

## February '09 Menu & Recipes

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

- ❖ Ann - **Minestrone Soup**



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

- ❖ Sara - **Chicken in Phyllo Dough**



- ❖ Doris - **Barbecued Chuck Roast**



### **Italian/Mediterranean:**

- ❖ Vanessa - **Deep Dish Pizza**



- ❖ Tammy - **Baked Ziti**



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

- ❖ Deanna - **Rice Noodles w/ Thai Chicken Pesto**



- ❖ Renee - **Asian Meatballs w/ Sweet & Sour Sauce**



### **Southwestern/Mexican:**

- ❖ Edel - **Tex Mex Sautéed Shrimp**



## Soup/Chili/Stew:

### Minestrone Soup

½ lb Great Northern Beans (dry)  
3C Chicken Stock  
½ lb Hot Italian Sausage  
2 Stalks Celery  
1 C Carrots  
4 oz Mushrooms  
1 Zucchini - small  
1 T Olive Oil  
1 C Onion  
1 T Garlic  
2 tsp Oregano, dried  
2 tsp Basil, dried  
1 ½ tsp Dried Parsley  
½ tsp Pepper  
½ tsp salt  
2 C Crushed Tomatoes  
½ C Grated Fresh Parmesan or other Hard Italian Cheese

**Freezing Day** - Rinse and sort beans, add stock, simmer in a stock pot for 2 hours or until tender. Meanwhile brown sausage, set aside. Chop veggies, set aside. Sauté onions and garlic in olive oil until tender, set aside. When beans are tender, add all ingredients except cheese, cook until veggies are tender, about 45 minutes. Cool and freeze.

**Serving Day** - Thaw and reheat. Sprinkle cheese on each bowl, serve with warm crusty bread to dip in seasoned olive oil.

## North American/European:

### Chicken in Phyllo Dough

1/2 Cup Mayonnaise  
1 Cup chopped green onion  
1/3 Cup lemon juice  
2 tsp tarragon  
2 cloves minced garlic  
6 boneless skinless chicken breasts  
salt & pepper  
12 sheets Phyllo dough, thoroughly thawed

#### **You Provide -**

3/4 Cup melted butter  
1/4 Cup freshly grated parmesan

**Cooking Day Directions:** Combine the first 5 ingredients to make a sauce. Lightly sprinkle dry chicken pieces with salt & pepper. Place a sheet of phyllo on a damp flour sack towel on your working surface. Quickly brush with melted butter with a pastry brush. Place a second sheet of phyllo on top. Brush with butter. (Follow phyllo box for care while you are working) Place 1 1/2 T sauce in one corner of the phyllo; top with chicken breast and another 1 1/2 T sauce, leaving enough room to fold the corner over the chicken breast. Fold the chicken breast up in the phyllo, starting with the corner over the breast as you fold the sides in to form a nice package. Place in an un-greased baking dish. At this point the dish may be tightly sealed and frozen. Once they are fully frozen you may move breasts to zip-lock bag carefully placing back in the freezer in a spot where it will not get bumped.

**Serving Day:** Place chicken wraps in baking dish and fully thaw. Brush tops of chicken package with butter and sprinkle with parmesan cheese. Bake at 350 degrees for 45 minutes.

## **Barbecued Chuck Roast**

Makes 8 servings

### **Cooking Day Directions -**

Trim fat from one 2-1/2 to 3 pound chuck roast, 1-1/2 to 2 inches thick. Place meat in clear plastic bag or marinating container.

### **Mix:**

1/3 cup wine vinegar

1/4 cup catsup

2 T. soy sauce

1 t. salt

2 t. Worcestershire sauce

1 t. prepared mustard

1/4 t. garlic powder

1/4 t. pepper

**Cooking Day Directions:** Pour over meat; close bag or container. Marinate 2 to 3 hours at room temperature or overnight in refrigerator. Turn bag occasionally to distribute marinade. Remove meat, reserve marinade.

Place meat on rack of broiler pan. Broil 6 to 8 inches from heat till medium rare, about 50 to 60 minutes. Turn meat every 10 minutes. If meat is not seeming to get down in the middle, cut the roast in 2 to let heat get to the middle. Baste with reserved marinade the last 20 to 30 minutes (I usually baste at least 2 times on each side).

**Serving Day:** Thaw meat and let set in marinade as above on counter or in refrigerator. Broil as above instructions.

**Serve with** baked potatoes, vegetable and good bread. Heat up reserved marinade and serve in a side dish for people who wish more barbecue sauce.

## Italian/Mediterranean:

### The Works Deep Dish Pizza

SERVES 8

1 lb mild Italian Sausage	1 onion, thinly sliced
1 garlic clove, minced	1 (14 ounce) jar pizza sauce
1 (4 ounce) package sliced pepperoni	1 (6 ounce) can sliced black olives
2 (8 ounce) packages mozzarella cheese, grated	1 ounce parmesan cheese
1 tube of refrigerated pizza dough	

#### You Provide -

4 ounces mushrooms, sliced (fresh or canned) - they don't always freeze that best  
½ of a green pepper

**Cooking Day Directions:** Heat Italian sausage, onions, and garlic over medium heat, sauté until onions are tender and meat is browned, about 10 minutes. Grease a 9x13 inch cake pan, and press pizza dough into pan. Pour 1/2 of sauce, ½ of the parmesan cheese, and ½ mozzarella cheese onto dough, then layer 1/2 of all topping ingredients. Repeat process by pouring the remaining sauce over, sprinkle left over parmesan cheese & mozzarella cheese, and then add all the remaining ingredients on top(the cake pan will be full at this point).

**Serving Day Directions:** Thaw pizza. Preheat oven to 350°F. When thawed top pizza with green peppers & mushrooms. Bake at 350°F for 25-35 minutes until the cheese is lightly browned.

### Baked Ziti

1 lb Ziti pasta	2-26oz jars of spaghetti sauce
6 oz sliced provolone	6 oz shredded mozzarella
1 1/2 c sour cream	1 lb ground beef
Small onion	Sprinkle with parmesan cheese

**Cooking Day Directions:** Cook pasta and drain. Brown ground beef with onion, don't drain. Add spaghetti sauce and simmer for 15 min.. Grease a 9 x 13 pan. Add ingredients in this order...½ of the pasta, Provolone cheese, Sour cream, 1/2 spaghetti sauce, 2<sup>nd</sup> ½ of pasta, Mozzarella, 2<sup>nd</sup> ½ of spaghetti sauce, and Sprinkle with parmesan cheese. Freeze.

**Serving Day Directions:** Thaw. Preheat oven to 350°F. Bake at 350 for 30-40 min.

## Far East (Asian - Indian):

### Rice Noodles w/ Thai Chicken Pesto

Serves 4 - 6

1 cup fresh cilantro  
1 cup fresh basil  
2 T. garlic  
2 T. minced ginger  
1/2 cup vegetable oil  
2 tsp. salt  
1 T. sugar  
2 T. fresh lime juice  
2 T. Thai Chili Sauce  
3 Chicken Breasts, sliced and cooked  
8.8 oz. Thai Kitchen Thin Rice Noodles

**Cooking Day:** Slice and cook chicken in a Tbsp. of olive oil till no longer pink. Cool chicken. In a blender or food processor, purée the cilantro, basil, garlic, ginger, Thai chili sauce, vegetable oil, salt, sugar and lime juice. Scrape down the sides and process until smooth. Pour in freezer bag and add chicken. Freeze.

**Serving Day:** Thaw chicken mixture. Reheat chicken mixture in microwave for 1 min. 30 sec. . Bring a large pot of water to a rolling boil. Add the noodles and cook for 3-5 minutes until noodles are soft, cooked through but still firm and al dente, not mushy. (Check firmness frequently, as you would regular pasta.) Drain water from the noodles. Immediately place the warm noodles in a serving bowl and toss with the chicken pesto mixture.

## Asian Meatballs w/ Sweet & Sour Sauce

Serves 4-6

### Meatballs -

1 lb lean hamburger  
1/4 cup fine breadcrumbs  
1/4 cup chopped green onions  
3 teaspoons chopped coriander  
2 teaspoons Hoisin sauce  
2 teaspoons minced garlic  
1 1/2 teaspoons minced gingerroot  
1 egg

### Marinade -

2 teaspoons water  
2 teaspoons Hoisin sauce  
1 teaspoon sesame oil

### Sweet & Sour Sauce -

1/3 cup rice vinegar  
4 tablespoons brown sugar  
1 tablespoon ketchup  
1 teaspoon soy sauce  
2 teaspoons cornstarch mixed with 4 teaspoons water

### Cooking Day Directions:

**To make meatballs:** In a bowl combine beef, bread crumbs, green onions, coriander, Hoisin sauce, garlic, ginger and egg. Mix well. Using an ice cream scoop, form 18-20 meatballs. **To make marinade:** in a small bowl mix together water, Hoisin sauce, and sesame oil. Place meatballs in a freezer bag, add marinade to bag, gently massage then freeze.

**Sweet & Sour Sauce Preparation:** Mix the vinegar, brown sugar, ketchup, and soy sauce together and bring to a boil in a small pot. Mix together the cornstarch and water, add to the other ingredients and stir to thicken.

**Serving Day Directions:** Thaw meatballs and discard marinade. Bake meatballs in 350°F oven for 15-20 minutes or until evenly lightly brown. Toss with thinned Sweet & Sour Sauce and serve warm. OR place meatballs in a greased Crockpot with Sweet & Sour Sauce. Cook on LOW for 2 to 4 hours or until cooked through.

**Serve with:** Rice & Asian veggies, Oriental Ramen Cole Slaw and condiments of choice.

## **Southwestern/Mexican:**

### **Tex Mex Sautéed Shrimp**

2 T lemon juice

2 T margarita mix

1 T lime juice

2 T diced green chilies

1 T oil

1 T red taco sauce

1/2 tsp salt

add to taste Mrs. Dash southwest seasonings

1 pound peeled and cooked shrimp

**Cooking Day Directions:** Combine lemon and lime juices, margarita mix, taco sauce, oil, diced chilies, salt, seasoning and shrimp. Toss. Cover and freeze.

**Serving Day Directions:** Place shrimp in tin foil boat with some butter. Cover with more tin foil and steam grill 6-10 minutes. If grilling on skewers cook about 2-3 minutes a side.

**Serve up with** some rice and veggies!