

<p><b>Chicken &amp; Bacon Tater Tot Casserole</b></p> <ol style="list-style-type: none"> <li>1. Spray slow cooker with nonstick cooking spray.</li> <li>2. Layer half of the frozen tater tots on the bottom of the slow cooker.</li> <li>3. Sprinkle with 1/3 of the bacon pieces.</li> <li>4. Now top with 1/3 of the shredded cheese.</li> <li>5. Add diced chicken on top. Season with salt &amp; pepper.</li> <li>6. Now add 1/3 of the bacon pieces and another 1/3 of shredded cheese.</li> <li>7. Put the rest of the frozen tater tots on top.</li> <li>8. Finish with the remaining 1/3 cheddar cheese and remaining 1/3 of bacon pieces.</li> <li>9. Pour 3/4 c. milk all over the top.</li> <li>10. Cover and cook on low about 4-6 hours.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 (32 oz.) bag frozen tater tots</li> <li>1 (3 oz.) bag bacon pieces</li> <li>1 lb. boneless, skinless chicken breasts, diced</li> <li>2 c. shredded cheddar cheese</li> <li>3/4 c. milk</li> <li>salt &amp; pepper, to taste</li> </ul>
<p><b>Southwestern Stuffed Sweet Potatoes</b></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350 degrees F. Line the sweet potatoes on a baking sheet and bake for 50 to 60 minutes, or until fork tender. Remove from the oven and allow to set until cool enough to handle.</li> <li>2. While the sweet potatoes are cooling, sauté the corn in a dry heavy skillet over medium high heat. Sprinkle with salt, cumin, chili powder and Mexican oregano. Cook until the corn is roasted and browned (about 7 to 10 minutes). Transfer to a small bowl; set aside.</li> <li>3. Wipe the skillet clean and heat the tbs.. of olive oil. Add the onions and cook until just tender. Transfer to the bowl with the corn. Add the black beans and cilantro to the onion and corn. Gently stir to evenly mix.</li> <li>4. When the sweet potatoes are cool enough to handle, cut them in half, lengthwise. Carefully scoop out the flesh, into a large mixing bowl, leaving the skins intact. (Try leaving a thin layer of potato to help the skin hold together.)</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>3 medium sweet potatoes</li> <li>1 can corn, or 1.5 c. frozen corn, rinsed and patted dry</li> <li>Salt, to taste</li> <li>2 tsp. ground cumin</li> <li>1 tsp. chili powder</li> <li>1/2 tsp. Mexican oregano (optional)</li> <li>1 tbs.. olive oil</li> <li>1/2 yellow onion, diced</li> <li>1 (15 oz.) can black beans, rinsed, drained</li> <li>1/2 c. cilantro, chopped</li> <li>1 oz. cream cheese</li> <li>1/4 c. sour cream, plus more for serving</li> <li>1 to 3 chipotle peppers in adobo sauce, minced or pureed</li> <li>6 tbs. shredded Mexican cheese</li> </ul>
<p><b>Country Chicken and Rice</b></p> <ol style="list-style-type: none"> <li>1. In a large pot, bring all ingredients except rice to a boil over medium-high heat.</li> <li>2. Cover and allow to boil 35 minutes.</li> <li>3. Add rice and cook 25 to 30 minutes, or until rice is tender, no pink remains in chicken, and chicken juices run clear.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 (3 lbs.) chicken, cut into 8 pieces</li> <li>6 c. water</li> <li>2 (15-oz.) cans tomato sauce</li> <li>1 large onion, finely chopped</li> <li>1 tsp. dried thyme</li> <li>1 tbs. salt</li> <li>1 tsp. black pepper</li> <li>2 c. long- or whole-grain rice, rinsed</li> </ul>
<p><b>Whole Chicken in the Crock Pot</b></p> <ol style="list-style-type: none"> <li>1. In a small bowl, combine the spices.</li> <li>2. Remove any giblets from chicken and clean chicken.</li> <li>3. Rub spice mixture onto the chicken.</li> <li>4. Place in resalable plastic bag and refrigerate overnight. (I usually skip this step because I'm always in a hurry).</li> <li>5. When ready to cook, put chopped onion in bottom of crock pot.</li> <li>6. Add chicken. No liquid is needed, the chicken will make it's own juices.</li> <li>7. Cook on low 4-8 hours.</li> <li>8. Note: I highly recommend a pop-up timer in the chicken because some crock pots cook faster/slower than others (my crock pot cooks this recipe in 4-5 hours).</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>4 tsp. salt (per recipe reviews, 2 tsp. is better)</li> <li>2 tsp. paprika</li> <li>1 tsp. cayenne pepper</li> <li>1 tsp. onion powder</li> <li>1 tsp. thyme</li> <li>1 tsp. white pepper</li> <li>1/2 tsp. garlic powder</li> <li>1/2 tsp. black pepper</li> <li>1 large roasting chicken (with pop-up timer if possible)</li> <li>1 c. chopped onion (optional)</li> </ul>
<p><b>Noodles with Beef and Mushrooms</b></p> <ol style="list-style-type: none"> <li>1. Cook the noodles according to the package directions. Drain and return the pasta to the pot.</li> <li>2. Meanwhile, heat the oil in a large saucepan over medium heat. Add the mushrooms and cook, stirring occasionally, for 6 minutes.</li> <li>3. Add the garlic, beef, salt, and pepper. Cook until no trace of pink remains, about 5 minutes.</li> <li>4. Spoon off and discard any fat. Add the tomatoes and their juices and bring to a boil.</li> <li>5. Reduce heat and stir in the fat free half and half and 3/4 c. of the Parmesan. Simmer until the sauce has thickened slightly, about 3 minutes.</li> <li>6. Add the sauce to the noodles and toss. Divide among plates and sprinkle with the remaining Parmesan and the parsley.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. dry egg noodles</li> <li>2 tbs. olive oil</li> <li>1 lb. button mushrooms, sliced</li> <li>1 tbs. minced garlic</li> <li>1 lb. ground beef</li> <li>1 tsp. kosher salt</li> <li>1/4 tsp. black pepper</li> <li>1 14.5-oz. can diced tomatoes</li> <li>1 c. fat free half and half</li> <li>1 c. grated Parmesan</li> <li>1/2 c. fresh parsley, chopped</li> </ul>