

Menu for Sept. 2008

Soup/Chili/Stew:

- **Melanie** - Chicken Pot Pie
- **Edel** - Trucker Stew

North American/European:

- **Christine** - Morrison's Famous Ribs

Italian/Mediterranean:

- **Jessica** - Beef Cannelloni
- **Sara** - Italian Sausage Calzones

Far East (Asian - Indian):

- **Ness** - Salmon Cakes

Southwestern/Mexican:

- **Renee** - Black Bean and Corn Quesadillas
- **Deanna** - Chicken Enchiladas

Soup/Chili/Stew

Melanie - Chicken Pot Pie

2 tablespoons butter	2 cups boneless, skinless chicken breasts, cubed (about two chicken breasts)
1/2 onion, chopped	1 stalk celery, chopped
2 carrots, chopped	1 can of Campbell's Cream of Potato Soup
3/4 cup of milk	2 tablespoons chopped parsley
1 prepared pie crust	1 egg, lightly beaten
1 cup frozen mixed veggies, thawed	

Cooking Day: Melt butter in saucepan and cook chopped onion and chicken until chicken is no longer pink. Stir in celery and carrots and cook for a few more minutes. Add the soup, milk, parsley, and thawed veggies. Mix well. Heat through. Pour mixture into casserole dish and freeze.

Serving Day: Defrost pie filling and pie crust overnight in refrigerator. Preheat oven to 350 degrees F. Top with pie crust (cut slits into crust) and brush with egg. Bake for 30 minutes until crust is golden.

Edel - Trucker Stew

1 lb pork sausage, cooked and drained	1 lb ground beef, cooked and drained
31 oz can pork and beans	16 oz light kidney beans (can)
16 oz dark kidney beans (can)	14 oz can lima beans, drained
14 oz can waxed beans, drained	1 C brown sugar
1 C ketchup	1 T. spicy mustard

Cooking Day: Combine all ingredients and place in a freezer container. Freeze.

Serving Day: Thaw. Place all ingredients in a slow cooker - cover - simmer on high 2-3 hours.

Italian/Mediterranean

Jessica - Beef Cannelloni

1 pkg. Frozen Cannelloni
1 jar spaghetti sauce

1 lb. ground beef
1 bag shredded Parmesan cheese (2 if you like more!)

Procedure for Eating That Day: Line up the frozen cannelloni in a greased 13"x9" pan. Brown and drain your ground beef. Stir into spaghetti sauce. Pour sauce over cannelloni - spread evenly. Pour bag of shredded cheese over everything. Bake COVERED according to cannelloni package directions.

Procedure for Freezing It & Eating Later: Use a disposable pan OR line your pan with aluminum foil - leave enough foil hanging out that you can completely cover it back over. If you are going to be transferring it to a freezer bag, you'll need a 8" square pan or it won't fit once it's frozen! Prepare meal just like above. Freeze in the pan. After it's frozen, if you are transferring it to a Ziploc bag, carefully lift it out by the edges of the aluminum foil. Put foil-wrapped dinner into bag and return to freezer.

On Dinner Day: thaw out dinner and bake until cannelloni is warm all the way through. You can remove the cover the last 5-10 minutes or so - otherwise, the cheese will burn, and you just want it to melt! :) Enjoy!

Sara - Italian Sausage Calzones (Pampered Chef recipe)

1/2 pound Italian sausage, cooked and crumbled
1 can (8oz) pizza sauce
1 garlic clove, pressed
1/4 cup fresh parmesan cheese

1/2 cup shredded mozzarella cheese
2 T fresh snipped parsley
2 pkg. (10 oz each) refrigerated pizza crust (2 crusts)

Cooking Day: Combine sausage, mozzarella cheese, pizza sauce, parsley and garlic in bowl; mix well. Unroll pizza crusts; place side by side on cutting board. Using pizza cutter, cut each crust into six squares, for a total of 12 squares. Divide filling evenly onto centers of squares. Gather four corners of each square up over filling; twist together to seal. Place calzones, seam side up, into stoneware muffin pan. Sprinkle parmesan cheese over calzones. Bake 25-30 minutes or until golden brown. Remove from pan. Serve with additional sauce, if desired.

From Frozen: thaw calzones, then warm in 350 degree oven (works best if using a stoneware pan) until heated through (5-10 minutes)

Far East (Asian - Indian)

Ness - Salmon Cakes Yields: 6 servings

2 cans boneless, skinless salmon (7 ounce cans) , flaked	1/2 cup finely ground cracker crumbs
1 egg	1 teaspoon dried dill weed leaves
1 tablespoon lemon juice	1/3 cup chopped red bell pepper
1/2 cup chopped green onions (scallions)	Salt and pepper to taste
Dash cayenne pepper	1 bottle cocktail sauce
Wish-Bone® Salad Spritzers® Asian Silk™ Vinaigrette Dressing	
Cooking spray	

Cooking Day: In a bowl, combine the salmon, cracker crumbs, egg, dill, lemon juice, red pepper, and green onions, mixing gently only blended. Season with salt and pepper and cayenne.

To Prepare and Eat Now: Form the mixture into 6 patties. Heat a large non-stick skillet coated with non-stick cooking spray over medium heat and cook for about 3 minutes on each side or until golden brown. Do not overcook. Serve with Cocktail Sauce.

To Freeze: Press into 2 mini muffin tins and transfer to zip top freezer bags, label, and freeze.

To Prepare After Freezing: Remove from freezer to thaw. When thawed dump 1 salmon mix out and make 3 patties and repeat. Heat a large non-stick skillet coated with non-stick cooking spray over medium heat and cook for about 3 minutes on each side or until golden brown. Serve with Cocktail Sauce.

To Serve: Spritz your salad just the right amount. Any way you like it, you'll have a perfect salad every time. Plus, it has just 1 calorie per spray! Place salmon cakes on a bed of baby greens with herbed rice on the side. If you would like dip salmon cakes in the cocktail sauce.

Southwestern/Mexican

Renee - Black Bean and Corn Quesadillas

2 teaspoons olive oil	3 tablespoons finely chopped onion
1 (15.5 ounce) can black beans, drained	1 (10 ounce) can whole kernel corn, drained
1 tablespoon brown sugar	1/4 cup salsa
1/4 teaspoon red pepper flakes	2 tablespoons butter, divided
8 (8 inch) flour tortillas	1 1/2 cups shredded Monterey Jack cheese, divided

Cooking Day Directions:

Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes. Cool the bean/corn mixture to room temperature. Package, label and freeze.

Serving Day Directions:

Thaw bean/corn mixture in refrigerator over night. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Repeat with remaining tortillas and filling. Serve with extra salsa and sliced avocados on the side. For variety, cooked diced chicken may be added.

Deanna - Chicken Enchiladas

1 1/4 lb ground chicken	1 onion, chopped
1 cup frozen corn	1 cup sour cream
2 cups grated Cheddar or Monterey Jack cheese	6-8" tortillas or 10-12 depending on size you can find
2 cans/jars mild enchilada sauce (use medium or hot for spicier enchiladas)	

Cooking Day: In skillet with small amount of cooking oil over medium heat, cook ground chicken and onion until chicken is cooked through. Drain grease (if any). Transfer to bowl and add sour cream, corn and 1/4 cup of the enchilada sauce.

Using a 9x13 baking dish lightly sprayed with non-stick cooking spray, coat bottom with 1/3 cup of mild enchilada sauce. In each tortilla, spoon 2 tbsp of chicken mixture and 1 tbsp of cheese and roll tortilla up, then placing in baking dish seam-side down so they don't unroll. Once done, pour leftover enchilada sauce over top, making sure it is spread well. Sprinkle remaining cheese on top. Allow to cool (if not already) then wrap and freeze.

On Baking Day: Remove chicken enchiladas and defrost. Cover with tin foil, then bake for 20-30 minutes (or until fully cooked) in a preheated 350F oven. Remove foil and return to oven until cheese on top is melted.