

## February 2012 Menu

### **Our Choice:**

**Lisa** - Black Bean Salsa Chicken



**Tanya** - Leek Soup



### **North American/European:**

**Andi** - Turkey Sloppy Joes



### **Far East (Asian - Indian):**

**Kristine**- Asian Chicken



### **Italian/Mediterranean:**

**Nicole** - Sausage Potato Pepper Bake



**Erin** - Meatballs



### **Southwestern/Latin American:**

**Bridget** - Chicken Mole



**Kirsten** - Pork tenderloin w/mango salsa and blackberry syrup



*\*\*\*Vanessa, Sara and Erica not participating till March\*\*\**

## Our Choice

### **Black Bean Salsa Chicken**

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2 # boneless chicken breasts , chopped  
2 (15 ounce) cans corn , drained  
1 (15 ounce) can black beans , rinsed and drained  
2 cups salsa , separated  
8 ounces cream cheese  
salt and pepper, to taste  
rice (optional)

**Just a note**, that the 2 cups of Salsa doesn't need to be separated. that was for layering for same day cooking. doesn't matter for crock pot.

**Prep Day:** Place everything in a gallon freezer bag except, for the cream cheese, and freeze.

**Serving Day:** Place in the crock pot, OK if not completely thawed. Cook on low for 8 hours. Add cream cheese when you are done. Allow a bit of time to heat through. Good served over cooked rice. Leftovers, also a nice appetizer dipped into with tortilla chips

**Leek Soup - *Recipe will be posted at a later date***

## North American/European

### **Turkey Sloppy Joes**

1 tablespoon extra-virgin olive oil, 1 turn of the pan  
1 1/2 pounds ground beef sirloin or Turkey  
1/4 cup brown sugar  
1 tablespoon steak seasoning blend, such as McCormick brand Montreal Seasoning  
1 medium onion, chopped  
1/3 C green bell pepper, chopped  
1/3 C carrots , chopped  
1 tablespoon red wine vinegar  
1 tablespoon Worcestershire sauce  
2 cups tomato sauce  
2 tablespoons tomato paste  
Salt and pepper- pinch of each

**Prep day:** Heat a large skillet over medium high heat. Add oil and meat to the pan. Spread the meat around the pan and begin to break it up. Combine brown sugar and steak seasoning. Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion, carrots and peppers to the skillet. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes. Add tomato sauce and paste to pan. Stir to combine. Reduce heat to simmer and cook Sloppy Joe mixture 5 minutes longer.

**Serve day:** Defrost sloppy Joes in Fridge. Simmer in a skillet until hot and serve on a bun

## Far East (Asian - Indian)

### **Orange Teriyaki Chicken**

Serves 6

1/4 c. soy sauce  
3 T. chopped onion  
2 cloves minced garlic  
1 T. olive oil  
1/2 t. ground ginger  
1/2 t. Sriracha  
1 - 6oz can orange juice concentrate  
6 boneless, skinless chicken breasts

**Prep Day:** Combine all ingredients except chicken. Place chicken breasts in freezer bag and pour marinade over chicken. Freeze.

**Serve Day:** Thaw chicken breasts. Grill 4-6 inc. from the heat source for 35-40 minutes.

## Italian/Mediterranean

### **Sausage Potato Pepper Bake**

1 pound of Sweet Italian turkey sausage  
1 lb of red potatoes, cut  
3 onions cut  
1 lb bag of peppers  
1 tablespoon olive oil  
Salt and pepper to taste

**Prep Day:** Preheat oven to 450° F. In 15 1/2" by 10 1/2" jelly-roll pan, combine potatoes, onion, peppers, olive oil, salt and black pepper; toss to coat. Roast sausage mixture 30 to 35 minutes or until potatoes are fork-tender and lightly browned, stirring once halfway through roasting.

**Serve Day:** Thaw and cook meat till done. Then add thawed vegetables heat till warm. Serve with Salad and bread. Great on sandwiches

## **Meatballs w/ Garlic Bread**

1 hoagie roll	1 lb. ground beef
1 large egg, lightly beaten	2 tsp minced garlic
salt and pepper	3/4 tsp dried oregano
sugar	1 (28 oz) can crushed tomatoes
1 (15 oz) can whole peeled tomatoes	

### **For Garlic Bread:**

1 long loaf French or Italian bread  
6 to 8 Tbsp butter, room temp.  
2 Tbsp dried Italian seasoning  
2 cloves garlic, finely minced  
grated Parmesan

### **Prep Day:**

**Meatballs:** Tear hoagie roll into pieces; pulse in food processor until fine crumbs form. In large bowl, toss crumbs with 1/3 cup water. Add beef, egg, 1 tsp garlic, 2 tsp salt, 1/4 tsp pepper, and 1/2 tsp. oregano; mix until well combined. Gently form mixture into 12 meatballs. Place on cookie sheet and flash freeze. Put in freezer bag, label. (I made this recipe x12 so everyone would get 18 meatballs) Serving size: 3 meatballs.

**Sauce:** Mix crushed and whole tomatoes with juice (breaking up tomatoes), 1 tsp minced garlic, 1/4 tsp oregano, and pinch of sugar. Place in freezer bag, label, freeze.

**Garlic Bread:** Slice bread lengthwise leaving one side intact. In a medium bowl, combine butter, Italian seasoning, and garlic. Mix well. Spread each cut side of bread with butter mixture. Sprinkle Parmesan to taste over both sides of bread. Close loaf. Wrap in foil. Label and freeze.

**Serve Day:** Thaw meatballs, sauce and bread. In a large Dutch oven or heavy pot, heat 1 tsp olive oil over medium-high heat; swirl to coat. Add meatballs and cook, turning occasionally, until browned, about 7 minutes. Add tomato sauce mixture. Season with salt and pepper. Bring sauce to a boil; reduce to a rapid simmer and cook until meatballs are cooked through, about 15 minutes.

**Bread:** Heat oven to 400.

**From frozen:** loosen foil and bake 15 min. Open up and bake 15 minutes more until warm

**Thawed:** Open up and bake 5 - 10 minutes until warm

## Southwestern/Latin American

### **Chicken Mole**

1 tablespoon and 1-1/2 teaspoons vegetable oil  
1-1/2 (3 pound) chicken, cut into pieces  
1-1/2 bay leaf  
1/4 teaspoon black pepper  
1/8 teaspoon cayenne pepper  
3/4 teaspoon paprika  
3/4 teaspoon ground cloves  
3/4 teaspoon ground cinnamon  
1-1/2 onion, chopped  
3 cloves garlic, minced  
1-1/2 (14.5 ounce) cans diced tomatoes  
1 tablespoon brown sugar  
1-1/2 cups chicken broth  
1/4 cup and 2 tablespoons semisweet chocolate chips  
1/4 cup and 2 tablespoons raisins

**Prep Day:** Heat the vegetable oil in a Dutch oven or large pot over medium-high heat. Cook the chicken pieces in the hot oil until golden brown on all sides, about 10 minutes. Remove from the pan and set aside. Reduce heat to medium, and stir in the bay leaf, black pepper, cayenne pepper, paprika, cloves, and cinnamon until fragrant, about 30 seconds. Add the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomatoes, brown sugar, and chicken broth, and bring to a simmer over medium-high heat. Once simmering, stir in the chocolate chips until melted, then return the chicken pieces to the pot. Reduce heat to medium-low, cover, and simmer until the chicken is tender and no longer pink at the bone, 15 to 20 minutes. Stir in the raisins, and cook 3 minutes longer. Let cool and add to freezer bag, add raisins to bag and label.

**Serving Day:** thaw cover and simmer until chicken finished cooking 15-20 min. stir in the raisins and cook 3 minutes longer

## **Pork tenderloin w/mango salsa and blackberry syrup**

2 1/2 lb. pork loin

### ***Use as a rub on loin:***

*sea salt*

*freshly ground pepper*

*vegetable oil*

### **Salsa:**

2 c. diced Mango

4 tbsp. finely chopped red onion

2 tbsp chopped fresh mint

1 tsp. chopped jalapeno

4 tsp. fresh lime juice (add more as needed)

1/2 tsp sea salt

### **Syrup:**

3/4 c raspberry vinegar

3 tbsp seedless blackberry preserves

1/8 tbsp salt

**Prep Day:** Rub loin with oil, pepper and salt, put in a freezer bag and freeze. Salsa: Combine mango, red onion, mint, jalapeno, lime juice and salt in a medium bowl. Put in a separate bag and freeze. Syrup: Whisk together the vinegar, preserves and salt in a small saucepan and simmer over medium heat until reduced to about 1/4 cup (about 10 min). Put in a separate bag and freeze.

**Cook Day:** Thaw all the bags in the refrigerator. Heat oil in a large heavy-bottomed skillet over high heat. Add pork and sauté until golden (2-3 min per side). Transfer to a baking sheet lined with aluminum foil. Roast loin at 450 degrees until pork is cooked through (8-12 min) or until thermometer reads 150 degrees F. Transfer loin to cutting board and let rest for 5 minutes and then slice on a diagonal. Top each slice with a bit of salsa and drizzle with blackberry syrup.

**NOTE:** \*\*\*The mango salsa and blackberry syrup should be served at room temp.\*\*\*