



Classic Comfort 4-6 Early November Grocery

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
	Produce	Vegetable Oil	-Chili Powder
11,13,14	1 bunch celery	Olive Oil	-11 Chicken Bullion cube
11,13,14	4 pounds carrots	Salad Dressings	-Bay leaf
1,4,5,10,13,14	7 onions (buy in 3 pound bags)	Honey	-1 beef bullion cubes
8,10	1 bunch green onions	White Vinegar	-Curry Powder
mm	1 garlic bulbs	Cider Vinegar	-Cayenne Pepper
1,4,5,7,8,10,12,15	7-10 heads Romaine Lettuce Heads (8 meals)	Red Wine Vinegar	-Black Pepper
1,8	16 ounces mushrooms	Dijon Mustard	-Cumin
1,10,11	4 green peppers	Lemon Juice	-Parsley
1,9,13,14	14 to 18 large potatoes	Ketchup	-Garlic Powder
d,2	26 cooking apples (such as Gala)	Mustard	-Cinnamon
10	2 large tomatoes	Barbecue Sauce	-Nutmeg
10	1 jalapeno pepper (opt)	Worcestershire Sauce	-Basil
15	parsley	Mayo	-Cinnamon
10	3 Tbsp cilantro	White Flour	-Oregano
		Brown Sugar	-Cloves
	Bread & Baked Goods	White Sugar	-Onion Powder
6,12	8 to 12 Dinner rolls (or make)	Baking Powder	-Cream of Tartar
7,8,15	3 baguette (or make)	Baking Soda	-Kosher Salt
9	8 to 12 hotdog buns	Yeast	-Cinnamon
13,14	1 loaf Sourdough bread (8-12 slices)	Vanilla	-Whole Black Peppercorns
10	12 to 18 (10") flour tortillas	Whole Wheat Flour	-Thyme
			-Italian Seasoning

Meal	Grocery Items to Purchase	Needed Pantry Items	Herbs & Spices
	Meat		
4,5,8,10,11,12	8 pounds boneless, skinless chicken breasts		
2	6 to 8 bone-in chicken thighs		
3,6	3-1/2 pounds ground beef		
1	2-1/2 pounds beef round steak		
9,15	3 pounds bratwurst links (4-12 links for #9) (5 links for #15)		
13,14	3 pounds Kielbasa sausage		
	Canned Foods, Soups & Mixes		
1	1 (6 oz) cans tomato paste		
7	1 (28 oz) can spaghetti sauce		
1	2 (14.5 oz) cans whole tomatoes		
4,5	2 (15 oz) cans navy beans		
4,5	1 (28 oz) can pinto beans		
4,5,10	4 (15 oz) cans black beans		
13,14	4 (family size) cans Campbells Bean & Bacon soup		
3	1 (10-3/4 oz) can french onion soup		
6	1 (10-3/4 oz) can cream mushroom soup		
9	1 envelopes onion soup mix		
12	soft bread crumbs		
8	1 small package Sun-dried tomatoes		
4,5	2 (4 oz) cans diced green chilies		
4,5	1 jar green Tobasco sauce		
9	1 (32 oz) jar SauerKraut		
6	8 ounces Velveeta cheese		
9	dill pickles		



She Plans *Dinner*

Menu

1. Swiss Steak, Mashed Potatoes, Salad
2. Curry Honey Mustard Chicken, Rice, Applesauce
3. Salisbury Steak, Egg Noodles, Corn
- 4/5. White Chicken Chili, Tortilla Chips, Salad, Corn Bread
6. Tater Tot Casserole, Rolls
7. Stuffed Shells, Baguette, Salad
8. Spicy Romano Chicken, Salad, Baguette
9. Sausage and Sauerkraut, Green Beans, Oven Roasted Potatoes
10. Chicken Black Bean Burritos
11. Barbecue Chicken Pizza, Carrots and Celery
12. Quick Chicken Divan, Salad, Rolls
13. Kielbasa Bean Soup, Grilled Cheese Sandwiches
14. Kielbasa Bean Soup, Biscuits
15. Brown Butter Alfredo, Salad, Baguette

Desserts

Candy Apple Bar
Pumpkin Bread

Tips

- The candy apple bar is a great dessert for a fall get together. Plan one apple per person. Top with your favorite ice-cream toppings.
- Lots of variety on this plan, but also enjoying a lot of classic flavors.
- The pumpkin bread is freezes really nice. And it is a great gift.

Pumpkin Bread

3 cups sugar
1 cup vegetable oil
4 eggs
16 ounces (2 cups) canned unsweetened pumpkin or squash puree
3-1/2 cups flour
2 tsp salt
2 tsp baking soda
1 tsp baking powder
1 tsp nutmeg
1 tsp cinnamon
1/2 tsp cloves
2/3 cup water

- Preheat oven to 350 degrees. Grease 2 (9x5") loaf pans.
- Stir together the sugar and oil. Stir in the eggs and pumpkins.
- Combine dry ingredients in another bowl. Blend dry ingredients and water into the wet ingredients, mixing well.
- Divide batter between the two loaf pans. Bake for 60-75 minutes at 350 degrees, until a toothpick inserted comes out clean. Cool in the pans for 10 minutes and then remove to a cooling rack.

Candy Apple Bar

4 to 6 apples (or more if you want to do for a group)
hot fudge
caramel dip
ice-cream toppings- crushed candy bars, M&Ms, peanuts, whipped topping, cherries,
marshmallow creme

- Core and slice the apples.
- Heat the fudge and caramel.
- Top your apple slices with whatever strikes your family.

Barefoot Hippie Girl's Bread Recipe

(makes 3-4 loaves of bread, or bread and rolls)

4 cups whole wheat flour

5-7 cups white all purpose or bread flour

1/2 cups white sugar **or** honey

1/2 cups vegetable oil

1 cup **cooked** oatmeal (optional)

1 Tbsp salt

2 Tbsp active dry yeast

3 cups very warm water, around 120 degrees

-Mix whole flour, yeast, sugar and salt in your mixing bowl.

-Add oil, water, honey (if not using sugar), and oatmeal. Mix together until combined.

-Then, if you are using a mixer with a dough hook, turn on your mixer to the lowest speed, and let mix for 3 minutes. If you are mixing by hand, just let the ingredients sit for three minutes.

-In mixer or by hand, add as much of the remaining flour as you can, kneading the dough until it is no longer sticky, but still soft. If you are using oatmeal, the amount of white flour you use will be closer to 7 cups than 5 cups.

-Cover with a towel and let rise until doubled, about an hour. Punch the dough down, and let rise until doubled again, about 30 minutes. Divide into 3-4 equal pieces (4 if you used oatmeal).

-Let rest for 10 minutes. You can then shape the dough into loaves by rolling out into a rectangle and rolling up jelly roll style, or into buns by rolling into small balls.

-Let raise until doubled in size. Bake loaves at 375 degrees for 32 minutes, and rolls at 375 degrees for 18-20 minutes-until golden brown.

French Bread *(takes about 3 hours-total time, less than 30 minutes hands on)*

7-8 cups white flour

1 Tbsp salt

2 Tbsp yeast (or 2 envelopes)

2-1/2 cups hot water

-Mix 3 cups flour with dry ingredients. Add water. Stir until smooth.

-If you are using a mixer with a dough hook, turn on your mixer to the lowest speed, and let mix for 3 minutes. If you are mixing by hand, just let the ingredients sit for three minutes.

-In mixer or by hand, add as much of the remaining flour as you can, kneading the dough adding more flour as needed to make a dry, stiff dough.

-Let rise twice, covered with a towel in a warm place.(first rise, about 1 hour, second rise 30 minutes) Divide into 1/2 and shape like balls. Rest 10 minutes. Meanwhile, mix 1 tsp salt, and 3 Tbsp hot water.

-Roll out bread jelly roll style-15 " long, 10 " wide. Roll up. Place on a greased cookie sheet. Make 4 artistic slashes through the top, about 1/4" deep. Repeat for other loaf. Brush with 1/3 of the salt water.

-Let rise until doubled covered with a towel. Preheat oven to 450 degrees. Brush with half remaining salt water just before placing in the oven. Bake for 10 minutes. Remove from oven, and brush with remaining salt water. Bake another 10 minutes.

*****The secret for amazing French Bread...brushing with salt water and baking at very high temps. It makes for a crusty loaf. And nice soft insides.**

1. *Swiss Steak, Mashed Potatoes, Salad*

Prep time: 20 minutes, Cook time: 1-3/4 hours, Total time: 2 hours

2-1/2 pounds beef round steak (1/2"-3/4" thick), cut into 4-6 pieces

1 Tbsp olive or vegetable oil

1 Tbsp all purpose flour

1 tsp dried basil

3 garlic cloves, minced

1/2 cup water or white wine

1 chicken bullion cube

2 Tbsp tomato paste

1 tsp salt

1/2 tsp black pepper

2 (14.5 oz) cans whole tomatoes, drained

1 large onion

1 green pepper, julienned

8 ounces white mushrooms, sliced

1 can black olives, halved lengthwise (opt)

-In a large skillet, heat oil. Add steak and cook until browned on all sides.

-Chop onion into 16ths. Slice green pepper into thin strips. Mince garlic.

-In a bowl, whisk flour, tomato paste, basil, wine or water, salt and pepper. Add garlic and tomatoes. Pour over steak in skillet. Add green pepper, onion, garlic and chicken bullion.

-Bring to a boil. Lower heat to low and simmer covered for 75-90 minutes, until the beef is tender. Slice mushrooms, halve olives; add and simmer an additional 10 minutes.

-Prepare the potatoes while the swiss steak is simmering.

-Prepare salad.

-Serve swiss steak with mashed potatoes and salad.

Mashed Potatoes

Prep time: 15 minutes, Cook time: 45 minutes, Total time: 1 hour

4-7 large potatoes (one per person, plus one for the pot)

2 cloves of garlic

sour cream, butter, salt, pepper, milk

-Peel and cube the potatoes. Place in a large pan. Cover with water. Add a dash of salt and the 2 cloves of garlic-peeled and thinly sliced. Bring to a boil. Reduce the heat. Cover and simmer until tender. (about 30 minutes)

-Drain and mash the potatoes with 1/4 cup of butter, a generous dollop of sour cream, salt and pepper to taste and enough milk to make creamy.

2. *Curry Honey Mustard Chicken, Rice, Applesauce*

Prep time: 15 minutes, Cook time: 60-75 minutes, Total time: 1-1/2 hours

6 to 8 chicken thighs

1/3 cup butter

1/3 cup honey

2 Tbsp dijon mustard

1 tsp curry powder

-Preheat the oven to 375 degrees.

-Wash and skin the chicken thighs. Place in a 9x13" pan.

-Melt the butter. Whisk in the honey, mustard, and curry powder. Pour over the chicken.

-Bake at 375 degrees for 60-75 minutes, until the juices run clear.

-Make applesauce.

-Prepare rice.

-Serve over rice with the applesauce.

Applesauce

Prep time: 25 minutes, Cook time: 1 hour, Total time: 1-1/2 hours

15 apples

1 cup sugar (more or less to taste)

1 cup water

1 tsp cinnamon

-Peel, core and cut apples into eighths. Place in a 4 quart pan. Add water. Bring to a boil, then lower heat, stir and simmer until you have applesauce.

-Add sugar and cinnamon and serve warm.

How to Cook Rice on the Stove (plan on 1/3 to 1/2 cup dry rice per person)

**or make in rice cooker according to cooker directions.*

2 cup rice
4 cups water
1 teaspoon salt
2 tablespoon butter or oil (optional)

Small (2-quart or so) saucepan with a lid
Stirring spoon

Pre-cooking: It's good practice to rinse your rice in a strainer before cooking. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some rices have more starchy coating than others.)

-Measure the Rice and Water: For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

-Boil the Water: Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

-Add the Rice: When the water has come to a boil, stir in the rice, salt, and butter (if using), and bring it back to a gentle simmer.

-Cover and Cook: Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

3. Salisbury Steak, Egg Noodles, Corn

Prep/cook time: 35 minutes

1 egg
1 can (10-3/4 oz) condensed french onion soup, divided
1/2 cup dry bread crumbs
1/4 tsp salt
pepper
1-1/2 pounds ground beef
1/4 cup water
1/4 cup ketchup
1 tsp Worcestershire sauce
1/2 tsp prepared mustard
1 Tbsp flour
2 Tbsp cold water
16 ounces extra wide egg noodles
parsley for garnish

-Cook egg noodles according to package directions. Drain.

-Meanwhile, in a large bowl, beat the egg. Stir in 1/3 cup of the soup, bread crumbs, salt and pepper. Crumble meat over mixture, mix gently. Shape into 6 oval patties.

-In a skillet, brown the patties over medium heat for 3-4 minutes on each side. Remove, set aside. Drain grease. Add the water, ketchup, Worcestershire sauce, mustard and remaining soup to the skillet. Bring to a boil.

-Start corn.

-Return patties to the skillet. Reduce heat, cover and simmer for 15 minutes, or until meat is no longer pink. Remove patties.

-Combine flour and cold water until smooth. Stir into pan. Bring to a boil, cook and stir for 2 minutes or until thickened. Serve patties and gravy over noodles. Garnish with parsley if desired.

4/5. *Blue Ribbon Chicken Chili, Salad, Tortilla Chips, Corn Bread*

Prep/cook time: 1 hour

2 onions
1 stick butter
1/2 cup flour
10 cups water
10 chicken bullion cubes
2 cups half and half or heavy cream
green tabasco sauce to taste
1-1/2 tsp of chili powder
1 Tbsp salt (less if used bullion or chicken broth)
1 tsp cumin
pepper
2 (15 oz) cans of navy or great northern beans
2 (15 oz) cans black beans
1 (28 oz) can pinto beans
2 (4 oz) cans of green chilies
2 pounds of cooked and chopped chicken
1 cup (4 oz) sour cream

-Place chicken breasts in a microwave safe dish. Season with salt and pepper. Cover dish with plastic wrap, venting one corner. Microwave on high for 10-15 minutes, or until cooked through. Cube.

-Meanwhile, chop onions.

-Sauté onions with 1/2 stick of butter until tender. Add 1/2 cup of flour and another 1/2 stick of butter. Whisk to make a roux.

-Add liquids.

-Bring to boil then add seasonings.

-Add the beans, cooked and cubed chicken, and green chilies.

-Heat through. Just before serving add 1 cup sour cream.

-Serve with tortilla chips, corn bread, and salad (both meals if desired).

Corn Bread

Prep time: 15 minutes, Cook time: 22 minutes, Total time: 20 minutes

1-1/2 cups yellow cornmeal
2 cups flour
2 tsp baking soda
2 tsp cream of tartar
2 tsp salt
1/2 cup sugar
2 eggs
1 (16 oz) container sour cream

1 cup milk
1 stick butter, melted

- Preheat the oven to 400 degrees. Grease 2 (9x9") pans.
- In a bowl combine the cornmeal, flour, baking soda, salt, cream of tartar and sugar. Make a well in the center.
- In a small bowl, beat the egg, then add sour cream, milk and melted butter. Stir into the dry ingredients, mixing only until combined.
- Pour into the 2 baking pans.
- Bake at 400 degrees for 20-22 minutes until a toothpick inserted into the center comes out clean.
- Serve warm.

6. Tater Tot Casserole, Rolls

Prep time: 20 minutes, Cook time: 1 hour, Total time: 1 hour 20 minutes

2 pounds ground beef
1 pound frozen green beans
1 (10-3/4 oz) can cream of mushroom soup
8 ounces Velveeta cheese, sliced
32 ounce bag Tater tots

- Cook green beans according to package directions. Drain
- Meanwhile, brown ground beef. Drain off grease.
- Preheat oven to 350 degrees.
- Mix browned ground beef with mushroom soup. Layer in the bottom of a greased 9x13" pan.
- Top beef mixture with green beans.
- Top beans with velveeta cheese.
- Top cheese with tater tots.
- Bake at 350 degrees for 1 hour or until heated through and bubbly.

7. Stuffed Shells, Baguette, Salad

Prep time: 35 minutes, Cook time: 30-45 minutes, Total time: about 1 hour 15 minutes

- 4 cups (16 oz) shredded mozzarella cheese
- 1 (15 oz) container ricotta cheese
- 1 (10 oz) package frozen spinach, thawed and squeezed dry
- 1 (16 oz) package jumbo shells
- 1 (28 oz) jar spaghetti sauce

- Cook shells according to packaged directions.
- Combine cheeses and spinach in a bowl. Mix well.
- Preheat oven to 350 degrees.
- Stuff a rounded tablespoon full of filling into each shell. Arrange in a greased 9x13" pan.
- Pour spaghetti sauce over all.
- Cover and bake at 350 degrees for 30-45 minutes, until heated through.
- Prepare a salad. Serve with baguette.

8. Spicy Romano Chicken, Salad, Baguette

Prep time: 10 minutes, Cook time: 25 minutes, Total time: 30 minutes

- 1 pint heavy cream
- 4 Tbsp butter
- 2 tsp salt
- 1/2 Tbsp black pepper
- 1/2 cup grated Romano/Parmesan cheese blend
- 1/4-1/2 tsp cayenne pepper, according to taste
- 16 ounces bow tie, cooked
- 2 Tbsp butter
- 8 ounces mushrooms, sliced
- 2 green onions, sliced
- 1-1/2 pounds chicken breasts, cooked and sliced in 1" strips
- 1/8 cup sun dried tomatoes, chopped (optional)
- 1 ounce heavy cream or white wine

- Cook pasta according to package directions. Drain.
- Slice chicken and sauté in a large skillet over medium-high heat, until cooked through, 6 minutes.
- Melt butter in a large skillet. Add cream, salt & pepper and heat to a boil. Remove from heat and fold in Romano/Parmesan cheese and cayenne pepper. Set aside.
- In another large skillet over medium heat, melt butter. Add mushrooms, green onions and tomatoes. Stir for 1 minute. Add chicken and 1 oz of heavy cream and stir well. Add pasta and all the sauce to the skillet and stir gently until mixed well.
- Prepare the salad, and serve salad and baguette alongside the pasta.