

Home-Cooked Meals Made Simple



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Chapter One: Meals which create leftovers

Baked Ham

Turkey ham (2 lbs.)
Scalloped potatoes (boxed)
Frozen Vegetables

Prepare potatoes as directed

Cook ham in oven at same temperature as potatoes, until it has an internal temperature of 140 degrees

Serve with vegetables.

Use 1 lb. of leftover ham for Chef's Salad

Week 4

Chapter One: Meals which create leftovers

Sausage, Pasta, and Peppers

One Box Pasta Roni (or 3 cups cooked egg noodles & one can cream soup)

Two Smoked Sausages (one for leftovers)

Frozen Vegetables

Prepare Pasta according to package directions

Boil water in large saucepan or dutch oven

Add frozen vegetables and sausages to boiling water

Boil 8 minutes

Place pasta on plates, and arrange cut up sausages and vegetables on pasta.

Use 1 leftover sausage for Pizza.

Week 2

Chapter One: Meals which create leftovers

Pot Roast w/Potatoes and Vegetables

Roast (3 lbs.)

Bag -n- Season for Pot Roasts (Optional)

Potatoes, Carrots, Onions, Celery, Mushrooms (bite size)

Place roast & vegetables in bag

Cook according to package instructions

Use 1 lb. of roast beef for Beef Stroganoff

Use 1 lb. of roast beef for French Dip Sandwiches

Week 2

Chapter One: Meals which create leftovers

London Broil

1 lb. Flank Steak or Round Steak 1 to 1-1/2 inch thick

Lemon Juice

Olive Oil

Garlic, crushed

Oregano

Boxed Side Dish

Vegetable

Partially freeze beef

Carefully partially slice beef into 1/8 inch slices, leaving the bottom of each slice attached (don't cut all the way through).

Press steak back into original form

Mix lemon, oil, garlic and oregano in small cup

Brush onto steak (both sides)

1 lb. of Steak for Fajitas

Broil 3 - 4 inches from heat 7 - 10 minutes per side

Week 3

Chapter One: Meals which create leftovers

Barbecue Pork Ribs

One box Cornbread mix
One can baked beans
2 pounds country-style pork ribs - boneless
One bottle Barbecue Sauce

Heat oven to Cornbread temperature (see box)
Place ribs on broiler pan and cover with sauce
Cook for 30 minutes,
Turn over, and add more sauce
Prepare cornbread and beans while pork is cooking
Use 1 lb. of leftover Pork for Fried Rice

Week 1

Chapter One: Meals which create leftovers

Baked Chicken

Boxed Side Dish
Frozen Vegetables
2 lbs. Chicken Breasts
Oil & Seasonings

Heat oil and seasonings in 13 x 9 pan
Place chicken in pan & bake @ 350 for 25 minutes or until juices run clear.
Use 1 lb. leftover chicken for Chicken Pot Pies and Chef's Salad

Week 4

Chapter One: Meals which create leftovers

Chicken Tenders

2 lbs. boneless chicken breast (or more for leftovers)

One Egg

1/4 cup milk

1/2 cup flour

1 cup Italian bread crumbs

Frozen potatoes (fries or tater tots)

Vegetables or Salad

Dipping sauces (ranch, ketchup, BBQ sauce)

Heat oven to 425

Cut Chicken into large strips (cook 1 lb. uncoated, and 1 lb. coated)

Mix egg and milk

Put egg mixture, flour, and bread crumbs in separate shallow containers (pie plates)

Dip chicken into flour, then egg, then crumbs

Place on baking sheet

Add Tater tots to baking sheet

Bake @ 425 for 15 to 20 minutes

Serve with Vegetables and Dipping sauces

Use 1 lb. uncoated cooked chicken for Stir Fry

Week 3

Chapter Two: Meals which use leftovers

Fried Rice

Leftover Cooked BBQ Ribs

Cooked Plain Rice

Cooked Vegetables, diced

2 eggs, beaten

Soy Sauce

Cooking Oil

Heat Oil in skillet until very hot

Add cooked rice and cook until hot

Move Rice to one side of pan

Add eggs to empty side of pan and scramble until pea sized

Mix eggs and rice

Add meats and vegetables and heat through

Add Soy Sauce to taste

Week 1

Chapter Two: Meals which use leftovers

Chicken Pot Pie

Leftover Baked Chicken Meat (2 cups)
One can condensed Cream of Chicken soup
Cooked or Frozen Vegetables 1 cup
Frozen Pie Crust
Salt & Pepper

Mix chicken, vegetables, soup, and salt & pepper
Pour into thawed pie crust
Place top crust over chicken mixture & score to vent
Bake at 425 for 35 minutes
Let cool for 15 minutes before serving

Week 4

Chapter Two: Meals which use leftovers

Stir Fry

Leftover chicken tenders, cut into strips

Frozen Vegetable Blend

Rice (Minute Rice or Uncle Ben's Boil in the Bag)

1 cup Teriyaki Sauce

2 Tbsp. Cornstarch

Stir Fry meat until hot

Stir Fry or steam vegetables

Prepare rice

Combine Sauce with Cornstarch

Add Sauce to skillet, bring to boil, boil one minute

Place rice on plates, add stir fry

Week 3

Chapter Two: Meals which use leftovers

French Dip Sandwiches

Hoagie Rolls
Leftover Pot Roast
Cheese
Onions
Au Jus Mix
Salad Mix

Reheat Roast Beef
Toast Rolls
Prepare Au Jus
Make sandwiches
Serve with Salad

Week 2

Chapter Two: Meals which use leftovers

Beef Stroganoff

Leftover Pot Roast, cut into strips

2 cups cooked Egg Noodles

2 Tbsp. Flour

8 Oz Sour Cream

2 tsp. instant beef bouillon granules

1/2 cup water

1/4 tsp. pepper

2 Tbsp. butter

1-1/2 cup sliced fresh mushrooms or 4 oz can mushrooms

1/2 cup chopped onions

1 clove minced garlic

Combine flour, sour cream, bouillon, water, and pepper; set aside

Boil noodles

Heat sliced beef in skillet

Add butter to skillet, and sauté onions, mushrooms, and garlic until tender

Add sour cream mixture; cook & stir until bubbly, cook & stir one minute more

Serve over hot noodles

Week 2

Chapter Two: Meals which use leftovers

Fajitas

Leftover steak, cut into strips

1 pkg. Taco or Fajita Seasoning

1/2 cup water

One Package Frozen Peppers and Onions or Fresh Peppers and Onions

Salsa

Sour Cream

Shredded Cheese

Extra Large Tortillas

Warm up meat in skillet

Add water and seasoning packet

Simmer 20 minutes

Sauté or steam Peppers and Onions in separate skillet

Warm up foil-wrapped tortillas in oven for 10 minutes

Place all ingredients in bowls on table and allow Fajitas to be assembled individually

Week 3

Chapter Two: Meals which use leftovers

Chef's Salad

Salad mix

Green Onions

Sunflower Seeds

Cooked Ham

Cooked Chicken

Boiled Eggs (2 - 4)

Cheese

Cut Ham, Chicken and Cheese into 1/2 inch by 2 inch strips

Slice Boiled Eggs Widthwise

Place meats, cheese, and boiled eggs on top of salad

Week 4

Chapter Two: Meals which use leftovers

Pizza

Bread Machine Pizza Crust

One cup plus two Tablespoons Water

Two tablespoons oil

3 cups Flour

1 tsp. Sugar

1 tsp. Salt

1 package Yeast

Tomato Sauce

Italian Seasonings

Leftover Smoked Sausage (Thinly Sliced)

Vegetables such as mushrooms, peppers, onions

Mozzarella Cheese (Grated)

Place ingredients in bread machine pan in order listed, select White Dough cycle.

Move oven rack to lowest position.

Heat oven to 400.

Grease two cookie sheets.

Divide dough in half.

Pat each half into 12-inch circle on cookie sheet with floured fingers.

Spread with sauce and favorite toppings.

Bake 18 to 20 minutes.

Week 2

Chapter Three: Starters (make ahead to create easy meals)

Boiled Eggs

One Dozen eggs (in addition to staple eggs)

Boil a dozen eggs by your favorite method, place back in carton and use for breakfast or lunches during the week, and to use in recipes such as Chef's Salad.

Week 4

Spanish Rice and Meat Mixture

One Box "Farmhouse" Spanish Rice
One 15 oz Can Mexican Flavored Tomatoes
Ground Beef, Browned
One 15 oz Can Tomato Sauce (Set Aside 1/4 cup)

Brown Ground Beef
Prepare Rice, using the tomato option, reducing water
Add Ground Beef at the same time as the tomatoes
After rice is finished cooking, add can of tomato sauce
Use for Stuffed Peppers and Super Burritos

Week 2

Meat Mixture

Ground Beef (1 lb.)
Optional 1/4 lb. Italian or Pork Sausage
1 egg, beaten
Bread Crumbs (Italian Seasoned, or add Italian seasoning)
Salt & Pepper

Week 1 3 batches: 1 loaf for meatloaf; 2 batches of meatballs for Sweet n Sour & Spaghetti; 1 batch of patties for patty melts

Week 4 2 batches: 1 batch of meatballs for Swedish; 1 batch of patties for Salisbury steak.

Chapter Four: Meals which use starters

Meatloaf

Salad

Bread

One batch meat mixture

Ketchup, or Barbecue Sauce, or Cream of Mushroom Soup

Form meat mixture into a loaf and pour sauce over the mixture

Bake @ 375 for about 1 - 1-1/4 hours

Week 1

Chapter Four: Meals which use starters

Super Burritos

One Batch Spanish rice and meat mixture
Shredded Cheese (about 1/2 cup)
Extra Large Tortillas
Brown Ground Beef

Prepare Spanish Rice and Meat Mixture as directed in Chapter Three: Starters
Warm foil-wrapped Tortillas in oven for 10 minutes
Stuff Tortillas with Rice mixture
Place extra rice mixture in casserole pan and heat in oven with Burritos
Pour a small amount of tomato sauce on top of each burrito
Bake @ 350 for 25 - 30 minutes
Sprinkle Cheese on each Burrito and serve with Sour Cream

Week 2

Chapter Four: Meals which use starters

Stuffed Peppers

One Batch of Spanish rice and meat mixture

Shredded Cheese (about 1/2 cup)

Four Large Green Peppers

(Optional) Blanch Peppers in Boiling water for 3 minutes

Stuff Peppers with Rice mixture

Place extra rice mixture in casserole pan and heat in oven with peppers

Pour a small amount of tomato sauce on top of each pepper

Bake @ 350 for 25 - 30 minutes

Sprinkle Cheese on each pepper and serve

Week 2

Chapter Four: Meals which use starters

Patty Melt Sandwiches

Rye Bread (toasted)
Meat mixture patties
One Onion, thinly sliced
Butter
Swiss (or other) cheese
French Fries, tater tots, or other
Salad or other vegetable

Fry meat patties in skillet.
Melt butter in another skillet. Sauté onions for five minutes.
Melt cheese on top of meat patties.
Serve with potatoes and vegetables.

Week 1

Chapter Four: Meals which use starters

Salisbury Steak

One batch meat mixture

Boxed Side Dish (Such as Rice, Pasta, Potatoes, or Stuffing)

Frozen Vegetable

Onions, Beef Broth (Or Dry Onion Soup or Canned French Onion Soup)

Mushrooms

Water

Cornstarch

Form meat mixture into oval patties

Fry until browned on both sides

Pour onion soup over patties

Add mushrooms

Heat to boiling, reduce heat and simmer 10 minutes

Remove patties, keep warm

Mix 2 Tbsp. water and 2 tsp. cornstarch, stir into broth

Heat to boiling, boil one minute

Week 4

Chapter Four: Meals which use starters

Swedish Meatballs

Meatballs

Noodles and Sauce (to go with meatballs)

Prepare noodles and sauce according to package directions.

Heat meatballs and mix with noodles and sauce.

Serve with bread and vegetables.

Week 4

Chapter Four: Meals which use starters

Spaghetti and Meatballs

Meatballs

Spaghetti Sauce

Spaghetti Noodles

Bread

Salad

Week 3

Chapter Four: Meals which use starters

Sweet n Sour Meatballs

Meatballs

Rice

Contadina Sweet n Sour Sauce 15 oz Can

Heat Meatballs and Sauce in Electric Skillet until warmed through
Serve over hot rice

Week 1

Chapter Five: Stand-alone meals

Enchiladas with Beans and Rice

Eight Frozen Burritos (or can use leftover super burritos)

Shredded Cheddar Cheese

Sour Cream

One Can Enchilada Sauce

One Can Refried Beans

One Box "Farmhouse" Mexican Rice

Place Frozen Burritos in 13 x 9 pan

Pour Enchilada Sauce over Burritos

Bake @ 350 for 35-40 minutes

Serve with Cheese and Sour Cream

Heat beans in saucepan or double boiler or microwave

Prepare rice by package directions

Week 3

Chapter Five: Stand-alone meals

Pork Chops

Oil

Seasonings

Pork Chops (3-4)

Chicken Broth or Cream of Mushroom soup or Barbecue Sauce

Heat oil in skillet with seasonings until hot

Fry pork chops until golden brown on all sides

Add soup or sauce to skillet

Reduce heat, cover and simmer 25 minutes

Week 3

Chapter Five: Stand-alone meals

Shish Kabobs

Cubed raw meat (chicken breast, beef top sirloin, or pork country rib), bite size

Pineapple Chunks

Cherry tomatoes

Pearl onion or quartered regular onions

Sweet bell pepper (as many colors as you want)

Oriental Sauce (such as teriyaki or yakatori)

Cooked Hot Rice

Marinate meat and veges in sauce for 30 minutes (no longer for veges)

Discard marinade.

Skewer all items in alternating pattern on wooden skewers

Place shish kabobs on broiler rack

Broil 3 inches from heat for 6 to 8 minutes

Serve shish kabobs over rice and serve extra sauce

Week 1

Chapter Five: Stand-alone meals

Baked Ravioli

Spaghetti Sauce

Frozen Rosetto Ravioli

“Lasagna made easy” or Ricotta Cheese mixed with one egg and parsley

Mozzarella Cheese

Bread

Salad

Layer all ingredients in 13 x 9 pan and bake 45 minutes at 350.

Week 1

Menu Calendar

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Barbecue Ribs	Meatloaf (Make 4 batches of meat mixture: 1 loaf, 2 batches meatballs, 2-3 patties)	Baked Ravioli	Sweet -n- Sour Meatballs	Fried Rice	Patty Melts	Shish Kabobs
Week 2	Pot Roast	Spanish Rice & Meat Mixture/ Stuffed Peppers	French Dip Sandwiches	Beef Stroganoff	Sausage, Peppers, and Pasta	Super Burritos	Pizza
Week 3	Pork Chops	London Broil	Spaghetti & Meatballs	Fajitas	Chicken Tenders	Stir Fry	Enchiladas w/ beans and rice
Week 4	Baked Chicken	Baked Ham (also 2 batches of meat mix: 1 meatballs, 2-3 patties and 12 boiled eggs)	Chicken Pot Pie	Swedish Meatballs	Chef's Salad	Salisbury Steaks	GO OUT FOR DINNER! YOU DESERVE IT!

Shopping List

WEEK 1

ONE BOX CORNBREAD MIX
ONE CAN BAKED BEANS
2 POUNDS COUNTRY-STYLE PORK RIBS - BONELESS
ONE BOTTLE BARBECUE SAUCE
2 EGGS, BEATEN
SOY SAUCE
COOKING OIL
GROUND BEEF (3 LB.)
OPTIONAL 3/4 LB ITALIAN OR PORK SAUSAGE
3 EGG, BEATEN
BREAD CRUMBS (ITALIAN SEASONED, OR ADD ITALIAN SEASONING)
SALT & PEPPER
SALAD
BREAD
KETCHUP, OR BARBECUE SAUCE, OR CREAM OF MUSHROOM SOUP
RYE BREAD (TOASTED)
ONE ONION, THINLY SLICED
BUTTER
SWISS (OR OTHER) CHEESE
FRENCH FRIES, TATER TOTS, OR OTHER
SALAD OR OTHER VEGETABLE
RICE
CONTADINA SWEET N SOUR SAUCE 15 OZ CAN
SPAGHETTI SAUCE
FROZEN ROSETTO RAVIOLI
"LASAGNE MADE EASY" OR RICOTTA CHEESE MIXED WITH ONE EGG AND PARSLEY
MOZZARELLA CHEESE
BREAD
SALAD
CUBED RAW MEAT (CHICKEN BREAST, BEEF TOP SIRLOIN, OR PORK COUNTRY RIB), BITE SIZE
PINEAPPLE CHUNKS
CHERRY TOMATOES
PEARL ONION OR QUARTERED REGULAR ONIONS
SWEET BELL PEPPER (AS MANY COLORS AS YOU WANT)
ORIENTAL SAUCE (SUCH AS TERIYAKI OR YAKATORI)
COOKED HOT RICE

Shopping List

WEEK 2

ONE BOX PASTA RONI (OR 3 CUPS COOKED EGG NOODLES & ONE CAN CREAM SOUP)
TWO SMOKED SAUSAGES (ONE FOR LEFTOVERS)
FROZEN VEGETABLES
ROAST (3 LBS.)
BAG -N- SEASON FOR POT ROASTS (OPTIONAL)
POTATOES,
CARROTS,
ONIONS,
CELERY,
MUSHROOMS (BITE SIZE)
HOAGY ROLLS
CHEESE
ONIONS
AU JUS MIX
SALAD MIX
2 CUPS COOKED EGG NOODLES
2 TBSP. FLOUR
8 OZ SOUR CREAM
2 TSP. INSTANT BEEF BOULLION GRANULES
1/2 CUP WATER
1/4 TSP. PEPPER
2 TBSP. BUTTER
1-1/2 CUP SLICED FRESH MUSHROOMS OR 4 OZ CAN MUSHROOMS
1/2 CUP CHOPPED ONIONS
1 CLOVE MINCED GARLIC
ONE CUP PLUS TWO TABLESPOONS WATER
TWO TABLESPOONS OIL
3 CUPS FLOUR
1 TSP. SUGAR
1 TSP. SALT
1 PACKAGE YEAST
TOMATO SAUCE
MUSHROOMS,
ONIONS
MOZZARELLA CHEESE (GRATED)
TWO BOXES "FARMHOUSE" SPANISH RICE
TWO 15 OZ CAN MEXICAN FLAVORED TOMATOES
2 LBS. GROUND BEEF, BROWNED
TWO 15 OZ CAN TOMATO SAUCE (SET ASIDE 1/4 CUP)
SHREDDED CHEESE (ABOUT 1 CUP)
EXTRA LARGE TORTILLAS
FIVE LARGE GREEN PEPPERS

Shopping List

WEEK 3

2 LB. FLANK STEAK OR ROUND STEAK 1 TO 1-1/2 INCH THICK
LEMON JUICE
OLIVE OIL
GARLIC, CRUSHED
BOXED SIDE DISH
VEGETABLE
SEASONINGS
PORK CHOPS (3-4)
CHICKEN BROTH OR CREAM OF MUSHROOM SOUP OR BARBECUE SAUCE
2 LB. BONELESS CHICKEN BREAST
ONE EGG
1/4 CUP MILK
1/2 CUP FLOUR
1 CUP ITALIAN BREAD CRUMBS
FROZEN POTATOES (FRIES OR TATER TOTS)
VEGETABLES OR SALAD
FROZEN VEGETABLE BLEND
RICE (MINUTE RICE OR UNCLE BEN'S BOIL IN THE BAG)
1 CUP TERIYAKI SAUCE
2 TBSP. CORNSTARCH
1 PKG TACO OR FAJITA SEASONING
1/2 CUP WATER
ONE PACKAGE FROZEN PEPPERS AND ONIONS OR FRESH PEPPERS AND ONIONS
SALSA
SOUR CREAM
SHREDDED CHEESE
EXTRA LARGE TORTILLAS
MEATBALLS
SPAGHETTI SAUCE
SPAGHETTI NOODLES
BREAD
SALAD
EIGHT FROZEN BURRITOS (OR CAN USE LEFTOVER SUPER BURRITOS)
SHREDDED CHEDDAR CHEESE
SOUR CREAM
ONE CAN ENCHILADA SAUCE
ONE CAN REFRIED BEANS
ONE BOX "FARMHOUSE" MEXICAN RICE

Shopping List

WEEK 4

SCALLOPED POTATOES (BOXED)
FROZEN VEGETABLES
TURKEY HAM (2 LB.)
BOXED SIDE DISH
FROZEN VEGETABLES
2 LBS. CHICKEN BREASTS
ONE CAN CONDENSED CREAM OF CHICKEN SOUP
FROZEN PIE CRUST
SALT & PEPPER
SALAD MIX OR
GREEN ONIONS
SUNFLOWER SEEDS
COOKED HAM
COOKED CHICKEN
BOILED EGGS (2 - 4)
CHEESE
ONE DOZEN EGGS (IN ADDITION TO STAPLE EGGS)
BOXED SIDE DISH (SUCH AS RICE, PASTA, POTATOES, OR STUFFING)
FROZEN VEGETABLE
ONIONS, BEEF BROTH (OR DRY ONION SOUP OR CANNED FRENCH ONION SOUP)
MUSHROOMS
WATER
CORNSTARCH
NOODLES AND SAUCE (WHATEVER FLAVOR SUITS YOU)
GROUND BEEF (2 LB.)
OPTIONAL ½ LB ITALIAN OR PORK SAUSAGE
2 EGG, BEATEN
BREAD CRUMBS (ITALIAN SEASONED, OR ADD ITALIAN SEASONING)
SALT & PEPPER