



# : Dinner's Served :



Monday	Tuesday	Wednesday	Thursday	Friday

Saturday	Sunday	notes		

Monday	Tuesday	Wednesday	Thursday	Friday

Saturday	Sunday	notes		

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# · M e a t l o a f ·

## Ingredients:

- 1 lb. ground beef
- 1 tsp. worcestershire sauce
- 1/4 of an onion finely chopped (1/2 if you like onions)
- 1/2 of a green bell pepper
- 1/2 tsp. salt
- 1/4 tsp. pepper
- celery salt (2 shakes or a sprinkling)
- onion salt (2 shakes or a sprinkling)
- garlic salt (2 shakes or a sprinkling)
- 1/2 Tbsp. yellow mustard
- 1 Tbsp. ketchup
- 1 egg, beaten
- 1 slice of white bread, pinched into small pieces
- 1 can tomato soup (10.75 oz.) - **1/3 into loaf, remaining used for sauce**

## Instructions:

- Mix all of the ingredients above together with this exception: only 1/3 of the soup goes in the loaf, leave 2/3 of soup in can to make the sauce.
- Spray either an 8 X 8 square glass baking dish or a 1.5 qt. glass loaf pan with non stick spray.
- Make a loaf and place in baking dish.
- Fill soup can up with water (with remaining soup still in can). Mix together.
- Pour soup mixture into bowl used to mix loaf and mix with anything left in the bowl.
- Pour sauce over loaf.
- Bake at 350° for 1 hour.
- Let stand for 5 minutes before serving.

# · L a s a g n a ·

## **Ingredients:**

- 1 lb. ground beef
- 1 clove garlic, minced
- 1 Tbsp. basil
- 2 Tbsp. sugar
- 2 1/2 Tbsp. salt (split into 1/2 Tbsp. and 2 Tbsp.)
- 1/2 Tbsp. pepper
- 1 can diced tomatoes (16 oz.)
- 2 cans tomato paste (6 oz.)
- 1 box lasagna noodles (10 oz.)
- 3 c. cottage cheese
- 1/2 c. parmesan cheese or romano cheese
- 2 Tbsp. parsley flakes
- 2 eggs, beaten
- 1 lb. shredded mozzarella

## **Instructions:**

- **Beef Mixture:**
  - Brown beef and remove any excess fat. Combine the ingredients below and simmer for 1 hour.
    - garlic, basil, sugar, salt (1/2 Tbsp.), diced tomatoes, and tomato paste.
- Prepare noodles according to box instructions.
- **Filling Mixture:**
  - Combine remaining ingredients below and sit to the side.
    - salt (2 Tbsp.), pepper, cottage cheese, parmesan, parsley, and eggs
- **Assembly:**
  - Lightly spray a 9 X 13 baking dish with non-stick spray.
  - Layer the bottom of the dish with noodles.
  - Place half of filling mixture on top of noodles.
  - Place half of meat mixture on top of filling.
  - Cover with mozzarella cheese.
  - Repeat process once more.
  - Bake at 375° for about 30 minutes or until edges are brown and cheese is melted.
  - Let stand 10 minutes before serving.

# · B e e f E n c h i l a d a s ·

## **Ingredients:**

- 1 lb. ground beef
- 1 pkg. flour tortillas
- 2 cans cream of chicken soup (10.5 oz.)
- 1 can diced tomatoes with chilies (10 oz.) (Rotel)
- 8 oz. sour cream
- 1 package of taco seasoning (or approx. 4 Tbsp)
- 2 c. grated cheddar cheese
- 1/2 c. chopped onion

## **Instructions:**

- Beef Mixture:
  - Brown beef with onions and taco seasoning. Sit aside.
- Soup Mixture:
  - Combine soup, diced tomatoes, and sour cream and heat until hot and well incorporated. Sit aside.
- Preheat oven to 350° and grease or spray 9 X 13 glass baking dish.
- Assembly:
  - Take a flour tortillas and spread the soup mix onto one side.
  - Fill with meat mixture.
  - Sprinkle with cheddar cheese.
  - Roll up and place into the baking dish.
  - Repeat this process until you have filled the baking dish.
  - If you have any leftover meat mixture, sprinkle over enchiladas at this time.
  - Pour remaining soup mixture over enchiladas.
  - Bake at 350° for 20-30 minutes or until edges are brown and bubbling.
  - When it is bubbling remove from the oven and sprinkle with cheese then put back into the oven just long enough to melt the cheese.
  - Let stand 5 minutes before serving.

# · S i m p l y   S a t i s f y i n g   C h i l i ·

## **Ingredients:**

- 1 lb. ground beef
- 1 - medium onion, chopped
- 1 - can chopped tomatoes, undrained (28 oz.)
- 2 c. frozen whole kernel corn
- 1 - sour cream (8 oz.)
- 1 - can red beans, undrained (16 oz.)
- Spicy Seasoning (detailed below)

- **Spicy Seasoning - combine together and sit aside.**

- 3 Tbsp. chili powder
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 1 1/2 tsp. garlic powder
- 3/4 tsp. dried oregano
- 1/2 tsp. cayenne pepper

## **Instructions:**

- Brown beef with onions and 2 tsp. of "spicy seasoning" in a stockpot.
- Add tomatoes, corn, beans, and the remainder of "spicy seasoning" into stockpot.
- Bring everything to a boil, reduce heat to low-medium and simmer uncovered for 18-20 minutes.
- **IMPORTANT: After 15 minutes, add sour cream**
- Mix well and finish simmer time or until bubbling.
- Let stand 5 minutes before serving.



# · C h i c k e n   S p a g h e t t i ·

## **Ingredients:**

6 chicken breasts (poached in the oven or boiled)  
1 - medium onion, chopped  
3 stalks of celery, chopped  
1 green bell pepper, chopped  
1 stick of butter  
1 can diced tomatoes with chilies (10 oz.) (Rotel)  
1 lb. Velveeta cheese  
2 - cans cream of chicken soup (10.5 oz.)  
package of spaghetti noodles (12 oz.)

## **Instructions:**

Preheat oven to 350°  
Cook chicken as desired.  
Start cooking spaghetti according to package instructions.  
Saute celery, onion, and bell pepper in the butter until soft, then sit aside.  
Chop cooked chicken into bite size pieces, then sit aside.  
Melt velveeta with soups and tomatoes until smooth.  
Grease or spray a 4 qt. casserole dish.  
Mix everything together and pour into the baking dish.  
Bake uncovered for 30 minutes or until it is bubbling.  
Let stand 5 minutes before serving.

# · K i n g R a n c h C h i c k e n ·

## **Ingredients:**

6-8 chicken breasts (boiled with salt and pepper) (less chicken if large pieces)  
1 can cream of chicken soup (10.5 oz)  
1 can cream of mushroom soup (10.5 oz)  
1 can chicken broth (14.5 oz.)  
1/2 c. tomatoes with chilies (Rotel)  
2 c. grated sharp cheddar cheese (mild will work too)  
1 pkg. corn tortillas  
parmesan cheese (to sprinkle on top)

## **Instructions:**

- Preheat oven to 375°
- Chop chicken into bite size pieces.
- Mix everything together with the exception of cheddar cheese, tortillas, and parmesan cheese.
- Spray a 9 X 13 glass casserole dish with non stick spray.
- Break tortillas into small pieces and line the bottom of the baking dish.
- Spread chicken mixture into pan (repeat process if necessary).
- Top with cheddar cheese and parmesan cheese.
- Bake uncovered for 1 hour or until it is bubbling.
- Let stand 5 minutes before serving.

# · C h i c k e n & R i c e ·

## **Ingredients:**

1 lb. chicken breasts  
1 1/3 c. minute rice  
1 1/3 c. boiling water  
1/2 pkg. of Lipton's French Onion Soup mix  
2 Tbsp. chopped pimentos  
1 can cream of mushroom soup (10.5 oz)  
1 Tbsp. of melted butter  
paprika (sprinkle)

## **Instructions:**

- Preheat oven to 350°
- Spray a 9 X 13 glass casserole dish with non stick spray.
- Mix everything together in the baking dish except the chicken.
- Brush chicken on each side with melted butter.
- Lay chicken on top of mixture in dish and sprinkle with salt, pepper, and paprika.
- Cover and bake for 1 hour.
- Remove cover and bake for 15 minutes.
- Let stand 5 minutes before serving.

# · C h i c k e n & S t u f f i n g ·

## **Ingredients:**

1 lb. chicken breasts (boil or sauted)  
1 can of cream of chicken soup (10.5 oz)  
1 can of cream of celery soup (10.5 oz)  
8 oz. sour cream  
1 c. chicken broth  
boxed stuffing (6 oz.)

## **Instructions:**

- Preheat oven to 350°
- Spray a 3 quart casserole dish with non stick spray.
- Cook chicken as directed.
- Chop chicken into bite size pieces.
- Mix chicken, both soups, and sour cream together and sit aside.
- Prepare box stuffing according to instructions.
- Pour chicken mixture into casserole dish.
- Cover with stuffing.
- Bake uncovered for 45 minutes (watch to make sure the top doesn't start to burn).
- Let stand 5 minutes before serving.

# · S l o w   C o o k e r   C h i c k e n ·

## **Ingredients:**

1 lb. chicken breasts  
1 can of cream of mushroom soup (10.5 oz)  
1 can of cream of chicken soup (10.5 oz)  
1 small onion, sliced  
rice of your choice (about 6 cups prepared)

## **Instructions:**

- Optional: Spray the inside of the slow cooker with non stick spray
- Place chicken in the bottom of the slow cooker.
- Add soups to slow cooker (no water).
- Place sliced onion over the top.
- Cook on low (8-10 hours).
- Season with salt and pepper when time to eat.
- **Serve over rice**

# · C h i c k e n   V e g e t a b l e   S o u p ·

## **Ingredients:**

1 1/2 lb. chicken breasts  
5 cups of water  
1 tsp. salt  
1/2 tsp. pepper  
1 medium onion, chopped  
1 lb. Velveeta cheese  
2 c. celery, chopped  
2 c. carrots, chopped  
2 c. potatoes, chopped  
4 bouillon cubes

## **Instructions:**

- Cook chicken in water (5 cups) with celery, onions, salt, and pepper until chicken is cooked throughout.
- Add potatoes, carrots and bouillon and cook on low heat until vegetables are tender (about 1 hour)
- Cut cheese into cubes and add to soup.
- Simmer until the cheese is melted