

June 2008 Meal Swap Recipes

Vanessa - Quesadillas (*Mexican/Southwestern*) & Egg McMuffins (*attached separately*)

Tammy - Beef Stroganoff (*American*) & French Toast

Beef Mushroom Stroganoff

This recipe uses the beef mushroom master mix posted separately to put together a satisfying meal on the table for your family without a fuss.

Ingredients

- 4 lbs ground beef
- 2 1/2 large onion
- 2 cloves garlic, minced
- 3 (10 3/4 ounce) cans cream of mushroom soup
- 3 (4 ounce) cans mushroom stems and pieces
- 1/2 can water or red wine
- 1 tablespoon instant beef bouillon
- 1/2 teaspoon pepper

Directions

- Cook and stir meat until brown.
- Drain off fat.
- Stir in remaining ingredients; heat to boiling.
- Reduce heat; cover and simmer 15 minutes, stirring occasionally.
- Divide mixture among four 1-quart freezer containers (about 3 cups in each).
- Cool quickly.
- Cover and label; freeze no more than 3 months.

Freezer French Toast

Ingredients:

- 4 eggs
- 1 cup milk
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground nutmeg
- 10 slices day-old French bread (3/4 inch thick)
- 1 to 2 tablespoons butter, melted

Directions

In a large bowl, beat eggs, milk, sugar, vanilla and nutmeg. Place bread in a well-greased 13-in. x 9-in. x 2-in. baking dish. Pour egg mixture over bread. Let soak for several minutes, turning once to coat. Freeze until firm. Package in Ziploc bags.

To bake, place bread on a well-greased baking sheet. Dot with butter. Bake at 450° for 7 minutes; turn and bake 10-12 minutes longer or until golden brown.

Edel - Grilled Steak with Oil and Vinegar Marinade (*Italian/Mediterranean*) & Christmas Quiche

Grilled Steak w/oil & vinegar marinade

2 lbs tri-tip, flank, or sirloin steak (for 6 full servings)
1 small walla walla or other sweet onion - diced
7 peeled cloves garlic
1/2 C ext. virgin olive oil
1/2 C vinegar
1/2 C soy sauce
2 T. fresh rosemary
2 T. Dijon mustard
2 tsp sea salt
1 tsp black pepper

Add diced onion, garlic, oil, vinegar, soy sauce, rosemary, mustard, sea salt, and pepper to blender and process until smooth. Place steak in Ziploc and pour marinade over steak until covered. Refrigerate for about 3 hrs.

Preheat grill for high heat. Brush grill grates with oil. Cook about 7 min per side or to desired doneness.

X-mas Quiche

3 C Swiss cheese
10-12 strips bacon (cooked and crumbled)
1/2 C chopped mushrooms
3 T green onions (sliced)
5 eggs (slightly beaten)
2 1/4 C half & half
salt and pepper to taste
dash of nutmeg
2 T parmesan cheese (fresh is best)
1 - 9" unbaked pie shell

****this makes a very full deep dish quiche or two smaller quiches in a 9" pie crust

COOKING DAY

Combine all ingredients and place in pie shell. Bake at 375 degrees for 30-35 min or until knife inserted comes out clean.

SERVING DAY

Thaw completely. To reheat, bake quiche at 350 for 20-30 min or until heated through.

Jessica - Teriyaki Chops (*Asian/Indian*) & Breakfast pizza

Both of my recipes are from Easy Cuisine Meals for a Month by Linda Larson

Breakfast Pizza

Serves 6

2 tbsp butter
4 English muffins, split OR one round pizza dough
1/2 pound bulk pork sausage
1/2 cup finely chopped onion
8 eggs, beaten
1/3 cups whole milk
1 cup shredded Colby cheese
1/2 cup shredded mozzarella cheese

Preheat oven to 350 degrees F. Butter split sides of English muffins and toast in toaster oven until light brown and crisp or par-bake pre-done pizza dough in circle. Set aside. In heavy skillet, cook pork sausage until almost done. Drain off excess fat and add onion. Cook and stir for 3 or 4 minutes, until sausage is cooked and onion is crisp-tender. Remove pork and onion from pan, leaving drippings.

In large bowl, beat eggs and milk until combined. Pour into hot skillet and cook over medium heat until just set, about 5 to 8 minutes, Fold sausage and onion mixture in to eggs.

Divide egg mixture among toasted English muffins and top with chesses. Place on cookie sheet and bake at 350 degrees F for 10 to 15 minutes or until thoroughly heated and cheese is melted. Cool on wire rack or 30 minutes, then flash freeze in single layer on cookie sheet. When frozen solid, wrap well and place in zipper-lock bags. Seal bag, label, and freeze.

OR divide egg mixture among pizza crusts and flash freeze. Then wrap well and place in extra large zipper-lock bags. Seal bag, label, and freeze.

To thaw and reheat: Microwave frozen English muffin pizzas on at a time on high power for 1 to 3 minutes or until thoroughly heated OR place pizza on cookie sheet or rack in oven and bake at 350 for 10-15 minutes or until the cheese is thoroughly heated and cheese is melted.

Teriyaki Chops

Serves 6

6 boneless center-cut pork chops
1/2 cup soy sauce
1/2 cup pineapple juice
1/4 cup rice wine
2 Tbsp sugar
1 tbsp grated gingerroot
2 cups frozen broccoli florets
2 cups long-grain rice
4 cups chicken broth

Place chops in zipper-lock bag and add remaining ingredients except broccoli, rice and broth. Seal bag and knead it to mix thoroughly. Attach bag with frozen broccoli and a rigid container with the broth. Label and freeze. Store rice in the pantry.

To thaw and cook: Thaw meat, broccoli, and broth overnight in refrigerator. Place meat in marinade in 3- to 4- quart slow cooker, cover, and cook on low for 7 hours. Add broccoli and cook for 1 hour longer or until broccoli and chops are tender.

During last half hour or cooking, combine rice and broth in heavy saucepan, bring to boil, then cover pan, reduce heat to low and simmer for 15-20 minutes, until rice is tender and liquid is absorbed. Serve pork chops and broccoli over rice.

Renee - Gorgonzola Cheese & Spinach Turkey Burgers and Macaroni & Cheese
(American) *She gave out recipes at the swap if you want an email copy contact her directly.*