

March '10 Menu & Recipes

Soup/Chili/Stew:

Sara - **Taco Beef Soup**



Italian/Mediterranean:

Jill - **Chicken Cacciatore**



North American/European:

Erin - **Spicy Turkey Burgers**



Lisa C. - **Saucy Oven Pork Chops**



Southwestern/Mexican:

Heidi - **Chicken Chimichangas**



Lisa Ann - **Southwestern Pizza Con Queso**



Far East (Asian - Indian):

Renee - **Let's Dish**



Honey Ginger Shrimp



**Panko Breaded Pork
Chops w/Asian Noodles**



Chicken Lo Mein

Soup/Chili/Stew

Taco Beef Soup

1 pound ground beef	1/4 tsp dried oregano, crumbled
2 cups beef stock or broth	1 can (14 1/2 oz) diced tomatoes, with juice
1 can (8 oz) tomato sauce	1 can (4oz) chopped green chilies, drained
1/2 tsp salt	freshly ground pepper to taste
1/2 tsp chili powder	1 tsp ground cumin
1 can (15 oz) pinto beans, drained and rinsed	
1/2 cup chopped green onions, including tender green tops	

Prep Day: In a large soup pot over medium heat, cook meat and green onions, breaking up meat with a spoon. Cook until meat is no longer pink and vegetables are tender, 6-7 minutes. Add remaining ingredients. Cool and bag. Freeze.

Cook Day: Thaw soup. Pour into soup pot and heat on medium-low, about 30 minutes until flavors are blended. Ladle into bowls and top with grated cheese. Other suggested toppings are sour cream, crushed tortilla chips, salsa and sliced olives.

Italian/Mediterranean

Chicken Cacciatore

1/3 c. olive oil	2 lb. bone in chicken pieces
1 tsp. salt	1/4 tsp. pepper
1/4 tsp. paprika	1/4 tsp red pepper flakes
splash of red wine	1 onion, diced
1 med. green pepper, diced	1 clove garlic, minced
3 1/2 c. crushed tomatoes	1/3 c. fresh mushrooms, diced
1/3 c. sliced calamite olives	

Prep Day: Brown chicken in olive oil in dutch oven. Add seasonings and all vegetables except mushrooms. Simmer on low heat for 40 minutes. Add mushrooms and cook 3 more minutes. May add a splash of red wine during last few minutes of cooking, if desired.

Cook Day: Thaw in fridge 1-2 days before serving. Heat through in sauce pan, add bag of frozen mushrooms and simmer for a few minutes. Cook spaghetti for 8 minutes; drain well. OR Serve over hot mashed potatoes. Add your own green salad.

North American/European

Spicy Turkey Burgers

2 lbs. ground turkey	2 Tbsp. minced garlic
1 tsp. fresh ginger, minced	2 fresh green chilies, diced
1 medium red onion, diced	1/2 c. cilantro, finely chopped
1 tsp. salt	1/4 c. low-sodium soy sauce
1 Tbsp. black pepper	3 Tbsp. paprika
1 Tbsp. ground dry mustard	1 Tbsp. ground cumin
dash of Worcestershire	

Prep Day: Combine ingredients and form into patties. Freeze.

Serve Day: Thaw burgers and cook on grill or stovetop until cooked through.

Saucy Oven Pork Chops

6 Servings

6 Pork Chops
1/8 tsp ground black pepper
1/2 tsp dry mustard
1/2 c water
1/3 c diced celery

From the 30 Day Gourmet Cookbook

15 oz canned tomato sauce
1/2 tsp salt
1 tsp lemon juice
2 T brown sugar

Brown Rice

1 Cup Brown rice 2 cups water

Prep Day: Coat broiler pan or shallow baking dish w/cooking oil and preheat broiler. Broil chops on the top rack until browned. Turn and brown on the other side. Cool completely. When cooled, mix all ingredients together in a bowl. Place all in a gallon freezer bag, label, and freeze.

Cook Day: Thaw. Pour chops and sauce in shallow covered baking dish. Bake at 350 F for 30-45 minutes or until tender. Serve with brown rice. For the Brown Rice bring to a boil, reduce to a simmer for 45-50 minutes.

Southwestern/Mexican

Chicken Chimichangas From Pace Family Round-Up 50th Anniversary Cookbook

Makes 6 Chimichangas

Filling:

2/3 cup picante sauce	1 teaspoon ground cumin
1/2 teaspoon dried oregano leaves, crushed	6 flour tortillas (8-inch)
1 1/2 cups chopped cooked chicken (I shredded it)	2 green onions, chopped
1 cup shredded cheddar cheese (4 ounces)	

Garnish:

3/4 cup additional picante sauce	3/4 cup additional cheese
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YOU PROVIDE: 2 tablespoons butter, melted and if desired sour cream and chopped green onions for garnish

Prep Day: Mix picante sauce, cumin, oregano, chicken, cheese and onions. Bag and freeze mixture. Put additional picante sauce and cheese in separate bags. Bag 6 tortillas.

Serving Day: Place about 1/2 cup chicken mixture in center of each tortilla. Fold opposite sides over filling. Roll up from bottom and place seam-side down on baking sheet. Brush with butter. Bake at 400 degrees for 25 minutes or until golden.

Garnish with additional cheese and green onion. Serve with additional picante sauce and sour cream.

Southwestern Pizza Con Queso servings 6 to 8

2 pkg. 10 oz pizza crust	8 oz cooked chicken shredded about 2 cups
2 tsp vegetable oil	2 small red peppers
2 small green peppers	2 small red onions
2 tbsp southwestern seasoning	1 1/2 cup Monterey Jack Salsa Con Queso
1 cup shredded Mexican cheese	

Prep Day: Slice all peppers and onions in to thin slices. Cook chicken and shred it. Put everything into bags and label. *Do not freeze pizza crust or Con Queso dip.*

Serving Day: Thaw completely. Bake pizza dough as directed on bar pan and if want crisper crust flip crust over and bake a few more minutes on other side. put aside to cool a little add oil to skillet heat at med high heat add peppers onions and chicken with seasoning and heat though. About 1 to 2 min This is to awaken spices and give a little heat to peppers and onions. Spread Con Queso dip to pizza and then peppers and onions, chicken mixture sprinkle Mexican cheese on top put back in oven and heat until cheese melted 5- 8 min.

Far East (Asian - Indian)

Let's Dish serving day instructions are on the main page.