

<p>Navy Bean Soup</p> <ol style="list-style-type: none"> 1. Cook bacon in skillet, drain, and crumble. Save some for garnish. 2. In a slow cooker, combine beans, carrot, celery, onion, chicken broth, Italian seasoning, water, and bacon, stir to mix. 3. Cover and cook on low for 5 - 6 hours. 4. Ladle 2 c. of the soup mixture into a blender and process until smooth. 5. Return blended soup to the slow cooker, add cream of chicken soup and stir. <p>Turn heat on high and cook for 10 - 15 minutes.</p>	<p>Shopping List</p> <ul style="list-style-type: none"> 8 Slices thick-cut bacon 45 oz. Navy Beans 1 Carrot, chopped 3 Ribs Celery, chopped 1 Onion, chopped 30 oz. chicken broth 1 tsp. Italian Seasoning 10 oz. Cream of Chicken Soup 1 c Water
<p>Chicken Fajitas</p> <ol style="list-style-type: none"> 1. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook until well browned, stirring often. 2. Stir the pepper and onion in the skillet and cook until they're tender-crisp. Stir the picante sauce in the skillet and cook until the mixture is hot and bubbling. 3. Spoon about 1/2 c. chicken mixture down the center of each tortilla. Top with additional picante sauce. Fold the tortillas around the filling. Serve with the guacamole, if desired. 	<p>Shopping List</p> <ul style="list-style-type: none"> 2 tbs. vegetable oil 4 skinless, boneless chicken breast halves or 1 beef sirloin steak (about 1 lb.), cut into strips 1 medium green or red pepper, cut into 2-inch-long strips 1 medium onion, sliced 1 1/2 c. Salsa 8 (8-inch) flour tortillas, warmed Guacamole
<p>Fettuccine al Fresco</p> <ol style="list-style-type: none"> 1. Heat the oil in a 3-quart saucepan over medium heat. Add the ham, if desired, onion and garlic powder and cook until the onion is tender. 2. Stir the sauce and parsley in the saucepan and heat through. Serve over the fettuccine. Sprinkle with the cheese. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 tbs. vegetable oil 1 medium onion, chopped 1/8 tsp. garlic powder or 1 clove garlic, minced 1 jar (24 ounces) Spaghetti Sauce 1/4 c. chopped fresh parsley or 1 tbs. dried parsley flakes 3/4 of a 16 ounce package fettuccine cooked and drained Grated Parmesan cheese
<p>Chicken Pizza Stew</p> <ol style="list-style-type: none"> 1. Spray your slow cooker with cooking spray and lay chicken chunks in the bottom then top with the remaining ingredients except for the cheese. 2. Stir, cover and cook on low for 5 - 6 hours. 3. Serve with shredded cheese and bread. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 lb. chicken breasts, cut into 1" chunks 2 c. chopped onion 2 tsp. minced garlic 1 c. chopped bell pepper (any color) 32 oz. pasta sauce 14.5 oz. canned, diced tomatoes 1 tbs. basil 1 tbs. oregano 1/2 c. mozzarella, shredded Italian or French bread
<p>Sweet Potato and Black Bean Burrito</p> <ol style="list-style-type: none"> 1. Preheat the oven to 350* 2. Place the sweet potatoes in a medium saucepan with the salt and water to cover. 3. Cover and bring to a boil, then simmer until tender, about 10 minutes. 4. Drain and set aside. 5. While the sweet potatoes are cooking, warm the oil in a medium saucepan and add the onions, garlic, & chili 6. Cover and cook on medium-low heat, stirring occasionally, until the onions are tender, about 7 minutes 7. Add the cumin and coriander and cook for 2 to 3 minutes longer, stirring frequently. 8. Remove from the heat and set aside. 9. Combine the black beans, cilantro, lemon juice, salt, and cooked sweet potatoes and mash, this should be chunky. 10. Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices. 11. Lightly oil a large baking dish. 12. Spoon about 2/3 to 3/4 c. of the filling in the center of each tortilla, roll it up, and place it, seam side down, in the baking dish. 13. Cover tightly with foil and bake for about 30 minutes, until piping hot. 14. Serve topped with salsa. 	<p>Shopping List</p> <ul style="list-style-type: none"> 5 c. peeled cubed sweet potatoes 1/2 tsp. salt 2 tsp. canola oil 3 1/2 c. diced onions 1 tbs. minced garlic 1 tbs. minced fresh green chili pepper 4 tsp. ground cumin 4 tsp. ground coriander 4 1/2 c. cooked black beans 2/3 c. lightly packed cilantro leaf 2 tbs. fresh lemon juice 1 tsp. salt 12 (10 inch) flour tortillas fresh salsa