

1. Taco Soup
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- Monster Cookies

Produce

Onions
 Potatoes
 Carrots
 Celery
 Garlic – 2 bulbs
 Fresh thyme sprigs
 Fresh rosemary sprigs
 Fennel bulb, leeks, red pepper – for virus killing soup
 {sweet potatoes}
 {salad fixings – 2 meals}

Canned/Dry

Black beans – 2 cans
 Dark red kidney beans – 2 cans
 Corn – 2 cans
 Tomatoes with green chilis – 2 cans
 Diced tomatoes – 2 cans
 Tomato sauce – 2
 Beef broth – 1 can
 Chicken broth – 2 boxes + 1 can
 Cream of chicken soup – 1 can
 Cornbread dressing mix
 Tomato juice
 Green chilis, diced – 1 can
 Spaghetti sauce – 2 or 3 cans
 Jumbo shells
 Taco seasoning, 2 pkg.
 Corn chips
 Instant tapioca
 Peanut butter
 Quick oats
 Chocolate chips
 M&Ms – 2 cups
 {mandarin oranges – 1 can}
 {whole berry cranberry sauce}
 {cornbread mix}
 {tortilla chips and salsa}

Dairy

Cheddar
 Pie crust
 Tortillas
 Ricotta cheese – 2, 15oz
 Parmesan cheese – ¾ cup
 Eggs
 Butter

Meat

Hamburger – 2 lbs.
 Boneless chicken breasts – 2 bags
 frozen, or equivalent other cuts
 Stew beef – 2 lbs.
 Whole chicken

Frozen

{corn}
 {favorite veggie}

Bread

{French bread}

Items to have in the Pantry/Fridge

Freezer bags/containers
 Cayenne pepper
 Garlic powder
 Oregano
 Brown sugar
 Vanilla
 Corn syrup
 Baking soda

Taco Soup

Large package of hamburger (2 lbs. or so)
Large onion, chopped
2 cans Black Beans, drained and rinsed
2 cans Dark Red Kidney Beans, drained and rinsed
2 cans Corn, drained (you could use frozen)
1 can Tomatoes with Green Chilis (Rotelle)
1 can Diced Tomatoes
1 15oz can Tomato Sauce
1 can Beef Broth
2 packages of Taco Seasoning
2-3 cups of Water

Brown the meat and onion together. I like to rinse the hamburger under very hot water to get rid of the extra fat. Add in all the other ingredients and cook until it's hot. Serve with cheddar cheese and corn chips.

Serving Suggestion: tossed salad

Chicken and Dressing Casserole

3 cups of cooked chicken, approximately
1 box of cornbread stuffing mix
1 can chicken broth
3 Tbs. butter
1 1/3 cups milk
1 can cream of chicken soup

Put the chicken in the bottom of a baking dish (13×9 or nearly that size). In a large bowl, melt the butter in the microwave. Add the chicken broth and stir in the stuffing mix. Set aside while you mix the milk and cream soup together in a separate bowl. Pour the milk/soup mixture over the chicken. Top with the stuffing mix. Bake at 350 degrees for 45 minutes to one hour. I think it's best baked uncovered, but my kids revolt if it gets too brown so I usually cover it for most of the time and then let it brown up near the end of cooking.

Serving Suggestion: baked sweet potatoes, favorite veggie, orange and cranberry salad (can of mandarin oranges, drained, mixed with a can of whole berry cranberry sauce)

Beef Stew

2 lb. stew beef
3 cups chopped potatoes
2-3 carrots, chopped
1 onion, chopped
1-2 stalks celery, chopped
3-4 cups tomato juice
1 Tbs. sugar
1/4 cup instant tapioca
salt and pepper to taste

You might notice that I forgot to put the beef in the ingredients picture. I almost forgot to add it to the dish before I put it in the oven!

To make the stew, mix all the ingredients in a heavy, covered pan or the crockpot. If you use the oven, cook on 250 degrees for 4-5 hours, stirring 2-3 times during the cooking. If you use the crockpot, you won't need to stir during the cooking.

I've also "cheated" with this recipe and used the frozen bags of stew vegetables from the grocery. They don't need nearly as long to cook and taste almost as good. Plus they have pearl onions in them, which I happen to love.

Serving Suggestion: Corn bread (make it homemade or use a mix)

Virus Killing Soup

one whole chicken

15-30 cloves garlic, minced or crushed (I used about 1 1/2 bulbs)

1 Tbs. salt

3-4 fresh thyme sprigs

fresh rosemary sprigs

cayenne pepper, about 1 tsp.

ground black pepper

chicken broth – 2 boxes

various chopped veggies (fennel bulb, celery, onion, carrots, red pepper, leeks, tomatoes, frozen peas, zucchini etc)

½ cup white wine

Put the chicken in a large stock pot. Add the garlic, salt, thyme, rosemary, cayenne pepper, black pepper. Cover with the chicken broth and extra water to completely cover the chicken. Cook it until it's falling off the bone.

Remove the chicken from the broth and chop the meat. Strain the broth to get all the stems and bones out of it. Saute the chopped veggies in oil and add them to the broth. Add the white wine if you're using it. Heat it all up again and eat.

Serving suggestion: bread or crackers

Chicken Enchiladas

cooked chicken, about 2-3 cups
tomato sauce, 1 can
cheddar cheese, shredded
green chilies, diced
salt and pepper
garlic powder
tortillas

Shred up the cooked chicken and mix it with cheese and green chilies. I don't have amounts, but just go by what I think looks good. I use most of one can of green chilies. The whole can would be good, but I've got a couple of picky eaters who pick out all the green chilies, so I make it easier on them by using less than a can.

Mix a can of tomato sauce with salt, pepper and garlic powder to taste.

Spray a casserole dish with cooking spray. Spread a layer of the sauce in the dish. Put some chicken mixture in a tortilla and roll it up, placing it in the pan. Repeat until you've used up the chicken mixture. Pour sauce over all the enchiladas.

Add extra cheese on top. Bake them at 350 degrees for about an hour or until they're hot and bubbly. I bake mine covered with foil, because my kids freak about things that get too brown. You'll have to be your own judge of proper enchilada brownness.

Serving Suggestion: Corn, chips and salsa

Stuffed Shells

1 box jumbo shells
4 cups (2 lbs) ricotta cheese
2 cups (8 oz) shredded mozzarella
3/4 cup grated Parmesan cheese
3 eggs
3/4 tsp. oregano
1/2 tsp. salt
1/4 tsp. pepper
2-3 jars or cans of spaghetti sauce (I always use the cheap Hunt's brand sauce for this. It works fine.)

Cook the shells according to the package directions. Drain them and cool in a single layer on wax paper or foil. Meanwhile, combine the cheeses, eggs, and seasonings. Fill each shell with 1 1/2 Tbs. of the cheese mixture.

Spread a thin layer of sauce on the bottom of the pan. Place the shells in the pan in a single layer. Cover with remaining sauce. Bake covered at 350 degrees for about 45 minutes or until hot and bubbly.

Freeze the extra shells to use later in a single layer and then placed them in a ziplock bag. To use them, I'll just assemble the shells and sauce in the pan and bake them a bit longer.

Serving suggestion: tossed salad, warm buttered or garlic bread

Monster Cookies

1 1/2 cups peanut butter
2 sticks butter
3 eggs
1 cup sugar
1 cup brown sugar
4 1/2 cups oatmeal
2 cups chocolate chips
2 cups M&Ms
1/2 tsp. vanilla
1/2 tsp. corn syrup
2 tsp. baking soda

Cream the butter and sugar together. Add the peanut butter and eggs. Mix in the rest of the ingredients. Bake at 350 degrees for 12 minutes. Don't overbake.