

## October '08 Menu

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

- ❖ Renee - **Potato Sausage Soup**



- ❖ Deanna - **Chicken 'n' Rice Soup**



### **North American/European:**

- ❖ Edel - **Ritz Chicken**



### **Italian/Mediterranean:**

- ❖ Christine - **Pizza Dunkers**



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

- ❖ Jessica - **Moroccan Chicken**

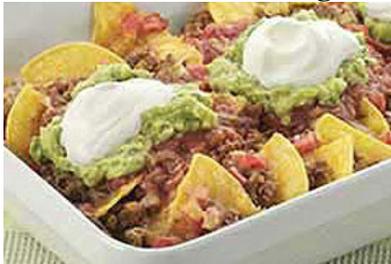


- ❖ Sara - **Slow Cooker Oriental Chicken**



### **Southwestern/Mexican:**

- ❖ Ness - **Crowd Pleasing Nachos**



## October '08 Recipes

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

#### **Easy Potato Soup**

Sourced from Allrecipes.com

2 onions, chopped	½ cup margarine
4 cups diced potatoes	1 (10 oz.) package frozen diced carrots
½ lb. polish sausage, sliced	1 green bell pepper, chopped
3 cups water	1 tsp. salt
½ tsp. ground black pepper	3 cups milk
¾ cup dried potato flakes	

#### **Cooking Day Instructions:**

Using a large saucepan, brown onion in butter. Add potatoes, carrots, green peppers, sausage, water, salt and pepper. Cook on low, for about 45 minutes or until the potatoes are creamy. Add milk and cook until heated through and then add instant potato flakes. If you want a creamy potato soup add a ½ cup potato flakes, or if you want your soup thick like stew add 1 cup of potato flakes. Let soup sit for approximately 5 minutes in order to thicken. If using the same day, serve while warm. If storing for later use, cool completely, package, label and freeze.

#### **Serving Day Instructions:**

Thaw soup in a large bowl in the refrigerator over night. May place soup in the crock pot on low for 2-3 hours or reheat until heated through on the stove top. Serving suggestions: a very green salad with tomatoes and apple crisp would be delicious additions.

#### **Chicken 'n' Rice Soup**

Source: Deanna's Friend's Secret Recipe

**Cooking Day Instructions:** Sorry the recipe is made by heart so there is no real recipe!

#### **Serving Day Instructions:**

Let soup thaw in refrigerator overnight. Reheat on low 20-30 minutes. Add rice for the last 10 minutes. Use 1-cup rice for thinner soup or up to 2-cups for thicker soup.

## North American/European:

### Ritz Chicken

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 Day:** 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.

**Serving Day:** Pour chicken mixture into a 9x13 pan. Sprinkle Ritz mixture.

## Italian/Mediterranean:

**Pizza Dunkers**      Recipes from [Once-a-month-cookingworld.com](http://Once-a-month-cookingworld.com)      Portions: 12

1 loaf frozen bread dough- or own bread recipe	1/4 lb lean Italian sausage
1 lb. lean ground beef or turkey (2.5 cups browned)	salt and pepper to taste
2 cups grated part-skim mozzarella cheese	1 tsp Italian herb seasoning
1 Tbsp. chopped fresh parsley	4 cups Spaghetti sauce

**Cooking Day:** Thaw or prepare dough- whole wheat or white both work well, depending on the tastes of your family. Roll into a 14x24 inch rectangle about 1/4 inch thick. Brown sausage and beef together, breaking into small pieces. Mix well and drain on paper towel to cool. Preheat oven to 400. Stir cooled beef mixture in bowl with salt, pepper, seasoning, cheese and parsley. Spread beef mixture onto dough rectangle, pressing a bit to secure meat. Roll dough lengthwise like a jelly roll, use plain dental floss to cut roll into 24 1 inch slices. Treat 2 rimmed cookie sheets with cooking spray or parchment paper. Lay slices on sheets about an inch apart. Let Dunkers sit for 10 minutes in warm area. Bake for 20-25 minutes or until golden brown. Cool and freeze in 1 gallon bags, 6 per bag. Slip 1 quart bag with 2 cups sauce into each bag to freeze.

**To Serve:** Thaw and warm dunkers in a preheated 400 degree oven for 10 minutes- or warm in microwave. Serve with warmed spaghetti sauce. *These also work great cold in kids lunches- home made pizza lunchables.*

## Far East (Asian - Indian):

### Moroccan Chicken

Source: [recipezaar.com](http://recipezaar.com)

1 1/2 teaspoons cumin

1 1/2 teaspoons ground coriander

1 1/8 teaspoons salt

3/4 teaspoon ground ginger

3/4 teaspoon cinnamon

3/4 teaspoon black pepper

6 boneless skinless chicken breasts or boneless skinless chicken thighs

3 teaspoons olive oil

1 1/2 garlic cloves, minced

#### Directions

In a small bowl combine all of the ingredients except the chicken.

Once well blended, add the chicken and toss to coat.

Put in freezer bags, label and freeze. OR Bake at 375 for 20 minutes or until chicken is cooked through.

### Slow-Cooked Oriental Chicken

Source: Taste of Home

1 broiler-fryer chicken (3-1/2 to 4 pounds) cut up

1/3 C soy sauce

2 T water

1 tsp ground ginger

2 T vegetable oil

2 T brown sugar

1 garlic clove, minced

1/4 C slivered almonds

**Cooking Day:** In a large skillet over medium heat, brown the chicken in oil on both sides. Transfer to a slow cooker. Combine the soy sauce, brown sugar, water, garlic and ginger; pour over chicken. Pour into a freezable container and freeze.

**Serving Day:** Thaw completely and put in crock pot. Cover and cook on high for 1 hour. Reduce heat to low, cook 4-5 hours longer or until the meat juices run clear. Remove chicken to a serving platter; sprinkle with almonds. Spoon juices over chicken or thicken if desired.

## Southwestern/Mexican:

**Crowd Pleasing Nachos** (Serves 6) [kraftfoods.com](http://kraftfoods.com)

1 lb. lean ground beef  
1 pkg. (1-1/4 oz.) Taco Seasoning Mix  
2 cups Mexican Style Shredded Cheese, divided

1/2 cup Chunky Salsa, divided  
13 oz. Tortilla Chips bag

***You Will Need To Buy:***

1 cup fresh chopped tomatoes, divided  
Salsa  
Guacamole

Sour Cream  
Shredded Lettuce

**Cooking Day:** Brown meat in skillet. Stir in 1/2 cup of the salsa and the seasoning mix. Freeze meat mixture in in a quart size baggie and cheese in a sandwich size baggie. Bag up tortilla chips.

**Serving Day:** Preheat oven to 400°F. Chop tomatoes. Place 1/2 of the tortilla chips in bottom of the 13x9 inch baking dish. Cover the first layer with half of the meat mixture, 1/2 of tomatoes and 1/2 of cheese. Repeat again, so you have two layers. Bake 10 min. or until cheese is melted. Top with the lettuce, guacamole, sour cream and salsa.