

Menu

1. 50s Prime Time Meatloaf (with 1 for the freezer)
2. Shrimp Scampi
3. Hash brown Casserole with Ham or Smoked Sausage in the Crockpot
4. Nachos
5. Rustic Italian Sausage Pasta with Roasted Red Peppers and Two Cheese Sauce
6. Crockpot Cantonese Sweet and Sour Chicken with rice

Produce

Onions – 1 bag
Red pepper – 2
Green pepper – 2
Lemon (or lemon juice)
Garlic
Flat leaf parsley
{baking potatoes}
{salad fixings 3-4 meals}

Dry/Canned Goods

White rice
Seasoned bread crumbs
Ketchup (1 cup)
Dijon mustard
Angel hair pasta 1 lb.
Pasta, any shape – 1 lb.
White wine
Cream of Chicken – 1
Diced tomatoes – 1
Tomatoes with green Chilis -1
Corn – 1 can
Black beans – 1 can
Taco seasoning
Roasted red peppers –small jar
Pineapple chunks – 20 oz.
Devil's food cake mix
Mini marshmallows
Tortilla chips

Meat

3 lbs. ground beef
1 lb. ground pork
Smoked sausage or ham
1 lb. Italian sausage

Dairy

Eggs
Butter
Sour Cream 8 oz. + garnish Nachos
Shredded cheddar – 2 bags
Half & Half – 1 pint
Parmesan, shredded – 1 cup
Mozzarella, shredded – 1 cup

Frozen

Pre-cooked shrimp, medium size – 1 bag
Shredded hash brown potatoes
Boneless chicken breasts or tenders
{your favorite frozen veggies 2-3 meals}

Bakery

{French bread 2 meal}

Things you'll need in your pantry

Worcestershire sauce
foil
olive oil
crushed red pepper flakes
brown sugar
corn starch
cider vinegar
soy sauce
salt and pepper

Eat at Home

Eatathomecooks.com

50s Prime Time Meatloaf – One to eat tonight and one for the freezer

2 lbs. ground beef (I used about 2.25 lbs)

1 lb. ground pork

4 eggs

1 cups seasoned bread crumbs (I tossed some salt, pepper, garlic powder, oregano and basil into plain bread crumbs)

1/2 cup diced onions

1/4 cup diced red pepper

1/4 cup diced green pepper

2 Tbs. Worcestershire sauce

fresh ground pepper and kosher salt, to taste

1/2 cup ketchup

1 Tbs. brown sugar

1 tsp. Dijon mustard

Mix all the ingredients together. Form into 2 loaves. Put one in a 9×13 foil lined pan, covered it with foil and baked it about 2 hours at 350 degrees. Wrap the other meatloaf in heavy-duty foil and pop it in the freezer. You can thaw it out in the fridge before baking it, or bake it frozen but increase the bake time to about 3 hours.

When the meatloaf is done, remove the top foil and let it brown a minute in the oven. Pull it out again and glaze it with a mixture of 1/2 cup ketchup, 1/4 cup brown sugar and a shake of nutmeg.

Serving Suggestions: baked potatoes, your favorite frozen veggie, tossed salad

Shrimp Scampi

1 pound angel hair pasta

4-6 cloves garlic, minced or crushed

about 1/2 cup flat-leaf parsley, chopped

olive oil

1 bag frozen, pre-cooked shrimp, medium size

1 tsp. crushed red pepper flakes

salt and pepper

1/2 cup white wine

juice of 1 lemon

5 Tbs. butter

1 few ladles of the pasta cooking water

Boil the water for the pasta and when it's ready cook the pasta according to the package directions. Run the frozen shrimp under cold water to thaw it out.

In a large skillet, put the garlic, parsley, salt, pepper, crushed red pepper flakes and about 1/4 cup olive oil. Cook that for just a couple of minutes over medium-high heat.

Add the wine to the skillet, then add a couple of ladles of the pasta cooking water and the lemon juice. Add the shrimp and the butter to the skillet and let it cook for a few minutes.

Drain the pasta and add it to the skillet, stirring to combine everything with the pasta.

Serving Suggestions: Tossed salad, garlic bread, **French bread** warmed in the oven with butter

Hash Brown Casserole with Smoked Sausage or Ham in the Crockpot

1 bag frozen, shredded hash brown potatoes
8 oz sour cream
1 can cream of chicken soup
1/2 cup butter, melted
onion, chopped fine (about 1/2 a small onion)
1 cup shredded cheddar cheese (or a bit more if you like)

Smoked sausage or ham, about 1 lb.

Stir all the ingredients together. You can choose to bake the potatoes in the oven if it works better for you. If you do, slice the smoked sausage and lay it on top of the potatoes. Bake in an oven at 350 degrees for about 1 hour.

If you'd rather use the crockpot, put the potatoes in the crock. Wrap the smoked sausage or ham in a foil packet and place it on top of the potatoes. Put the lid on and cook it on high for 4 hours or low for 6-8 hours.

Serving suggestions: your favorite frozen veggie, fruit salad, **tossed salad**, cornbread

Nachos

1 lb. of ground meat

1 can diced tomatoes, drained

1 can tomatoes with green chilis

1 can corn, drained

1 can black beans, rinsed and drained

1 packet of taco seasoning (or equivalent amount)

Tortilla chips

About a cup or more of shredded cheddar cheese

Sour cream, to dollop on top

Brown 1 lb. of ground beef. Rinse the meat under very hot water to remove the extra grease. Put it back in the skillet and add everything but the chips, cheese and sour cream. Heat over medium heat.

Turn on the broiler in your oven. Put a layer of tortilla chips on a baking stone or baking sheet. With a slotted spoon add the nacho meat ingredients to the top of the chips. Add cheese and pop them under the broiler until browned up a bit. Watch them close, because it doesn't take long to brown them. Serve with sour cream and salsa.

Serving Suggestions: carrot sticks and ranch dressing, **tossed salad**

Rustic Italian Sausage Pasta with Roasted Red Peppers and Two Cheese Sauce

Pasta, any shape – 1 lb.
half & half (about 2 cups)
parmesan cheese (about 1 cup)
mozzarella cheese (about 1 cup)
small onion, diced
3-4 cloves garlic, minced
butter for making the sauce (2-3 Tbs.)
roasted red peppers (I used about ½ small jar)
Italian sausage, 1 lb.

Cook the pasta according to the directions. Brown the sausage and drain the fat and rinse under hot water. In a saucepan, cook the onion and garlic in the butter until soft. Whisk in the half & half. Then stir in the cheeses and let them melt into the sauce over low heat. I didn't really measure any of the sauce ingredients, but went by what I thought looked good. I also added salt and pepper.

When the pasta is cooked, drain it and put it back in the cooking pot. Add in the sausage, sauce and roasted red peppers.

Serving Suggestions: **salad** and **French bread** with butter and garlic

Crockpot Cantonese Sweet and Sour Chicken

2 lbs. of boneless chicken
small onion, sliced
red pepper, sliced
green pepper, sliced
20 oz can pineapple
1/4 cup brown sugar
2 Tbs. cornstarch
1/4 cup cider vinegar
1/4 cup water
1 Tbs. soy sauce
1/2 tsp. salt

Put the chicken, onion and peppers in the crockpot. Add the chicken. Drain the can of pineapple. Set the pineapple chunks aside for later. Mix the juice with the rest of the ingredients and pour over the chicken. Cook on low for 7-9 hours or high for about 4-5 hours. A bit before serving add the pineapple chunks. Serve over rice.

This is a complete meal for us and I wouldn't add anything else to it, but if you want to stretch it you could have frozen egg rolls or treat yourself to fortune cookies.

pudding Cake

1 Devil's Food cake mix + the ingredients needed to make the batter
12 marshmallows, snipped in quarters *or* about a cup or so of mini marshmallows
1 cup brown sugar
1/2 cup cocoa
2 cups water

In a 13×9 pan, mix the brown sugar and cocoa together. Stir in 2 cups of water. Scatter the marshmallows over the top. Mix up the cake batter and spoon it over the top of the mixture in the pan. Be careful transferring the pan to the oven. It is very sloshy with all that water in the bottom. Bake at 350 degrees for 45-50 min.