

March '09 Menu

Soup/Chili/Stew:

- ❖ Renee - **Creole Black Bean & Sausage Stew**



- ❖ Deanna - **Beefy French Onion Soup**



North American/European:

- ❖ Edel - **Garlic Herb Sliders**



- ❖ Heidi - **Amazing Pork Loin**



Far East (Asian - Indian):

- ❖ Sara - **Thai Yellow Chicken Curry**



- ❖ Doris - **Chicken with Red Chilies & Coconut Milk**

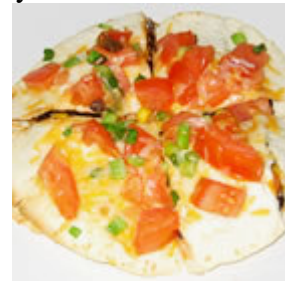


Southwestern/Mexican:

- ❖ Vanessa - **Fish Tacos w/Freezer Coleslaw**



- ❖ Tammy - **Mexican Pizza**



Soup/Chili/Stew:

Creole Red Bean and Andouille Sausage Stew

1/2 cup vegetable oil
3/4 cup all purpose flour
3 tbsp Creole seasoning without salt
2 cup onions, diced
1 cup green bell pepper, diced
1 cup celery, diced
1 1/2 cups Andouille Sausage, sliced
3 tbsp garlic, chopped
1 (15.5 ounce) can Red Beans, undrained
5 cups cold chicken stock
1 14.5 ounce can tomatoes, chopped, undrained
2 tbsp Worcestershire Sauce
3 fresh bay leaves
Optional garnishes: hot sauce, parsley, green onions and salt to taste.

Cooking Day Instructions: Mix onion, celery, and bell pepper together (a.k.a. The Holy Trinity). Heat oil in a dutch oven over medium heat. Whisk in the flour to make a milk chocolate colored roux. Add the Andouille Sausage and fry for 1-2 minutes. Add 1 tablespoon of the Creole Seasoning, 3/4 of the Holy Trinity, cook over medium heat, stirring often, for about ten minutes or until the vegetables soften (may have to add a bit of water to prevent sticking). Add the cold stock, remaining 1/4 trinity, remaining seasoning, Worcestershire Sauce, and garlic. Add the tomatoes and beans, give it a good stir. Add the bay leaves. Bring to a boil. Bring the temperature down to low and simmer about 10-15 minutes. Set aside to cool. Place into quart sized zip lock bag, label and freeze.

Serving Day Instructions: Thaw stew in the refrigerator overnight. Re-heat stew in a large sauce pan on medium-low heat watching closely to avoid scorch. For rice: combine in 3 quart saucepan 2 cups water, 1 cup uncooked rice. Bring to a boil. Turn heat down low and cover with lid. Simmer 15 minutes, or until water is absorbed. Serve stew with white rice, crusty French Bread, and a cold beverage of choice.

Slower Cooker Beefy French Onion Soup

bettycrocker.com

7 small onions, cut in half and thinly sliced (7 cups)	2 tablespoons sugar
1 tablespoon butter or margarine, melted	2 dried bay leaves
1 1/2 pounds beef stew meat	1 cup apple juice
3 cans (10 1/2 ounces each) condensed beef consommé	1/4 cup dry sherry
8 slices (1/2 inch thick) French bread, toasted	1/4 tsp. dried thyme leaves
2 cups shredded Swiss cheese (8 ounces)	

You Will Provide: 1 tablespoon butter or margarine, melted

Prep Day: Chop onions, place in freezer bag. Keep separate from meat. Prepare dry ingredients. Freeze meat and onions.

Serving Day: Thaw onions and meat. Toss onions, butter and sugar in 5- to 6-quart slow cooker. Top with bay leaves and beef. Cover and cook on Low heat setting 9 to 10 hours or until onions are deep brown. Stir in beef consommé, sherry, apple juice and thyme. Increase heat setting to High. Cover and cook 10 minutes or until hot. Remove bay leaves.

To Serve, spoon into ovenproof soup bowls and top each serving with slice of toast and 1/4 cup cheese. If desired, broil with tops 6 inches from heat 3 to 5 minutes or until cheese is bubbly and begins to brown.

North American/European:

Garlic Herb Slider Burgers

makes 20 mini burgers

2 lbs. lean ground beef	1 envelope Lipton savory herb with garlic soup mix
1/2 teaspoon pepper	2 tablespoons water
1/3 cup breadcrumbs	1(8 ounce) package cream cheese, softened
1/4 cup green onions, chopped	24 small square dinner roll

Cooking Day Directions: Preheat oven to 400°F. Hamburgers: Mix first 6 ingredients and press into an ungreased 10 by 15 inch jelly roll pan. Prick with a fork. Bake for 10 minutes. Drain off juices (if there's a lot of excess). Cool. Cut into 24 squares. Place squares on dinner rolls.

To Freeze: Plastic wrap & put into a Ziploc bag or just vacuum seal quantity desired.

Serving Day Directions: To reheat place sandwiches on a microwave-safe plate and cover with a paper towel. Heat on high for 30 seconds per sandwich if frozen, 15 to 20 seconds per sandwich if refrigerated.

Amazing Pork Tenderloin in the Slow Cooker

1 (2 pound) pork tenderloin 1 (1 ounce) envelope dry onion soup mix
1 cup water 3/4 cup red wine
3 tablespoons minced garlic 3 tablespoons soy sauce
freshly ground black pepper to taste

Cooking Day: Mix all wet and dry marinade ingredients, except for pork. Pour into a storage container. Package pork to be frozen. Then freeze pork & marinade.

Serving Day: Thaw pork & marinade. Place pork tenderloin in a slow cooker and pour the contents of the marinade bag over the top. Cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus.

Far East (Asian - Indian):

Thai Yellow Chicken Curry

1 cup celery, finely chopped 1 cup onion, finely chopped
1 green apple, cored and finely chopped (like Granny Smith)
3 Chicken Breasts, diced and cooked 1 (11 oz.) jar of Thai kitchen Yellow Curry
½ Cup dried fruit

Cooking Day: Sauté the onion, celery and apple in the olive oil until tender, 5 to 7 minutes.

Mix Thai kitchen Yellow Curry into the sautéed ingredients and then stir in chicken. Cook for about 10 minute.

To Freeze: Cool. Pour into zippered freezer bags or other containers.

To Serve: Pour thawed mixture into pan and heat completely. Serve over brown rice. For variety, cook 1 cup brown rice with 1 cup chicken broth and 1.5 cups water. About 15 minutes before it's finished, add dried fruit. A combination of dried cherries and golden raisins works well.

Chicken with Red Chilies & Coconut Milk

Serves 6

1/4 cup white vinegar	1 tsp. coarse kosher or sea salt
1/4 tsp ground turmeric	1 small red onion, coarsely chopped
6 medium-size garlic cloves	2 tsp. canola oil
1 (14.5 oz) can diced tomatoes	3/4 cup unsweetened coconut milk
3 dried red Thai or cayenne chilies, stems removed	
1 (3-1/2 lb) chicken, skin removed, cut into 8 pieces	

1/4 cup finely chopped fresh cilantro leaves and tender stems

Preparation Day: Pout the vinegar into a blender jar, followed by the salt, turmeric, onion, garlic and chilies. Puree, scraping the inside of the jar as needed, to make a smooth, yellow-hued light purple marinade.

Place the chicken in a baking dish and spoon the marinade over it, turning the chicken pieces to coat them thoroughly. Refrigerate, covered, for at least 30 minutes or up to 2 hours, to allow the flavors to penetrate the meat. (Because vinegar is so acidic, you do not want to marinate the chicken for any longer because it might break down the meat's texture, rendering it unappetizing.)

Heat the oil in a large skillet over medium-high heat. Add the chicken, including the marinade, meat side down, in a single layer. Cook, allowing the meat to sear after some of the nose-tingling marinade boils off, until browned, 5 to 7 minutes. Turn the chicken over and brown on the other side, about 5 minutes.

Pour in the coconut milk and lift the chicken pieces slightly to allow it to coat the bottom of the skillet and to loosen the browned bits, deglazing the skillet.

Add the diced tomatoes, with their juice, stirring to incorporate them into the curry. Once it comes to a boil, reduce the heat to medium-low, cover and simmer, turning the chicken pieces occasionally and basting them every 3 to 4 minutes, until the meat in the thickest parts is no longer pink inside and the juices run clear, 20 to 25 minutes. Cool chicken and sauce and place in bags to freeze.

Serving Day:

You supply the fresh cilantro.

Thaw chicken mixture. Cook the rice. Stir the cilantro into the chicken and sauce, raise the heat to medium, and simmer vigorously, uncovered, stirring occasionally, until the chunky, reddish-brown curry is slightly thick, and chicken is heated through. Place chicken on a serving platter. Pour the sauce over the chicken and serve with the rice.

Southwestern/Mexican:

Fish Tacos with Freezer Coleslaw

Serves 6

Taken from "The Everything Meals for a Month Cookbook" & the Cooking Among Friends forums

Fish Tacos:

12.3 oz. or 22 crunchy breaded fish sticks

1/2 teaspoon paprika

12 tortillas

1 teaspoons chili powder

1/8 teaspoon cayenne pepper

Coleslaw:

1/2 bag of tri-colored coleslaw mix

1 red onion, finely chopped

1/2 teaspoon salt

1/4 cup apple cider vinegar

1/2 red bell pepper, chopped

1 cups sugar

1/2 teaspoon celery salt

1/2 cup water

You'll Buy On Your Own:

1 jar of salsa

Cooking Day: Remove fish sticks from package. Combine chili powder, paprika, and cayenne pepper on a shallow plate and toss fish sticks in this mixture. Place fish sticks in a freezer bag.

For freezer coleslaw, toss cabbage, red pepper, and onion in a large bowl and set aside. In medium saucepan, combine sugar, salt, celery, salt, vinegar, and water and bring to a boil. Boil vigorously for 3 minutes, then cool completely in fridge. Pour liquid over vegetables and place in rigid container. Attach to fish sticks along with taco shells, label and freeze. Reserve salsa in pantry.

To Serve: Thaw freezer coleslaw overnight in fridge. Keep fish sticks and taco shells in freezer. Preheat oven to 400 degrees. Place frozen sticks on baking sheet and bake for 10-15 minutes, until thoroughly heated. Add frozen taco shells to baking sheet for last 4-5 minutes of baking time. Serve slaw and fish sticks in taco shells long with salsa.

Mexican Pizza

1/2 lb ground beef
2 tablespoons water
Cooking spray
1/3 cup diced tomato
2 cups shredded cheese

1 packaged taco seasoning mix
8 flour tortillas (6 "inch")
1 (16 ounce) can refried beans
2/3 cup mild salsa

Cooking Day: Cook the ground beef over medium heat until brown, then drain. Return meat to pan add packaged taco seasoning and water. Let mixture simmer over medium heat for 10 minutes, stirring often.

Serving Day: Thaw ground beef mixture. Coat each side of the tortilla with cooking spray. Bake each tortilla at 375 for 5 min each side. Tortillas should become golden brown. Heat refried beans. Preheat oven to 400 degrees F. Stack each pizza by first spreading 1/3 C beans on one tortilla. Next add 1/3 C meat, then another tortilla. Top the second tortilla with 2 T of salsa, tomato, cheese, and sour cream. Bake for 8-12 minutes.