

## ***Dinner Shopping***

### **Produce**

13 cloves of garlic (3 recipes)  
6 red potatoes  
1 lb green beans  
1 bag of shredded lettuce – optional for tostados  
2 tomatoes – optional for tostados  
Fruit – variety for fruit salad  
1 bag of Caesar salad mix

### **Dairy / Eggs**

Mozzarella cheese – 2 cups  
Milk – 1/3 cup  
1 stick of butter – 2 recipes  
Shredded cheddar cheese – 1 cup  
Grated parmesan – 1/2 cup  
Sour Cream – optional for tostados

### **Meat / Poultry**

7 boneless, skinless chicken breasts  
2 (1 lb) packages of ground beef  
1 (2 lb) pork tenderloin

### **Canned Foods**

1 can of beef broth  
1 can of refried beans

### **Other Items**

1 jar of spaghetti sauce  
1 box penne pasta  
Red cooking wine  
1 envelope of dry onion soup mix  
1 envelope of taco seasoning  
Toasted sesame seeds  
1 box of tostado shells  
1 tube of crescent rolls  
1 container of prepared basil pesto (8 oz)

### **Seasonings / Spices & Other common items**

Salt  
Pepper  
Garlic Powder  
Vegetable oil  
Flour  
Soy Sauce

### ***Dessert Shopping***

#### **Produce**

2 bananas

#### **Dairy / Eggs**

1 8oz. package of cream cheese

Milk – 3 cups

#### **Seasonings / Spices & Other common items**

Vanilla extract

#### **Other**

1 large box of vanilla pudding

1 can of sweetened condensed milk

1 container of cool whip topping

Vanilla wafers – about 30

### ***Brunch Shopping***

#### **Meat**

1 tube of breakfast sausage

#### **Dairy / Eggs**

6 eggs

Shredded cheddar – 2 cups

#### **Other Items**

1 cup of baking mix – like Bisquik

## Crock Pot Pork Tenderloin and Mashed Potatoes

Makes 6 servings

Active Prep Time: 15 minutes Cook Time: 6 hours

"This recipe is so good. My sister and her friend affectionately refer to as "Pork Dawn." Insert giggle. If you don't want to make an extra trip to the liquor store for red wine, use the red cooking wine in the vinegar section. It lasts forever and you'll use it eventually."

**1 2 lb pork tenderloin**

**3/4 cup red cooking wine (in the vinegar section)**

**1 envelope dry onion soup mix**

**1 cup water**

**1 can beef broth**

**4 cloves garlic - minced**

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**6 red potatoes - skin on and cubed**

**1 teaspoon salt**

**1 teaspoon garlic powder**

**1/4 cup butter**

**1/3 cup milk**

- 1) In a small bowl, combine all ingredients except the tenderloin.
- 2) Place tenderloin in the crock pot and pour mixed ingredients on top.
- 3) Cook for 6 hours on low. Use juice as gravy for tenderloin and mashed potatoes.

Thoroughly wash the potatoes. Cut into cubes and boil in a large pot until tender. Drain and mash potatoes. Add remaining ingredients. Mix well.

## Upside Down Pizza and Fruit Salad

Makes 4 servings

Active Prep Time: 30 minutes Bake Time: 30 minutes

This is the epitome of kid food. You can add any extra pizza toppings your family might like - maybe black olives or mushrooms.

**1 lb ground beef**

**1 jar spaghetti sauce**

**2 cups shredded mozzarella cheese - divided**

**1/2 cup grated parmesan**

**1 (8-ounce) tube refrigerated crescent rolls**

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**Fruit - for fruit salad**

- 1) Preheat oven to 350 degrees.
- 2) Brown and drain ground beef. Stir in garlic and spaghetti sauce.
- 3) In a 9x13 inch baking dish, spread a layer of meat sauce. Top with 1 cup of mozzarella and all of parmesan. Add remaining meat sauce and top with remaining mozzarella. Lay crescent rolls on top, pinching seams together.
- 4) Bake in the preheated oven for 30 minutes.
- 5) Toss fruit together for fruit salad.

## Chicken Pesto Pasta

Makes 6 servings

It does not get yummier or easier than this.

Start to Finish: 30 minutes

**1 lb penne pasta noodles**

**3 boneless skinless chicken breasts cut into bite sized pieces**

**2 tablespoons olive oil**

**2 tablespoons garlic**

**8 ounces prepared basil pesto**

- 1) Cook pasta according to directions on package.
- 2) In a medium skillet, saute chicken and garlic in the olive oil. Add pesto to cooked chicken and cook on low for 15 minutes.
- 3) Add cooked pasta to skillet. Mix well and serve.

## Tostados

Makes 4 servings

*Start to Finish: 30 minutes*

*"This is just a little spin on plain old tacos, plus you get your serving of veggies with the beans."*

**1 lb ground beef**

**1 packet taco seasoning mix**

**1 can refried beans**

**Sharp cheddar cheese - for topping**

**Shredded lettuce - for topping**

**Diced tomato - for topping**

**Sour cream - for topping**

- 1) Brown & drain ground beef. Add taco seasoning - prepare according to directions on packet.
- 2) Heat beans on the stove top or in the microwave.
- 3) Bake tostado shells in oven at 350 for 3-4 minutes.
- 4) Top with beans, taco meat, and toppings of choice: shredded cheddar, shredded lettuce, diced tomatoes, sour cream.

## Sesame Baked Chicken and Garlic Green Beans

Makes 4 servings

*Active Prep Time: 15 minutes Bake Time: 40 minutes*

*"This chicken is amazing and insanely simple. My kind of recipe."*

**4 boneless skinless chicken breasts**

**1/2 cup soy sauce**

**1/2 cup toasted sesame seeds**

**1/4 cup flour**

**1/4 teaspoon salt**

**1 pinch black pepper**

**2 tablespoons butter - melted**

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**1 lb fresh green beans**

**2 tablespoons olive oil**

**3 cloves garlic - minced**

**Salt and pepper - taste**

- 1) Preheat oven to 400 degrees.
- 2) Coat chicken breasts in soy sauce. In a small bowl, mix together toasted sesame seeds, flour, salt, and pepper. Dredge chicken breasts in flour mixture.
- 3) Place chicken in a baking dish. Drizzle with 2 Tablespoons of melted butter.
- 4) Bake for 40 minutes in pre-heated oven.

Saute green beans in Olive Oil for about 10 minutes or until tender. Add garlic, salt and pepper to taste. Saute for an additional 2 minutes.

## Best Ever Banana Pudding

Makes 8 servings

*Active Prep Time: 30 minutes Chill Time: 4 hours*

*This is hands down, across the board, my family's favorite dessert.*

**30 vanilla wafers**

**2 bananas - sliced thinly**

**1 large box instant vanilla pudding**

**1 8-ounce package block cream cheese**

**1 can sweetened condensed milk**

**1 teaspoon vanilla extract**

**3 cups milk**

**1 container cool whip topping - divided**

- 1) Line the bottom a 9 x 13" baking dish with vanilla wafer cookies. Add a layer of sliced bananas.
- 2) In a large mixing bowl, combine pudding, cream cheese, condensed milk, vanilla, milk & 1/2 container of cool whip. Pour over cookies & bananas. Refrigerate for 3 hours.
- 3) Top with remaining cool whip before serving.

*"This is sooooo good!"*

**1 tube breakfast sausages**

**6 eggs**

**2 cups shredded Cheddar cheese**

**1 cup baking mix (like Bisquik)**

**Salt to taste**

- 1) Cook and drain sausage.
- 2) Mix sausage plus all remaining ingredients. Pour into a large, oiled casserole dish.
- 3) Bake for 40 minutes in preheated oven.

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