

## November '08 Menu

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

- ❖ Tammy - **Hamburger Soup**



- ❖ Vanessa - **Zuppa Toscana**



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

- ❖ Renee - **Chicken & Veggie Pockets**



- ❖ Deanna - **Ham 'n' Cheese Potato Dinner**



### **Italian/Mediterranean:**

- ❖ Sara - **Italian Shepherd Pie**



### **Southwestern/Mexican:**

- ❖ Edel - **Beef Chimichangas**



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

- ❖ Christine - **Chicken Curry Casserole**



- ❖ Ann - **Cashew Chicken**



## November '08 Recipes

### Soup/Chili/Stew:

#### Hamburger Soup

2 lbs extra lean ground beef                      2 tablespoons minced fresh garlic (can use more)  
1 large onion, chopped finely                      1 (28 ounce) can tomatoes (undrained)  
1 3/4 cups water    1-2 tablespoon Worcestershire sauce  
1-2 bay leaves    1/2 teaspoon thyme  
salt and pepper    1/2 cup pearl barley  
1 (10 ounce) can tomato soup, undiluted  
5-6 carrots, chopped into about 1-inch pieces  
3 (10 ounce) cans beef consommé, undiluted (make certain to use only beef consommé,  
not beef broth!)

**Cooking Day Instructions:** In a large pot, brown the ground beef with onion and garlic; drain any fat. Add in all remaining ingredients, and simmer for a minimum of 3 hours. Ladle into serving bowls.

**Serving Day Instructions:** Let soup thaw in refrigerator overnight. Reheat on low 20-30 minutes or till hot.

#### Zuppa Toscana

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

Serves 6

1 lb Italian sausage links                              1 1/2 cans (15 oz.) sliced potatoes  
1 small white onion, chopped                      1/2 (2.8 oz) bag Oscar Meyer bacon pieces  
2 T. minced garlic    1 handful chopped kale or Swiss chard  
32 oz. box chicken broth                              3 cups water  
1 cup heavy whipping cream                              Salt and pepper to taste

**Prep Beforehand:** Chop Kale, chop onions, and bake Italian sausage links. Cook sausage in a 300°F oven for approximately 30 minutes. Drain sausages on paper towels and cut into slices.

**Cooking Day Instructions:** Place onions, potatoes, chicken broth, water, garlic in pot, and cook on medium heat potatoes for 10 minutes. Add sausage, bacon, salt and pepper to taste. Simmer for another 10 minutes. Turn to low heat. Add kale and cream. Turn off heat and cool.

**Freezing Instructions:** When cooled freeze in a 76 oz. container. Label and date.

**Serving Day Instructions:** Let soup thaw in refrigerator overnight or in the microwave. Reheat on low 20-30 minutes or till hot.

## North American/European:

### Chicken & Veggie Packets

Adapted from Once-A-Month-Cooking

#### Ingredients:

1 ½ cups cooked, chopped chicken	Salt or seasoning to taste
½ - ¾ cup frozen mixed vegetables	½ cup crushed, seasoned crouton crumbs
4 ounces cream cheese, softened	2 packages refrigerated crescent rolls
¼ cup melted butter	2-3 tbsp. milk
1 tbsp. green onion, green part only chopped fine	

**Cooking Day Instructions:** Mix chicken, veggies, cream cheese, chives, milk, and salt in a medium bowl (mixing with hands works well) to make filling and store in large freezer bag. Put crouton crumbs in another small zip lock bag, attach it to the bag of chicken filling. Label and freeze. Keep rolls refrigerated until ready to use.

**Serving Day Instructions:** Thaw chicken mixture. Unroll crescent rolls. Each tube will contain 4 rectangles of dough with a diagonal perforation so that the rectangle halves will not separate. Place about ¼ cup of chicken mixture in the center of each rectangle. Fold dough over the filling and pinch the edges to seal tightly. Brush on butter or dip each packet in melted butter and coat with crouton crumbs. Place packets on a baking sheet. Bake in a preheated 350° oven for 20 minutes or until golden brown. Packets are good hot or cold. Makes 8 packets. Serving suggestion: a big bowl of fresh fruit

### Ham 'n' Cheese Potato Dinner

Source: BettyCrocker.com 6 servings

1 package Betty Crocker® julienne potatoes	2 ½ cups boiling water
2/3 cup milk	1 ½ cups cubed fully cooked ham
1 cup shredded Swiss cheese (4 oz.)	½ cup plain bread crumbs

**Cooking Day Instructions:** Stir together Potatoes, Sauce Mix and boiling water in un-greased 2-quart casserole. Stir in milk, ham and cheese. Wrap & Freeze.

**Serving Day Instructions:** Heat oven to 400°F. Bake uncovered 50 minutes; sprinkle with bread crumbs. Bake 10 to 14 minutes longer or until top is golden brown.

## Italian/Mediterranean:

### Italian Shepherd's Pie

1 pound bulk Italian sausage	1 cup cottage cheese
1 egg	1/4 cup sour cream
1/2 teaspoon dried oregano	1/2 to 3/4 teaspoon salt
1/8 teaspoon pepper	2 teaspoons butter, melted
1 cup (4 ounces) shredded cheddar cheese	
1 1/2 cups mashed potatoes (without added milk and butter)	
1 frozen pastry shell (9 inches)- I used a deep dish shell	

**If making to serve the same day:** Thaw pie crust; line with a double thickness of heavy-duty foil. Bake at 450 degrees for 7 minutes. Remove from oven and remove foil; set aside. Reduce heat to 350 degrees. In a skillet, cook the sausage until no longer pink; drain well on paper towels. In a blender, process the cottage cheese and egg until smooth. Transfer to a large bowl; stir in potatoes, sour cream, oregano, salt and pepper. Place sausage in pastry shell; top with the potato mixture. Drizzle with butter. Bake for 50-60 minutes or until set. Sprinkle with cheese; let stand for a few minutes or until cheese is melted. You can garnish with cherry tomatoes, halved and placed around the edges of the pie.

**If making to freeze:** In a skillet, cook the sausage until no longer pink; drain well on paper towels and cool. In a blender, process the cottage cheese and egg until smooth. Transfer to a large bowl and add COOLED potatoes, sour cream, oregano, salt and pepper. Place cooled sausage in frozen pastry shell, top with potato mixture. Freeze immediately before frozen pie shell thaws!

**Serving day:** Thaw pie. Drizzle melted butter over pie and bake @ 350 degrees for 50-60 minutes or until set. Sprinkle with cheese, let stand for a few minutes or until cheese is melted. You can garnish with cherry tomatoes, halved and placed around the edges of the pie.

## Far East (Asian - Indian):

### Chicken Curry Casserole

Adapted from [www. Recipezaar.com](http://www.Recipezaar.com)

1 - 10 oz cans cream of chicken soup	1/2 cup mayonnaise
1/2 T curry powder	1/2 T lemon juice
1/4 cup onion	1 1/2 cups shredded cheddar cheese
1/2 tsp salt	1/4 tsp pepper
2 1/2 chicken breasts (precooked & chunked)	
8 oz package frozen mixed veggies (cauliflower, carrots, broccoli, etc)	
1/2 - 10 oz bag egg noodles, cooked and drained	

**Cooking Day:** Place frozen veggies, precooked chicken and cheese in separate freezer bags -Label. Sauté onions, cool, place in freezer bag -Label. Place the veggies, chicken, cheese and onion bags in a larger freezer bag together -Label. Can of soup, prepare packet of curry/salt/pepper and bag of egg noodles provided to keep in the pantry -Label. Real mayo provided in separate container to keep in the fridge -Label.

**Serving Day Directions:** Defrost all the frozen ingredients in fridge or microwave – separately. Prepare noodles per label instructions. Mix the soup, mayo (or cream), curry powder, lemon juice, onion, 2 cups shredded cheese, salt and pepper; stir well. *Let the mixture sit to absorb the curry flavor if desired. If you let it sit, add the lemon juice right before pouring into baking dish.* Partially steam cook veggies (conventional stove top or microwave). Place cooked noodles (or rice) on bottom of a lightly greased 8x8 baking dish. Place partially cooked veggies around the edges and put the cooked chicken in the middle. Or mix it all up if that is what you prefer) Pour sauce over top of chicken, veggies and noodles (or rice) and top with remaining cheese. Bake at 350 degrees for 45-50 minutes.

## Cashew Chicken

Source: Once-a-month-cookingworld.com

½ cup catsup	4 teaspoons soy sauce
½ teaspoon salt	2 tablespoons Worcestershire sauce
3 tablespoons sugar	1 ½ teaspoons sesame oil
¼ teaspoon cayenne pepper	½ cup chicken broth
2 tablespoons cornstarch	½ teaspoon sugar
¼ teaspoon salt	¼ cup cooking oil
2 tablespoons fresh gingerroot, minced	1 tablespoon minced garlic
1 onion, chopped	1 ½ cups cashews
1 can bamboo shoots, drained and sliced	2 cups cooked white rice
1 can water chestnuts, drained and coarsely chopped	
3 chicken breasts, cut into small pieces or 1 pkg. chicken tenders, cut into small pieces	

**Cooking Day Instructions:** Combine Catsup, soy sauce, salt, Worcestershire Sauce, sugar, sesame oil, cayenne pepper, and chicken broth and set aside. In a bowl, combine cornstarch, sugar, and salt. Toss the chicken with cornstarch mixture. Heat a wok or frying pan to a high heat and add cooking oil. When oil is hot add chicken. Add ginger root, garlic and onion. Stir fry mixture until chicken is cooked through and opaque. Add bamboo shoots and water chestnuts. Add catsup/soy sauce mixture to chicken and vegetables and cook until it comes to a boil. Cool, bag and freeze. Save cashews for serving.

**Directions for Serving Day:** Thaw bag in fridge overnight. Reheat over medium heat until just boiling. Add cashews. Serve over rice.

## Southwestern/Mexican:

### Beef Chimichangas

Serves 6

1 t. salt	2 lbs ground beef	2 crushed garlic cloves
2 t. ground cumin	2 t. crushed oregano	½ C chopped green chilies
½ cup taco sauce	½ C sour cream	¼ C cider vinegar
1 C butter melted	9 - 7 inch tortillas	

**Cooking Day Instructions:** 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.