2 cups tomato sauce, 2 cups water and 1 MIX. Bring to boil; cover and reduce heat. Simmer for 15-20 minutes, until macaroni is tender. Serves 5.

### **Whole Wheat Waffles**

2 Cups whole wheat flour (or white)  
1 tsp Baking Powder  
¼ tsp salt  
2 eggs  
1 ¼ cup Milk  
2 Tbsp Oil

Mix together and bake in greased heated waffle iron.  
Refrigerate or freeze extra waffles.



### **Hawaiian Haystacks**

3 cups hot cooked rice  
1 can cream of chicken soup

1 can chicken  
OR 1 lb. cooked diced chicken

#### **Choice of toppings**

Chow mein noodles

Chopped tomato

Grated cheese

Chopped or grated carrot

1 can pineapple chunks

Peas

OR 1 can mandarin oranges

Bean sprouts

If rice is not yet prepared then prepare following package directions. If using fresh chicken then chop and cook. Prepare toppings and place in separate bowls. Combine soup and chicken and heat. To serve: layer first rice, then chicken mixture, then toppings.

### **Split Pea Soup**

1 lb. or 2 1/2 cups split peas  
5 cups chicken broth  
1 can pork  
OR 2 cups diced ham  
OR meaty Ham bone

OR etc...  
1/4 cup dried onion  
OR 1 chopped onion  
1/4 cup dried carrots  
OR 1 cup chopped carrot

Rinse and sort peas. Place peas, broth, meat, onion, and carrots in crock-pot. Cook on low 4-6 hours or until peas are tender.



### **Pizza**

½ -1 recipe bread dough

1/2 jar spaghetti sauce

OR 2 small cans tomato sauce

Grated mozzarella or cheddar  
cheese

1 can black olives

1 can mushrooms

20-30 pepperoni slices

Additional toppings as desired...

Roll out bread dough on greased cookie sheet (rectangle or circle). (Use any leftover bread dough to make breadsticks or bread). Spread spaghetti sauce over dough and layer with toppings. Bake at 350 about 15 minutes?



### **Easy Homemade Bread**

6 cups flour  
1 pkg. yeast  
3 Tbsp. sugar

1 Tbsp. salt  
1/3 cup oil  
2 1/2 cups Hot water

Using a spoon in a large bowl, mix 3 cups of the flour, the yeast, sugar and salt. Add the water and the oil and mix. Add 3 more cups of flour and stir a few times (note: some of the flour will not mix in at this point, but it will eventually). Leave the spoon in the bowl and stir down approx. every 10 minutes for a total of 50 minutes (can also use mixer). Dough is ready to use. Roll into bread loaves and place in bread pans or on cookie sheets and let raise until double.

Continued...



Quick-rise technique: Heat oven to 300 then turn off oven and put bread in will raise in approx 15 minutes. After it raises leave bread in the oven and turn it on to 400 and bake for 20 minutes. Can brush with whipped egg white for a crustier crust. Makes 2 loaves French bread.

Other uses for the dough

Bread Sticks	Hamburger/Hot Dog Buns
Cinnamon Rolls	Donuts
Dinner Rolls	Hot Pockets
Scones	Pizza dough
Bread Bowls	Chicken rollups

**Menu Week 2**

**Monday**

Chicken Enchilada, Salad

**Tuesday**

Shepherd's Pie

**Wednesday**

Ham Broccoli Cheese Loaf, Fresh Veggies and dip

**Thursday**

Ranch chicken, Easy Potato wedges, Fresh veggies and dip

**Friday**

Easy Lasagna, Salad, Bread

**Saturday**

Leftovers or go out to eat!

**Sunday**

Minestrone Soup, Fresh muffins or bread





### Shopping List Week 2

#### **Meat and Dairy**

1 lb smoked turkey  
sausage  
2 lb gr. Beef  
2 ½ lb chicken  
Ham (leftovers from  
last week)  
4 C cottage cheese  
Cheddar cheese

#### **Cans and Dry**

15 oz Beans  
32 oz spaghetti sauce  
8 oz lasagna noodles  
Bread crumbs (Ranch)  
2 cans crm of chicken  
1 can grn chilies  
10 flour tortillas  
1 can tomato sauce  
Mashed potatoes  
Cornmeal (or corn  
muffin mix)

#### **Produce**

Salad  
Veggies to dip  
Winter Squash  
Potatoes  
3 onions  
Garlic

#### **Frozen**

Broccoli  
2 pkg spinach

**Menu Week 3**

**Monday**

Hamburger Meal Mix, Salad

**Tuesday**

Malibu Chicken, Mashed Potatoes, Peas

**Wednesday**

Whole Wheat Waffles, Fruit, Bacon, Eggs

**Thursday**

Split pea soup, Salad

**Friday**

Easy Enchiladas, Salad, Corn

**Saturday**

Leftovers or go out to eat!

**Sunday**

Fettuccine Alfredo, Fresh Veggies and dip



### **Shopping List Week 3**

#### **Meat and Dairy**

Cheese  
8 oz cream cheese  
Sour Cream  
2 lb chicken breast  
6 slices swiss cheese  
1 ½ c diced ham  
(leftovers)

#### **Canned and Dry**

Macaroni  
4 cans tomato sauce  
Flour tortillas  
Refried beans  
1 lb split peas  
8 oz fettuccine

#### **Produce**

Onion  
Carrot  
Salad  
Veggies to dip  
Fruit

#### **Frozen**

Peas  
Corn

**Menu Week 4**

**Monday**

Easy Tacos, corn

**Tuesday**

Chicken and Rice, Green beans

**Wednesday**

Cream Cheese Pockets, Salad

**Thursday**

Stroganoff, Noodles or Rice, Broccoli

**Friday**

Pizza

**Saturday**

Leftovers or go out to eat!

**Sunday**

Meat loaf, Baked Potatoes, Baked Squash



**Shopping List Week 4**

**Meat and Dairy**

Cheddar cheese  
Sour Cream  
8 oz cream cheese  
3 ½ lb ground beef  
3 lb chicken  
Pepperoni slices

**Cans & Dry**

Flour tortillas or taco  
shells  
Taco seasoning  
Salsa  
Refried beans

2 cans mushrooms  
Spaghetti sauce  
1 can black olives  
3 can crm mushroom  
soup  
1 can crm chicken soup  
1 bag egg noodles  
1 onion soup mix

**Frozen**

Green beans  
Corn  
Broccoli

**Produce**

Salad  
1 tomato  
Onion  
Potatoes  
Squash

