

May 2012 Menu

Your Choice:

Kristine - Tandoori Chicken Thighs



Erin - Bacon Wrapped Hamburgers



North American/European:

Vanessa - Savory Chicken



Italian/Mediterranean:

Bridget - Upside Down Fettuccini Bake



Far East (Asian - Indian):

Lisa - Sweet & Tangy Flank Steak



Kirsten - Chinese Hamburger Casserole



SE or SW/Latin American:

Erica - Cilantro Lime Chicken Tacos



Andi - South of the Border Beef & Corn Pie



Crock-pot or BBQ (Grilling):

Nicole - Smoked Pork Chops



Your Choice

Tandoori Chicken Thighs

1-1/2 (6 ounce) containers plain yogurt	1-1/2 teaspoons kosher salt
3/4 teaspoon black pepper	1/4 teaspoon ground cloves
1-1/2 teaspoons freshly grated ginger	2-1/4 cloves garlic, minced
1 tablespoon paprika	1-1/2 teaspoons ground cumin
1-1/2 teaspoons ground cinnamon	1-1/2 teaspoons ground coriander
12 chicken thighs	olive oil spray

Prep Day: In a medium bowl, stir together yogurt, salt, pepper, cloves, and ginger. Mix in garlic, paprika, cumin, cinnamon, and coriander. Set aside. Rinse chicken under cold water, and pat dry with paper towels. Place chicken in a large re-sealable plastic bag. Pour yogurt mixture over chicken, press air out of bag, and seal. Turn the bag over several times to distribute marinade. Place bag in a bowl, and refrigerate 8 hours, or overnight, turning bag occasionally.

Serve Day: Thaw in Refrigerator over night. Preheat an outdoor grill for direct medium heat. Remove chicken from bag, and discard marinade. With paper towels, wipe off excess marinade. Spray chicken pieces with olive oil spray. Place chicken on the grill, and cook about 2 minutes. Turn, and cook 2 minutes more. Then arrange the chicken to receive indirect heat, and cook approximately 35 to 40 minutes, to an internal temperature of 180 degrees F.

Bacon Wrapped Hamburgers

6 servings

1/2 cup shredded cheddar	1 Tbsp grated Parmesan
1/2 an onion, chopped	1 egg
1 Tbsp ketchup	1 Tbsp Worcestershire sauce
1/2 tsp salt	1/8 tsp pepper
1 lb. ground beef	6 slices bacon

PREP DAY: In large bowl, mix together cheddar, Parmesan, onion, egg, ketchup, Worcestershire, salt, and pepper. Crumble in the beef, and mix together. Form into 6 patties and wrap a slice of bacon around each one. Secure bacon with toothpick. Flash freeze patties, place in freezer bag, label.

SERVE DAY: Thaw burgers. Preheat grill to high heat. Grill 5 minutes per side, or until desired temperature. ***Remove toothpicks before serving!!!***

North American/European

Savory Chicken

Serves 6

3 x1 - large chicken breasts
28 oz. can stewed tomatoes with original recipe (celery, onion, green pepper)
1/8 c. white wine
2 bay leafs
1/2 tsp. pepper
1 T. minced garlic
1/2 c. frozen minced onions
1 cup chicken broth
2 tsp salt
2 tsp sugar
1 lb. broccoli florets

You Provide: Loaded Mashed Potato Casserole recipe...

<http://www.mccormick.com/recipes/side-dish/loaded-mashed-potato-casserole.aspx>

Prep: Follow directions above, and put everything (except broccoli) into two gallon freezer bags. shake it up, seal, label and put in the freezer.

Cooking Instructions from frozen: Cook on low 8 hours, stir periodically, and add broccoli during the last 30 minutes. When ready to serve remove bay leaves and shred chicken in sauce. Serve over loaded mashed potato casserole or mashed potatoes.

Italian/Mediterranean

Upside Down Fettuccini Bake

1 lb Italian sausage
1/4 cup chopped onion
8oz fettuccini noodles
1 15.5 oz diced tomatoes
1 tsp. oregano
1/2 cup shredded mozzarella
1/2 cup parmesan
3 eggs
2 T melted butter
2 T parsley flakes
1/2 t chopped garlic

Prep day: Brown sausage and onions and discard excess fat. Add tomatoes, oregano and simmer for 20 min. after simmers add both cheeses. combine egg, butter, parsley, garlic and some parmesan cheese combine cooked noodles. Add noodles into a pan then top with sausage mixture

Serving day: put in oven @ 350 for 25mins. I cooked it and it wasn't frozen and took that long so you may want to plan for extra time.

Far East (Asian - Indian)

Sweet & Tangy Flank Steak

1/3 c reduced sodium soy sauce
1/3 cup packed brown sugar
1/4 sliced scallions, white and green parts
1 Tbsp Sesame oil
1 Tbsp Sesame seeds
2 tsp garlic, minced
1 1/2 tsp ginger root, minced
1/4 tsp chili pepper flakes
2 lbs flank Steaks

Prep: Mix together all ingredients except steak, together in a bowl. Place steak into a reseal able freezer bag. Add marinade and squish around so that all of the steak surface is covered. Freeze steak

Serving Day: Remove and thaw in fridge. Pre-heat grill or broiler. remove steak from bag and pour sauce into a small sauce pan. Bring sauce to a boil and simmer for 5 minutes. Grill or broil steak for 5 minutes per side or until steak reaches 135 degrees. Remove steak from heat and allow to rest for 5 minutes before slicing. To Serve, thinly slice steak across the grain and spoon a bit of sauce on top.

Chinese Hamburger Casserole

1 lb. Hamburger (browned and drained)
1 pkg. frozen peas (do not thaw)
1 small onion finely chopped
1/2 cup chopped celery
1 can Chinese bean sprouts (drained)
1 can cream of mushroom soup
Chinese noodles (put on top)

Prep Day: Brown hamburger with chopped onion (I added a little salt and pepper for taste). Drain and mix with all other ingredients. Pour into a ziploc freezer bag and freeze.

Serve Day: Thaw meal in refrigerator. Put everything (not the dry noodles) into a two quart casserole. Bake at 375 for one hour. Sprinkle noodles on top, and serve with soy sauce.

SE or SW/Latin American

Cilantro Lime Chicken Tacos

Ingredients for Cilantro Lime Pesto:

1 cup fresh cilantro leaves (do not include stems)
2 1/2 tablespoons extra virgin olive oil
2 tablespoons sliced, toasted almonds
3 tablespoons chopped, fresh garlic (or less - I used 2 T)
1 1/2 teaspoon lime juice
1/2 cup shredded asiago (Parmesan or Romano can be substituted)
1 1/2 teaspoon kosher salt (I omitted so you can season to taste)
1/4 cup chicken broth

Prep: Using a blender, mix together the cilantro, olive oil, almonds, garlic, lime juice, asiago, salt and chicken broth on low speed for 2 minutes.

Ingredients for meal:

cooking spray for sautéing
2-3 large boneless, skinless chicken breasts, cut in bite sized pieces
salt and pepper to taste
1/2 cup cilantro lime pesto (recipe above)

You Provide: flour or corn tortillas, and preferred taco garnishes (salsa, sour cream, cheese, etc)

Prep: Bake or sauté chicken until cooked through. Dice chicken and toss with 1/2 cup of pesto. Cool and add to freezer bag. Freeze flat.

Serving Day: Thaw meal in fridge. Heat in a saucepan or in microwave. Add salt to taste. Fill tortillas with Pesto Chicken and add optional taco garnishes. Note: This meal is safe to eat without heating but the raw garlic has quite a kick. We preferred the more mellow flavor that resulted from heating the pesto.

South of the Border Beef & Corn Pie

Servings: 6

1 pound ground beef
1/4 cup dry bread crumbs
1/4 cup ketchup
2 tablespoon chopped onion
2 teaspoon chopped garlic
1/2 teaspoon salt
2 teaspoons chili powder
1 teaspoon ground cumin
1/8 teaspoon pepper
2 eggs
1/4 cup milk
Dash Tabasco sauce
16-ounces (2 cups) frozen corn kernels
1/3 cup chopped green bell pepper
1/2 cup (2-ounces) shredded mild cheddar cheese
1/2 cup Parmesan cheese

Prep by Browning the ground beef and drain. Add the next 8 ingredients. Place the mixture in a 1-gallon freezer bag.

Slightly beat the 2 eggs and add the milk and Tabasco sauce. To the egg mixture, add the frozen corn and bell pepper. Place the egg-corn mixture in a 1-quart freezer bag. Package the cheeses in a sandwich bag. Place the smaller bags in the gallon bag, label, and freeze.

To Serve, thaw all 3 bags. Spread the meat mixture in a 9-inch pie pan that has been treated with nonstick cooking spray. Put the corn mixture inside the meat "crust." Bake, uncovered, in preheated 375° oven for 35 to 40 minutes, or until set. Remove from the oven, sprinkle the two cheeses over the top, and return to the oven for 5 more minutes, or until the cheese is bubbly.

Summary of Processes: Chop 2 tablespoons onions; chop 1/3 cup green bell peppers

Freeze in: 1 gallon Ziploc bag, 1 quart Ziploc freezer bag; 1 Ziploc sandwich bag

Crock-pot or BBQ (Grilling)

Smoked Pork Chops

1/2 cup mayonnaise
1/2 cup plain nonfat yogurt
2 T lime juice
1 tsp garlic, minced
1 tsp dried chipotle powder
1 tsp dried cilantro (or 1 Tbsp. fresh cilantro)
1 T. chopped chipotle chilies in adobo (to taste)
6 (5 -6 ounce) boneless pork loin chops, 5-6 oz. each or 1/2 inch thick

Prep Directions: In a small bowl, blend together: mayonnaise, yogurt, lime juice, cilantro, garlic, and chipotle chili powder. Measure 1/2 cup of mixture to a small container, and add up to 1 tablespoon chopped chipotle chilies, to taste.

For Immediate Cooking: Preheat grill (or broiler) and cook chops to desired doneness, about 10 minutes total, turning often and brushing with first mayonnaise chipotle mixture. Serve with reserved sauce.

For OAMC: Place pork chops in bag. Place sauce mixture into small freezer-safe container or bag and seal. Label, date and freeze.

To Cook From Frozen: Thaw completely. If you want you can marinate the meat as it is thawing, you can mix mayonnaise and lime juice. Cook and cover with sauce. If grilling, cover with sauce after grilling