

RULES FOR MENU PLANNING

1. One chicken per day... So, if for lunch, then not for dinner.
2. Chicken spaced at least every other day, for variety.
3. A whole chicken should make at least 3 meals plus broth.
4. No meal should combine potatoes, rice or noodles.
5. Each dinner should have a fruit, green, and veggie.

SUGGESTIONS FOR VARIETY

Don't have in the same week more than one meal from each of these categories because they are too similar:

These are our 5 favorite soups... Using homemade chicken broth.

Smokey Tomato Soup

Squash Soup

Veggie Soup (*Don't have in same week as Irish Beef Stew*)

Corn Choup

Boucher Soup

These meals all of have a spaghetti with it.

Spaghetti and Meatballs

Chicken Cacciatore

Chicken Teriyaki

Mongolian Beef-Chicken

These are served with egg noodles:

Hungarian Beef Round Steak

Stroganoff

These recipes are also similar:

Chicken and Rice *and* Chicken Rice Pilaf

Mongolian Beef-Chicken *and* Chicken Teriyaki

Cabbage and Kielbasa *and* Corned Beef and Cabbage

Finally, let's try not to have all in one week all the beef recipes...

Beef and potatoes, Chili, Hamburgers, Tacos, Steak, Sloppy Joes, Pot Roast, Irish Beef Stew and Stroganoff.

Dinner Ideas:

Beef and Potatoes Mix

Boucher Soup*

Cabbage and Kielbasa*

Chicken: Easy Chicken Lasagna

Chicken and Pineapple*

Chicken and Rice

Chicken: Quick Chicken Cacciatore

Chicken Rice Pilaf*

Chicken Salad Sandwiches

Chicken Stir Fry (NOT a good left-over)

Chicken: Chicken Teriyaki (NOT a good left-over)

Chicken: Whole (Leaving enough for 2 more meals)***

Chili*#

Corned Beef and Cabbage*

Green Pepper Stuffing*

Grilled Cheese Sandwiches and Smoky Tomato Soup*

Hamburgers

Hungarian Beef Round Steak

Irish Beef Stew*

Lumpia*#

Mongolian Beef

Pork Chops Pizzaiola*

Pot Roast: Crock-pot*

Salmon Patties or Sardines/Mac and Cheese

Sloppy Joes*

Spaghetti and Meatballs*

Stroganoff

Squash Soup*

Tacos*

Tamale Pie/Mac and Cheese*

Veggie Soup*#

** Plan on left-overs for lunch*

Make ahead and freeze.

**** More than two meals will come from this!*

Sides to make with....

Corn:

Corn - Plain
Corn Casserole
Cornbread Salad
Southwestern Corn Salad
West Texas Creamed Corn

Green Beans:

Green Beans - Plain
Green Bean Casserole

Potatoes:

Baked Potatoes
Cheesy Potatoes
French Fries
Fried Potatoes
Hash browns
Mashed Potatoes
Onion-Roasted Potatoes
Twice-Baked Potatoes

Rice:

Rice – Plain
Fried Rice
Herbed Rice Pilaf
Spanish Rice

Desserts:

Apple Pie
Cherri or Fruit Delight
Pumpkin Pie (See can for directions)
Brownies (See box for directions)

MEAL IDEAS

Breakfast Ideas:

Blueberry Muffins

Cinnamon Buns – *Favorite!!!*

Eggs, Bacon, and Toast

French Toast

Miller Grand Slam (*Fried Potatoes, Confetti Scrambled Eggs, Bacon and Orange Juice*)

Mush

Oatmeal and Cream of Wheat

Omelet and Breakfast ham

Pancakes

Lunch Ideas:

Applebee's Oriental Chicken Salad

BBQ Chicken

Boucher Soup**

Chicken and Tuna Salad Sandwiches

Chili **

Corn Choup**

Left-overs (See dinner items with *as planned left-overs)

Lumpia**

PB&J

Roman Noodles

Sloppy Joes**

Spaghetti**

Smoky Tomato Soup**

Squash Soup**

Taco Salad**

Tamales and Green Beans

Veggie Soup**

*** Means that more than one meal can come from this and therefore could also be a dinner for another night.*

Applebee's Oriental Chicken Salad

3 Tb	Honey	¼ Tsp	Pepper, black
1 ½ Tb	Vinegar, White	1	Chicken Breasts, boneless
4 Tsp	Mayo	2 C	Oil, Vegetable for frying
1 Tb	Mustard, Dijon	3 C	Lettuce, Romaine Chop
1/8 Tsp	Oil, Sesame	1 C	Cabbage, red
1	Egg	1 C	Cabbage, Napa
½ C	Milk	½	Carrots, shredded
½ C	Flour, White	1	Onion, green, chopped
½ C	Corn Flakes, Crushed	1 Tb	Almonds, sliced
1 ts	Salt	1/3 C	Chow Mien Noodles

DRESSING: Blend together all ingredients for dressing (honey, white vinegar, mayo, mustard, sesame oil) in a small bowl with an electric mixer. Put dressing in refrigerator to chill while you prepare the salad.

CHICKEN: Preheat oil in deep fryer or deep pan over medium heat. You want the temperature of the oil to be around 350 degrees.

Use two bowls for chicken prep. In a small, shallow bowl, beat egg and add milk - mix well. In the second bowl, combine flour with corn flake crumbs, salt and pepper.

Cut chicken breast into long THIN strips so it cooks thoroughly when frying. Dip each strip of chicken first into egg mixture then into the flour mixture, coating each piece completely. Fry each chicken finger for 5 minutes or until coating has darkened to brown.

SALAD: Prepare salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots. Sprinkle sliced green onion on top of the lettuce. Sprinkle almonds over the salad, then the chow mien noodles.

Cut the chicken into small bite-size chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side.



Source: Astray.com

Beef and Potato Mix

Serve with: Green beans/okra, and pears.

1 Lb Ground Beef

1 med Onion

2 Tbs Olive Oil

4 Potatoes (or one per person)

Spices: Seasoning salt, ground red pepper

Ground beef adding red pepper as it cooks. Heat oil and sauté onion. Chop potatoes into cubes and add to oil. Season with seasonings. Fry until brown. Combine beef and potatoes.

Source: Family Favorite

Boucher Soup

Serve with: Rolls

DON'T OVERCOOK NOODLES

½ Cup	Butter
2 Ts	Basil Leaves
2 Ts	Marjoram
2 Large	Garlic
3 sticks	Celery
½ med	Onion, Chopped
3	Chicken Breasts
1 can	Tomato
½ Cup	Chicken Base, Knorr LeGout and about 4-6 cups water (or the same in home-made chicken stock, or combo)
½ pkg	Homestyle Amish Noodles
1 Ts	Salt

Melt butter in a large stock pot. Cook herbs, onion, garlic, celery, and chicken in butter until vegetables are slightly tender. Add stewed tomatoes and chicken stock. Bring to low boil and cook until meat is tender. Taste and adjust salt. Add sugar to taste. Add egg noodles and cook until noodles are tender, stirring often. Add more chicken stock if stew is too thick.

(We use Knorr condensed chicken base from GFS market. A jar of this concentrated base lasts a long time and give more chicken taste without adding high levels of salt. Be sure to check the label and buy the product that lists "chicken" in the list of ingredients FIRST and salt second.)

Apple Pie

Pie Crust

(For 2 pie crusts or 1 large and rolls)

2 Cups Flour, White – Sifted and unpacked
1 ½ tsp Salt
½ C Olive Oil
5 Tbl Ice Cold Milk (I use water)

Gently mix with fork, then roll and press. Put in pan and pierce with fork without breaking dough. After five minutes at 450 degrees, check for bubbles, then for 10 minutes more.

Apple Pie Mixture

(Fresh apples – green or tart, or 1 can of Canned Apples – NOT Apple PIE filling)

2 Tbl Corn Starch (thickening)
1 tsp Cinnamon
1 ¼ C Sugar

Sugar on bottom crust – 4 tbs butter over pie – top crust – fork holes.

450 degrees for 15 minutes

350 degrees for 30-35 minutes.

Cabbage and Kielbasa

Serve with: Hominy and peaches.

½ Cup Butter
1 Onion, Chopped
1 Head Cabbage, Shredded
1 Can Potatoes, sliced
1 ½ Lb Kielbasa Sausage
3 Tb Vinegar, Red Wine
½ C Water

Sauté margarine and onions in a large skillet until the onions are soft.

Stir cabbage and potatoes into the skillet and sauté until the cabbage becomes wilted. Place the Kielbasa, wine vinegar, salt and pepper into the skillet. Cook Kielbasa covered over a low heat, stirring occasionally until cooked through. Pour the water into the pan, cover and cook another 10 minutes before servings.

Source: M. Smallwood



Cherri or Fruit Delight

- 1 Can Cherry Pie or Anything Pie Filling
- 1 Can Pineapple, Crushed
- 1 Box Yellow Cake Mix Dry
- 1 Stick Butter
- 1 Pkg Pecans, Chopped

Layer everything into pan, no mixing, starting with pie filling on up to the butter, cutting butter into tablespoons and placing on top and then sprinkling pecans - or nut of choice. Bake at 350F for 40 minutes.

Chicken: Easy Chicken Lasagna

Serve with:

5 C	***	Chicken broth
½ ts		Pepper, black
1 lb		Chicken Breasts, boneless - cut into bite-sized pieces
1/3 C		Flour, White
1 ½ C		Parmesan Cheese, Grated
¼ C		Parsley
-		Cooking Spray
12		Lasagna Noodles, no-cook (8 oz), divided
16 oz		Deli Ham, thinly sliced, chopped, divided

Preheat oven to 350F. Place 2 cups chicken broth and ¼ teaspoon pepper in a large skillet over medium-heat, and bring to a boil. Add chicken; cover, reduce heat, and simmer 10 minutes or until chicken is done. Remove chicken from pan with a slotted spoon; set aside. Combine remaining 3*** cups chicken broth, flour and ¼ teaspoon pepper in a bowl; stir well with a whisk until smooth. Add mixture to broth in pan. Bring to a boil over medium-high heat, stirring frequently. Cook 1 minute or until mixture thickens, stirring constantly. Remove from heat. Add 1 cup cheese and parsley, stirring until cheese melts. Coat 13x9-inch baking dish with cooking spray. Spread 1 cup sauce over bottom of dish. Arrange 3 lasagna noodles over sauce, spoon ¾ cup sauce evenly over noodles. Top evenly with one-third ham and one-third chicken. Repeat layers twice, ending with noodles. Top with remaining sauce. Sprinkle evenly with remaining sauce. Sprinkle evenly with remaining ½ Cup cheese. Cover with foil very lightly coated with cooking spray; bake at 350F for 30 minutes. Remove and discard foil, bake 10 minutes or until the cheese lightly browns. Sprinkle with parsley, if desired. (Source: Cooking Light) 8 servings



*(**original recipe called for 3 Cups milk. I've omitted milk to make more food storage friendly and milk free)*

Cheesy Potatoes

2 lb Hash Browns, Frozen - Cubed and Unseasoned
16 oz Sour Cream
10¾ oz Cream of Chicken Soup
1 Onion, Chopped
2 Cups Colby-Jack Cheese
½ Cup Butter, Melted

Thaw hash browns 1 hour (or defrost in microwave). Mix together sour cream and soup. Then stir in the remaining ingredients. Bake in 9x13 pan at 350F for 70 minutes.

Chicken and Pineapple

Serve with: Green beans/okra, rice

3 Chicken breasts
To Taste Salt, Season
1 Can Pineapple chunks
1 Cup Rice, regular

Marinate chicken in pineapple for as long as possible, 2-3 hours. Bake at 400F for 45 minutes to 1 hour.

Chicken Rice Pilaf

Serve with: Peas and Oranges

1 lbs	Chicken Breasts, boneless skinless, cut into thin strips
1 med	Onion, chopped
¼ cup	Butter, cubed
¼ cup	Sweet red pepper, chopped
1 ½ cups	Rice, uncooked
4 cups	Chicken broth
5 Med	Carrots, sliced
2 tbsp	Fresh parsley, minced

In a large skillet, brown chicken in butter until no longer pink. Remove and keep warm. In the same skillet, add the rice, carrots, onion, mushrooms and red pepper. Cook and stir until rice is browned and onion is tender. Stir in broth. Place chicken over rice mixture. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice is tender. Stir in parsley. let stand for 5 minutes before serving.

Yield: 6 Servings

Chicken Salad Sandwiches

Serve with: Club Crackers and-or lettuce

1 Can	Chicken Breasts
½ Cup	Mayo
1 Tbl	Mustard, Grey Poupon Dijon
¼ Cup	Pickles, Dill
¼ Cup	Grapes
½ Cup	Apples
To Taste	Garlic Salt
To Taste	Pepper, Lemon
¼ Cup	Almonds, Blanched

Chop dill pickles, apples, and grapes. Break up chicken and then add mayo, mustard, pickles, apples and grapes. Mix well. Season with salt and pepper to taste. Mix well again. Serve on any type of bread or lettuce for salad, sprinkle with almonds.

(Sister J. Oliphant made this for the Enrichment meeting in June 2006)

Hint: The more other stuff, the less chicken needed.



Chicken: Quick Chicken Cacciatore

Serve with Garlic bread and peas.

12 oz	Spaghetti	¼ C	Chicken Broth, Canned
1 tb	Olive Oil	2-3	Chicken Breasts, boneless - cut into bite-sized pieces
1	Onion, Chopped	1 Can	Italian-style diced tomatoes, undrained
1 cl	Garlic, Minced	1 Jar	Marinara Sauce
½ ts	Salt	1 ts	Parsley
¼ ts	Pepper, black		

Cook spaghetti according to package directions; drain. Meanwhile, in large nonstick skillet heat oil over medium-high heat. Add onion, mushrooms, garlic, salt and pepper; cook until onion is just tender, 3 minutes. Stir in broth. Add chicken; cook, turning occasionally, until browned, 6 minutes. Stir in tomatoes and sauce. Reduce heat to medium-low. Cover; simmer until chicken is cooked through, about 10 minutes. Serve over spaghetti. Sprinkle with parsley. (Original recipe called for red wine in place of chicken broth, which I substituted)

Source: Women's World Magazine



Chicken Stir Fry

Serve with: Herbed Rice Pilaf (Recipe below) and oranges.

2	Chicken Breasts	1	Pepper, green Bell
To Taste	Salt	1 clove	Garlic
To taste	Pepper, black	1 Tbl	Basil Leaves
1 Tbl	Oil, Peanut	1 Tbl	Oregano
½	Onion, Vidalia	1 C	Tomato Juice
1	Pepper, Red Bell		

Cut the chicken into strips and season them with salt and pepper. Slice the onion and the bell peppers into strips. Heat the oil in a nonstick wok or large skillet over high heat. Add the chicken and brown on one side. Turn the chicken, moving it to the sides of the wok, to brown on the other side. Add the onions to the center of the wok and cook for 2 minutes. Push the onions to the sides, add the peppers to the center of the wok and cook for 2 minutes more. Push the chicken, onions and peppers to the sides and add the garlic to the center of the wok. Season the vegetables with salt. Add the herbs and tomato juice, cook for another minute or 2 and adjust the salt and pepper. (Source: Foodfit.com)

Herbed Rice Pilaf

1 tsp	Butter	1 Cup	Rice, Regular
½ C	Onion, Chopped	1½ Cup	Vegetable Stock*
¼ C	Thyme	To Taste	Salt
¼ C	Chives	To Taste	Pepper, black
¼ C	Sage		

Preheat the oven to 350F. In a small ovenproof pot, melt the butter over medium-low heat. Add the onion and herbs, and cook for 3 to 4 minutes until the onions become translucent but not brown. Add the rice and stir to coat evenly with butter. Cook for 3 to 4 minutes. Add the stock and bring to a boil over high heat. As soon as the stock comes to a boil, cover the pot and place in the oven for 18 minutes. Add the salt and pepper, and fluff with a fork. (Source: Foodfit.com)

**I usually use two small containers of veggie stock and then use a heaping cup of the rice to compensate.*

Chicken – Whole

Serve with: Potato, Peas, Peaches

Chili

Serve with: Cornbread, crackers, onion, cheese and peaches Freeze

2 lb	Hamburger	To Taste	Cayenne Pepper
2 cans	Tomato Juice Tall	To Taste	Chili Powder
4 cans	Brooks Chili Hot Beans	To Taste	Chili Powder
1 Large	Onion	To Taste	Salt and Pepper

Brown hamburger and onion. Combine Juice and beans in another pan. Combine together with hamburger and onion to cook, longer the better, ordinarily 3-4 hours. Stove-top or electric oven. Can add can of chunked tomatoes if would like.



Chicken Teriyaki

Serve with: Corn and, Pineapple

- 6-8 oz Linguine, cooked and drained
- 1 Can Pineapple tidbits or chunks, drained
- 2 Tbl Olive Oil
- 2 Carrots, julienned,
- 1 lb Chicken Breasts, boneless - cut into bite-sized pieces
- 1½ Broccoli Florets
- ¾ C Teriyaki Sauce, thicker type, like a glaze

Boil water, begin cooking linguine – it takes longest to cook. Chop carrots and broccoli (I used a bag of frozen broccoli and cauliflower). Place in bowl with drained pineapple. Chop up chicken breast. Heat large skillet or wok with oil in it. Add chicken. Stir fry for 3-4 minutes. Remove from wok, put into clean bowl. Add bowl of vegetable ingredients to wok. Stir fry for 2-3 minutes. Re-add cooked chicken, also teriyaki sauce and stir fry 1 minute. Drain linguine, toss pasta and chicken. Mix together and serve hot.



Cinnamon Buns

- ½ C Very Warm Water 110° - 115°
- 2 Pkgs Active Dry Yeast
- 2 C Sugar
- 5 Tsp Ground Cinnamon
- 1 C Very Warm Water 110° - 115°
- 2 Tbls Sugar
- 2 Tbls Real Butter (Lightly Salted)
- 6 C Bisquick Baking Mix
- ½ Lb Real Butter (Lightly Salted) Soft Enough To Spread. Not Melted.

13"X9" or 2- 8" Round Pans greased.
Large clean work surface, floured.

Combine the yeast and ½ cup warm water-let sit. Measure 6 cups of bisquick-set aside. Combine 2 cups of sugar and cinnamon. Mix well-set aside.

In another large bowl add 1 C very warm water, 2 Tbls sugar, and 2 Tbls butter. Stir until dissolved. Combine yeast with this. Stir and then add all of the bisquick. Stir until doughy. Cover with a clean towel. Set in a warm place rise for about 3-5 min.

Gather while you wait: Rolling pin, clean ruler, rubber scraper, utensil to chop quickly through a roll of dough, and a ¼ Cup dry/clean measuring cup, plastic fork.

Pre-Heat oven to 425°

On a lightly floured surface knead dough ten (10) times and form into a mound. Slice into 4 equal pieces. Replace 3 into the bowl and re-cover

with a towel.

Again lightly flour the surface and shape dough into a rectangle shape with hands.

Confetti Scrambled Eggs

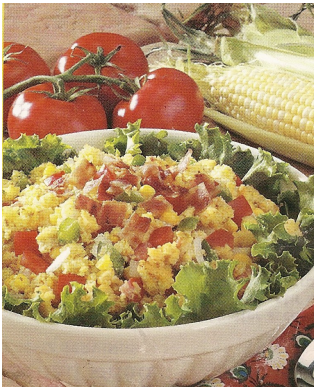
4 Eggs
1 Onion
½ Green and or Red Bell Pepper
1 Tbl Bacon Grease

Heat bacon grease. Add and sauté onion. Add bell pepper and sauté for another minute. Whip eggs thoroughly and then add to sautéed veggies. Stir frequently to prevent burning and to allow all of the eggs to cook properly throughout.

Cornbread Salad

1 pkg Jiffy Corn Bread Mix
2 can Mexicorn
3 med Tomato
 $\frac{3}{4}$ Cup Green Bell Pepper
1 Med Onion
1 Cup Mayo
4 slices Bacon

Drain Mexicorn. Prepare corn bread batter according to package directions; stir in one can of Mexicorn. Bake according to package directions. Cool and crumbel. In a large bowl, combine the crumbled corn bread, tomatoes, green pepper, onion and remaining corn. Add mayo; toss to coat. Sprinkle with bacon. Serve or refrigerate. (Source: Taste of Home)



Flour rolling pin. Roll dough into a rectangle about 11"-12" long and 7-9" wide, keeping edges even and straight by pushing against them with the ruler. (The more perfect your rectangle the nicer the rolls will be.)

With the rubber scraper spread ½ stick of the softened butter evenly to the very edge of the dough. With the ¼ cup measuring cup sprinkle on the cinnamon/ sugar mixture onto half of the dough, and then repeat on the remaining half, totaling ½ cup mixture sprinkled onto dough rectangle.

Fold the dough over and over to make a “dough log” Make sure that the last edge of the “log” is on the surface, under itself.

Chop quickly with one swift chop through the roll about 1"-1½" wide. Continue with the entire log.

Transfer each roll to the greased pan with the plastic fork. Do not turn the roll on its side so the spiral pattern shows. Instead put it in just like it sits, like a little pillow.

Place them close together, 6 or 8 across the 13"x9" pan.

Repeat this same procedure with the remaining dough. Remembering to flour the work surface.

After all of the rolls are in the pan, sprinkle a little bit of the cinnamon/ sugar mixture on the top of the rolls. (Make some extra, if needed.) Bake for around 15-20 mins, until golden brown, or no longer doughy. Do not over bake.

Turn out onto a cooling rack and turn them again so that they are resting on their bottoms again. This makes their tops stay pretty. Cool, pull apart

and store in a tight container.

Best if eaten within 1½ to 2 days. Easy as pie!!
(Source: J. Catton)

Corn Casserole

See Also “Tamale Pie” for this recipe

8 oz Sour Cream
1 Stick Butter
1 Box Jiffy Corn Muffin Mix (8.5oz)
1 Can Corn, Creamed
1 Can Corn, Whole-Kernel

Do NOT drain corn. Mix all ingredients together. Bake at 400F for about 1 hour.



Corned Beef and Cabbage

Serve with:

4 ½ lb	Corned Beef Brisket
5	Peppercorns, Black
½ Ts	Garlic Powder
1	Onion, peeled and left whole
2	Bay Leaves
1 Pinch	Salt
1 sm	Cabbage, head - cored and cut into wedges
6-8 Large	Potatoes, Quartered
4 Large	Carrots, peeled and sliced
¼ C	Parsley
2 Tb	Butter

In a 6 quart Dutch Oven, place the beef brisket, peppercorns, garlic powder, onion, bay leaves and salt. Fill pan with water to cover everything plus one inch. Bring to a boil and cook for 20 minutes. Skim off any residue that floats to the top. Reduce heat to a simmer and cook for 2 to 3 hours, until meat can be pulled apart with a fork.

Once the meat is done, add the cabbage, potatoes and carrots, pressing them down into the liquid. Simmer for an additional 15 minutes or until the potatoes are tender. Skim off any oil that comes to the surface. Stir in the butter and parsley. Remove the pot from the heat.

Remove meat from the pot and place onto a serving dish and let rest for 15 minutes. Also remove vegetables to a bowl and keep warm. Slice meat on the diagonal against the grain. Serve meat on a platter and spoon juices over meat and vegetables.

(Made this Nov 10, 2007, and it took more than 2-3 hours to cook meat. We recommend cooking overnight in a crock-pot)



Fried Rice

2 Cups	Onions, Finely Chopped
1 Clove	Garlic, Minced
1-2 Tbls	Olive Oil
3 Tbls	Soy Sauce
1-2 Cups	Peas, Frozen (or 1 Can)
3 Cups	Rice, Cooked

Sauté' onions in hot oil in skillet until translucent. Add garlic before onions are finished. Push to one side of skillet.* Add rice and peas. Cook until heated through, stirring constantly. Add soy sauce and mix well.**

Optional Additions:

*Between sautéing onions and garlic and before adding the rice, add 4 eggs, slightly beaten, cooking until firm, stirring constantly.

*Use leftover meat like ham or pork.

**Add 1-cup bean sprouts when adding soy sauce.

For greater variety, add chopped green peppers, finely chopped green onions, sliced celery, finely chopped cabbage, or slivered almonds with meat.

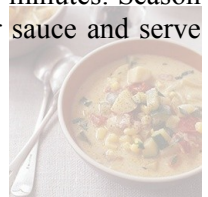
This recipe is great for leftover foods and can be varied in the amounts to suite individual tastes and ingredients available.

Corn Choup

Serve with: Crackers. Save some for lunch.

2 Tbl	Extra-virgin olive oil (EVOO)
4 slices	Bacon, chopped
1	Onion, chopped
½	Red bell pepper, seeded and chopped
1 lb	small potatoes, cut into small chunks (I use about 4)
4-5	Large ears corn, kernels scraped from the cobs, or one 10-ounce box frozen corn
1 Med	Zucchini, finely chopped
5-6	Sprigs thyme
1	Bay leaf
1 tsp	Paprika
3 Tbl	Flour
1 32-oz	chicken broth (4 Cups)*
½ Cup	Chopped flat-leaf parsley
	Salt and pepper
	Hot pepper sauce

In a medium soup pot, heat the EVOO, 2 turns of the pan, over medium-high heat. Add the bacon and cook until crisp at the edges. Add the onion and bell pepper and cook until softened, about 4 minutes. Add the potatoes, corn, zucchini, thyme, bay leaf and paprika and cook for 4 minutes. Sprinkle the flour into the pot, stir and cook for 1 minute. Gradually stir in the broth and simmer until thickened a bit. Stir in the parsley and simmer until the potatoes are tender, about 8 minutes. Season the corn choup to taste with salt, pepper and hot pepper sauce and serve with crackers.



(Source: Rachael Ray)

**If I don't use homemade chicken broth, then I would use Knorr Condensed Chicken Base. (See Boucher Soup) Probably about 1/4 cup of it for this recipe.*

Green Bean Casserole

Because I love my husband who loves this dish.

3/4 Cup	Milk
1/8 tsp	Black Pepper
1 Can	Cream of Mushroom
2 cans	Green Beans
1 1/3 Cup	French Fried Onions

Open the cans and drain the water from the green beans. Pour all the ingredients except for 2/3 cup onions into a 1-1/2 quart casserole (I used an 8 in. square baking pan). Bake at 350°F (175°C) for 30 minutes. After thirty minutes in the oven, the casserole should be nice and hot. Take it out and top with the reserved onions. Bake for an additional five minutes.

Grilled Cheese Sandwiches and Smoky Tomato Soup

Put some soup aside for lunch.

2 tb	Olive Oil
3 stalks	Celery, chopped
1 tb	Marjoram
4 Slices	Bacon, chopped
2	Carrots, chopped
28 oz	Tomatoes, crushed fire-roasted
3 cloves	Garlic
To Taste	Salt and Pepper
½ ts	Sugar
1	Onion, chopped
1 qt	Chicken Broth, divided

Heat a large soup pot over medium-high heat with 2 turns of the pan of EVOO, about 2 tablespoons. Add the chopped bacon and cook until crisp, stirring every now n then, about 2-3 minutes. Remove the crispy bacon from the pot. To the soup pot, add the garlic, onion, celery, carrots and some salt and pepper. Cook, stirring every now and then for 4-5 minutes, until they start to get tender. (Although the recipe now directs to remove the tender veggies from the pot to a food processor or blender, throw in a big splash of the chicken stock and the marjoram, and puree until smooth - I say skip this so the soup isn't pulpy and keep the veggies intact) If not pureeing veggies, now add to the pot the marjoram, chicken stock, fire-roasted tomatoes, and sugar. Bring up to a bubble and simmer. 4 servings (Source: Rachel Ray Show)

Make Grilled Cheese Sandwiches while soup cooks.



Hamburgers

Serve with: Baked beans, potatoes, applesauce.

1 lb	Ground Beef or Beef Patties
1 bag	Hamburger Buns
1	Onion
1 Cup	Ketchup
1 Cup	Mustard, Yellow
1 Cup	Pickles, Dill
1 PKG	Cheese, Sliced
1 Head	Lettuce, Head iceberg, Sliced
1	Tomato

Patty and cook ground beef. Thinly slice onion and tomato. Place in bowl the pickles. Unwrap iceberg lettuce. Place on table Ketchup, Mustard and buns.

Green Pepper Stuffing

Serve with: Corn and applesauce. Put some aside for lunch.

1 lb	Beef, Ground
1 Med	Onion, Chopped
2 C	Tomato Juice
1/2 C	Rice, Brown Long-grain (Uncooked)
4 oz	Cheese, Monterey Jack Cheese (3 oz)
To Taste	Oregano
To Taste	Rosemary
To Taste	Worcestershire Sauce
6	Peppers, Green

Brown ground beef in skillet, stirring until crumbly; drain. Add onion. Sauté until tender. Add tomato juice. Bring to a boil. Add rice. Simmer, covered, and on low for 40 minutes or until rice is tender. Add cheese and seasonings. Cut tops from peppers, discarding seed and membrane. Steam in saucepan for 5 minutes. Spoon stuffing into peppers; place in baking dish. Bake at 350F for 30 minutes. May omit cheese. May freeze stuffed peppers, defrosting before baking. May moist steaming step if a crisper texture is desired.

(NOTE: I cut the stuffing part, and only use one chopped green pepper and add to mixture and serve un-stuffed)

(Source: Whole Foods for the Whole Family)

Herbed Rice Pilaf

(See Also “Chicken Stir Fry”)

1 tsp	Butter
½ Cup	Onion, Chopped
¼ Cup	Thyme
¼ Cup	Chives
¼ Cup	Sage
1 Cup	Rice, Regular
1½ Cup	Vegetable Stock*
To Taste	Salt
To Taste	Black Pepper

Preheat the oven to 350F. In a small ovenproof pot, melt the butter over medium-low heat. Add the onion and herbs, and cook for 3 to 4 minutes until the onions become translucent but not brown. Add the rice and stir to coat evenly with butter. Cook for 3 to 4 minutes. Add the stock and bring to a boil over high heat. As soon as the stock comes to a boil, cover the pot and place in the oven for 18 minutes. Add the salt and pepper, and fluff with a fork.

**I usually use two small containers of veggie stock and then use a heaping cup of the rice to compensate.*

(Foodfit.com)



Irish Beef Stew

Serve with: Rolls and peaches. Put some aside for lunch.

¼ C	Olive Oil	1 Tbl	Worcestershire Sauce
1¼ lb	Beef, Stew Meat	2	Bay Leaves
6 Large	Garlic, Minced	2 Tbl	Butter
6 Cups	Beef Stock (49.5 ozs)	1 large	Onion, Chopped
2 C	Juice, Apple	2 Cups	Carrots, peeled & cut into ½” pcs
2 Tbl	Tomato Paste	3 lb	Potatoes, peeled, cut into ½” pcs
1 Tbl	Sugar	To Taste	Salt
1 Tbl	Thyme	To Taste	Pepper, black

CROCK POT Sauté' beef before adding to crock pot and cook over night.

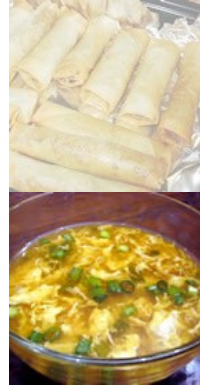
STOVE TOP Heat olive oil in heavy large pot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock,, apple juice, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally. While the meat and stock is simmering, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Sprinkle with parsley and serve. (Can be prepared up to 2 days ahead. Salt and pepper to taste. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.) (This recipe originally called for Guinness beer and fine red wine. I substituted both for the apple juice.) (Source: elise.com)



Lumpia (Philippine Egg Rolls)

Serve with: Fried Rice with peas, egg drop soup and peaches. FREEZE

- 2 pkgs Egg Roll Wrappers
- 2 Tbl Oil, peanut
- 4 cloves Garlic
- 1 lb Pork, Ground
- 1 Cup Carrots, Shredded
- 1 Cup Cabbage, Shredded
- 1 Cup Celery, Shredded
- 1 Cup Onions, chopped finely
- 2 tsp Pepper, black
- 2 Tbl Salt
- 1 tsp Garlic powder
- 2 tsp Soy Sauce



Shred or chop finely celery, carrots, cabbage, onions. Smash or chop garlic. Put 2Tbl oil into skillet on medium heat. Add garlic when oil is hot; brown garlic. Add the onion until translucent. Add ground pork. Brown and add both garlic and onion powder, regular salt and soy sauce. Squeeze all liquid from veggies caused by blender or processor. Add celery first (they take longer to cook). Mix well while cooking until celery is soft. Add carrot and when soft add cabbage. Place mixture into bowl and let cool slightly. Place three heaping T of the filling diagonally near one corner of each wrapper, leaving a 1 ½ inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture. (Or, place into freezer bags 9 per bag and freeze for up to 6 months) Heat a heavy skillet over medium heat, add oil to ½ inch depth, and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the

rolls for 1 to 2 minutes, until all sides are golden brown. Drain on paper towels. Serve immediately. Source: Emaline Darias

Hungarian Beef Round Steak

Serve with: Applesauce and green beans/okra. Put some aside for lunch.

2¼ lb	Beef, Round Steak	1 can	Beef Stock (<i>see below</i>)
2 tb	Flour	5 ts	Paprika
½ ts	Salt	2 med	Onions, Sliced and separated into rings
¼ ts	Pepper, black	2 ts	Flour, mixed with 2 tbs cold water
2 tb	Olive oil	½ Pkg	Home-style Egg Noodles

(On Sept 18, 2007, I used a bowl of flour; covered with black pepper and Ed's pepper mix and sprinkled with salt. I dipped meat into this mixture and each time replaced seasoning to top of flour. I used 8 bouillon cubes and 4 cups of water. We did not use sour cream – so I omitted the 2/3 C of Sour Cream from ingredients. This seasoning was perfect.)

Cut beef steak into 6 pieces. Combine 2 tablespoons flour, salt and pepper. Lightly coat beef with flour mixture. Heat oil in large nonstick skillet over medium heat until hot. Brown beef in batches. Pour off drippings. Return beef to skillet. Add broth and paprika; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes. Add onions; continue cooking, covered, 30 to 45 minutes or until beef is fork-tender. Remove beef and onions; keep warm.

Remove cooking liquid; skim fat. Return 2-½ cups liquid to skillet; whisk in flour mixture. Bring to a boil; cook and stir 1 minute or until thickened. Remove from heat; whisk in sour cream. Serve with beef, onions and egg noodles.

Source: www.beefitswhatsfordinner.com



Mongolian Beef or Chicken

1 lb Flank Steak or CHICKEN

- ¼ Cup Soy Sauce
- ¼ Cup Cilantro Leaves
- 2 cloves Garlic
- 1 Tbl Hoisin Sauce
- 1 Tbl Sesame oil
- 2 tsp Sugar
- 2 tsp Peanut Oil
- 1 pkg Chow Mein Noodles
- 1 pk Broccoli Florets
- 1 Can Pineapple
- 1 med Onion, Chopped
- 1 Pepper, green bell, chopped
- 4 sticks carrot, Shredded
- 1 can Mushrooms
- 1 Can Baby Corn, Whole

Combine soy sauce, cilantro, garlic, hoisin sauce, sesame oil, and sugar. Whisk until well blended. Pour marinade over beef, cover and chill for one hour, or overnight. Heat peanut oil in wok until hot. Stir fry beef strips for five minutes or until done. Serve beef with hot, cooked rice.

Pork Chops Pizzaiola

- 4 Pork Chops, Center-Cut (Abt 1 1/4" Thick)
- 2 Tbl Olive Oil
- 1 Sm Onion, Thinly Sliced
- 1 Clove Garlic, Minced
- 1 Cup Tomatoes, Canned, Drained, Chopped
- ½ tsp Basil Leaves
- ½ tsp Oregano
- ¾ Cup Chicken Broth, Canned

Trim fat from the chops. Season chops with salt and pepper. In a heavy skillet, heat 1 tablespoon oil and brown chops on both sides. Remove chops and keep warm.

Discard fat and oil from skillet, add remaining tablespoon of oil, and sauté onion and garlic over moderate heat until limp and just starting to color. Add tomatoes, basil and oregano, and half the chicken broth. Stir well to deglaze the skillet.

Add pork chops to skillet, then cover skillet tightly. Cook slowly for about 45 minutes, or until chops are tender. Turn chops once or twice during cooking and add more broth as needed.



Pot Roast – Crockpot

*Serve with: Rolls and applesauce. Put some aside for lunch. ***

1	Beef Roast
4	Potatoes
3	Carrots
3 Cloves	Garlic
1 Can	Corn
1 Can	Green Beans
1 Tsp	Red Pepper Flakes and various spices
1 Can	Tomatoes
1 Tsp	Cinnamon
To Taste	Salt

Place everything into crock pot, with beef roast on top, before bed. Upon waking, mix the roast into the pot more thoroughly. Heat rolls. When rolls are finished serve meal.

***When the meal is all gone, save the extra broth in the freezer for veggie soup.*

Onion Roasted Potatoes

1 Envelope	Lipton Onion Soup Mix
4 med	Potatoes
1/3 Cup	Olive Oil

Preheat oven to 425. In 13x9-inch baking or roasting pan, combine all ingredients. Bake, stirring occasionally, 35 minutes or until potatoes are tender and golden brown.

Salmon Patties or Sardines/Mac and Cheese

Serve with: Peas and fruit cocktail

Southwestern Corn Salad

Note: If saving for lunch, do not add Fritos. Set them aside for later.

1 Can	Corn, Whole-Kernel
1 Cup	Onion, Chopped
½ Cup	Green Bell Pepper
½ Cup	Red Bell Pepper
1 Cup	Mayo
1 Cup	Cheddar Cheese - Shredded
¾ Bag	Chili Cheese Fritos - broken into pieces

Drain Corn. Mix everything except Fritos and refrigerate overnight. Add Fritos just before serving.



Spaghetti and Meatballs

Serve with: Garlic bread and pears. Save some for lunch.

8 ozs Spaghetti
1 Jar Spaghetti Sauce
6 Meatballs

Cook spaghetti. Heat Spaghetti sauce with meatballs. Serve.

Garlic Bread

6 pieces Bread
1 Tbl Garlic Salt
3 Tbl Butter

Spread butter on bread, sprinkle with garlic salt, and place under broiler until browned.

Sloppy Joes

Serve with: Buns, hominy and fruit cocktail. Save some for lunch.

1 lb	Ground Hamburger
½ Cup	Onion
¼ Cup	Celery
¼	Green Bell Pepper
1 clove	Garlic
1 Tbl	Worcestershire Sauce
½ Cup	Ketchup
½ Can	Tomato paste
½ Cup	Water
1	Beef Bouillon Cube
½ tsp	Paprika
1/8 tsp	Black Pepper
1½ Tbl	Apple Cider Vinegar
1½ Tbl	Brown Sugar
½ tsp	Dry Mustard

Finely dice the onion, celery and green bell pepper. Mince the garlic. Heat a heavy skillet over medium-high heat. Add ground beef and brown, stirring to break it up. Drain off any fat and add to the Crockpot. Add onion, celery, bell pepper, garlic, Worcestershire sauce, ketchup, tomato paste water, beef bouillon granules, paprika, black pepper, cider vinegar, brown sugar, and dry mustard to the ground beef. Stir until well combined. Cover. Cook on Low for 6 to 8 hours or High for 3 to 4 hours. Sloppy Joes are traditionally served on toasted hamburger buns, but it is also good over pasta or even as a condiment for hot dogs.

Stroganoff

Serve with: Green beans/okra, peaches

1 ½ lb	Steak, Round
¼ tsp	Salt
¼ tsp	Pepper
1 Med	Onion, Thinly Sliced
4 tbs	Butter
2 tb	Flour
2 tsp	Mustard, Dijon
4 each	Beef Bouillon Cubes
½ Pkg	Homestyle Amish Noodles

Dissolve 4 Beef bouillon cubes in 2 Cup boiling water. Melt 2 Tbsp butter in a heavy skillet over low heat, blend in flour. Mix in beef stock, and heat 3-5 minutes to thicken. Blend in mustard and remove from heat. Melt 2 Tbsp of butter to brown meat and onion QUICKLY. Put beef in sauce and cover and simmer 10 minutes. Serve over egg noodles.



Tacos

Serve with: Spanish Rice Save some for lunch!

1 Lb	Ground Beef	½	Head Lettuce
1 Pkg	Taco Seasoning	3 Cups	Cheese
1-18 Ct Pkg	Taco Shells	1-8 oz Tub	Sour Cream
2-3	Tomatoes	1 Can	Refried Beans
1 Med	Onion	To Taste	Hot Sauce

Ground the beef, add taco seasoning according to package directions. Chop tomatoes, onions, and lettuce and, along with cheese and heated refried beans, place individually into individual sized bowls. Open sour cream, taco shells, and hot sauce. Place all ingredients onto table for personalization.

Homemade Taco Seasoning Mix

6 tsp	Chili powder	3 tsp	Onion powder
5 tsp	Paprika	2½ tsp	Garlic powder
4½ tsp	Cumin	1/8 tsp	Cayenne pepper

In storage container with tight fitting lid, combine all ingredients; mix well. Seal tightly. Store in cool, dry place for up to 6 months. Seven teaspoons of mix equal a 1.25 ounce pkg. of purchased taco-seasoning mix. This recipe from CDKitchen for Taco Seasoning Mix serves/makes .5 cup



Taco Salad – Aunt Dee’s

Save some for lunch!**

1 Head	Lettuce, Head iceberg, Sliced
2	Tomato
1	Onion, Chopped
1	Cheese, Monterey Jack Cheese (3 oz)
1 Bottle	Catalina Dressing
1 lb	Ground Beef
1 Bag	Doritos’s - Nacho Flavored**

Brown ground beef and drain. Cut up lettuce, tomatoes and onion. Mix with meat and add cheese. Mix well. Crush chips and add to mixture before serving. Add dressing. Mix together and enjoy.

***Do NOT add Doritos’s to the lunch sized portion. Keep them separate.*



Squash Soup

Serve with: Bread, rolls or crackers. Save some for lunch.

- 3 Leeks (white portion only), Sliced
- 6 Cups Chicken broth (4 cans)
- 4 Med Carrots, chopped
- 3 med Zucchini, peeled and sliced
- 5 Tbl Butter
- 2 tsp Salt
- 3 lb Butternut Squash, peeled and cubed
- ½ tsp Thyme
- ¼ tsp Pepper, white

In a Dutch oven or soup kettle, sauté leeks and carrots in butter for 5 minutes, stirring occasionally. Add the squash, broth, zucchini, salt, thyme and pepper; bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until vegetables are tender. Cool until lukewarm. In a blender, puree soup in small batches until smooth; return to kettle. Stir in cream and milk at this point if using; heat through (do not boil). Sprinkle with Parmesan Cheese and chives if desired. *We didn't put in the 1 cup half-and-half cream and ½ cup milk that the original recipe called for. Ed suggested adding a bit of honey instead for sweetness.* Makes 3 ½ quarts. 12-14 servings (Source: Taste Of Home)



Taco Salad – Regular

Save some for lunch! **

1 lb	Ground Beef
¼ Can	Red Kidney Beans
1	Tomato
3 Tbl	Lemon Juice
2 Tbl	Onion, Chopped
2 tsp	Olive Oil
1/8 tsp	Salt
1/8 tsp	Chili powder
1/8 tsp	Cumin, Ground
½ Cup	Apple Cider Vinegar
¼ Cup	Sugar
1-2 drops	Hot sauce
Head	Iceberg Lettuce, Sliced
Pkg	Cheese, Monterey Jack Cheese (3 oz)
1 Pkg	Taco Shells, Ortega Yellow Corn**

In 1-quart bowl combine all ingredients except lettuce, cheese and taco shells; cover and refrigerate until ready to serve (at least 30 minutes). Chill 2 bowls. Line each bowl with 2 lettuce leaves; spoon an equal amount of beef mixture over each portion of lettuce, then sprinkle each with ½ ounce cheese. Surround each portion with half of the taco shell pieces. Oh! I just mix everything together into one big bowl!

***Do NOT add taco shells to the lunch sized portion. Keep them separate.*



Veggie Soup

Serve with: Rolls and oranges. FREEZE

1 Med	Onion	1 Can	Corn with liquid
3 Cloves	Garlic	1 Can	Tomatoes – Blended
4 Sticks	Carrots	4-8 Cubes	Beef Bouillon**
4 Sticks	Celery	4-8 Cups	Water
¼ Head	Cabbage	½ Tsp	Basil
1 or ½ Cup	Zucchini	¼ Tsp	Oregano
1 Can	Green Beans*	¼ Tsp	Salt
3 Tlbs	Butter	¼ Tsp	Red Pepper Flakes

Sauté onion in Butter and then add Garlic. Transfer to Crock Pot, add everything else. Cook on low for six hours or high for eight-ten hours. Place extra soup into freezer bags.

**Leave Green Beans Undrained*

***Use stock from crock-potted Pot Roast as beef stock in this, too.*

West Texas Creamed Corn

3 Tbl	Butter
1	Onion, Chopped
1	Jalapeno Chili, Seeded and Minced
1 clove	Garlic
2 Tbl	Flour
$\frac{3}{4}$ tsp	Ground Coriander
$\frac{3}{4}$ tsp	Ground Cumin
$\frac{1}{4}$ tsp	Salt
4 tsp	Cayenne Pepper
1 Cup	Milk
2 Can	Corn, Whole-Kernel
$\frac{3}{4}$ Cup	Cheese, Monterey Jack Cheese
2 Tbl	Cilantro, Fresh and chopped

In 3-quart saucepan, melt butter over low heat. Add onion and jalapeno and cook until tender, 6 to 8 minutes, stirring occasionally. Add garlic; cook 1 minute longer. Stir together flour, wheat germ, coriander, cumin, salt, ground red pepper and milk; stir into saucepan. Heat over medium heat until mixture thickens and boils, stirring frequently; boil 1 minute. Add corn and cook 5 minutes, stirring frequently. Remove saucepan from heat. Reserve 1 teaspoon chopped cilantro. Stir in cheese and remaining chopped cilantro until cheese melts. Sprinkle with reserved cilantro; garnish with cilantro leaves.



Tamale Pie

Serve with: Macaroni and cheese, okra, fruit cocktail and corn casserole (recipe below).

(Hint: Start with corn casserole while stove heats for Tamale Pie so that it can have a head start with the cooking)

- 1 Pkg Tamales, Ray's Tamales (Frozen) Large
- 1 Can Chili – NO beans
- 1 Can Chili with beans
- 2 C up Cheese, Monterey Jack Cheese

Put tamales in a pan smaller than 9x13. Cut off wrappers from Tamales. Pour all cans over top. Sprinkle with cheese. After cooking – top with onions. (KEEP CHEESE OFF OF TWO TAMALE'S FOR LACTOSE INTOLERANCE)

Bake 35-45 mins at 350 Degrees.

Source: D. Bailey



Corn Casserole

- 8 oz Sour Cream
- 1 Stick Butter
- 1 Box Jiffy Corn Muffin Mix (8.5oz)
- 1 Can Corn, Creamed
- 1 Can Corn, Whole-Kernel

Do NOT drain corn. Mix all ingredients together. Bake at 400F for about 1 hour.