

MENU 3

- Hawaiian Haystacks
- Black Bean Enchiladas with corn
- Chicken Pillows with veggie
- Tatties and Mince
- Pizza (Date Night)
- Sloppy Joes

SHOPPING LIST

Rhodes Rolls
Rice
Canned chicken
Chinese noodles
Cream of chicken soup
Milk
Pineapple tidbits
Mandarin oranges
Olives
Shredded cheese
Green peppers
Tomatoes
Blackbeans
Enchiladas sauce
Whole wheat tortillas
Onions
Dinner veggie
Small bag of potatoes
Milk
Butter
Greek Yogurt
Can of peas
Can of carrots
Chicken broth
Corn starch
Frozen Pizza
Sour cream
Guacamole or avocado
Homade chili sauce
Tomato soup
Hamburger buns
Sour cream
Guacamole
2 lbs ground turkey

HAWAIIAN HAYSTACKS

Sauce:

12.5 oz can of chicken

1 1/4 cup of milk

one can of cream of chicken soup

serve over rice with

cheese, chopped bell pepper, olives

celery, tomatoes, crunchy chinese

noodles, pineapple, mandarin oranges

SLOPPY JOES

1 pound ground beef

*1/2 of a white/yellow onion

*2/3 of a 10 3/4 oz. can of tomato soup (or the whole can if you like it more saucy)

*1 jar of "homemade" chili sauce

DIRECTIONS:

1. In a large skillet, cook the ground beef and the onion until each are cooked through.
2. Add the tomato soup and the chili sauce. Stir to combine.
3. Turn heat to low and allow sauce to simmer for 2-3 minutes.
4. Fill some hamburger buns with meat mixture, and enjoy! .

CHICKEN PILLOWS

12.5 oz can of chicken

1/4 cup of chopped green onions

1 package of cream cheese

1-2 cans refrigerated croissant dough

3 tablespoons of melted butter (optional)

Mix first 3 ingredients together until thoroughly combined.

Using a rolling pin, roll each of the triangular dough sections a bit wider and add a blob of the chicken filling to the center. Fold the two bottom corners of the dough over the chicken and roll up the croissant completely covering the filling.

set on a cookie sheet lined with parchment paper and press to flatten slightly. Use your finger or a fork to seal the edges, the way you would with a pie crust. makes 12-16 depending on how much filling you like in each croissant. Throw it in the oven at 375 degrees for 17-20 minutes or until the croissant is golden brown. Brush with butter while still hot,

BLACK BEAN ENCHILADAS

½ onion chopped

2 cans of blackbeans (do not drain)

1 cup of brown rice cooked

2 cans of red enchilada sauce

12 tortillas

Bag of shredded cheese

Saute onion, add in 2 cans of black beans and smash with a potato smasher, add in rice and ½ can of enchilada sauce. Use remaining ½ can of sauce on the bottom of a 13X9 dish. Fill the tortillas and top with cheese, roll up and add to dish. Top enchiladas with remaining can of sauce and sprinkle with cheese. Cover with foil and cook at 375 for 35 minutes or until sauce is bubbling. Service with sour cream and guac.

TATTIES AND MINCE (EASY SHEPHERDS PIE)

½ chopped onion

1 lb ground burger

1 can of carrots

1 can of peas

3 cups Chicken broth

Corn starch

Cook burger in onion, add carrots and peas and then chicken broth, slowly adding in corn starch to make a gravy. Serve over Mashed potatoes