

April 2012 Menu

Your Choice:

Sara - Spinach Pie



Vanessa - Crispy Cheddar Chicken



North American/European:

Bridget - French Market Sandwiches



Italian/Mediterranean:

Lisa - Mediterranean Turkey Burgers



Kirsten - Zuppa Toscana Soup



Far East (Asian - Indian):

Erica - Sweet & Sour Pork Roast



Andi - Spicy Thai Coconut Chicken Soup



SE or SW/Latin American:

Nicole - Tequila Lime Shrimp



Erin - SW Beef Strips



Crock-pot or BBQ (Grilling):

Kristine - Not Your Average Pork Chop



Your Choice

Spinach Pie

1/2 cup plus 2 tablespoons olive oil
4 medium onions, chopped
6 garlic cloves, minced
Coarse salt and ground pepper
6 packages frozen chopped spinach, (10 ounces each), thawed and squeezed dry
1 pound feta cheese, crumbled
1/2 cup grated Parmesan cheese
1/2 cup plain dried breadcrumbs
2 teaspoons dried dill
8 large eggs, lightly beaten
8 ounces frozen phyllo sheets, thawed and thinly sliced

Prep Directions -

Make the Filling: In a large nonstick skillet, heat 2 tablespoons oil over medium-high heat. Add onions, and cook, stirring occasionally, until translucent, 3 to 5 minutes. Add garlic and 2 teaspoons salt; cook until garlic is tender, 1 to 2 minutes. Transfer mixture to a large bowl; stir in spinach, feta, Parmesan, breadcrumbs, dill, 2 teaspoons salt, and 1/2 teaspoon pepper. Fold in eggs until combined. Divide mixture evenly between two 9-inch spring form pans or two 9 1/2-inch deep-dish pie plates; press firmly to flatten.

Make the Topping: In a large bowl, gently toss sliced phyllo to separate, then toss with remaining 1/2 cup oil until coated.

Divide phyllo between pies, covering the tops evenly and completely. (To freeze, cover pies tightly with plastic wrap, being careful not to flatten topping. Bake within 3 months; do not thaw first.)

Serving Day: Preheat oven to 375 degrees. Bake until heated through and topping is golden brown, about 1 hour 15 minutes for frozen pie (30 minutes for unfrozen pie).

Crispy Cheddar Chicken Yield: 6 servings

Chicken:

2 x-large chicken breasts, cut in thirds or 3 reg. , cut in half
1.5 sleeves Ritz crackers
2T. Canadian (Montreal) Steak Seasoning
1/2 C. milk (**you provide**)
3 handfuls (approx. 3 C.) shredded cheddar cheese
1T. dried parsley

Sauce:

1 (10.5) ounce can cream of chicken soup
2 T. sour cream (**you provide**)
2 T. Butter

Prep Day: label bags. Cut each chicken breast into large chunks then bag. Cut butter into 2T. Chunks and bag. Bag cheddar cheese. Bag 1.5 sleeves of crackers, seasoning and parsley. Squish crackers to make crumbs. Place all bags in chicken bag, close, and freeze

Serve Day: Thaw. Rinse chicken and pat dry. Squish crackers to fine crumb. Spray a 9x13 pan with cooking spray. Pour the milk, cheese and cracker crumbs mixture into 3 separate small pans. stir the cracker crumb mixture around to combine. Dip each piece of chicken into the milk then the cheese and finally the cracker crumbs. lay the chicken in a single layer inside the pan. Cover the pan with tin foil and bake at 400 degrees for 35 minutes. Remove the tin foil, bake for an additional 10 minutes, or until the edges of the chicken are golden brown and crispy.

For Sauce: In a medium sized sauce pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is nice and hot. Serve over the chicken. Enjoy!

North American/European

French Market Sandwiches

SERVES 12

12 plain buns
1 cup butter, room temp
1/4 cup prepared mustard
1/2 teaspoon poppy seed
2 tablespoons finely minced shallots
2 lbs shaved ham
12 slices Swiss cheese

Prep Day: Slice croissants in half horizontally. Mix butter, mustard, poppy seeds and onion together. Spread on half of each croissant. Top with 2 1/2 slices of ham and a slice of cheese. Put halves together. Wrap each sandwich in foil to be frozen or made fresh. To make from fresh warm wrapped sandwich in 350 F oven for 15 minutes.

Serve Day: No need to thaw. Unwrap and put on cookie sheet. Bake at 325F for 25 to 30 minutes or till cheese is melted.

Italian/Mediterranean

Mediterranean Turkey Burgers

6 Burgers

1.5 lb lean ground turkey
1 egg white beaten
1/2 cup breadcrumbs
1/3 cup crumbled Feta Cheese
2 Tbsp finely chopped red onion
1 clove garlic, minced
2 tsp dill weed
1 tsp oregano
1/2 tsp each fresh ground salt & pepper
6 Hamburger Buns

In a large mixing bowl combine turkey, egg and breadcrumbs. Knead with hand until mostly incorporated, then add remaining ingredients and gently mix until thoroughly combined. Form mixture into patties and freeze. Freeze Buns.

Yogurt Sauce

1 cup plain Greek yogurt
2 cloves garlic minced
2 teaspoons dill, chopped
Mix and freeze in small bag

Serving day: Thaw Burgers in Fridge, Grill, Broil or Pan fry.
Serve on Hamburger bun with thawed yogurt sauce and optional toppings.

Optional Desired toppings (you provide): hummus, spinach or Arugula, feta cheese, sliced cucumbers, red onion slices, tomatoes. may also be served in Pita bread.

Zuppa Toscana Soup

1 lb. Italian Sausage (ground)	1 yellow onion, diced
2 cloves minced garlic	2 lg. potatoes, cut in half and then 1/4 in. slices
2 (14 oz.) cans chicken broth	4 c. water
1/4 c. real bacon bits	2 c. kale
1 c. heavy cream	

PREP DAY: Brown sausage with onion and garlic until done. Drain. Combine potatoes, chicken broth and water together. Add sausage mixture, bacon bits, kale and cream. Simmer for 10 minutes.

SERVE DAY: Thaw in fridge. Heat in large saucepan on stove top.

****NOTE**** I did not cook the soup until the potatoes were done because I didn't want them to get too mushy so make sure you simmer long enough for the potatoes to be done enough. Also, you will need to add salt and pepper because I didn't add any, I figured everyone likes their own amounts.

Far East (Asian - Indian)

Sweet & Sour Pork Roast

from "Everything Freezer Meals Cookbook":

4-pound lean pork roast
salt and pepper

Sweet and Sour Sauce:
1 cup pineapple juice (and water)
1/2 cup white vinegar
1/4 cup ketchup
3/4 cup brown sugar
1 T Worcestershire sauce
Dash hot sauce
3 T cornstarch (optional)
1/4 cup cold water (optional)

1 (20-ounce) can pineapple chunks
rice for serving

Sauce instructions: Combine all ingredients in a saucepan and bring to a boil. Simmer 5 minutes. (For a thicker sauce, mix cornstarch and cold water until completely dissolved. Pour the cornstarch mixture into the saucepan and stir continually until the sauce thickens.)

Freezing day instructions (adapted): Season pork with salt and pepper. Brown roast in some olive oil and put into freezer bag. Coat with sauce and freeze.

Reheating instructions: Thaw in fridge (probably more than 24 hours). Place pork and sauce into slow cooker and cook on low 7-8 hours. Remove from slow cooker and shred. Return pork to slow cooker and stir in can of pineapple chunks. Cook for an additional 30 minutes. Cook rice according to instructions on bag.

Spicy Thai Coconut Chicken Soup

2 teaspoons canola oil	2 cup sliced mushrooms
1 cup chopped red bell pepper	4 teaspoons minced peeled fresh ginger
4 garlic cloves, minced	1 (3-inch) stalk lemongrass, halved lengthwise
2 tsp. sambal oelek (ground fresh chili paste)	4 cups Chicken Stock
1 1/4 cups light coconut milk	4 teaspoons fish sauce
1 tablespoon sugar	2 cups shredded cooked chicken breast
1/2 cup green onion strips	

Optional: 3 tablespoons chopped fresh cilantro 2 tablespoons fresh lime juice

Preparation: Heat a Dutch oven over medium heat. Add oil to pan; swirl to coat. Add mushrooms and the next 4 ingredients (through lemongrass); cook 3 minutes, stirring occasionally. Add chili paste; cook 1 minute. Add Chicken Stock, coconut milk, fish sauce, and sugar; bring to a simmer. Reduce heat to low; simmer for 10 minutes. Add chicken to pan; cook 1 minute or until thoroughly heated. Discard lemongrass. Top with onions, cilantro, and juice.

Serve Day: Thaw ingredients in Refrigerator over night. Pour Contents into Dutch oven or large pot. Simmer for 10 minutes.

SE or SW/Latin American

Vodka Shrimp

1/4 cup butter
3 cloves garlic, chopped
1 pounds medium shrimp - peeled and de-veined
1/4 cup citrus vodka
3 tablespoons lime juice
1/2 teaspoon salt
1/2 teaspoon chili powder
4 tablespoons chopped fresh cilantro
1 lime, cut into wedges -you provide optional.

Prep Day - Add all of ingredients except butter and vodka in gallon bag. Bag butter and vodka separately into smaller bags. Add butter bag and then vodka bag to the gallon bag. Thaw in fridge.

Serve Day Directions - Melt the butter in a large skillet over medium heat. Add shrimp with garlic and seasonings/lime juice; cook until they start to turn pink, about 3 minutes. Pour in the vodka. Simmer until the liquid has evaporated, about 3 more minutes. Pour shrimps on a plate and garnish with cilantro. Serve with lime wedges. Serve over rice or pasta.

Southwestern Beef Strips

from tasteofhome.com

6 servings

1-1/2 lb sirloin, cut into strips
1 onion, sliced
1 sweet red pepper, sliced
4 tsp taco seasoning
1-1/2 cups canned black beans, rinsed and drained
1-1/2 cups frozen corn
9 Tbsp picante sauce
6 tsp cilantro, chopped

You provide: 2 tsp canola oil, salt and pepper

Prep Day: Place beef, onion, red peppers, and taco seasoning into gallon size bag. Place beans, corn, picante sauce, and cilantro into quart size bag. Place beef mixture, salsa mixture, and 12 corn tortillas into gallon size bag. Label and freeze.

Serve Day: Thaw all ingredients. In a large skillet, stir-fry beef mixture in 2 tsp canola oil until meat is no longer pink. Add salt and pepper to taste. Stir in salsa mixture; heat through. Serve in warmed tortillas, or over rice or noodles.

Crock-pot or BBQ (Grilling)

Honey Pork Chops

6 servings

6 boneless pork chops
1/2 cup honey
1/4 cup cider vinegar
1/4 tsp. ground ginger
1 clove garlic, minced
2 T. soy sauce

Cooking Day: Place all ingredients except pork chops in blender and mix thoroughly. Place pork chops and blended mixture in freezer bag. Seal securely and freeze flat.

Serving Day: Thaw completely. Remove chops from marinade (discarding marinade) and grill over medium-hot coals for a total of 12-16 minutes, until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time. Pork chops may also be baked. Place pork chops and marinade in baking dish. Bake at 350 degrees for 1 hour and 15 minutes, turning chops occasionally while baking.