

<p>Beef Stew</p> <p>1. Mix first 4 ingredients in slow cooker. Add all remaining ingredients except flour and water; toss to coat. Cover with lid. Cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours).</p> <p>2. Transfer meat and vegetables to serving bowl with slotted spoon; cover with foil.</p> <p>3. Mix flour and water until well blended. Whisk into juices in slow cooker; cover. Cook on HIGH 15 min. or until sauce is slightly thickened. Spoon over meat and vegetables.</p> <p>I also will add canned or frozen green beans or peas and cooked egg noodles.</p> <p>Note: You may add any other vegetables that you choose, it just makes it a heartier stew.</p>	<p>Shopping List</p> <p>1 c fat-free beef broth 1/4 c Italian Vinaigrette Dressing 1/4 c barbecue sauce 1 tsp. dried oregano leaves 1 lb. Stew Meat cut into pieces 8 small red potatoes, cut 4 large carrots, sliced 1 large onion, chopped 1 can Yellow Corn 3 tbs.. Flour & 1/4 c. water</p>
<p>Sweet BBQ Chicken</p> <p>1. Lay the chicken into the bottom of the crock pot.</p> <p>2. Place the ketchup and Worcestershire sauce into a small mixing bowl.</p> <p>3. Whisk in the brown sugar until it is completely dissolved.</p> <p>4. Pour the mixture over the chicken coating well.</p> <p>5. Cook covered 8 hours on low.</p> <p>Serve with your choice of side or salad.</p>	<p>Shopping List</p> <p>1 whole chicken, cut up and skin removed 1 c. of ketchup 3/4 tbs. brown sugar, firmly packed 3 tbs. Worcestershire sauce</p>
<p>Easy Layered Italian Meatloaf</p> <p>1. Preheat oven to 375°F. Mix stuffing mix with half each of the spaghetti sauce and oregano. Add meat; mix well. Pat into 13x9-inch baking dish.</p> <p>2. Mix zucchini, mushrooms, remaining spaghetti sauce and remaining oregano. Spoon evenly over meat mixture; cover with foil.</p> <p>3. Bake 25 min. Uncover. Sprinkle with cheese. Bake, uncovered, an additional 10 min. or until meatloaf is cooked through (160°F). Cut into six pieces to serve.</p>	<p>Shopping List</p> <p>1 pkg. (6 oz.) Stuffing Mix 26 oz. spaghetti sauce, divided 2 tsp. dried oregano leaves, divided 1-1/2 lb. extra lean ground beef 2 c. chopped zucchini 2 c. sliced mushrooms 3/4 c. Shredded Low-Moisture Part-Skim Mozzarella Cheese</p>
<p>Chicken, Cheese, and Spinach Manicotti</p> <p>1. Heat oven to 350°F.</p> <p>2. Thaw and drain spinach</p> <p>3. Combine chicken and garlic in large bowl. Add spinach, cottage cheese, egg whites and 1/4 c. mozzarella; spoon into manicotti shells.</p> <p>4. Place in 13x9-inch baking dish sprayed with cooking spray. Cover with spaghetti sauce.</p> <p>5. Bake 25 to 30 min. or until heated through. Top with remaining mozzarella; bake 5 min. or until melted. Sprinkle with basil.</p>	<p>Shopping List</p> <p>1-1/2 c. finely chopped cooked chicken breasts 1 tbs. minced garlic 10 oz. frozen chopped spinach 16 oz. 2% Milk fat Cottage Cheese 2 egg whites 1 c. Shredded Mozzarella Cheese 10 manicotti shells, cooked, drained 1-1/2 c. spaghetti sauce 1/4 c. chopped fresh basil</p>
<p>Chicken Enchiladas</p> <p>1. In a large skillet with a tight-fitting lid, bring 1 inch salted water to a boil. Add chicken. Cover; reduce heat to medium-low. Simmer 5 minutes; remove skillet from heat. Let chicken steam, covered, until opaque throughout, 12 to 14 minutes. Transfer chicken to a medium bowl; shred with two forks. Set aside.</p> <p>2. While chicken is cooking, make sauce: In a medium saucepan, heat oil over medium. Add garlic; cook until fragrant, 1 minute. Add flour, cumin, and chipotles in adobo; cook, whisking, 1 minute. Whisk in broth and 1/2 c. water; bring to a boil. Reduce to a simmer, and cook, whisking occasionally, until sauce has thickened slightly, 5 to 8 minutes; season with salt and pepper. Transfer 1 c. sauce to bowl with chicken; toss to combine.</p> <p>3. Preheat oven to 400 degrees. Pour 1/4 c. sauce into bottom of an 8-inch square baking dish; set aside. Stack tortillas, and wrap in a double layer of damp paper towels; microwave until hot, about 1 minute. Fill each tortilla with chicken mixture; roll up tightly, and arrange, seam side down, in baking dish. Cover with remaining sauce, and top with cheese. Bake until hot and bubbling, 15 to 20 minutes. Let cool 5 minutes before serving.</p>	<p>Shopping List</p> <p>Coarse salt and ground pepper 3 boneless, skinless chicken breast halves 2 tbs. vegetable oil 1/2 tbs. minced garlic 1/4 c. all-purpose flour 1 tsp. ground cumin 1 to 2 tbs. minced canned chipotles 14 1/2 ounces chicken broth 8 corn tortillas (6-inch) 1/2 c. grated Monterey Jack cheese</p>