

## June 2012 Menu and Recipes

### **Your Choice:**

**Nicole** - Southwestern Dogs



### **North American/European:**

**Kristine** - Caramelized Chicken



**Erin** - Sticky Drunk Pig on a Stick



### **Italian/Mediterranean:**

**Vanessa** - Boston Style Grilled Hot Italian Sausage Sandwich



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

**Bridget** - Indian Summer Stew



### **SE or SW/Latin American:**

**Lisa** - Pork Chalupa



**Kirsten** - Cheesy Burritos



### **Crock-pot or BBQ (Grilling):**

**Nicole** - Buffalo Chicken Sandwich



## Your Choice

### Southwestern Dogs

1 cup finely shredded Cheddar cheese  
2 green onions, thinly sliced  
2 tablespoons mayo  
12 hot dogs-stovetop cooked or grilled 12 hot dog buns

1/2 cup crushed tortilla chips  
3 tablespoons salsa  
1/2 teaspoon chili powder

**Prep Day:** In a bowl, combine the first six ingredients. Freeze (Crushed tortilla chips are in separate bag-needs to be added to thawed mixture)

**Serve Day:** Thaw. Cut a 1/2-in.-deep lengthwise slit in each hot dog. Spoon about 1-2 tablespoons cheese mixture into each. Broil for 2-3 minutes or until cheese is melted. Serve on buns.

## North American/European

### Caramelized Chicken

1 1/2 teaspoons dried thyme  
4 tablespoons Worcestershire sauce  
3 tablespoons balsamic vinegar  
3 tablespoons ketchup  
6 boneless skinless chicken breasts  
14.5 oz can stewed tomatoes

3 tablespoons dark brown sugar  
1/2 teaspoon dried red pepper flakes  
3 tablespoons dark soy sauce  
4 tablespoons olive oil  
3 red onions, cut into wedges

**Prep Day:** Cut onion. Strain can of tomatoes. Put onion in the freezer bag. Then the tomatoes and chicken. Mix remaining ingredients in bowl and pour into bag.

**Serve Day:** Thaw. Preheat the oven to 400 degrees and empty bag contents into 9x13 baking dish. Cook in oven 25-30 minutes until chicken is cooked through.

### Sticky Drunk Pig on a Stick

Adapted From Fix, Freeze, Feast

Makes 3 entrees, 6 - 8 servings each

1 pork loin (about 8 pounds; do not use tied pork loin roast)  
1-1/2 cups soy sauce  
1-1/2 cups honey  
1-1/2 cups chopped onion (about 1 large)  
3 tsp minced garlic (about 9 cloves)  
3 one-gallon freezer bags

1-1/2 cups bourbon  
1-1/2 cups lemon juice  
3 Tbsp olive oil  
3 Tbsp minced ginger  
3/4 tsp black pepper

**Prep Day:** Rinse and trim loin as desired. Cut pork into 1-inch cubes; divide evenly among freezer bags. Whisk bourbon, soy sauce, lemon juice, honey, and oil in a medium bowl. Divide marinade evenly over the pork. Into each bag measure 1/2 cup onion, 1 Tbsp ginger, 1 tsp garlic, and 1/4 tsp pepper. Seal and freeze.

**Serve Day:** Completely thaw one entree in refrigerator. If using wooden skewers, soak them in water while the meat is thawing. Prepare a medium-low fire in a gas or charcoal grill. Thread pork pieces onto skewers. Cook 15 to 18 minutes, turning occasionally and basting as desired, until thoroughly cooked. Do not baste during last 5 minutes of cooking. Discard remaining marinade.

## Italian/Mediterranean

### **Boston Style Grilled Hot Italian Sausage Sandwich**

Adapted from allrecipes.com

6 (4 ounce) links hot Italian sausage  
½ to 1 cup of Pictsweet Brand Seasoning Blend (includes chopped celery, onions, green and red peppers topped with a parsley flake seasoning)  
2 teaspoons olive oil - **You Provided**  
salt and pepper to taste  
1 tablespoon olive oil - **You Provided**  
6 (6 inch) sandwich rolls, split and toasted

**Prep Day:** label bags. Place sausages in a gallon. Place salt and pepper in a snack size bag. Place veggie blend in quart size bag. Then put all small bags in gallon freezer bag. Freeze everything.

**Serve Day:** Thaw ingredients. Place salt and pepper in bowl to taste, and 1 tablespoon olive oil in a bowl. Add the peppers and onions mixture, and toss until evenly coated. Seal in a foil grilling packet. Preheat an outdoor grill for medium heat. Lightly oil grate, and set 4 inches from the heat, if you can. Pierce the sausages in a few places with a fork, and set aside. Place the sausages and veggie blend grill packet on the preheated grill. Cook and turn the sausages until well browned and juices run clear. To serve, place sausages in sandwich rolls, and top with the pepper and onion mixture

## Far East (Asian - Indian)

### **Indian Summer Stew**

1 cup yellow split pigeon peas (toor dal)  
1 pound butternut squash, peeled, cut into 1/2-inch cubes (about 2 1/2 cups) 1 Roma tomato, diced  
1/2 cup fresh, frozen, or dried shredded coconut  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
4 cups vegetable stock or water, or enough to cover

Tempering:

2 tablespoons canola oil	1 teaspoon brown or black mustard seeds
1/2 teaspoon crushed red pepper flakes	1 clove garlic, minced
1 1/2 teaspoons kosher salt	1 tablespoon honey
1 lime, juiced	

**Prep:** Rinse the pigeon peas in a couple changes of water. In a large soup pot, combine the squash, drained pigeon peas, tomato, coconut, turmeric, cumin, and enough stock to cover. Bring to a boil, and then simmer, covered, 20 minutes. Remove the cover and simmer another 10 minutes.

**To Temper:** In a small skillet, warm the canola oil until shimmering. Add the mustard seeds and when they stop popping, add the red pepper flakes, garlic, and salt. Swirl the skillet so the contents cook evenly, and cook another 10 seconds. Then pour the contents of the skillet into the soup, along with the salt. Spoon a ladleful of soup back into the skillet (it will sizzle, be careful!), and pour back into the soup pot. Finish with the honey, lime juice, and cilantro.

**Serving day:** Thaw and heat. add cilantro and a cup of water if too thick.

## SE or SW/Latin American

### **Pork Chalupa**

2 pound pork roast  
1/2 pound dried pinto beans  
1/2 cup Onion, chopped  
4-5 cups Water (enough to cover roast)  
1 (4 ounce) cans diced green chili peppers  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1 tablespoon salt  
1 tablespoon dried oregano  
2 tsp minced garlic  
1/3 tsp cayenne pepper

Serve over tortilla chips, top with Cheese both provided and Opt toppings your prefer

### **Topping Options: *(you provide)***

Chopped tomatoes  
green onions, sliced  
lettuce shredded  
avocado dip  
sliced black olives  
sour cream  
Salsa

**Prep Day:** In Gallon freezer bag, place Roast. In Qt bag place: onions, green chilies and all spices. In qt bag place Cheese. In qt bag place Dried Pinto Beans. Place all 4 bags in Gallon Bag as a Kit and label 1 of 2. Label Chips as 2 of 2.

**Serving Day Directions:** Thaw in fridge. Rinse Beans and place in Slow cooker. Place Roast on top of beans. Pour the onions, chilies and spices over the roast. Add enough water so that the roast is mostly covered (~4-5 cups). mix a bit to distribute spices. Cover and Cook on low for 8-9 hours. When the roast is fork-tender, remove it from the slow cooker and place on a cutting board. Shred with 2 forks. Return meat to the slow cooker. Heat through and serve over chips or in tortillas.

Easy for a large group served as a buffet!

### **Alternate Prep *(for those who do not like slow cooking):***

Bring all to a boil in Dutch oven. Simmer covered 3.5-4 hours. Uncover, simmer 30 minutes. remove and shred or Bake all @350, covered, until roast falls apart. ~3 hours.

## **Cheesy Burritos**

1 lb ground beef  
1 can refried beans  
1 pkg flour tortillas  
1/2 pint hot sauce  
1 (15oz) can Hormel chili with no beans  
1 can cheddar cheese (or nacho) soup  
1 pkg shredded cheddar cheese

**Prep:** Brown hamburger, then drain. Add beans and mix. In another pan mix soup, chili, and hot sauce; mix and heat up. Take a half cup of chili mixture and add to hamburger mix, stir. Fill tortillas with meat mixture and shredded cheese. Roll up and put in casserole dish. Put rest of chili mixture into ziploc bag. Freeze.

**Serve:** Thaw in refrigerator. Pour contents of ziploc over the top of the burritos. bake the burritos from frozen with the cover on! Should take roughly 30-35 min at 350F. Add extra cheese on top and bake longer until melted.

**You Provide:** Serve with lettuce, tomatoes, sour cream.

## **Crock-pot or BBQ (Grilling)**

### **Buffalo Chicken Sandwich**

4 skinless, boneless chicken breast halves  
1 bottle buffalo wing sauce  
1 ounce package dry ranch salad dressing mix  
2 tablespoons butter  
8 buns

**Prep:** Place 4 chicken breast, 1 packet ranch mix, 2 T. butter and 1 bottle wing sauce in freezer bag. Freeze.

**Serve:** Place the chicken breasts and sauce into a slow cooker. Cover, and cook on Low for 6 to 7 hours. Once the chicken has cooked, shred the meat finely with two forks. Pile the meat onto the buns, and serve.