

# March 2012 Menu & Recipes

## Our Choice

### **Irish Beef Hand Pies** - serving for 6 hand pies

1 tablespoon(s) vegetable oil  
shredded carrots  
1/4 head(s) green cabbage, shredded  
1/2 pound(s) red potatoes, scrubbed and diced  
1 pound(s) ground beef sirloin  
3 tablespoon(s) tomato paste  
1/2 teaspoon(s) Worcestershire sauce  
1/2 teaspoon(s) dried thyme  
Coarse salt and ground pepper  
All-purpose flour, for rolling  
2 (9-inch) pie crusts, homemade or store-bought

**Prep Day:** In a medium saucepan, heat oil over medium; add cabbage and potatoes. Cook until beginning to brown, 7 to 9 minutes. Add beef; cook, breaking up meat with a spoon, until no longer pink, about 5 minutes. Stir in tomato paste, Worcestershire, thyme, and 1 cup water. Cover, and cook until potatoes are tender, about 15 minutes. Lightly mash mixture with a fork. Season with salt and pepper. Let cool completely. On a lightly floured work surface, roll each crust into a 14-inch square; cut each into 4 equal squares. Place 1/2 cup filling on one half of each square, leaving a 1/2-inch border around the filling. Brush borders with water; fold dough over filling to enclose. Crimp edges with a fork to seal. With a paring knife or scissors, cut 3 small vents in each. Place on baking sheet and freeze for an hour before bagging

**Serving Day:** Transfer pies to 2 foil-lined rimmed baking sheets; bake until golden brown, from frozen bake 30 mins. thawed bake 10 to 12 minutes, rotating sheets halfway through

### **Apricot Pork Chops**

6 boneless pork chops      One envelope Onion Soup Mix.      1 can Apricot Nectar

**Prep Day:** Put pork chops in a ziploc bag, freeze.

**Cook Day:** Thaw pork chops. Lay chops in a GLASS pyrex. Pour nectar over chops, then sprinkle with onion soup mix. Cover tightly with foil and bake at 325 for 2 hours. Do not attempt to cook faster at a higher temp, it will not turn out correctly.

## **North American/European**

### **Bruschetta Chicken**

1 can (14 1/2 oz) Italian seasoned diced tomatoes, undrained  
1 pkg (6 oz) stuffing mix for chicken  
1/2 cup water (you Provide)  
1 Tbsp garlic, minced  
2 lbs boneless, skinless chicken breasts,  
1 t dried basil leaves  
1 1/2 cup shredded mozzarella cheese  
1/2 cup Shredded Parmesan

#### **Prep Day:**

A. In Qt Freezer Bag Place: Tomatoes and garlic

B. In Qt Freezer Bag place: Stuffing and Parmesan cheese  
Bag Mozzarella cheese.

In Gallon Freezer Bag place: Chicken breast pieces and Basil.

**Serve:** Preheat oven to 400 degrees. Place tomatoes with their liquid in medium bowl. Add stuffing mix, water and garlic; stir until stuffing mix is moistened. Set aside.

Place chicken and basil in 9x13 baking dish; sprinkle with moz. cheese. Top with the stuffing mixture.

Bake 30 minutes or until chicken is cooked through.

## **Chicken Wild Rice Soup - Serves 6**

1/4 cup butter	1 cup chopped onion
6 oz of wild rice	2 cups chicken
48 oz of chicken broth	4 oz can of mushroom pieces and stems
6 tablespoons sliced almonds	1 cup chopped carrots
1 pint half & half	salt
pepper	

**To Prepare:** Season chicken with salt and pepper to taste. Bake at 375 degrees for 50 minutes. Cut into pieces. Cook rice according to package instructions. Melt the butter in a large pot, add onions, and sauté. Add the rice and the other ingredients except the half and half. Simmer for 20 minutes. Cool, add half & half, pour into labeled freezer bag and freeze.

**To serve:** Thaw. Pour into saucepan and simmer for about 30 minutes.

## **Italian/Mediterranean**

### **Chicken Pepperoni Marinara Serves 6**

Cooking spray  
2 teaspoon minced fresh garlic  
24 slices pepperoni, coarsely chopped  
2 teaspoon dried oregano  
2 cups marinara sauce  
2 tsp dried basil  
2 teaspoons olive oil  
2 pounds chicken cutlets  
1/4 teaspoon freshly ground black pepper  
1 cup shredded part-skim mozzarella cheese

**Prep:** Add coarsely chopped pepperoni and garlic to skillet over med heat for 3-5 min. add marinara sauce and stir. add oregano and basil and simmer for 15 minutes. Bag the cheese and chicken separate and allow the marinara to cool then bag.

**Serve day:** thaw all contents in refrigerator. Preheat broiler to high. Heat a saucepan bring marinara to a boil. Reduce heat, and simmer 5 minutes. Remove from heat. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper. Add chicken to skillet; cook 5 minutes or until lightly browned, turning after 3 minutes. Spoon sauce over chicken; sprinkle evenly with cheese. Broil 2 minutes or until cheese melts.

## **Tarragon Chicken and Orzo**

4 boneless, skinless chicken breast halves  
1 clove garlic, sliced thin  
5 T olive oil  
4 tsp dried tarragon, crushed  
1/4 tsp pepper  
1/4 tsp salt

**Prep:** Cut slits in the top of each chicken breast. Insert a slice of garlic in each slit. In a small saucepan, combine the olive oil, tarragon, pepper, and salt and heat on med-low for 5 minutes. Brush the olive oil mixture on all sides of each chicken breast and freeze in a freezer bag.

**Reheating instructions:** Defrost in the fridge and place on a broiler pan. Broil about 6 inches from heat for 7-8 minutes. Turn chicken and broil another 7-10 minutes or until fully cooked.

## **Far East (Asian - Indian)**

### **Beef Stir Fry with Rice Noodles (from SavingDinner.com)**

**Prep -** In a sandwich sized bag labeled 'BROTH' place mixture (that has been mixed):

1/2 c. chicken broth  
2 tsp cornstarch  
2 tsp sugar  
2 tsp ginger  
1 1/2 tsp garlic powder (or 2 pressed garlic cloves)

In quart-sized bag labeled "Meat and marinade" place:

.75 lb. boneless beef sirloin tip, sliced in strips  
1/2 c. teriyaki sauce

Package of stir-fry vegetables and rice noodles.

**Serve:** Beef Stir Fry

1. ONLY THAW BROTH MIXTURE AND MEAT MIXTURE-NOT VEGGIES!
  2. Discard meat marinade and stir fry meat in 2 TBSP olive oil
  3. Add frozen veggies and stir fry until tender crisp (about 5 minutes)
  4. Add broth and fry till sauce has slightly thickened.
- Serve with rice noodles.

## Red Curry Shrimp

14 oz. can coconut milk                      2 Tbsp red curry paste  
1 Tbsp brown sugar                          1 lb. large shrimp  
1 lb. bag frozen assorted veggies      1/4 cup fresh Thai basil (optional) (did not use)  
2 Tbsp fish sauce

**Prep Day:** 1. Bring coconut milk to simmer in large skillet on medium. Stir in curry paste and sugar until well blended; bring to boil. Reduce heat to low; simmer 5 minutes. 2. Stir in shrimp and veggies. Cook 3-5 minutes or until shrimp are done and veggies are tender-crisp. Stir in fish sauce. 3. When cool, put into labeled bags and freeze.

**Serve Day:** Thaw. Heat on stovetop until heated through and veggies are tender-crisp. Serve with rice. Garnish with fresh Thai basil and sliced red chiles, if desired.

## SE or SW/Latin American

### Beef Chimichangas

1 tsp salt.                                      2 lbs. lean ground beef  
2 cloves crushed garlic                  2 tsp ground cumin  
2 tsp oregano                                  4 oz. can chopped green chiles  
1/2 cup taco sauce                          1/2 cup sour cream

#### **Serving Day Ingredients:**

1 cup melted butter      9 tortillas      shredded cheese

**Prep Day:** Sprinkle salt in medium skillet. Place over medium heat. Add beef, garlic, and spices. Cook until meat loses pinkness. Stir in remaining ingredients. Remove from heat and cool. Freeze meat mixture in freezer bag.

**Serving Day Instructions:** Thaw all ingredients. In 8-inch skillet, melt butter. Dip both sides of 1 tortilla into butter; drain off excess. Mound 1/3 cup filling on center of tortilla. Fold tortilla in envelope fashion. Place seam side down in ungreased baking dish. Repeat with remaining tortillas and filling. Preheat oven to 500 degrees. Bake until crispy, about 15 minutes. Sprinkle with cheese and return for a few seconds. Top with cheese, lettuce, tomatoes, avocado, and additional sour cream.

**Healthy Hint!:** For a lower-fat version of this recipe, microwave tortillas wrapped in a kitchen towel for 60 seconds to soften. Then fill with mixture, fold in envelope fashion, and brush tops of folded chimis with butter, rather than dipping the tortillas in butter

## **Fish Po' Boy Sandwiches** - Yield: Makes 6 sandwiches

6 or 8 crunchy breaded fish filets  
1 .5 Tbsp Cajun seasoning  
Peanut oil for frying (you provide)  
3/4 head iceberg lettuce, shredded (you provide)  
2-3 tomatoes, sliced about 1/4 inch thick (you provide)  
6 French sandwich rolls

### Remoulade Sauce:

3/4 cup mustard, preferably Creole mustard  
1.5 cups mayo (you provide and optional)  
1.5 teaspoon pickle juice or vinegar  
1.5 teaspoon hot sauce (Crystal, Tabasco, etc)  
1.5 large garlic clove, minced and smashed  
1.5 Tbsp sweet paprika  
1/2 cup green onions , chopped  
2-3 teaspoons Cajun seasoning

**Prep:** 1) Place onions, oil, vinegar , hot sauce, mustard, paprika, cajun seasoning, and garlic in a blender. Blend 5 or 6 seconds; turn off; stir, blend for another 5 or 6 seconds. Add green onions, and blend for 2 seconds. Do not blend longer or you will have puree. Add 1.5 cup mayo if you like it creamy. set aside for 30 minutes or so; you don't have to wait that long, but the sauce will be better over time. Bag and set aside. 2) place Cajun seasoning and fish in freezer bag and shake till well coated. Place remoulade bag inside fish bag and freeze.

**Serve:** 1) shred lettuce and slice tomatoes. Warm bread in oven for 5 minutes or so. 2) Pour enough peanut oil in a large frying pan to come up about 1/4 inch, and set the pan over medium-high heat until a small amount of water sizzles immediately when you drop some in. 3) Fry fish for about 10 minutes or till crispy. Place on paper towels to drain. 4) To assemble the sandwich, slice the sandwich loaves almost all the way through and smear remoulade on both the top and bottom. Lay down a layer of shredded lettuce on the bottom of the sandwich, then arrange 1 or 2 fish fillets on top. Lay 3-4 slices of tomato on the shrimp and press the top of the bread down on the bottom, compressing the sandwich a little. Serve at once with hot sauce and a beer.

## Crock-pot or BBQ

### **Slow Cooker Cilantro Lime Chicken**

1 16oz jar salsa

1 1.25 package dry taco seasoning mix (I made my own)

1 lime, juiced

3T chopped fresh cilantro (I used the frozen cubes from Trader Joe's)

2lbs boneless chicken breasts

**Prep:** Put the salsa, taco seasoning, lime juice, cilantro and chicken breasts into a freezer bag. Freeze.

**Serving Day:** Thaw. Dump bag into the crock pot, set on high and cook until the chicken is very tender, about 4 hours. If desired, set cooker to low and cook 6-8 hours. Shred chicken with forks and serve on tacos with your favorite toppings.