

June 2009 MENU & RECIPES

BBQ/Grilling -

- Shredded Beef Sandwiches



North American/European -

- Beef or Chicken Kabobs



Frozen Strawberry Daiquiri Pie



Italian/Mediterranean -

- Italian Burgers



Apple Crisp



Southwestern/Mexican -

- Chicken Black Bean Corn Quesadillas



Hot Fudge Ice Cream Dessert



BBQ/Grilling

Tangy BBQ Shredded Beef Sandwiches

3 c. broccoli slaw (take out big pieces of cabbage)	1 c. chopped onion
1 c. BBQ sauce (I use Famous Dave's Rich and Sassy)	1 c. ketchup
1 c. water	2 T Worcestershire sauce
2 T brown sugar	1 t. chili powder
1 t. salt	½ t. pepper
½ t. garlic powder (I use 1 T. minced garlic)	3-4 lbs. chuck roast
hamburger buns	

Preparation Day: Combine all ingredients (except roast and buns) and place in a slow cooker. Add roast, pushing roast down into sauce. Cover and cook on high for 7 hours (roast should be tender, and fall apart easily). Shred roast (I just pull it apart with two forks) and remove large pieces of fat. Put in freezer bag.

Serving Day: Thaw meat and heat in a large sauce pan, or microwave and serve on buns.

North American-European w/a Dessert

Beef Kabobs - *See May 2008 Menu & Recipes*

Frozen Strawberry Daiquiri Pie - *See July 2008 Menu & Recipes*

Italian-Mediterranean w/a Dessert

Italian Burgers

Approximately 1 pound ground beef	2 cloves garlic, minced
2 tablespoons butter, melted	1 1/2 teaspoons salt
1 teaspoon black pepper	1/4 teaspoon dried oregano
1/2 teaspoon dried basil leaves (or 1 teaspoon fresh finely chopped basil)	

Preparation Day: Mix all ingredients together and pat into patties. Wrap & Freeze.

Serving Day: Thaw meat and BBQ to your likeness.

Apple Crisp Makes 6 servings

4 c Peeled sliced apples	1/2 c sugar
2 Tbsp water	2 Tbsp lemon juice
1/3 c flour	3/4 c oatmeal
1 c brown sugar	1/3 c butter

Preparation Day: Arrange apples in a greased 9" baking pan. Sprinkle with Sugar, water and lemon juice mixture. To make the topping mix flour, oats and brown sugar. Mix well. Cut in the better with a pastry knife until the mixture resembles coarse meal. Sprinkle over apples. To freeze, allow to cool completely. Then cover with heavy duty foil, place in a large freezer bag, label and freeze.

Serving Day: Bake at 375 F from frozen, foil removed, for about 35 minutes, or until hot throughout.

Southwestern-Mexican w/a Dessert

Chicken Black Bean Corn Quesadillas

2 teaspoons olive oil	3 tablespoons finely chopped onion
1 (15.5 ounce) can black beans, drained	1 (10 oz) can whole kernel corn, drained
1 tablespoon brown sugar	1/4 cup salsa
1/4 teaspoon red pepper flakes	2 tablespoons butter, divided
8 (8 inch) flour tortillas	
1 1/2 cups shredded Monterey Jack cheese, divided	

Cooking Day Directions: Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans, chicken, and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes. Cool the bean/corn mixture to room temperature. Package, label and freeze.

Serving Day Directions: Thaw bean/corn mixture in refrigerator over night. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Repeat with remaining tortillas and filling. Serve with extra salsa and sliced avocados on the side.

Hot Fudge Ice Cream Dessert Serves 12

1/2 c brown sugar
2 c flour
1 c nutmeats
1/2 c oatmeal
1/2 c melted butter

Mix above ingredients and place in 9 x 13. Bake at 400 for 15 minutes, stirring several times. Set aside 1/2 of crumb mixture and pat remainder into pan. Drizzle 1/2 large jar of hot fudge sauce over the top. Spread 1/2 gallon vanilla ice cream over this. Sprinkle with remainder of crumb mixture and drizzle with rest of fudge. Freeze.