

Oct. '10 Menu & Recipes

Soups/Stews/Chili:

Katherine - **Chicken Stew**



Sara - **Rueben Soup**



North American/European:

Lisa - **Lemon Chicken**



Maren - **Tangy Pork Chop Stuffing Bake**



Far East (Asian - Indian):

Erin - **Shanghai Stir Fry**



Jill - **Chinese Chicken Wings**



Italian/Mediterranean:

Jolean - **Gyros**



Breakfast For Dinner:

Michele - **Breakfast Burrito**



Vanessa - **Blueberry French Toast Casserole**



Soups/Stews/Chili

Chicken Stew

1 cup onion
1 cup potatoes
1/2 cup pumpkin
1/2 cup carrots
1 cup chicken breast
3T tomato paste
salt
turmeric
garlic powder
black pepper
molasses

For Prepping: Boil chicken in broth until cooked, shred, put aside. Chop onions, cube potatoes and carrots, roast pumpkin for 20 min at 450. Remove flesh from skin of pumpkin. Sauté onions in olive oil until slightly translucent, add everything but the chicken; simmer until potatoes are close to done, stir frequently, add chicken continue to simmer for 15 min continue stirring frequently. I also added water as I was simmer because it was getting too thick.

Serving Day: Thaw and reheat in stock pot.

Rueben Soup

See December 2009 Menu & Recipes

North American/European

Lemon Chicken

Serves: 6

2 # Chicken Breast 12 oz frozen lemonade concentrate, thawed
¼ c. brown sugar ¼ c. catsup
2 Tbsp. Rice or White vinegar 1 cup flour with 1/4 tsp salt and 1/4 tsp pepper
Opt: 3 Tbsp cold water and 3 Tbsp cornstarch to thicken sauce.
White Rice

Assembly Day: Roll chicken in flour mixture, brown all pieces of chicken in pan with oil. Place chicken in gallon freezer bag. Freeze. Assemble sauce in qt bag. Freeze. Place 2 cup rice in qt bag. Place all 3 in large bag.

Serving Day: Place chicken in crock-pot. Pour sauce over chicken. Cover: cook on high for 3-4 hours. Remove chicken to serving platter. Remove sauce from Crock pot and place in sauce pan. Bring sauce to a boil, mix water and cornstarch and add to hot liquid in sauce pan, boil for 2 minutes or until slightly thickened.

You Provide: water and cornstarch. This thickening is optional. May serve chicken and sauce, thin as it is from the crock pot. Serve chicken and sauce over hot cooked rice. Rinse and Cook rice, 1 cup rice to 1 ½ c water in sauce pan. Bring to a boil and reduce to low simmer for 20 minutes. (Note: 2 cups rice provided.)

Tangy Pork Chop Stuffing Bake

6 pork chops
1 6oz package stove top stuffing mix for pork
1 16oz can whole berry cranberry sauce
¾c BBQ sauce
2 tbsp brown sugar

Prep Day: Combine cranberry sauce, BBQ sauce and sugar in a bag. seal and set aside. Place 6 pork chops in a bag seal and set aside. Combine sauce mixture, pork chops, and stuffing mix in a large freezer bag and freeze.

Cook Day: Thaw pork chops and sauce mixture. preheat oven to 350*. Cook chops in skillet on medium heat 5 minutes on each side or until browned on both sides. meanwhile prepare stuffing in large saucepan as directed on package. Place shops in 13x9 baking dish, set aside. add stuffing to sauce mixture. Spoon evenly over pork chops. Bake 30 minutes or until pork chops are cooked through [160°F]

Far East (Asian - Indian)

Shanghai Stir Fry (from Fix, Freeze, Feast) Makes 3 entrees, 6 servings each

6 lbs. boneless top sirloin steaks
2/3 cup cranberry juice
1/2 cup soy sauce
1/2 cup packed brown sugar
3 tsp. minced garlic (about 9 cloves)
3 tsp. minced Ginger
1-1/2 tsp. crushed red pepper flakes
Zest of one orange

On hand for cooking each entree:

2 tsp. vegetable oil
1 (11 oz.) can mandarin orange slices, drained (provided)
2 tsp. sesame seeds (provided)

PREP DAY- Rinse steaks and trim excess fat. Cutting across the grain, slice each steak into narrow strips. Divide beef evenly among 3 freezer bags. Whisk together cranberry juice, soy sauce, and brown sugar in a medium bowl. Divide the marinade evenly over the beef. Into each bag, measure 1 tsp. garlic, 1 tsp. ginger, and 1/2 tsp. crushed red pepper flakes. Divide orange zest evenly among 3 bags. Seal, label, and freeze.

TO COOK ONE ENTREE ON SERVE DAY - Completely thaw in the refrigerator. Pour off the marinade and RESERVE. Heat oil in a large skillet over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add drained mandarin oranges and stir to coat. Sprinkle with sesame seeds.

*Delicious served over your favorite rice or with a side of steamed broccoli.

Chinese Chicken Wings

Makes 15-20 wings

1/4 c soy sauce
1/4 c honey
2 T lemon juice
2 T dry sherry
3 tsp minced garlic
3 thin slices of fresh ginger, crushed with a knife
1/2 tsp sesame oil (important for flavor)
15-20 chicken wings
(optional: sesame seeds)

Preparation Instructions - Mix all ingredients except sesame seeds in a large gallon sized ziploc bag. Add chicken wings and mush the bag around until they're all coated. Refrigerate at least 20 minutes then freeze.

Cooking Day Instructions - Thaw wings in refrigerator overnight. Preheat oven to 375 degrees. Place wings in a single layer on a rimmed cookie sheet or in a baking pan. Cook 30-35 minutes or until slightly crispy. Garnish with sesame seeds if desired.

Italian/Mediterranean

Gyros

1 cup olive oil
3/4 cup fresh lemon juice
1/4 cup garlic, pressed or minced
2 T dried mint
2 T dried oregano
2 T black pepper
1 T salt
10lbs. boneless, skinless chicken breasts or lamb, cut into bite-sized pieces

Prep Day Instructions - In a med bow, whisk together all marinade ingredients. Pour over chicken or lamb and stir to combine. Marinate, refrigerated, for 2 hours. Work in batches as necessary. In large skillet over med-high heat, add chicken or lamb and sauté until cooked through. Transfer chicken or lamb to large bowl. Discard juices. Cool. Divide evenly among one quart freezer bags. Seal bag, pressing out excess air. Refrigerate. Wrap pitas. Package 12 oz. Feta cheese, crumbled in snack bags (2 oz per meal or 1/2 oz per serving). Place a package of chicken or lamb, a package of pitas, and a package of cheese in each one gallon freezer bag. Seal bag, pressing out excess air. Freeze.

Yogurt-Dill Sauce

1 1/2 pounds cream cheese, softened
2 pounds natural plain yogurt
1/4 cup fresh lemon juice
2 t garlic, pressed or minced
1 T dried dill
2 t salt

Prep Instructions - Combine all ingredients in a mixing bowl or processor. Beat or process until smooth. Divide evenly among freezer bags. Include one yogurt-dill sauce with each gyro kit.

SERVE DAY INSTRUCTIONS: Defrost in frig. Preheat oven to 350 degrees. Warm foil-wrapped pitas in oven for 10 min. Warm chicken or lamb in oven or microwave until heated through. Stir yogurt-dill sauce. Transform into Tzatziki, if desired, by adding 1/2 large cucumber (peeled, seeded, finely diced or shredded, and drained). Top pita rounds with chicken or lamb, yogurt-dill sauce, and crumbled feta. Tomatoes and onions can be added upon serving.

Breakfast For Dinner

Breakfast Burrito

Serves 6

3 eggs
2 Tbsp. butter
½ lb. turkey sausage, cooked and drained
½ cup chunky salsa
1/3 cup Cheddar cheese, shredded
¼ cup reduced fat Cheddar cheese, shredded
6 whole wheat tortillas

Preparation - In large skillet, melt butter. Beat eggs in large bowl and add to skillet. Cook eggs in butter, stirring frequently, until scrambled and set. Add cooked sausage and salsa to egg mixture and mix gently. Warm tortillas as directed on package. Mix together low fat and regular cheeses. Place egg and sausage mixture on each tortilla and sprinkle with some cheese. Roll up each tortilla to make burritos, folding in the ends and rolling up. Place on parchment paper lined cookie sheets and freeze until solid; wrap individually and package in zip-lock freezer bags.

For Serving - When you're ready to eat, unwrap the burritos, wrap loosely in microwave safe paper towel and heat in the microwave on high power for 1-2 minutes per burrito, or until hot and cheese is melted. You can also thaw burritos in the refrigerator overnight, then wrap each in foil and bake at 350 degrees for 10-15 minutes until hot.

Blueberry French Toast Casserole

See the recipe that is posted on the main page of the blog under Oct. 2010 Menu & Recipes.