

March '09 Menu & Recipes

Soup/Chili/Stew:

- ❖ Edel - **Baked Potato Soup**



- ❖ Heidi - **Maui Black Bean Soup**



North American/European:

- ❖ Ann - **BBQ Chicken Sandwiches**



Italian/Mediterranean:

- ❖ Sara - **Rav'n Ravioli**



- ❖ Doris - **Greek Chicken w/Angel Hair Pasta**



Far East (Asian - Indian):

- ❖ Ness - **Thai Yellow Chicken Curry**



Southwestern/Mexican:

- ❖ Renee - **Chicken Tamale Pie**



- ❖ Deanna - **MexiCorn Pork Chops**



Soup/Chili/Stew:

Baked Potato Soup

Pampered Chef Recipe

Yield 4 servings

4 medium baked potatoes	2 slices bacon	1/2 C celery, chopped
1 garlic clove	1/2 tsp salt	1/4 tsp black pepper
1 C light sour cream	1/2 cheddar cheese, shredded	
1 can (14 1/2oz) chicken broth	1/2 C green onions with tops, thinly sliced	

Cooking Day: Remove skins from baked potatoes. Coarsely mash potatoes in bowl. In 4 quart casserole, cook bacon over medium heat until crisp. Remove bacon to paper towel and drain; crumble and set aside. Discard all but 1/2 teaspoon drippings. Meanwhile, chop celery. Thinly slice green onions. Add chicken broth, milk, mashed potatoes, celery, onions, garlic, salt and black pepper to drippings in pan. Bring to boil. Reduce heat; simmer 10 minutes. Cool. Package. Freeze.

Serving Day: Thaw. Heat till hot through and through. Stir in sour cream and reserved bacon. Ladle soup into bowls and spoon 2 tablespoons cheese over each serving.

Maui Black Bean Soup

From the Eat-Clean Diet Cookbook

2T Olive Oil	2 ribs Celery, trimmed & chopped
1 Fat Carrot, peeled & chopped	1 Small Purple Onion, peeled & chopped
2 cloves Garlic, minced	1 Red Pepper, seeded, de-veined, & chopped
1/2 tsp Dried Cumin	1 tsp Dried Basil
1 tsp Dried Oregano	1 tsp Chili Powder
4 cups Chicken Stock	2 -15oz cans Black Beans
15 oz can Diced Tomatoes	1 cup Corn Kernels
1 Green Pepper, seeded, de-veined, & chopped	
Sea Salt & Black Pepper	

Cooking Day: In a skillet, heat olive oil over medium heat. Add celery, carrot, onion, & bell peppers. Sauté until onion becomes transparent (about 8 minutes). Add garlic and spices, cook another 2 minutes. Add stock, beans, and tomatoes. Bring to a boil, then reduce heat. Cover and let simmer for about 20 minutes. Puree soup to desired consistency. Add corn and let simmer for 5 minutes. Season with salt and pepper.

Serving Day: Thaw soup. Heat till hot.

North American/European:

BBQ Chicken Sandwiches Makes about 6 big sandwiches

1 (4 lb) chicken	1 1/4 cups ketchup
2 cups water	1 onion, finely chopped
1 teaspoon salt	1 teaspoon celery seed
1 teaspoon chili powder	1/4 cup brown sugar
1/4 cup Tabasco sauce	1/4 cup worcestershire sauce
1/4 cup vinegar	

Cooking Day: Place whole chicken in a large pot, cover with water. Heat to boiling then simmer till chicken is cooked. Remove chicken, cool then shred meat off bones. In a large pan, mix ketchup, water, onion, salt, celery seed, chili powder, brown sugar, Tabasco, Worcestershire and vinegar. Add shredded chicken. Simmer chicken in sauce for 1 1/2 hours.

Serving Day: Thaw. Heat through. Serve warm on rolls.

Italian/Mediterranean:

Rav'n Ravioli

Adapted from Pampered Chef

1 medium green bell pepper	1/2 C onion, chopped
1 tsp olive oil	1 garlic clove, minced
1 jar (26-28 ounces) spaghetti sauce	1 1/4 C water
12 French bread baguette slices	1/4 C butter, melted
1 C mozzarella cheese	1/4 C fresh grated Parmesan cheese
18 ounces refrigerated ravioli (I substituted tortellini)	

Cooking Day: Preheat oven to 400 degrees. Chop bell pepper and onion. Heat olive oil over medium-high heat; add pepper, onion, and garlic. Cook 203 minutes or until vegetables are tender. Stir in spaghetti sauce, ravioli and water. Bring to a boil. Melt butter and add bread slices, tossing to coat evenly. Spoon half of the ravioli mixture into 9 inch pie plate or similar sized baking dish. Top with mozzarella cheese and remaining ravioli mixture. Arrange bread slices around edge of baking dish, pressed slightly into ravioli mixture. Sprinkle parmesan cheese over bread and ravioli mixture. Bake 15-20 minutes or until ravioli is heated through and bread is crisp and deep golden brown.

SERVING DAY: Thaw ravioli mixture. Melt butter and add bread slices, tossing to coat evenly. Spoon half of the ravioli mixture into 9 inch pie plate or similar sized baking dish. Top with mozzarella cheese and remaining ravioli mixture. Arrange bread slices around edge of baking dish, pressed slightly into ravioli mixture. Sprinkle parmesan cheese over bread and ravioli mixture. Bake 15-20 minutes or until ravioli is heated through and bread is crisp and deep golden brown.

Greek Chicken with Angel Hair Pasta

Yield 8 servings

(serving size: 1/2 chicken breast, about 1/2 cup tomato mixture, and about 1 cup pasta)

1 pound uncooked angel hair pasta
1 tablespoon olive oil
4 (6-ounce) skinless, boneless chicken breasts, halved
2 cups chopped red onion
1 cup chopped yellow bell pepper
6 tablespoons fresh lemon juice
1 teaspoon dried basil
1/2 teaspoon dried oregano
2 (14.5-ounce) cans diced tomatoes with basil, garlic, and oregano
3/4 cup (3 ounces) feta cheese, crumbled

Preparation Day: Chop red onions and yellow bell peppers. Cut chicken in halves. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; sauté 3 minutes on each side. Add onion and next 5 ingredients (through tomatoes) to pan; stir well. Cover, reduce heat, and simmer 25 minutes or until chicken is done. Package cheese to be refrigerated.

Serving Day: Thaw chicken mixture. Cook pasta according to package directions, omitting salt and fat. Simmer chicken mixture till heat through. Remove from heat; Serve over pasta and sprinkle with cheese.

Far East (Asian - Indian):

Thai Yellow Chicken Curry Jasmine Rice Meal Kit

10.5 ounces Thai Kitchen Yellow Curry Jasmine Rice
3 Chicken Breasts, sliced and cooked
1 cup Frozen Veggies

You Provide:

3 cups Water
1 1/2 Tbsp. of Butter or Margarine

Prep Day: Slice and cook chicken in a Tbsp. of olive oil till no longer pink. Cool and freeze. In a separate freezer bag store frozen veggies and freeze.

Serving Day: Thaw Chicken. In a medium sauce pan, bring 3 cups of water to a boil. Reduce heat to medium-low. Stir in Thai Yellow Curry Jasmine Rice, Thai Yellow Curry seasoning from the boxed rice, and 1 1/2 Tbsp. of Butter or Margarine. Cover and simmer for 15 to 20 minutes, stirring occasionally. In the last 8 minutes of cooking add 1 cup frozen veggies, and sliced chicken. Cook until rice is soft and tender.

Southwestern/Mexican:

Chicken Tamale Pie

1 - 9 oz. diced cooked chicken	½ cup cornmeal
1 4.5 oz. chopped green chilies, drained	¾ cup milk
2 tsp. taco seasoning, (1.25 oz. envelope)	1 egg
1 cup Mexican blend cheese (4 oz.)	½ cup Bisquick mix
1 - 11 oz. whole kernel corn w/ green and red peppers	
Optional: shredded lettuce, salsa and sour cream	

Cooking Day Instructions: Spray a 9-inch pie plate with non-stick spray. In a medium bowl, mix chicken, chilies, and taco seasoning; pour into pie plate. Sprinkle with cheese. In a medium bowl, stir together Bisquick mix, cornmeal, milk, egg and corn until blended; pour over chicken mixture and cheese. Cover tightly with aluminum foil and freeze.

Serving Day Instructions: Thaw in refrigerator overnight. Preheat oven to 400°F. Bake for 25 to 30 minutes or until toothpick inserted in topping comes out clean. Cut into wedges and top with lettuce, sour cream, salsa and extra cheese. Serve with: Spanish rice and refried black beans.

Mexi Corn Pork Chops Freezer Recipe

4 double-rib pork chops	1/2 cup Mexican-style whole kernel corn
1/2 cup soft bread crumbs	3 tbsp chopped onions
3 tsp salt	1/8 tsp thyme
1/4 tsp sage	1/2 cup hot water

Cooking Day: Cut pork chops from fat edge nearly to the bone edge, to create a pocket. Put a dash or two of salt in each pocket. In a small bowl combine corn, bread crumbs, onion, salt and thyme, mixing well. Divide into four and stuff pork chop pockets with mixture. Close with butcher string or toothpicks. Flash freeze on cookie sheet, then put in plastic ziploc bag or container and return to freezer.

On Serving Day: Cook from frozen. Place chops on preheated skillet, sprinkling top with sage. Heat pork chops for 40 minutes or until thawed and chops are browned on both sides. Add hot water, cover skillet and simmer on low for 40 minutes or until tender and cooked through. Check periodically and add water as needed. Remove butcher's string and/or toothpicks and serve!