11/27/2018 Shopping list

Bbq Bacon Wrapped Onion Bombs

2 lbs. lean ground beef

1 egg, beaten

½ cup BBQ sauce

1/2 " cube of cheddar cheese per meatball

5-6 large yellow onions

1 lb. bacon

Additional BBQ sauce

Chicken Breasts with Jalapeño Cheese Sauce

4 (5-6 oz.) boneless, skinless chicken breasts

1/2 cup onion, finely diced

3 medium jalapeños, seeds and membranes removed, finely diced

1/2 cup low-sodium chicken broth

4 oz. cream cheese (I use 1/3 less fat)

1 heaping cup shredded cheddar cheese

Crockpot Beef Stroganoff

2 lbs stew beef

2 cans condensed golden mushroom soup (no substitutes!)

1 cup chopped onion

1 14 oz can beef broth

8 oz button mushrooms, cleaned and quartered (optional)

ega noodles

8 ounces cream cheese, room temperature

1/2 cup sour cream

Green Chili Chicken Bake

3-4 Boneless skinless chicken breasts, trimmed

1 8 oz package cream cheese, softened – You can use light cream cheese here if you prefer, but fat free will not work well since it doesn't melt like normal cream cheese. Also, make sure the cheese is nice and soft before you begin to mix it so it combines well. If you don't have time to leave it out, then put it in a glass bowl, cover, and microwave for about 30 seconds, then stir and add 30 more seconds if necessary. Softening the cream cheese will ensure that it isn't lumpy and the flavor infuses every bit of the cheese for a delicious dinner.

1 4 oz can chopped green chilis- As I might have mentioned above I really love green chilis. I have tried a lot of brands, but I really prefer Old El Paso. I feel like their chilis are diced but instead of just being pieces in water, the liquid is thicker like pureed chilis which I find to be so much more flavorful than just chili pieces.

1 cup monterey jack cheese, shredded

Instant Pot Garlic Parmesan Chicken

1 small yellow onion, diced

4 large garlic cloves, minced

1/2 cup chicken broth

8 oz sliced mushrooms (optional)

1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets

1 cup half and half

1/2 cup parmesan cheese

3 oz coarsely chopped spinach

Pioneer Woman's Recipe for Perfect Salmon

1lb of Salmon (cut into individual portions)

Lime juice

Pizza Chicken Casserole

1.5-2 lb chicken breast sliced or cubed

8 oz cream cheese

1 tsp dried minced garlic

1 cup marinara sauce no sugar added

8 oz shredded mozzarella

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

3-4lb chuck roast *See notes for 3 pound roast

1 large yellow onion, chopped small, about 1 1/2 - 2 cups

4 whole carrots, cut into 3" sections

1 Tbl minced garlic, fresh

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- 3 cups beef stock
- 1 tsp thyme, dried

Spinach Stuffed Chicken Breasts

- 3 chicken breasts
- 8 oz chopped frozen spinach, cooked according to package directions and squeezed dry.
- 3 oz feta, crumbled (about ½ cup)
- 4 oz cream cheese
- 1 clove garlic, diced

Stuffed Pepper Soup

- 1 lb lean ground beef
- 1 small yellow onion chopped (1 cup)
- 3/4 cup chopped red bell pepper (a little over 1/2 of a medium)
- 3/4 cup chopped green bell pepper
- 2 cloves garlic , minced
- 2 (14.5 oz) cans petite diced tomatoes
- 1 (15 oz) can tomato sauce
- 1 (14.5) can beef broth
- 1 cup uncooked long grain white or brown rice (I've tried and like both)

Cheddar or mozzarella cheese, for serving (optional)