

FEBRUARY 2008 MENU

Soup/Chili/Stew:

- Chicken and Black Bean Chili
- Chicken Wild Rice Soup

North American:

- Ritz Chicken over Angel Hair Pasta
- Creole Chicken and Rice

Italian/Mediterranean:

- Chicken Tortellini Casserole
- Easy Freeze Lasagna

Far East (Asian - Indian):

- Soy Glaze Pork Chops with a Veggies
- Bake 'em' Beef Egg Rolls

Southwestern/Mexican:

- Beef Fajitas
- Chicken Fajita Casserole

FEBRUARY 2008 RECIPES

Soup/Chili/Stew:

Chicken and Black Bean Chili

from Rachel (Serves 6)

INGREDIENTS

1 -15 oz can black beans, drained	2 c cooked chicken, diced
2 tsp garlic, minced	1 cup yellow onions, diced
2 tsp ground coriander	1 T ground cumin
1 - 28 oz can diced tomatoes with juice	2 T chili powder
1/4c or to taste, canned jalapenos, drained and sliced	

Cooking Instructions:

- Thaw in fridge overnight.
- Preheat oven to 325 F.
- Spray one 9x13 pan with cooking spray. Add chili.
- Bake pan covered for 2 hours. OR Alternatively, turn the slow cooker to low and cook for 5-6 hours. OR To cook in a stockpot, simmer the chili over low heat for 2-3 hours, stirring often until thickened.

Easy Chicken Wild Rice Soup

from Vanessa Once-a-month-cookingworld.com

INGREDIENTS:

1/2 c butter	1 finely chopped onion
1/2 c chopped celery	1 can cream of celery soup
1/2 c sliced carrots	2 c cooled wild rice
1 can of cream of mushroom soup	1 lb skinless boneless chicken, cooked and cubed
Instant Garlic mashed potatoes, for thickening and taste	

Cooking Instructions:

- In a large saucepan over medium heat, melt butter. Stir in the onions, celery, and carrots. Sauté for 5 minutes. Mix together veggies, rice and chicken. Add celery and soups; then add 4 cans of water. Thicken soup on medium heat. Bring to a boil. Reduce to low heat. Add instant potatoes for more thickness. You can use your best judgment on how many potatoes to put in. Simmer for 30 minutes.
- Cool. Freeze.
- Defrost and heat through.

North American:

Creole Chicken and Rice

from Christine (Serves 6)

INGREDIENTS

1 Cajun Sausage, casing removed and crumbled 2 tablespoons butter
1 can (14 1/2 ounces) diced tomatoes 1 can (8 oz.) tomato sauce
2 large frozen boneless skinless chicken breast, cubed 1 cup water
2 teaspoons Creole (or Cajun) Seasoning (or 1 tsp if using Cajun sausage)
1 package Spanish Rice Mix (or 1 pkg. Southwestern Rice side dish)

Cooking Instructions:

- Sprinkle Creole Seasoning over both sides of cubed chicken breasts. Melt butter in large skillet on medium heat. Add chicken and diced sausage; cook 3 to 4 minutes per side or until browned. Remove chicken and sausage; set aside. Add water, tomato sauce, and diced tomatoes; bring to boil. Stir in Rice Mix. Return to boil. Place chicken and sausage on top of rice. Reduce heat to low; cover and simmer 25 minutes or until rice is tender and meats are cooked though. Remove from heat. Let stand 5 minutes before serving.
- Freeze when cooled.
- To Serve: Thaw. Place in baking dish. Bake covered until heated through at 350°. OR - defrost & microwave (covered) until heated through

Ritz Chicken

from Tammy

INGREDIENTS

4 c Chopped Chicken cooked 1 c Sour Cream
1 can cream of chicken soup 1 tube Ritz crackers – crushed
1 stick butter – melted 1T poppy seeds

Cooking Instructions:

- Mix chicken, sour cream and soup together. Then in another bowl mix Ritz, butter and poppy seeds together.
- Freeze Chicken mixture in one freezer bag and Ritz mixture in another.
- Pour chicken mixture into a 9x13 pan. Sprinkle Ritz mixture over casserole. Bake at 350 for 30 minutes uncovered. Serve over Angle Hair Pasta.

Italian/Mediterranean:

Chicken Tortellini Casserole

from Renee (Serves 4)

Ingredients

9 oz. pkg. refrigerated tortellini 1 jar container four cheese alfredo sauce
½ of (1.25lb) pkg. chicken breast, cubed ¼ to ½ small bag of frozen broccoli florets
1/3 cup soft bread crumbs (use a medium dinner roll)

PREPARATION for Cooking Day:

Pull apart dinner roll into bread crumbs. Cook chicken cooked thoroughly. Cook tortellini according to package directions and drain. Combine with broccoli, sauce and chicken in large bowl. Transfer to 8x8 disposable pan and top with bread crumbs. Cover and Freeze.

Directions for Serving Day:

Thaw 24 hours in the refrigerator. Uncover and Bake at 350 degrees for 25-35 minutes or until casserole is bubbling and bread crumbs are browned.

Easy Freeze Lasagna

from Kimber (Servings: 12 makes 1- 9x13 or 2 - 8x8 pans)

INGREDIENTS:

12 oz Cottage Cheese	2 c shredded Mozzarella
2 eggs	1/3c Italian Seasoning
1/8 tsp pepper	32 oz Spaghetti Sauce (canned or homemade)
½ of an Onion, chopped	3/4c Ground Beef
9 Lasagna Noodles, uncooked	1 c Shredded Mozzarella

Cooking Instructions:

- In a large bowl mix all ingredients in left column. Set aside. Cook ground beef and onion and mix with Spaghetti sauce. Spread bottom of pan with 1/3 of the sauce mixture, layer with noodles, the ½ cheese mix, sauce, noodles, cheese mix, sauce and then finish with the shredded Mozzarella. Freeze.

NOTE: Do not use a tin pan for this recipe, the acid from the tomatoes will leave small holes in the dish.

Serving Directions:

Thaw overnight in fridge. Bake covered at 375 for 45 min. Uncover and bake 15 min. Let sit 10 min. Serve. To bake from frozen, add 30 min to the total bake time.

Far East (Asian - Indian):

Asian-Style Pork Chops With Veggies

from Melanie adapted from Martha Stewart & the Joy of Cooking

Marinade:

1/3 cup soy sauce	1/4 cup sugar	1/4 teaspoon salt
1 tablespoon vegetable oil	3 garlic cloves, minced	4-5 pork chops

In a small bowl, combine all ingredients. Whisk thoroughly until the sugar has dissolved. Pour marinade over pork chops (in a shallow dish or a Ziploc bag depending on when you will cook the meat). Marinade at least 30 minutes or overnight.

Cooking Instructions:

- Defrost pork chops in the refrigerator the night before cooking them. Keep the veggies frozen. Spray a large skillet with cooking spray. Heat skillet over high heat.
- Add pork chops to pan (discard the marinade). Turn the meat after one minute. After one minute on this side, reduce heat to medium and cover the pan. Cook pork chops for two-three minutes per side on the lower temperature. Remove meat from skillet and tent with foil on a plate.
- Add frozen veggies to the still heated skillet, and cook the veggies until al dente.
- Enjoy this meal with rice or with your favorite pasta.

Baked Beef Egg Rolls

from Edel Henningsen (Servings: 12-18 egg rolls) *Keeps in the freezer about 2 months

INGREDIENTS

1 – 10 oz pkg. coleslaw mix	1 lb deli roast beef	1/4 c olive oil
1/2 c green onion, minced	1/4 c plum sauce	1 tsp ginger
1/4 c hoisin sauce	1 T toasted sesame oil	
12-18 egg roll wrappers		

Cooking Instructions:

- Place coleslaw mix in large mixing bowl. Chop roast beef into bite size pieces. Add to coleslaw. Add green onions, plum sauce, hoisin sauce, ginger and sesame oil. Place a wrap on cutting board and put about 3 T of mixture in the middle of the wrap. Fold the wrap, envelope style and lay, seam side down, on the prepared cookie sheet or in freezer packaging. Repeat with remaining wraps.
- Preheat oven to 400 and spray baking sheet with oil. Brush top of wraps with olive oil and bake 15-20 min. until golden brown. **If frozen:** Brush with olive oil after defrosted, then heat according to directions above.

Southwestern/Mexican:

Slow Cooker Fajitas

from Jessica (Serves 6) EASY Cuisine: meals for a month

INGREDIENTS

2 lbs bottom round steak 3 T Taco Seasoning Mix 1 cup sour cream
2 green bell peppers 1 red bell pepper
2 onions, chopped 4 cloves garlic, minced
8 flour tortillas 1 (16 oz) jar salsa

Cooking Instructions:

- Cut steak into four pieces, and sprinkle with taco seasoning. Place in zipper-lock bag. Cut peppers into large chunks and combine with onions and garlic in another zip-lock bag. Place tortillas in another zip-lock bag. Place all bags in a large bag, label seal and freeze.
- Reserve salsa in pantry and sour cream in fridge.

To Thaw and Cook:

- Thaw all ingredients overnight in fridge. Place steak in 4- to 5-quart slow cooker and top with veggies.
- Pour salsa over all, cover slow cooker and cook on low for 8 hours until beef and veggies are tender.
- Remove meat from slow cooker and shred. Return to slow cooker and mix well. Cook on low for 30 minutes. Serve with flour tortillas, sour cream and your favorite garnishes.

Chicken Fajita Casserole

from Sara Tyson.com

8 Boneless, Skinless Chicken Breast Tenders 1 can diced tomatoes, 15 oz.
1 can black olives, 4 oz. sliced, drained 2 cups water, boiling
1 (4 oz.) can diced green chilies, drained 1 cup tortilla chips, crushed
1 cup Monterey Jack cheese, 4 oz., shredded
1 box Uncle Ben's® Chef's Recipe™ Traditional Red Beans & Rice

Cooking Instructions:

- Preheat oven to 350°F. Wash hands. Place red beans and rice (do not include seasoning packet) in 13 x 9-inch baking dish; top with olives and chilies. Place chicken in baking dish. Wash hands.
- Combine boiling water, tomatoes and contents of rice seasoning packet in medium bowl. Pour over chicken mixture. Cover and bake 45 minutes. Remove cover; sprinkle with cheese and tortilla chips. Bake 5 minutes longer or until rice is cooked and chicken is done (internal temp 170°F).
- Serving Suggestion: Serve with a tossed salad and lime sherbet for dessert.