

December 2011 Menu

Our Choice:

Nicole - Cannellini Beans w/Sausage & Sage



Erin - Slow-cooker French Dip Sandwiches



North American/European:

Kristine - Bourbon Brown Sugar Flank Steak



Italian/Mediterranean:

Bridget - Italian Toasty Sandwich



Kirsten - Venus De Milo Soup



Southwestern/Latin American:

Andi - Latin Burgers w/Caramelized Onion & Jalapeño Relish



Erica - Southwestern White Chili



Our Choice

Cannellini Beans w/ Sausage & Sage

2 lbs Italian sausage (homemade from Everett's Meat Market in South MPLS)
1 cup diced onion
2 cups of white beans cooked or use 2 15 oz cans rinsed and drained
1 (14 oz) can of diced tomato undrained
1 cup of frozen fresh tomato optional or add another can of tomatoes
2 tablespoons dried spices from this summer

Prep day: Have butcher slice packages of sausages-leave in bag. Keep frozen. Cut and cook onions. Add onions, tomatoes, spices and beans to separate gallon freezer bag. Label and freeze.

Serve day: Thaw both bags in fridge. Heat a large, skillet over medium heat; coat pan with cooking spray. Add sausage and cook 5 minutes or until browned on all sides. Remove from pan and set aside. Add other bag with beans, tomatoes, onions and spices and heat till boil and return sausage to pan. Reduce heat and simmer uncovered, 20 minutes or until sausage is done.

Slow-cooker French Dip Sandwiches

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|---------------------------|--------------------------------------|
| 1 medium yellow onion | 3/4 c beef broth |
| 1/4 c soy sauce | 1/2 c water |
| 1 Tbsp Worcestershire | 1 Tbsp spicy brown mustard |
| 1 Tbsp minced garlic | 3 lb chuck roast |
| 6-8 sandwich rolls, split | 6-8 slices provolone or Swiss cheese |

Prep Day: Slice onion into 1/4-inch rounds, place in freezer bag. Add broth, soy sauce, water, Worcestershire, mustard, and garlic. In large freezer bag: roast, bag of au jus, cheese. Freeze.

Serve Day: Pour onions and au jus into bottom of slow cooker. Salt and pepper both sides of roast, place on top of onions. Cook on low 6 - 7 hours until beef is fall apart tender. Transfer roast to cutting board and shred using 2 forks. Remove onions and set aside. Strain juice and remove oil that collects on top with spoon. Return roast, au jus and onions to slow cooker on "keep warm". Heat broiler. Place split rolls on lined baking sheet and toast 1 minute or until bread begins to brown. Remove roll tops, set aside. Scoop beef onto roll bottoms and top with cheese. Return to oven until cheese is melted. Top with onions and roll tops. Serve with small bowl of au jus.

North American/European

Bourbon Brown Sugar Flank Steak

1/2 cup packed dark brown sugar
1/2 cup minced green onion
1/2 cup Bourbon
1/2 cup low sodium soy sauce
1/4 cup Dijon mustard
1/2 teaspoon fresh ground black pepper
1/2 teaspoon Worcestershire sauce
3.5 lb flank steaks

You provide: cooking spray and 1/2 teaspoon cornstarch

Optional sides: potatoes, rice, vegetables

Prep Day: To prepare steak, combine first 7 ingredients in a large zip-top plastic bag; add steak. Seal and freeze.

Serve Day: Thaw, turning bag occasionally. Remove steak from bag, reserving marinade. Prepare grill. Place steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness. Let stand 10 minutes. Cut diagonally across grain into thin slices.

Combine reserved marinade and cornstarch in a saucepan. Bring to a boil; cook 1 minute, stirring constantly. Drizzle over steak and sides.

Southwestern/Latin American

Latin Burgers w/Caramelized Onion & Jalapeño Relish

3/4 pound ground sirloin
3/4 pound ground chuck
1/2 pound raw chorizo, casings removed and crumbled
1 tablespoon adobo seasoning
1 large onion, grated
1/2 cup dry bread crumbs
2 tablespoons olive oil
2 large yellow onions, finely sliced
Kosher salt and freshly ground pepper
1/2 cup bottled and sliced jalapeno chilies, drained
1/2 cup dark brown sugar
6 slices of Munster or mozzarella
6 hamburger rolls

To make the Latin Burgers -

Directions: In a large bowl, mix thoroughly by hand the ground beef, the chorizo, the adobo seasoning, the grated onion and the bread crumbs. Form the burgers into 6 patties without pressing them too much or they can become tough. Line a baking pan with waxed paper and put the burgers side-by-side in a single layer. Cover and refrigerate for at least 30 minutes. This will help the burgers hold together. Separate with waxed paper and insert into a storage freezer bag for future use.

To make the Caramelized Onion and Jalapeno Relish: Heat the olive oil in a heavy skillet over medium-low heat. Add the sliced onions and season with salt and pepper. Add the jalapeno chilies and the brown sugar. Sauté for 15 minutes or until the onion and the chilies are caramelized and soft. Set aside. Once cool place in sandwich bag and freeze.

Serve Day: Defrost burgers and onion relish in refrigerator.

To cook the Latin Burgers: Preheat an outdoor grill or grill pan on the stove top over medium-high heat. Place the burgers on the hot grill or pan until cooked to desired doneness. Due to the raw chorizo in the recipe, at least medium-well is recommended, approximately 10 minutes on each side. In the last 5 minutes of cooking, top the burgers with the slices of cheese so it can melt. If your grill has a lid, putting it on briefly will help the cheese melt quickly and evenly.

To serve: Lay a burger on the bottom halves, and top with a spoonful of the caramelized onion and jalapeno relish.

Southwestern White Chili

ONE FAMILY (quantities times 6 for SIX FAMILY MEALS)

3 chicken breasts cooked and cubed (18 breasts)
1/2 cup chopped onion (3 cups)
2 cloves of garlic (12 cloves)
2 cups chicken broth – or more! (12 or more cups)
1 1/2 cups Mozzarella cheese (avoid part-skim as it won't melt well) (9 cups)
1/4 cup olive oil (2 cups)
4 oz can green chilies (6 cans)
2 cans white kidney beans (12 cans)
1/2 tsp cilantro (3 tsp)
2 tsp cumin (12 tsp)
1 tsp oregano (6 tsp)
1/4 tsp ground red pepper (2 tsp)

PREP DAY: Chop onion and chop or mince garlic. Heat oil and sauté garlic and onions, add cubed chicken and brown. Add broth and cheese, stirring until cheese melts.

TO PREPARE FOR FREEZING: Combine chicken mixture and all other ingredients in a freezer bag. Lay flat for easy storage.

TO PREPARE AFTER FREEZING: Warm over med heat on stove top, until heated through. Add water or chicken broth, if desired.

(Next time, this is what I would do! **Erica's Alternate Prep Method:** Put the raw onions and the minced garlic in a small ziploc bag. Put the cooked, cubed chicken in another small ziploc bag, and the cheese into a third bag. Put the chilies, spices and broth into a gallon ziploc bag and squish it to combine. Then add the beans to the gallon ziploc. Finally, put the onion, chicken, and cheese bags into the large gallon ziploc bag and lay flat to freeze. **Alternate Cooking Directions:** Heat olive oil (you provide) in a large skillet. Add onion/garlic from small bag and cook until softened. Add chicken from bag and brown. Add cheese and bean mixture and heat through. Add water or chicken stock, if desired.

Bean notes:

ONE FAMILY: 2 cans white kidney beans = 3 cups dry, cooked = 1.5 cups dry

SIX FAMILY MEALS: 12 cans = 18 cups dry, cooked = 9 cups dry beans

*Can substitute great northern beans for white kidney beans