

April '10 Menu

Soup/Chili/Stew:

Heidi- **Minestrone Soup**



Far East (Asian - Indian):

Jill- **Thai Green Curry w/ Shrimp**



North American/European:

Vanessa- **Mango Chicken**



Sara - **Honey Mustard and Bacon Smothered Chicken**



Italian/Mediterranean:

Erin- **Slow Cooker Sausage Lasagna**



Lisa C.- **Mediterranean Pasta**



Southwestern/Mexican:

Renee - **Let's Dish** (*We sure like benefiting from her working at Let's Dish!!!*)



**Beef Tips with
Southwestern Mashed Potatoes**



**Bacon Wrapped Chicken Stuffed
w/Mexican Seasoned Cream
Cheese**

April '10 Menu

Soup/Chili/Stew:

- **Minestrone Soup**

28 oz Diced Tomatoes
15 oz Tomato Sauce
1 lb Pork Sausage. Cooked
1 can Garbanzo Beans
½ c Shredded Cabbage
2 c Broccoli
2 c Green Beans
4 Carrots chopped
1 Diced Onion
1T Basil, Oregano, Parsley, Chopped Garlic

Cooking Day Directions: Add all ingredients to crock pot. You can add whatever additional veggies you have on hand: potatoes, zucchini, cauliflower, peppers, etc. Let it cook for 6-8 hours.

Serving Day Directions: Thaw and reheat. Top with parmesan cheese. Serve with bread or in bread bowl.

North American/European:

- **Peach Mango Chicken**

1 cup good-quality Peach Mango preserves
¾ cup Russian Dressing
1 envelope (15 oz) dry onion soup mix
6 skinless, boneless chicken breasts, halve them & trimmed of fat (2 lbs.)

You Provide: White or Brown Rice

Assembly Day: Cut chicken breasts in half and place in freezer bag. Place 12 breast of chicken in a large freezer bag. Mix together the Mango preserves, Russian Dressing and dry soup add to chicken. Freeze.

Serving Day: Thaw. Place chicken breast halves and sauce in a 3 ½ quart electric slow cooker. Cover and cook on high 1 hour. Reduce heat to low and continue to cook covered 2 ½ to 3 hours, or until chicken is tender throughout. Do not overcook or the chicken will toughen. Serve the sauce over the chicken. Serve over rice.

- **Honey Mustard and Bacon Smothered Chicken**

1/4 pound bacon, cooked & crumbled in to pieces
1/2 cup Dijon mustard
1/2 cup honey
2 tablespoons corn syrup
2 tablespoons mayonnaise
1 cups shredded Colby cheese
6 boneless, skinless chicken breast halves, fat trimmed; pounded to 1/2-inch thickness;
cut in 1/2

To Assemble: Place Chicken breasts in a freezer bag. Place bacon in a small freezer bag. In a bowl mix together mustard, honey, corn syrup, and mayonnaise. Spoon honey mustard mixture in a freezer bag. Place cheese in a freezer bag. Place all the small bags in the chicken bag and Freeze.

Reheating Instructions: Defrost. Preheat oven to 350°. Place Chicken breasts pieces in 9x13 pan. Sprinkle bacon over the breasts. Spoon honey mustard mixture over chicken breasts and bacon. Sprinkle cheese over chicken breasts. Cover loosely with foil to prevent drying. Bake until done (approximately 30-40 minutes).

Italian/Mediterranean:

- **Slow Cooker Sausage Lasagna** *Serves: 8*

1 lb. Italian pork sausage	1 lb. ground beef sirloin
1 medium onion, finely chopped	2 medium carrots, finely chopped
2 garlic cloves, minced	1 can (6 oz.) tomato paste
1 can (28 oz.) crushed tomatoes in purée	9 lasagna noodles
2 cups shredded mozzarella (8 oz.)	

Cooking Day: In a 5-quart Dutch oven or heavy pot, cook sausage and beef over medium-high, breaking up meat with a spoon, until no longer pink, 4 to 6 minutes. Add onion, carrots, and garlic; season with salt and pepper. Cook until onion has softened, 3 to 5 minutes. Stir in tomato paste, then tomatoes; bring to a boil, and remove from heat. Let cool, place in freezer bags, label.

Serve Day: Thaw meat mixture and cheese. Spoon 2 cups meat mixture into bottom of a 5- to 6-quart slow cooker. Layer 3 noodles (breaking them as needed to fit), 2 cups meat mixture, and 1/2 cup cheese; repeat with two more layers (refrigerate 1/2 cup cheese for topping). Cover slow cooker, and cook on low, 4 to 6 hours. Sprinkle lasagna with 1/2 cup cheese. Cover until cheese has melted, about 10 minutes.

Per serving: 376 cal; 12.9 g fat (6.1 g sat fat); 33.7 g protein; 32.2 g carb; 4.3 g fiber

- **Mediterranean Pasta**

SERVES 6

recipezaar.com

1 (8 oz) pkg. linguine or Angel Hair 3 slices bacon, cooked and crumbled
1/4 teaspoon dried rosemary 1/3 cup crumbled feta cheese
2/3 cup pitted black olives 1 (6 oz) can artichoke hearts, drained
1 lb boneless chicken breast, cooked & diced
1 (14 1/2 oz) can peeled & diced tomatoes w/juice

Prep Day: Cook and crumble bacon. Grill chicken and dice into larger chunks. Stir chicken with bacon in a large skillet or saucepan. Combine bacon, chicken, tomato and rosemary in qt. freezer bag. Combine Feta cheese, olives and artichoke hearts in separate qt. bag.

Cook Day: Make pasta as directed. Thaw and Heat chicken, tomato mixture and simmer for 20 minutes to blend flavor. Stir in feta cheese, olives and artichoke hearts and cook until heated through. Toss with fresh cooked pasta and serve warm.

Far East (Asian - Indian):

- **Thai Green Curry w/ Shrimp** Serves 6

Prep Day -

Curry Paste:

2Tbsp Fish Sauce (bottled) 1 Tbsp ginger
1 Tbsp coriander 1 Tbsp cumin
1 Tbsp diced green chilies 1 can coconut milk
2 slicks Lemon Grass (outer leaf and top 1/3 discarded, bulb end finely sliced)
4 Tbsp minced garlic (I used jarred, packed in olive oil)

Blend all ingredients except coconut milk in blender or food processor until smooth. In hot wok or skillet, add a bit of oil and stir fry paste for 3 minutes until fragrant (Stay with it so it won't burn). Stir in the coconut milk and simmer.

Add:

1 can tiny baby corn, rinsed and drained 1 small bag of frozen broccoli florets
Any other vegetables you'd like
1-1 1/2 lbs medium sized frozen **cooked** shrimp

Simmer for 15 minutes. Serve with rice (Jasmine rice would be great!)

Serving Day: Thaw frozen bag in refrigerator. Heat on low in a saucepan. Cook rice and serve.

Southwestern/Mexican:

- **Bacon Wrapped Chicken Stuffed w/Mexican Seasoned Cream Cheese** (*Let's Dish serving day instructions are on the main page or on the packaging.*)
- **Chili Beef Tips with Southwestern Mashed Potatoes** (*Reheating Instructions*)

****Couldn't get the official reheating instructions****

Thaw in fridge overnight. Heat 4 T. of oil in a xl skillet over high heat and stir in beef. Cook for 8-10 minutes turning occasionally. Microwave potatoes in a 9x9 glass dish for 5-7 minutes. You may have to stir occasionally.