

MARCH 2008 MENU

Soup/Chili/Stew:

- *White Chicken Chili - Jessica*
- *Baked Potato Soup - Sara*

North American:

- *BBQ Chicken Pizza - Vanessa*
- *Waffles - Rachel*

Italian/Mediterranean:

- *Baked Ziti - Christine*
- *Spaghetti & Meatballs - Tammy*

Far East (Asian - Indian) :

- *Orange Beef - Renee*
- *Chicken Orient Express - Kimber*

Southwestern/Mexican:

- *Vegetarian Enchiladas- Melanie*
- *Beef Chimichangas - Edel*

MARCH 2008 RECIPES

Soup/Chili/Stew:

Baked Potato Soup

From Sara pampered chef recipe yield- 4 servings

INGREDIENTS

4 medium baked potatoes	2 slices bacon	1/2 C celery, chopped
1 garlic clove	1/2 tsp salt	1/4 tsp black pepper
1 C light sour cream	1/2 cheddar cheese, shredded	
1 can (14 1/2oz) chicken broth	1/2 C green onions with tops, thinly sliced	

Cooking Instructions:

- Remove skins from baked potatoes. Coarsely mash potatoes in bowl.
- In 4 quart casserole, cook bacon over medium heat until crisp. Remove bacon to paper towel and drain; crumble and set aside. Discard all but 1/2 teaspoon drippings.
- Meanwhile, chop celery. Thinly slice green onions. Add chicken broth, milk, mashed potatoes, celery, onions, garlic, salt and black pepper to drippings in pan. Bring to boil. Reduce heat; simmer 10 minutes.
- Cool. Package. Freeze.
- Thaw. Heat till hot through and through.
- Stir in sour cream and reserved bacon. Ladle soup into bowls and spoon 2 tablespoons cheese over each serving.

White Chili

From Jessica all recipes.com serves 6

INGREDIENTS

1 T and 1-1/2 tsp olive oil	2 onion, chopped
6 skinless, boneless chicken breast halves - cubed	3/4 teaspoon dried cilantro
1-3/4 cups and 2 T chicken broth	1-1/2 tsp garlic powder
2 (4 oz) cans diced green chilies	1-1/2 tsp ground cumin
3/4 tsp dried oregano	1/8 tsp cayenne pepper
3 ounces shredded Monterey Jack cheese	3 green onions, chopped
2 (15 oz) cans cannellini beans, drained and rinsed	

DIRECTIONS

- Heat oil in a large saucepan over medium-high heat. Cook chicken and onion in oil 4 to 5 minutes, or until onion is tender.
- Stir in the chicken broth, green chilies, garlic powder, cumin, oregano, cilantro, and cayenne pepper. Reduce heat, and simmer for 15 minutes.
- Stir in the beans, and simmer for 5 more minutes, or until chicken is no longer pink and juices run clear. Garnish with green onion and shredded cheese.

North American:

BBQ Chicken Pizza

from Vanessa (Each Half Serves 3)

INGREDIENTS

15 oz. chicken breast - boned, skinned, and diced
3 T. Sweet Baby Ray's BBQ sauce
3/4 cup Sweet Baby Ray's BBQ sauce
1 small red onion - sliced into rings
Sam's Club's par baked 16 inch pizza crust (*made w/wheat flour*) (*sold by the case*)
1 1/2 tablespoon olive oil
2 1/2 cups Mozzarella cheese
1 Wilton cake board

Cooking Instructions:

- **For the Chicken:** In a large frying pan, heat the olive oil on medium high heat. add chicken pieces. sauté until cooked (6 minutes). Chill. Coat chicken with 3 tablespoons barbecue sauce. Set aside in the refrigerator.
- **For the Pizza:** Slightly thaw crust. Cut crust in half. Place the halves on two different cake boards. Spread 3/4 cup barbecue sauce on the surface of both halves. Then distribute 1/2 of the cheese over both halves. Then place onion rings and chicken pieces on top of the cheese on both halves. Then distribute the rest of the cheese over the onions and chicken on both halves. Sprinkle the cilantro over the pizza halves.
- **Freezing:** Wrap with plastic wrap and freeze.
- **Baking:** Bake from frozen. Preheat the oven to 400F and either put on a pizza pan to bake or if you want a crisper crust, you can use one of the vented pans or a pre-heated pizza stone. Bake until crust is crispy and cheese is bubbling (20 to 25 minutes). Remove pizza from the oven. Cut into squares and serve warm with a salad.

Multigrain Waffles

From Rachel Serves 6-8

INGREDIENTS

1/2 cup rolled oats
1 2/3 cups skim milk
1 1/2 cups whole wheat pastry flour(or whole wheat)
1 cup blueberries(fresh or frozen) (optional)
1/2 tsp baking powder
2 egg whites
1/2 tsp baking soda
2 T brown sugar (optional)
1 T vegetable oil

Cooking Instructions:

In a large bowl, combine the flour, oats, baking powder and baking soda. In a medium bowl, combine the milk, brown sugar, and oil; add to the flour mixture, stir until almost blended. Fold in blueberries until just mixed. In a medium bowl, beat egg whites with electric mixer until they form soft peaks. Fold egg white into batter. In a greased, heated waffle iron, pour 1/2 cup batter into the iron (will depend on the size of the iron); cook for 5 minutes, or until steam no longer escapes from under the waffle iron lid, and the waffle is golden. Yield 8 waffles. NOTE: if making pancakes, you may use 1 egg instead of 2 egg whites, however, still separate the egg and beat the white(s).

Italian/Mediterranean:

Baked Ziti

from Christine

www.recipezaar.com

Serves 8

INGREDIENTS

1 (26 ounce) jar spaghetti sauce
1 cup shredded parmesan cheese
1 (16 ounce) container sour cream (I used ½ sour cream & ½ Ricotta cheese)
1 cup mozzarella cheese (or Monterey jack cheese)
1 (14 ounce) can beef broth
16 oz. ziti pasta (or other small tube pasta)

Directions

Preheat the oven to 400 degrees. In a large mixing bowl, combine the spaghetti sauce with the sour cream. Stir in the broth. Add 1/2 cup of mozzarella or Jack cheese and 1/2 cup Parmesan cheese. Stir in the pasta and blend well. Pour into a 9 x 13-inch baking dish, cover with foil, and bake for 1 hour at 400 degrees. Remove the baking dish from the oven, uncover (carefully - watch out for very hot steam), and sprinkle with the remaining cheeses. Return the dish to the oven without a cover and bake for 10 more minutes, or until the cheese is melted. **From Frozen:** Defrost completely in fridge. Do not defrost in microwave Place in a large mixing bowl. Stir. Follow instructions from # 5 on through the baking. Goes great with a crispy Italian salad and baked garlic toast. ENJOY!

Meatballs and Tomato Sauce

From Tammy

Meatball Ingredients

1 lb ground beef	1 lb ground pork	¼ cup seasoned bread crumbs
2 T chopped flat parsley	½ cup parmesan cheese	2 tsp kosher salt
1 tsp ground pepper	¼ tsp ground nutmeg	1 large egg, beaten
Olive oil	1 cup day old wheat bread cubed soaked in 2 T milk	

Tomato Sauce Ingredients

1 T olive oil	1 cup chopped yellow onion	1 ½ tsp minced garlic
½ cup red wine	1 28 oz can tomato paste	1 T chopped parsley
1 ½ tsp kosher salt	½ tsp pepper	1 ½ tsp oregano
1 ½ tsp basil		

Cooking Instructions:

- Place meat, bread crumbs, parsley, salt, pepper, nutmeg, egg and ¼ cup warm water in a bowl. Combine lightly with a fork. Using your hands, lightly form into 2 inch meatballs. Pour equal amounts of vegetable oil and olive oil into a large skillet to a depth of ¼ inch. Heat the oil and carefully in batches into oil and brown on all sides over med low heat for 10 minutes. Remove meatballs to a plate and cover with paper towels. Discard oil, but don't clean pan.
- For sauce heat oil in same pan. Add onion and sauté over med heat until translucent. Add garlic and wine cook on high heat, scrape up all the brown bits until almost all the liquid is gone. Stir in tomatoes, parsley, salt and pepper.
- Tear off 4 (18-12-inch) sheets of aluminum foil; lightly grease one side of each sheet. Place 8 meatballs in center on lightly greased side of each foil sheet. Top meatballs evenly with onion and bell peppers. Top meatballs evenly with ½ cup of tomato sauce. Cool completely.
- Bring together 2 sides of each foil sheet over ingredients, and double fold with about 1-inch wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet. Freeze.
- Thaw. Place packets on a baking sheet. Bake at 450F for 30 minutes. Carefully open packets to prevent burns from hot steam. Serve hot over spaghetti. Sprinkle each with 1 tablespoon grated Parmesan cheese on top before serving.

Far East (Asian - Indian):

Spicy Orange Beef

From Renee

www.allrecipes.com

Ingredients:

3 tablespoons vegetable oil
Peel of 1 orange, julienned or quartered**
1 ½ lbs. round steak*, cut into thin strips on the diagonal (¼" X 2")
1 ½ cups mixed vegetables (i.e. carrots, bell pepper, pea pods, broccoli, peas)

¾ teaspoon grated ginger
1 ½ clove garlic, minced

Orange Sauce:

3 cups water
¾ cup sherry or orange juice
1 – 1 ½ teaspoon crushed red pepper flakes

2 ½ tsp. beef broth powder
¾ cup sweet orange marmalade

¾ cup soy sauce
6 T. cornstarch

Directions:

- In a medium bowl, combine cornstarch, broth, soy sauce, sherry or orange juice, marmalade, and red pepper. Set aside.
- Heat oil in a wok or skillet over medium-high heat. Add beef strips 1/3 at a time. Stir-fry for 2 minutes or until crisp and browned, removing the done pieces to a plate lined with paper towels.
- Return all the beef to the wok or skillet (add more oil if required), stir in orange peel, garlic, and ginger; stir-fry 1 minute. Add the vegetables; stir-fry until tender-crisp about 3 minutes. Remove orange peel and discard.
- Pour the sauce mixture and three cups of water over the beef/vegetable mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Thin sauce if needed.
- Serve immediately over hot rice.

* If desired, meat may be marinated for tenderness prior to cooking for an hour. Combine beef in a bowl with: 1 c. orange juice, 3 tbsp. soy sauce, 2 tsp. brown sugar, 1 tsp. grated ginger and 1 tsp minced garlic.

** Two tablespoons of fresh orange zest may be substituted; add the zest at step three with the garlic and ginger.

Chicken Orient Express

From Kimber

INGREDIENTS

1 can (about 14 oz.) low sodium chicken broth
1 Tbsp. Soy sauce
2 Tbsp. Vegetable oil
¾ lb. Boneless chicken breasts, cut into strips
2 c. cooked rice

1 Tbsp. Corn starch
½ tsp. Ginger
2 cloves garlic, minced
6 c. Frozen Veggies

Cooking Instructions:

In bowl, stir first 4 ingredients; set aside. In large skillet, heat oil over medium- high heat. Stir in garlic. Add chicken; cook, stirring 2 minutes. Stir in broth mixture. Bring to a boil, and let boil 1 minute, stirring constantly. Allow to cool. Add vegetables and ladle into 1 gallon Ziploc freezer bag.

To serve: Thaw sauce, and place in skillet. Heat to almost boiling. Serve over rice.

Southwestern/Mexican:

Vegetable Enchiladas

From Melanie

This recipe makes about 12-16 enchiladas that will probably fit into one 9x13 (I've never made it that way). The filling is from Martha Stewart, and she recommends using two 8x8 baking dishes because you can eat one right away and freeze the other (that's what I do).

Filling:

2 cups cheddar cheese, shredded	1 can black beans, drained and rinsed
1 box (10 oz.) frozen corn kernels, thawed	1 teaspoon ground cumin
1 box (10 oz.) frozen chopped spinach, thawed and squeezed dry	
salt and pepper to taste	

Mix all of the above together. Scoop ½ cup of filling onto tortilla. Roll tightly and place seam side down on a lightly greased 8x8 (or 9x13) baking dish. If making two 8x8, freeze one immediately.

Sauce (from Heather Leier): Warning: this makes enough sauce for a 9x13!

4 garlic cloves, minced	1/3 cup butter or margarine	½ cup flour
1 can beef broth	1 can tomato sauce	1 T chili powder
1 tsp ground cumin	1 tsp rubbed sage	½ tsp salt

In a saucepan, sauté garlic in butter until tender and fragrant. Whisk in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes or until bubbly. Stir in tomato sauce and seasonings; heat through. Pour a desired amount of sauce over enchiladas. Top with (another) 1 cup of shredded cheese. Bake at 400 degrees, uncovered, until for 20-25 minutes. Let cool for 5 minutes before serving.

Reheating Directions:

Defrost by placing in refrigerator the night before eating. Remove foil and pour sauce over enchiladas. Sprinkle with cheese. Bake at 400 degrees, uncovered, for 20-25 minutes. Let cool for 5 minutes before serving.

Beef Chimichangas

From Edel

INGREDIENTS

1 t. salt	2 lbs ground beef	2 crushed garlic cloves
2 t. ground cumin	2 t. crushed oregano	1/2 C chopped green chilies
1/2 cup taco sauce	1/2 C sour cream	1/4 C cider vinegar
1 C butter melted	9 - 7 inch tortillas	

Sprinkle salt in medium skillet. Place over medium heat. Add beef, garlic and spices. Cook until meat is no longer pink. Stir in remaining ingredients. Remove, cool, and freeze in bags.

Serving Day:

Melt butter in skillet. Dip both sides of 1 tortilla into butter, draining off excess. Mound 1/3 cup of filling on center of tortilla. Fold tortilla in envelope fashion. Place seam side down in ungreased 11x7 baking dish. Repeat with remaining tortillas and filling. Preheat oven to 500 degrees and bake until crispy, about 15 minutes. Sprinkle with cheese, lettuce, tomatoes, avocado, and additional sour cream.