

Sept. '10 Menu

Soups/Stews/Chili:

Lisa - **White Bean Chicken Chili**



Maren - **Chicken Tortilla Soup**



Far East (Asian - Indian):

Heidi - **Chicken Satay w/Peanut Sauce**



Patty - **Stuffed Red Peppers w/Curry**



Italian/Mediterranean:

Erin - **Chicken Marsala**



Jill - **Turkey Stuffed Shells**



Southwestern/Mexican:

Vanessa - **Nachos**



Michele - **Carne Supremo**



Breakfast For Dinner:

Katherine - Asparagus and Goat Cheese Frittata



North American/European:

Jolean - Ham & Cheese Quiche



Renee - Let's Dish Entrées

Philly Cheese Steak Sandwiches



Grilled Pork Chops w/Rhubarb Chutney



New Orleans Style Andouille Pasta



1 more Let's Dish entrée TBD...



Soups/Stews/Chili

White Bean Chicken Chili

Serves 8-- 1 cup servings

2 tablespoons vegetable oil	1 onion, chopped
2 cloves garlic, minced	
1 (14.5 ounce) can chicken broth	1 (7-8 oz) jar salsa verde
1 (16 ounce) can diced tomatoes	1 (7 ounce) can diced green chilies
1/2 teaspoon dried oregano	1/2 teaspoon ground coriander seed
1/4 teaspoon ground cumin	
1 can corn or 2 cups frozen corn	1 pound diced, cooked chicken meat
2 (15 ounce) can white beans	1 pinch salt and black pepper to taste

Optional - 3 tablespoons of cornstarch in 1/2 c milk, for thickening

Prep Day: Heat oil, and cook onion and garlic until soft. Stir in broth, verde, tomatoes, chilies, and spices. Bring to a boil, then simmer for 10 minutes. Add corn, chicken, and beans; simmer 60 minutes. Season with salt and pepper to taste. Freeze in gallon freezer bag

Serving Day: Thaw, reheat and serve.

Chicken Tortilla Soup

2 T olive oil	1 1/2 onion chopped
2 T garlic minced	4 cups chicken broth
1 t ground cumin	1 t ground coriander
1 t dried oregano	1/2 t cayenne
1 1/2 cup frozen corn kernels	1/2 cup heavy whipping cream
3 Corn Tortillas (6") cut into 1" pieces	2 cups rotisserie chicken shredded
1 can diced tomatoes with green chilies (10.5 oz)	
1 cup shredded cheese (to be added on cooking day)	

Prep Day: Make soup and freeze. prep cheese to be added on cooking day.

Cooking Day: Heat soup all the way though. Add cheese and melt into the soup before serve.

Serving Tip: Added a bit of cream cheese on top for a little cool with the soup!

North American/European

Ham & Cheese Quiche

1 1/2 cups shredded cheddar cheese	4 teaspoons all-purpose flour
1/2 cup cooked ham, diced	3 eggs
1 cup milk	1/4 teaspoon salt
1/4 teaspoon ground dry mustard	1 (9 inch) unbaked pie crust
2 tablespoons chopped fresh parsley, for garnish	
2 tablespoons chopped pimento peppers, garnish	

Prep Day: In medium bowl, toss 4 teaspoons flour with the grated cheese. Sprinkle mixture into the pie shell. On top of cheese, sprinkle 1/2 cup of diced ham. In medium bowl, combine eggs, milk or cream, and then add salt and mustard powder. Beat until smooth and pour over cheese and ham. Put piece of plastic wrap large enough to overlap sides over top of quiche, and seal well around the edges. Place prepared quiche in freezer.

Serving Day: When ready to prepare, preheat oven to 400 degrees F (200 degrees C.) Remove foil and plastic wrap. Put foil around edge of crust to protect it. Bake in the preheated oven for 60 minutes, or until filling is set and crust is golden brown. Garnish with parsley and pimiento if desired.

Renee's Let's Dish Entrées - *Heating instructions on main page...*

Italian/Mediterranean

Chicken Marsala

4-6 chicken breasts pounded out to 1/8"	1/2 cup flour
1/3-1/2 cup butter and/or olive oil	2 cups sliced mushrooms
1-2 cloves garlic, minced	3/4 cup Marsala wine
1/2 cup chicken stock	1/2 cup mozzarella
1/4 cup Parmesan	angel hair pasta

Prep Day: Dredge chicken in flour. Place chicken 2 at a time in skillet with 2 Tbsp. melted butter. Cook over low heat 3-4 min. per side. As each is done, place in baking dish and sprinkle with salt and pepper. Adding olive oil as needed, sauté mushrooms and garlic in same skillet. When mushrooms are done, pour on top of chicken. Use Marsala to deglaze pan then stir in chicken stock. Bring to boil then reduce temp. Spoon half of sauce over chicken. Top with cheese. Cover with foil and freeze. Put remaining sauce in bag and freeze.

Serve Day: Thaw chicken and mushrooms. Bake uncovered at 425 for 10-12 minutes or until heated through. While chicken is baking, prepare pasta and warm remaining sauce. When noodles are done, drain water and toss in pan with remaining sauce. Serve chicken and mushrooms over pasta.

Turkey Stuffed Shells

1/2 med. onion, chopped	1 clove garlic, minced
1 tbsp. olive or salad oil	
1 1/2 lbs. ground turkey (I added 2 tsp of Italian Seasoning to meat while cooking)	
3/4 c. dry bread crumbs	1 tbsp. chopped parsley
1/2 lb. grated Mozzarella	1/4 tsp. pepper
2 eggs, slightly beaten	1/2 c. milk
1 lb. cottage cheese	1/4-1/2 c. grated Parmesan cheese

18 large shells, cooked (I undercooked by 1 1/2 min. to hold up better with freezing)
Tomato sauce or pasta sauce 26-32 oz.

Prep Day: Brown turkey, spices, onion and garlic in oil. Combine next 9 ingredients. Pour tomato sauce into bottom of foil cake pan. Fill shells, cover and place in rows on tomato sauce. Sprinkle with more Parmesan if you wish. Cover with heavy duty foil and freeze.

Serving Day: Thaw overnight in refrigerator or on counter for 2-3 hours. Bake covered 25-30 minutes at 350 degrees. Serves 6.

Far East (Asian - Indian)

Chicken Satay w/Peanut Sauce

From: Betty Crocker

Chicken Satay

6T Lime Juice 2t Curry Powder 4t Honey
1t ground coriander 1t ground cumin ¼t salt
4 cloves garlic, chopped
2 pounds boneless, skinless Chicken Breasts, cut into 1" cubes

Prep Day: Cube chicken and place in bag. Mix all other ingredients. Pour lime mixture over chicken. Seal and Freeze.

Serving Day: Defrost. Reserve liquid. If you choose to use skewers, be sure the skewers are wet. A quicker option is just to place the chicken cubes on a broiler pan without skewers. Broil with tops about 3 inches from heat for about 4 minutes. Turn and brush with reserved lime mixture. Discard marinade. Broil 4-5 minutes or until chicken is no longer pink in the middle. Serve with Peanut Sauce

Peanut Sauce

2/3 c vanilla yogurt ¼ c creamy peanut butter ¼ c coconut milk
1T soy sauce ¼ t red pepper sauce

Prep Day: Beat together with wire whisk. Pour into containers.

Serving Day: Defrost, stir, serve.

Curry Rice

1c Jasmine Rice 1t Curry powder 1t powdered Chicken Bouillon

Prep Day: Add ingredients to a Ziploc bag. Label

Serving Day: Mix with 1 1/2c water. Bring to a boil. Simmer for 20 minutes. Fluff with fork.

Stuffed Red Peppers w/Curry **From: 30 Day Gourmet**

6 Large green peppers	1 lb. Lean ground beef
1 C. Regular long grain white rice	1 t. Salt
1 pinch Saffron (optional)	1 t. Beef bouillon powder
1 Cream of mushroom soup in 10.25 oz. can	1 t. Curry powder
1 T. Mango chutney	1 pinch Garlic salt
1/2 C. Raisins	1 Golden delicious apples, chopped
4 oz. Smoke bacon	1/4 C. Chopped peanuts
3 Green onions, chopped	

Assembly Directions: Combine the rice and salt with 1-1/2 cups of water in a saucepan. Bring to a rolling boil, then reduce heat to simmering. Cover with a tight fitting lid. If using saffron, sprinkle it in after cooking the rice for 5 minutes and replace the lid. Cook the rice for a total of 12 minutes. Remove from heat and let sit for 5 minutes, covered. Cook the bacon in a large skillet until well done, but not burnt. Drain the bacon on paper towels and pat with additional paper towels to remove oil. When cooled, crumble the bacon and set aside for later. Reserve 1-2 teaspoons of bacon fat for each pound of ground beef to be browned. Brown the ground beef in the bacon fat until it is well crumbled and no longer pink. Dissolve each teaspoon of the beef bullion in one cup of hot water. Combine the bullion mixture, canned soup, curry powder, chutney and garlic salt, mixing well. Add the cooked ground beef, rice, raisins, apple, bacon, peanuts and green onions, mixing well. To prepare the peppers, use a small knife to carefully cut around the edges of the stem. Cut the peppers in half lengthwise, discarding the stem. This makes a pepper "bowl". Preheat the oven to 250 degrees. Place the peppers hollow side down on a cookie sheet and heat them for 15 minutes. Flip the heated peppers over and fill with the hamburger/rice mixture. Freeze the filled peppers on the tray. When firm, place in a labeled freezer bag, remove excess air and freeze.

Serving Directions: Thaw filled peppers on a baking tray. Bake at 350 degrees for 25 minutes, or until heated through.

Nutritional Info: Per Serving: 576 Calories; 30g Fat (45.8% calories from fat); 26g Protein; 52g Carbohydrate; 5g Dietary Fiber; 69mg Cholesterol; 1186mg Sodium.
Exchanges: 2 Grain (Starch); 3 Lean Meat; 1-1/2 Vegetable; 1 Fruit; 4 Fat.

Southwestern/Mexican

Nachos (Serves 6) kraftfoods.com

1 lb. lean ground beef 1/2 cup Chunky Salsa, divided
1 pkg. (1-1/4 oz.) Taco Seasoning Mix 13 oz. Tortilla Chips bag
2 cups Mexican Style Shredded Cheese, divided

You Will Need To Buy These Fresh Ingredients:

1 cup fresh chopped tomatoes, divided Sour Cream
Salsa Shredded Lettuce Guacamole

Prep Day: Put 1 cup of salsa in a sandwich bag. Place 1lb ground beef, 2 cup cheese package, taco seasoning packet, and salsa baggie in a gallon sized bag. Then freeze. Label freezer bag and chips.

Serving Day: Preheat oven to 400°F. Brown meat in skillet. Stir in 1/2 cup of the salsa and the seasoning mix. Chop tomatoes. Place 1/2 of the tortilla chips in bottom of the 13x9 inch baking dish. Cover the first layer with half of the meat mixture, 1/2 of tomatoes and 1/2 of cheese. Repeat again, so you have two layers. Bake 10 min. or until cheese is melted. Top with the lettuce, guacamole, sour cream and the rest of the salsa.

Carne Supremo Makes six servings

1 tablespoon olive oil 1 onion, diced
1 pound cubed beef stew meat 1 tablespoon minced garlic
1 jalapeno pepper, seeded and chopped 1 small lime, juiced
3 green onions, chopped 1/2 cup chopped fresh cilantro
1 tablespoon dried oregano 2 cups fresh (homemade) salsa verde
1 cup black beans 1 cup light sour cream

Prep Day: Heat olive oil in a large skillet over medium heat. Add the onion, and cook for a few minutes until softened then stir in the beef and garlic. Cook, stirring frequently until meat is evenly browned. While the meat is cooking, stir together the lime juice, jalapeno, cilantro and green onion. When the meat is browned, stir in the cilantro mixture and oregano. Pour in the salsa verde, cover and cook over medium low heat for at least 90 minutes or until meat is tender, stirring occasionally. Add beans and sour cream; cook until heated through. Put in freezer bag and freeze when cooled.

Serving Day: Thaw Carne mixture; warm till heated through, remove from heat. Thaw rice; warm till heated through, remove from heat. Add raisins to rice; stir till mixed.

NOTE: This recipe is designed to have the carne served over the rice with raisins

mixture, but if other families are like mine, the kids like them served separately.

Breakfast For Dinner

Asparagus and Goat Cheese Frittata

1 tsp olive oil	1 leek
1 garlic clove	2 bunches asparagus
4 eggs (egg beaters)	4 egg whites (egg beaters)
50 grams goat cheese	1 T Thyme

Prep Day: Chop veggies and spices. Beat eggs and combine all in a freezer bag. Freeze.

Cooking Day: Defrost Frittata in the fridge. Pre-heat oven to 350F. Bake for 18-20 until eggs are pulled away and the top is lightly brown.