

## Soups/Stews/Chilies

### **Creamy Broccoli Soup**

2 tablespoons butter

1 onion, chopped

1 stalk celery, chopped

4 cups chicken broth

8 cups broccoli florets

2 cups of cream

2 tablespoons of garlic

black pepper to taste

Dash of nutmeg

Dash of celery salt

**Prep Day:** Melt 2 tablespoons butter in medium sized stock pot, and sauté onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Add cream to soup, simmer don't boil. Add salt and pepper to taste.

**Serving Day:** Thaw. Reheat soup on stove, bring to a boil, add cream simmer for a bit (careful not to get the cream too hot). Season with pepper and serve.

## North American/European

### **Bacon Wrapped Meatloaf**

#### Meatloaf:

1 cup Whole Milk  
6 slices White Bread  
1.5 pound hamburger  
1/2 pound venison  
3/4 teaspoons Salt  
4 whole Eggs Beaten  
1/4 teaspoons Seasoned Salt  
Ground Black Pepper  
10 slices Thin/regular Bacon  
1/3 cup Minced Flat-leaf Parsley  
1 cup (heaping) Freshly Grated Parmesan Cheese

#### Sauce:

1 1/2 cup Ketchup  
1/3 cup Brown Sugar  
1 teaspoon Dry Mustard  
Tabasco To Taste

### **Preparation Day:**

Meatloaf: Pour milk over the bread slices. Allow it to soak in for several minutes. Place the ground meat, milk-soaked bread, Parmesan, seasoned salt, salt, black pepper, and parsley in a large mixing bowl. Pour in beaten eggs. With clean hands, mix the ingredients until well combined. Form the mixture into a loaf shape. Lay bacon slices over the top, tucking them underneath the meatloaf. Wrap and freeze.

Make the Sauce: add ketchup, brown sugar, mustard, and hot sauce in a mixing bowl. Stir together. Pour into a freezable container and freeze.

**Serving Day:** Thaw. Preheat oven to 350 degrees. Place meatloaf on a broiler pan, which will allow the fat to drain. (Line the bottom of the pan with foil to avoid a big mess!). Pour 1/3 of the mixture over the top of the bacon. Spread with a spoon. Bake for 45 minutes, then pour another 1/3 of the sauce over the top. Bake for another 15 minutes. Slice and serve with remaining sauce. Serve with mashed potatoes.

**Company Sandwiches** (serves 12)

4 loaves French bread  
8 oz cream cheese  
1/2 cup margarine or butter  
1/2 cup Parmesan cheese  
1 tsp paprika  
1/2 tsp oregano  
1/2 tsp garlic powder  
deli turkey, ham and roast beef  
Swiss cheese, sliced

**Prep Day:** Cream together cream cheese, butter, Parmesan cheese, paprika, oregano and garlic powder. Spread creamy mixture on one side of French bread sliced lengthwise. Layer with deli style ham, turkey, and roast beef along with slices of Swiss cheese. Wrap in foil and freeze.

**Serve Day:** Thaw sandwich and bake in foil at 400 for 20-25 minutes or until center is hot. Slice into serving size pieces. (From frozen, bake in foil at 400 for 40-45 minutes or until center is hot).

## Italian/Mediterranean

### **Chicken Tetrazzini**

Serving: 6 C.

42 oz. Canned cream of chicken or mushroom soup  
2 T. Lemon juice  
4 C. Dry spaghetti, broken into 1-inch pieces  
4 C. Cooked diced chicken  
8 oz. Mushrooms (optional)  
1 C. Grated Parmesan cheese

**Assembly Directions:** Combine white sauce or soup and lemon juice. Sauté (in a small amount of oil) or steam green pepper and add to sauce. Break spaghetti into 1" pieces and boil in salted water 1/2 the recommended time. Drain spaghetti. Mix spaghetti, chicken or turkey, and mushrooms into sauce. Optional: Cook spaghetti full recommended time and put in freezer bag. Attach to chicken and sauce. Stir into casserole just before baking.

**Freezing Directions:** Pour mixture into 2-1/2 qt. casserole. Wrap in freezer paper, foil, or place pan in 2-gallon freezer bag. Seal, label and freeze. OR Pour mixture into 1-gallon freezer bag. Enclose a small freezer bag with 1 C. grated Parmesan cheese for each recipe. Seal, label and freeze.

**Serving Directions:** To serve, thaw completely. If in microwave-safe container, heat on medium power 20-30 minutes, or until hot throughout. If in metal pan, bake at 350 degrees for 45-60 minutes or until thoroughly heated. If food is in a freezer bag, thaw, pour contents into an oiled baking dish, sprinkle enclosed cheese on top, and cook as above. Frozen casserole may be baked for 1-1/2 hours at 350 degrees.

## **Italian Sausage and Cheese lasagna**

8oz lasagna noodles  
1 lb Italian sausage  
16 oz cottage cheese  
1lb shredded mozzarella cheese  
2 oz grated parmesan cheese  
2 oz grated parmesan cheese  
1 jar spaghetti sauce

**Prep Day:** Cook lasagna as directed on package. Drain, rinse with cold water, drain again. Sauté the Italian Sausage in a skillet until fully cooked and slightly brown. Begin to layer the ingredients in a 9x13 pan. First spread a layer of spaghetti sauce on the bottom of the pan, then top with a layer of lasagna. Next spread 1/3 of the cottage cheese, then 1/3 of the sausage and 1/3 of the mozzarella cheese. Repeat for two more layers. On the final layer, before adding the mozzarella cheese, use the remaining spaghetti sauce to cover the top of the lasagna, spread the grated and shredded parmesan cheese. Then top the entire lasagna with the remaining mozzarella cheese. Bake at 350 degrees for 30 minutes until sauce is bubbly and cheese has melted.

**Freezing Directions:** If you plan on freezing the lasagna, wait until the lasagna has cooled before placing it in a freezer bag or other freezer storage container.

**Serve Day:** Thaw. As needed, reheat your servings in microwave or stove until warm enough to eat.

## Far East (Asian - Indian)

### **Teriyaki Chicken Wings**

2.5 lb. frozen chicken wings  
1.5 c. soy sauce  
¾ c. plus 6 T. brown sugar  
1.5 T. vinegar  
1.5 t. garlic salt  
1.5 t. ginger  
1 T. sesame seeds

**Prep Day:** Put frozen wings between into gallon ziploc bag. In a bowl, combine soy sauce, brown sugar, vinegar, garlic salt, ginger. Pour sauce into bag. Seal and Freeze.

**Serve Day:** Thaw for 2 days in fridge to marinate. Heat oven to 400° and bake for 30 minutes turning once. Serve with rice and steamed broccoli.

### **Indonesian Pork Tenderloin**

1/4 cup and 1 teaspoon lime juice  
1/4 cup and 1 teaspoon reduced-sodium soy sauce  
1/4 cup and 1 teaspoon stir-fry sauce  
1 teaspoon ground ginger  
1-1/2 teaspoons crushed red pepper flakes  
4-1/2 garlic cloves, minced  
1-1/2 (1 pound) pork tenderloin

**Prep Day:** Prepped tenderloin by cutting any fat and excess marbling. Vacuum sealed (2) 2.5lbs tenderloin and placed in freezer. Mixed the first 6 ingredients into bowl mix and place into ziploc and freeze.

**Serve Day:** Thaw Pork and marinade. Place the pork in a large re-sealable plastic bag; add half of the marinade. Seal bag and turn to coat; refrigerate for 2 hours, turning occasionally. Cover and refrigerate remaining marinade for basting. I have also marinated the entire day and it was great.

To Grill: Drain and discard marinade. Grill pork, covered, over hot heat for 15-20 minutes or until a meat thermometer reads 160 degrees F and juices run clear, basting occasionally with reserved marinade.

To Bake: Place everything in pan and cook at 350 for about an hour or until internal temp is 160 degrees F.

## Southwestern/Latin American

**Chicken Chimichangas** - *See November 2009 Menu & Recipes*

**NOTE:** Sara forgot to add the spices to the chicken mix. Please add the bag of spices to the mix after you thaw the chicken mix.

### **Southwest Tortilla Wraps**

6 large flour tortillas ( 10-inch)  
2 lbs boneless skinless chicken breasts, cut into cubes  
6 slices bacon  
2 cups ranch dressing  
1 (7 ounce) cans chipotle chilies in adobo ( only need 1/4 can....very spicy)  
1/4 cup parmesan cheese, grated  
1/2 cup cheddar cheese, shredded

#### **You Provide:**

2 medium head romaine lettuce  
1 cup corn tortilla chips, crushed

**Prep Day:** Remove 1/4 of chipotle chilies in adobo sauce and place on cutting board. Dice into fine pieces. Mix diced chilies and sauce with 2 cups ranch dressing in a medium bowl. Taste. If more spiciness is desired, dice more chilies and add to dressing. Set aside. Put in a freezer in bag.

Cook bacon in large skillet until crispy enough to crumble. Do not burn! Remove bacon from skillet and place on paper towels to collect excess grease. Let cool, then crumble into bacon bit size pieces. Set aside.

Cook cubed chicken breast in skillet with bacon grease until done. Discard grease. Set chicken aside. Freeze Chicken and Bacon in freezer bag.

Place Ranch, Chicken mix, and Tortillas in a Meal Kit freezer bag. Freeze.

For Pantry: Place Crushed Chips in a sandwich bag.

**Serving Day:** Remove from Freezer, thaw in Fridge. Wash romaine lettuce heads and chop until lettuce pieces are no larger than approximately one square inch. Combine chicken, torn Romaine lettuce, chips and ranch. Fill wraps.

**NOTE:** You provide Romaine lettuce. I am giving you one cup chipotle ranch and 1 cup regular ranch. It is great both ways, but the kids thought the chipotle was too spicy.