

# APRIL 2008 MENU

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## **Soup/Chili/Stew:**

- Basil Tortellini Soup - *Melanie*
- Bacon Cheese Burger Soup - *Edel*

## **North American:**

- Broccoli Cheddar Chicken Bundles - *Jessica*
- Chicken Mushroom Casserole - *Sara*

## **Italian/Mediterranean:**

- Stromboli - *Vanessa*

## **Far East (Asian - Indian) :**

- Honey Lime Chicken - *Christine*
- Curried Pork - *Tammy*

## **Southwestern/Mexican:**

- Sweet Bean Burritos - *Renee*
- Mini Fiesta Meat Loaves - *Kimber*

# APRIL 2008 RECIPES

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## Soup/Chili/Stew:

### Basil Tortellini Soup

From Melanie

Resource: 30 Day Gourmet

#### **Ingredients:**

4 ½ cups broth (chicken, veggie, or beef) 9 oz. refrigerated cheese tortellini  
15 oz. white kidney or cannelloni beans, drained and rinsed 1 tablespoon dried basil  
14 oz. diced tomatoes ( or 1 cup diced fresh tomatoes) ¼ teaspoon salt  
1 tablespoon balsamic vinegar 1/8 teaspoon pepper  
1/3 cup shredded parmesan cheese

#### **Cooking directions:**

In a large soup pot combine broth, tortellini, beans, tomatoes, basil, balsamic vinegar, salt and pepper. Bring to a boil. Simmer until tortellini is done (floating on top). Sprinkle with parmesan cheese.

#### **Reheating directions:**

Thaw soup overnight in refrigerator. Bring to a boil in a soup pot. Simmer until tortellini is done. Sprinkle with parmesan cheese.

### Bacon Cheeseburger Soup

From Edel

1 1/2 C water 2 C potatoes - peeled & cubed 2 small carrots - grated  
1 small onion - chopped 1/4 C green pepper - chopped 1 clove garlic - minced  
1 T beef bouillon granules 1 lb ground beef - browned & drained 1/2 tsp salt  
2 1/2 C milk - divided 1/2 lb bacon slices - cooked & crumbled 3 T flour  
8 oz Velveeta cheese - cubed 1/4 tsp cayenne pepper

In a large saucepan, combine first 8 ingredients; bring to a boil. Reduce heat; cover and simmer 15-20 minutes or until potatoes are tender. Stir in beef and 2 cups of milk; heat through. Combine flour and remaining milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes until thickened and bubbly. Reduce heat; stir in cheese until melted. Add cayenne. When cool freeze.

**Serving Day:** Thaw in refrig. overnight. Warm soup on stovetop till heated through. Top with bacon just before serving.

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## North American:

### **Broccoli Cheddar Chicken Bundles**

From Jessica [www.once-a-month-cookingworld.com](http://www.once-a-month-cookingworld.com) Portions: 4

#### **Ingredients**

8 boneless skinless chicken thighs (1 lb.)  
1 cup frozen broccoli florets, thawed, chopped  
1 cup Shredded Cheddar Cheese  
4 slices Bacon, cooked, crumbled  
1 pouch SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix

#### **Directions**

Place chicken thighs, smooth-sides down, on cutting board. Flatten slightly by pounding with meat mallet to 1/2-inch thickness. Top evenly with broccoli; sprinkle with cheese and bacon. ROLL up each chicken thigh tightly, starting at one of the short ends; secure with wooden toothpicks. Place coating mix in shallow bowl. Roll each chicken bundle in coating mix until evenly coated on all sides. Place, seam-sides down in single layer in foil-lined shallow baking pan. TO FREEZE in large Ziploc bag. Squeeze out air.

**Serving Day:** PREHEAT oven to 400°F. Bake for 45 minutes or until the chicken is hot and crisp. Remove and discard toothpicks before serving.

**Tips:** How to Microwave Bacon - Place bacon on double-layer of paper towels on microwaveable plate; top with another sheet of paper towel. Microwave on HIGH 3 to 3-1/2 min. or until bacon is crisp.

### **Chicken Mushroom Casserole**

From Sara

1 can cream of mushroom soup	1 3 or 4oz can mushroom pieces, juice and all
1 large stalk celery, chopped	1 cup sour cream
Rice	salt, pepper, & Lawry's Seasoning Salt to taste
6 chicken breasts or the equivalent in cut up chicken pieces	

Lay chicken in bottom of 9x11 baking dish. Mix soup, mushrooms, celery, and sour cream together and pour over chicken. Sprinkle salt, pepper and Lawry's seasoning salt to taste. Bake @ 350 degrees for 45 minutes. Serve over cooked rice.

**Serving day:** Thaw chicken mixture and pour in baking dish, using above baking instructions.

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## Italian/Mediterranean:

### Stromboli

from Vanessa

Portions : 32 servings - 4 loaves - 8 slices in each loaf

### Ingredients

4 loaves frozen bread dough, thawed  
1/2 lb deli salami, thinly sliced  
1/2 lb deli ham, thinly sliced  
1/2 lb pepperoni, thinly sliced  
10 cups mozzarella cheese, shredded  
1 1/2 cups parmesan cheese, shredded  
4 tablespoon garlic powder  
6 tablespoon dried Italian spices  
4 tablespoon pepper  
1 egg yolk, beaten

### Directions

Thaw on the counter for a few hours. When thawed spray plastic wrap with olive oil cooking spray and wrap up. Then put in fridge overnight. In the morning take out of fridge and put on counter unwrapped on the oiled plastic wrap and let dough rise until doubled. Once doubled punch down and lightly spray with olive oil. Roll onto a 15" X 12" rectangle jelly roll pan sprayed with olive oil. Arrange a fourth of the salami, ham, and pepperoni over each rectangle. Sprinkle each with a fourth of the mozzarella cheese, parmesan cheese, garlic powder, oregano, parsley and pepper. Roll up each rectangle jelly roll style beginning with the long side. Seal seams and ends. Place seam side down . Wrap in the same plastic wrap as before. Wrap again in tin foil and freeze.

**To Serve:** Thaw. Generously brush with egg yolk. Bake at 375F for 30 - 35 minutes or until golden brown. Let stand for 5 minutes before slicing. **Serve warm with marinara and a lettuce salad.**

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## Far East (Asian - Indian):

### Honey - Lime Chicken

From Christine [Once-a-month-cookingworld.com](http://Once-a-month-cookingworld.com)

#### INGREDIENTS

2 lbs chicken tenders	1/2 T Garlic Salt	1 (20 oz) can Pineapple Rings
1/4 c Honey	3 T Lime Juice	2 T Soy Sauce
1 T Cornstarch	1 T peanut oil (for the swap, you provide your own oil)	

#### COOKING INSTRUCTIONS:

Sprinkle chicken with garlic salt. Brown in oil. Drain pineapple. Add 1/4 of the pineapple juice to skillet. Cover & simmer 6-8 minutes until chicken is golden. Remove chicken. Add honey, lime juice, soy sauce, cornstarch and remainder of pineapple juice (add cornstarch to juice, shake well, then add to the skillet). Bring to boil. Cook & stir until thick & clear, about 1 minute. Remove from heat. Allow to cool. Place chicken, pineapple rings and sauce in freezer bag. Label & freeze.

#### SERVING DAY:

Defrost in ref. Marinate chicken tenders in ref. 4-6 hours if desired (see bag instructions). Sauté the chicken as per recipe. Note: Use pineapple juice in pineapple bag, garlic salt in tiny bag with chicken & your own oil. Heat pre-cooked sauce. (I sautéed the onions & peppers in veg. oil then made the sauce with that) **Goes best with white rice! Enjoy!!!**

### Curried Pork with Rice Recipe

From Tammy 1½ hours | 25 min prep | SERVES 4

12 ounces boneless pork sirloin	1 large apple	1/4 cup chopped onions
1 1/2 teaspoons curry powder	1/8 teaspoon ground ginger	1/2 teaspoon salt
1 tablespoon cornstarch	3/4 cup quick-cooking white rice	2 cups skim milk
1/4 cup raisins		

Trim fat from pork and thinly slice meat into bite-size strips. Peel, core, and chop apple. Coat a COLD large skillet with cooking spray. Preheat the skillet. Cook pork strips about 3 minutes or till no longer pink; remove from skillet. Set aside. Add apple, onion, curry powder, salt, and ginger to the drippings in the skillet. Cook and stir till apple and onion are tender. Stir together cornstarch and 1/4 CUP of the milk; add to apple mixture in the skillet with remaining milk. Cook and stir till mixture is thickened and bubbly. Then cook and stir for 2 minutes more. Stir in pork, UNCOOKED rice, and raisins. Divide pork mixture among 4 individual baking dishes. Cover with foil; seal, label, and freeze.

**CONVENTIONAL OVEN:** Bake frozen casseroles, covered, in a 375F. oven for 55 to 60 minutes or until heated through. Stir before serving.

**MICROWAVE OVEN:** Remove the foil from frozen casserole (use a microwave-safe baking dish); cover casserole with vented microwave-safe plastic wrap or waxed paper. Micro-cook 1 serving medium-high for 5 to 7 minutes or till casserole is heated through, turning dish once and stirring once during cooking.

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## Southwestern/Mexican:

### Sweet Bean Burritos

From Renee

Sourced & adapted from [www.recipezaar.com](http://www.recipezaar.com)

#### **Ingredients:**

2 tablespoons olive oil	1 onion, chopped	3 garlic cloves, pressed
2 (15 ounce) cans black beans, drained	2 cups cheese, shredded	6 flour tortillas
2 medium sweet potatoes, cooked and mashed	½ teaspoon dried oregano	
6 tablespoons cilantro, chopped	¼ teaspoon cumin	
½ teaspoon ancho chili pepper powder		

#### **Cooking Day Directions:**

1. In a 2- or 3-quart saucepan, sauté onion and garlic over medium-high heat.
2. Add beans, oregano, ancho chili powder and cumin. Mix well.
3. Place mashed potatoes in a medium bowl.
4. Place six tortillas in a clean dish towel on a microwave safe plate and warm them in the microwave in 30 second increments until soft. Keep the tortillas wrapped up in the towel while working on the next burrito. Re-warm if necessary.
5. To make a burrito: Place one tortilla on a flat surface, down the middle of the tortilla put ~ 1/2 cup beans, followed by ~ 3/4 cup sweet potatoes (adjust as needed). Top the beans and sweet potatoes with the cheese and cilantro. Fold the tortilla, envelope style, seam side down, place on a lightly sprayed cookie sheet for same day baking. Repeat with remaining tortillas.
6. For freezing: place the assembled burrito onto a sheet of plastic wrap, cover tightly, place in freezer bag. Repeat with remaining tortillas.

#### **Serving Day Directions:**

Thaw overnight in refrigerator. Remove plastic wrap and freezer packaging. Preheat oven to 400 degrees. Wrap each burrito with foil. Place on cooking sheet. Bake ~ 25 - 35 minutes or until heated through. **Serve warm with salsa, sour cream, mole, fun garnishes and a side of rice.**

### Stuffed Mini Fiesta Meatloaves

**From Kimber** Prep Time:10 min Total Time:1 hr 20 min Makes:8 servings, one slice each

2 lb. 90% lean ground beef	1 pkg. (6 oz.) Stuffing Mix for Chicken	1 cup water
2 eggs, lightly beaten	2 tsp. chili powder	1/2 cup Salsa, divided
1 1/2 cup Mexican Style Shredded Cheddar Jack Cheese, divided		

**MIX** all ingredients except 1/4 cup of the salsa and the cheese. **SHAPE** into an oval size patty, spoon on some cheese, make another patty and seal the cheese in the mini loaf , wrap in foil and freeze in a freezer bag.

**For Serving Day - THAW** overnight in frig. **PREHEAT** oven to 375°F. Open foil and make a little foil boat to keep all juices contained, top with a couple spoonfuls of salsa. **BAKE** 45min or until cooked through (160°F). Sprinkle evenly with the cheese; continue baking 5 min. or until cheese is melted. Let stand 5 min. before serving. **Great with beans and rice, and a salad.**