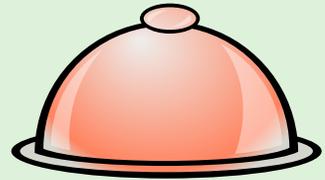


**30**



*Quick & Easy*  
**Dinner Recipes**



**Includes Shopping Lists!**

JOYFUL HOMEMAKING

MENU	RECIPES	SHOPPING LIST
<p><b>Oven Grilled Cheese, Tomato Soup &amp; Fruit Salad</b></p>	<p>Brush slices of bread with butter, add Cheddar slices. Bake in a preheated 425 degree oven for around 6 minutes on one side. Flip and bake for an additional 3 minutes or till golden. Warm up soup, and for the fruit salad, chop up fresh fruit and in a large bowl combine with canned peaches and pineapple.</p>	<p>Bread, Cheddar slices Butter Tomato soup Apples, Bananas Grapes, Kiwi Canned peaches Canned pineapple</p>
<p><b>Crockpot BBQ Chicken Thighs, Baked Potatoes &amp; Green Beans</b></p>	<p>Put chicken thighs in crockpot, &amp; pour entire bottle of BBQ sauce over them. Cook on high for 4-6 hours or till falling off the bone done or 165 degrees throughout. Scrub potatoes, poke with fork, and bake in 350 degree oven for 75 minutes or till tender. Cook green beans according to package instructions.</p>	<p>3 to 5 pounds chicken thighs 16 ounce bottle BBQ sauce 1 Baking potato per person Green beans</p>
<p><b>Lasagna Soup, Green Salad &amp; Garlic Toast</b></p>	<p>Cook and drain ground beef, then add to soup pot with tomatoes, pasta sauce, 1 tsp Italian seasoning, 2 cups beef broth, &amp; 1 cup of water. Simmer for about 15 minutes. Cook and drain pasta, then add pasta to soup and stir gently. Serve and top with Parmesan or Mozzarella cheese, and side of salad &amp; garlic toast.</p>	<p>28 ounce can petite tomatoes with garlic 1 pound ground beef 15 ounce pasta sauce Italian seasoning, 2 cups beef broth, 12 ounces pasta, Parmesan cheese, Salad ingredients, Garlic toast</p>
<p><b>Crispy Bean Burritos &amp; Green Salad</b></p>	<p>Cover bottom of large frying pan with oil and heat on medium heat. Mix beans with 1 tsp of taco seasoning. Put 2 Tablespoons of beans down each tortilla, and top with 1/4 cup of Cheddar cheese. Roll up and fry, turning to brown evenly on all "sides." Serve with salsa and sour cream and a green salad on the side.</p>	<p>8 flour tortillas 16 ounce can refried beans Taco seasoning, vegetable oil, Cheddar cheese, salsa, sour cream, salad ingredients and salad dressing</p>

MENU	RECIPES	SHOPPING LIST
<p><b>Bacon &amp; Egg Grilled Cheese Breakfast Sandwiches &amp; Fruit Salad</b></p>	<p>Cook your bacon (I often buy precooked). fry or microwave eggs individually in round dish. After cooked, spread bread with butter &amp; layer on egg, bacon &amp; cheese. Toast in pan, oven or panini press. For salad, wash and chop up fresh fruits &amp; lightly stir in with canned fruits.</p>	<p>Bread colby jack cheese slices bacon eggs butter fresh fruits canned fruits</p>
<p><b>Tuna Pot Pie</b></p>	<p>Drain tuna and vegetables well. Mix gently together with the soup. Pour into greased pie plate. Top with pie crust or cut up canned biscuits. Bake in preheated 350 degree oven for 25 minutes. Note: For pie crust, may need to broil at end to get golden. For biscuit top, may need to bake on lower rack so they won't over-brown.</p>	<p>5 to 12 ounces drained tuna 10.75 ounce can cream of chicken soup 15 ounce can mixed peas &amp; carrots 1 pie crust or small can of biscuits</p>
<p><b>Crockpot Meatball Subs and Carrot Sticks</b></p>	<p>Put meatballs and pasta sauce (enough to cover meatballs) in crockpot &amp; cook on high for 4 hours or till heated through. Slice open sub buns, but not all the way so no leaks). Fill with meatballs &amp; sauce &amp; top with cheese. Wrap lightly in foil &amp; bake for 15 minutes in 400 degree oven till cheese is all melted. Serve with carrot sticks.</p>	<p>Good quality frozen (cooked) meatballs Sub buns Pasta sauce Proulone cheese slice Baby carrots</p>
<p><b>Chicken Noodle Soup Casserole &amp; Broccoli</b></p>	<p>Bake, grill or boil chicken breasts till thoroughly cooked (165 degrees throughout) and dice. Boil, drain &amp; rinse spaghetti. Mix together cream soups &amp; 1 cup milk. Gently add chicken &amp; spaghetti to mixture. Pour into greased 3 quart casserole dish. Bake at 400 degrees for 20 min. Mix 2 T. soft butter &amp; 4 T breadcrumbs &amp; spread on top casserole. Bake 5 more min. Cook broccoli and serve.</p>	<p>8 ounce spaghetti 3 chicken breasts or equivalent in canned 2 10.5 ounce cans cream of chicken soup Milk, butter, breadcrumbs Frozen broccoli</p>

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<p><b>Taco Salad</b></p>	<p>Wash, drain &amp; shred lettuce, brown ground beef thoroughly, drain &amp; add taco seasoning, stirring well. let cool slightly. wash &amp; chop tomato. stir together lettuce, cheese, tomato, meat, When ready to serve, crush about half bag of doritos &amp; mix in with 2/3 cup of italian dressing.</p>	<p>1 head of lettuce 2 cups shredded mexican style blend cheese 1 pound ground beef 1 tablespoon taco seasoning 1 large tomato 10 ounce bag doritos Zesty italian dressing</p>
<p><b>Spaghetti with Beef Sauce</b></p>	<p>Brown and drain ground beef, add pasta sauce &amp; simmer 10 minutes or so. Make your salad &amp; heat up breadsticks.</p>	<p>1 pound ground beef 24 ounces pasta sauce box of spaghetti frozen breadsticks salad ingredients salad dressing</p>
<p><b>Chicken, Black Bean &amp; Salsa Soup with Tortilla Chips</b></p>	<p>Bake, grill or boil chicken breasts till thoroughly cooked (165 degrees fahrenheit throughout), and dice. rinse &amp; drain black beans. In soup pot add cooked chicken, chicken broth, salsa, black beans, rice &amp; corn. heat thoroughly. garnish with crushed tortilla chips, cheese, green onions &amp; sour cream.</p>	<p>3 14.5 ounce cans chicken broth 16 ounce jar chunky salsa 3 chicken breasts 1 15 ounce can black beans 2/3 cup instant rice 1 cup corn Optional: taco chips, sour cream, green onion, cheddar cheese</p>
<p><b>Asian Chicken Salad</b></p>	<p>Mix all ingredients together in a large bowl, except the dressing. Then you can add about half a bottle of the dressing and stir with salad OR serve salad and let each person put on their own dressing. Choose your favorite Asian style dressing. We like Orange Ginger.</p>	<p>2 cups cooked cubed chicken breast 16 ounce bag coleslaw 8 ounce bag shredded lettuce 4 ounces roasted sliced almonds 4 ounces tortilla strips Asian dressing</p>

MENU	RECIPES	SHOPPING LIST
<p align="center"><b>Easy Chicken Pot Pie</b></p>	<p>In a large bowl, stir together cooked chicken, drained vegetables, cream of chicken soup (no water) and sour cream. Lay bottom crust in pie dish, then pour chicken mixture in. Top with other pie crust &amp; seal edges. Put 3 slits in top pie crust. Bake for 45 minutes in 350 degree oven. Let rest for 15 minutes and serve.</p>	<p>2 pie crusts 3 chicken breasts, cooked and diced. 16 ounce can mixed vegetables 8 ounces sour cream 1 10.5 ounce can cream of chicken soup</p>
<p align="center"><b>Oven Baked Tacos</b></p>	<p>Brown and drain ground beef, and then stir in the refried beans, taco seasoning and tomato sauce. Portion mixture into 10 taco shells, then top each one with shredded cheese. Stand them up in an oven safe dish, and bake for 10 minutes at 400 degrees F. Top with sour cream, taco sauce and shredded lettuce to serve.</p>	<p>1 pound ground beef 1 cup of refried beans 4 ounces of tomato sauce 1 T taco seasoning 1 cup Mexican blend shredded cheese 10 taco shells Sour cream, shredded lettuce and taco sauce</p>
<p align="center"><b>Rotisserie Chicken Nachos</b></p>	<p>Take chicken off bones and toss meat with taco seasoning. Lay out tortilla chips on a foil lined baking sheet. Rinse and drain black beans, then spread chicken &amp; beans over chips. Top with chopped green onions, chopped tomatoes, jalapenos and cheese. Cover with foil and bake in a 400 F degree oven for 10 minutes. Serve with taco sauce, sour cream, salsa &amp; lettuce.</p>	<p>1 Rotisserie chicken 1 Bag Tortilla chips 1 can black beans 1 large tomato 8 ounces shredded taco cheese 1 T taco seasoning Green onions, jalapenos, salsa, sour cream &amp; lettuce</p>
<p align="center"><b>Quiche with Hashbrown Crust &amp; Raw Veggies</b></p>	<p>Thaw hashbrowns &amp; drain well between paper towels. Then mix with 4 T melted butter. Pat into 9 inch greased pie pan to form crust. Bake in 450 F oven for 20 minutes. Combine 3 large eggs, 1 cup half-n-half, 6 slices of cooked crumbled bacon, 1 T minced dried onion, &amp; 1 cup shredded Cheddar. Pour in crust &amp; bake at 350 F for 30 minutes.</p>	<p>3 cups frozen hashbrowns 4 T butter 3 large eggs 1 c half-n-half 6 sliced cooked crumbled bacon 1 T dried minced onion, 1 cup shredded Cheddar Your choice of raw veggies as a side</p>

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<p align="center"><b>Crockpot Beef, Vegetable &amp; Rice Soup &amp; Light Rolls</b></p>	<p>Brown and drain ground beef, then add to crockpot with canned tomatoes, drained green beans, drained carrots and 1 T minced dried onion, beef broth, 1 tsp Italian seasoning &amp; 3/4 c instant rice. Cook on low for 4 hours or till bubbly hot. Serve with crusty bread or rolls.</p>	<p>1 1/2 pounds ground beef Instant rice Dried minced onion 1 14.5 ounce can green beans 1 14.5 ounce can carrots 1 28 ounce can chopped Italian stewed tomatoes 42 ounces beef broth Italian seasoning</p>
<p align="center"><b>Cashew Sesame Noodles &amp; Broccoli</b></p>	<p>Cook &amp; drain noodles. In a blender combine 2 tsp chopped (jarred) garlic, 3 T soy sauce, 1 1/2 T rice vinegar, 1/4 c sesame oil, pinch of red pepper flakes, 1 tsp sugar, 1/2 cup cashews &amp; 1/3 c water. Blend well. Serve at room temperature over the noodles with broccoli on the side.</p>	<p>16 ounces angel hair pasta Garlic Soy sauce Rice vinegar Asian sesame oil Sugar Salted Roasted Cashews Red pepper flakes Broccoli</p>
<p align="center"><b>Scrambled Eggs, Toast &amp; Fruit Salad</b></p>	<p>Scramble the eggs. I use 2 to 3 per person. Making buttered toast in the oven is quick &amp; easy. I just butter the bread, sprinkle a little garlic salt on it and broil. To make fruit, wash and chop fresh fruit, then combine with canned peaches &amp; pineapple. I don't drain canned fruit. I do use kitchen scissors to cut it into bite sizes.</p>	<p>Eggs Bread Butter Apples Bananas Kiwi Grapes Canned peaches Canned pineapple</p>
<p align="center"><b>Sub Sandwiches, Raw Veggies &amp; Baked Chips</b></p>	<p>Okay, this is really easy. :) Assemble your sandwiches with your favorite toppings and dressings, and serve with baby carrots &amp; some healthier baked chips.</p>	<p>Sub rolls Deli ham, turkey, chicken or roast beef Provolone cheese slices Lettuce, onion, pickles, Tomatoes Mustard, oil &amp; vinegar Raw veggies Baked chips</p>

MENU	RECIPES	SHOPPING LIST
<p align="center"><b>Easy Cheeseburger Quesadillas</b></p>	<p>Brown &amp; drain ground beef, then add onion and hamburger seasoning, and salt &amp; pepper to taste. Then mix hamburger &amp; cheese together. Warm a frying pan on medium heat &amp; spray with cooking spray or grease with butter. Lay tortilla in pan &amp; top with 1/2 cup of meat mixture on one side of the tortilla. Add desired toppings, and fold empty side over toppings. Carefully flip when golden on the bottom. Serve with desired condiments.</p>	<p>6 large flour tortillas 1 pound ground beef 1 cup Cheddar cheese 1 tsp McCormick hamburger seasoning Onion Lettuce, Tomato Pickles, ketchup Mustard, mayonnaise BBQ sauce</p>
<p align="center"><b>Chicken Cordon Bleu Crescent Rollups &amp; Raw Veggies</b></p>	<p>Open crescent rolls &amp; unroll on a lightly greased baking sheet. Layer on top ham, chicken &amp; Swiss cheese. Carefully roll the crescent rolls back up with ingredients inside &amp; tuck ends under. Bake in a 375 F oven for 12 to 15 minutes or till roll is cooked through. Serve with your favorite mustard.</p>	<p>1 can of 8 crescent rolls 8 slices of deli chicken breast (cooked) 8 slices of deli ham (cooked) 8 slices of Swiss cheese mustard Raw veggies for a side</p>
<p align="center"><b>Southwestern Baked Potato Bar</b></p>	<p>Scrub potatoes &amp; poke several times with a fork. Either bake in oven at 350 F for 75 minutes or till tender OR wrap in foil &amp; cook in crockpot on high for 3-4 hours or till tender. Set up topping ingredients buffet style, or in center of table &amp; let each person choose their toppings.</p>	<p>Baking potatoes Salsa Black beans, rinsed &amp; drained Mexican blend shredded cheese Avocado, guacamole, sour cream, cilantro, green onion, leftover taco meat or chicken</p>
<p align="center"><b>Pancakes, Bacon &amp; Fruit Salad</b></p>	<p>Mix together dry ingredients for pancakes: 2 cups unbleached white flour, 2 T sugar, 2 tsp baking powder, 1/2 tsp salt. Then mix wet ingredients: 1 3/4 c milk, 2 eggs &amp; 2 T oil. Stir together dry &amp; wet ingredients. Drop by 1/8 c measuring cup onto medium heat greased pan or griddle. Flip when bubbly. Cook bacon. Wash &amp; cut fresh fruit, then add to canned peaches &amp; pineapple.</p>	<p>Flour, baking powder, salt, sugar, eggs, milk, oil Bacon Apples Bananas Grapes Kiwi Canned pineapple and peaches cut into bite size pieces.</p>

**MENU****RECIPES****SHOPPING LIST**

<p><b>Bake Pasta Casserole, String Beans &amp; Rolls</b></p>	<p>Brown &amp; drain ground beef, then stir in 1 tsp Italian seasoning, 1 tsp minced garlic, &amp; salt &amp; pepper to taste. Add pasta sauce to meat mixture. Cook and drain pasta. Mix together 1/4 c Parmesan with 2 cups shredded Mozzarella cheese. Then toss together the beef mixture with the pasta &amp; HALF of the cheeses. Pour into greased 9x13 baking dish. Top with rest of cheese. bake at 350 F for 20 minutes. Serve with beans &amp; rolls.</p>	<p>1 pound ground beef 12 ounces penne pasta 32 ounces pasta sauce Parmesan cheese Italian seasoning Garlic Mozzarella cheese (shredded) String green beans Rolls</p>
<p><b>Baked Egg, Ham &amp; Cheese Casserole</b></p>	<p>Beat 6 eggs well, add 2 c milk, 1 tsp mustard &amp; 1 tsp dried minced onion, whisk well again. In a separate bowl, break up into cubes 6 pieces of bread. Add 2 c cubed ham and 1 c shredded Cheddar to the bread. Lightly stir. Pour egg mixture over bread mixture. Let sit in fridge for a few hours or overnight. Pour into greased 9x13 baking dish, &amp; bake for 45-50 min. or till egg is cooked, in 350 F oven. Serve with raw veggies or fresh fruit.</p>	<p>Eggs Milk Bread Ham Mustard Dried onion Shredded Cheddar Raw veggies or fresh fruit for a side</p>
<p><b>Pizza Grilled Cheese Sandwiches &amp; a Green Salad</b></p>	<p>Butter one side of each piece of bread &amp; lay butter side down. Layer on pepperoni and cheese, and then top with a second slice of buttered bread. Toast in frying pan or panini press for around 2 minutes each side or till golden. Serve with warmed pasta sauce for dipping, and a fresh green salad.</p>	<p>Italian bread Pepperoni Sliced Mozzarella cheese Butter Pasta Sauce Romaine lettuce Tomato Cucumber Red onion Salad dressing</p>
<p><b>Cobb Salad &amp; Rolls or Garlic Toast</b></p>	<p>Wash &amp; cut up lettuce &amp; grape tomatoes. Save avocado till right before serving so it won't get brown. Cook &amp; dice bacon. Dice up turkey &amp; chicken. To serve, lay out lettuce prettily on plates. Make pretty rows on top with bacon, turkey, chicken, bleu cheese crumbles, tomatoes &amp; avocado slices. Serve with favorite dressing &amp; rolls or garlic toast.</p>	<p>Romaine lettuce Grape tomatoes Cooked, cubed turkey or chicken Avocado Bacon Bleu cheese crumbles Favorite dressing Rolls</p>

**MENU****RECIPES****SHOPPING LIST**

<p><b>Stromboli &amp; Veggie Tray</b></p>	<p>Let dough thaw &amp; spread out on greased rectangular cookie sheet, spread with pepperoni slices &amp; Mozzarella cheese. Roll tightly starting with one side of long rectangle to the other, tucking the edge underneath (like a jelly roll). Let raise for 30 minutes. Brush top with melted butter &amp; 1 tsp Italian seasoning. Bake in 350 F oven for around 25 minutes or till dough is cooked. Serve with raw veggies as side.</p>	<p>1 loaf frozen bread dough 5 ounces pepperoni 16 ounces Mozzarella cheese Butter Italian seasoning Pasta sauce, if desired, for dipping Raw veggies</p>
<p><b>Grilled Reuben Sandwich, Chips &amp; Carrot Sticks</b></p>	<p>While frying pan or panini griddle is warming up, butter one side of bread pieces. Layer on meat &amp; cheese, thoroughly drained sauerkraut, Thousand Island dressing or your choice of condiments. Toast each sandwich for 2 minutes on each side or till golden with lid on pan. Serve with chips and carrot sticks.</p>	<p>Rye or Deli swirl bread Corned beef deli slices (cooked) Swiss cheese slices Sauerkraut Thousand Island dressing Optional: Mayo, mustard, baby carrots Chips</p>

# Menu Plan

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

