

January 2012 Menu

Our Choice:

Andi - Creamy Lemon Shrimp Pasta



Erica - Easy Brunswick Stew



North American/European:

Nicole - Curry Beef Soup



Erin - Cami's Ribs



Italian/Mediterranean:

Kristine - Lasagna Sandwiches



Southwestern/Latin American:

Tanya - Quesadillas



Far East (Asian - Indian):

Bridget - Fusion Pork Chops



Kirsten - Pecan Crusted Chicken



Breakfast For Dinner -

Vanessa - Sweet 'n' Sour Kielbasa & Hash Browns



****Sara and Lisa not participating till February****

Our Choice

Creamy Lemon-Shrimp Pasta

1 box penne pasta, uncooked
1 lb. cooked medium shrimp
1 cup chicken broth
1 pkg. Cream Cheese, cubed
3 tsp lemon zest
2 Tbsp. juice from 1 lemon
1/4 cup Grated Parmesan Cheese
1/2 cup Shredded Mozzarella Cheese
2 Tbsp. chopped fresh parsley
salt and pepper to taste

Freezing Prep: Cook pasta in large saucepan as directed on package and let cool. Once cool put in Freezer bag. Meanwhile, heat broth in large skillet on medium heat. Add cream cheese, zest and juice; cook and stir 3 to 4 min. or until cream cheese is melted. Add Parmesan; mix well. Once the cream mixture is cool pour into seal-able bag Add bag to noodles Add mozzarella and parsley to another bag. Place this bag in with the noodles also Freeze.

Serve Day: Completely thaw entire packet in refrigerator. Warm Sauce in large Skillet or Dutch oven. Add Shrimp and cook approximately 3-5 minutes until Shrimp is warm. Add noodles and toss entire mixture until noodles are hot and serve. Sprinkle each serving with the mozzarella and Parsley.

Easy Brunswick Stew x 10!

(adapted from "20 dinners, 1 day" from Everyday w/Rachael Ray magazine - 9/11)

Pulled Pork: (makes over 20 cups – 2 cups needed for each meal)

8 cloves garlic, finely chopped 3 lemons, zested
salt and pepper 1/2 cup white wine (optional)
3 boneless pork shoulder roasts (about 5 pounds each), cut into 3 inch chunks
and excess fat discarded

Preheat oven to 450. Place pork chunks in roasting pans, sprinkling with garlic, lemon, 1T. salt and 1 1/2 tsp pepper. Toss well, massaging garlic and zest into meat. Transfer half of the pork to a large rimmed baking sheet and put both pans into oven. Roast until meat is browned on top, about 30 minutes. Rotate pork chunks and brown other side, 15 minutes. Remove both pans from oven and lower oven temp to 325. Using tongs, combine all pork (and pan juices) into roasting pan. Add wine, if using. Tightly cover pan with foil and roast until tender, about 1 hour 45 minutes (check often to be sure it is not drying out). Let pork cool for at least 15 minutes then shred it using two forks. Transfer shredded pork to a clean baking sheet. Pour juices into a bowl to cool. Skim and discard the fat.

Tomato Sauce: (makes 20 cups – 2 cups needed for each meal)

1/2 cup EVOO 16 cloves garlic, smashed and peeled
1/2 tsp crushed red pepper 2 cups red wine
8 cans (28 oz each) or 6 cans (35 oz each) crushed san marzano tomatoes
Salt

In 2 large heavy Dutch ovens or pots, combine EVOO, garlic and red pepper. Cook over medium heat, stirring constantly, until the garlic is golden, 3 minutes. Pour in the wine, then add tomatoes. Increase the heat to high and bring to a boil, stirring occasionally, about 10 minutes. Lower heat, partially cover and simmer, stirring occasionally, until the sauce is thick and reduced by one-third, about 2 hours 15 minutes. Season with salt and let cool completely.

Stew Ingredients:

Corn baby lima beans
sliced okra peas-and-carrots combo
10 cups beef broth (one cup per meal) 10 onions, finely chopped (1 onion per meal)
10 oz. frozen packages of veggies (1 package of each for each meal)
you provide – EVOO for sautéing onion **you provide** – crusty bread or crackers for serving

Prep Day Instructions: Follow instructions for roasting pork and simmering tomato sauce. Put packages of frozen corn, lima beans, okra and peas-and-carrots to Ziplocs. Add 1 cup beef broth to each bag. Add 2 cups tomato sauce and 2 cups of pulled pork to each bag. Stir to combine. Finely chop onions and place (raw) into 10 small ziploc bags. Add one bag of onions to each gallon ziploc and seal tightly. Freeze flat.

Serving Instructions: Thaw stew in fridge. Remove small bag of onions from ziploc. Heat 2 T EVOO (you provide) in a large dutch oven and sauté onions over medium heat until tender, 5 minutes. Add the rest of the stew, cover and simmer until vegetables are tender and stew is heated through, 5 minutes. Season with salt and pepper. Serve with crackers or bread (you provide) if desired.

North American/European

Curry Beef Stew

2 tablespoons butter	1/2 an onions, chopped
1 pound cubed beef stew meat	7 T. beef bouillon dissolved in boiling water
2 tablespoons curry powder	1.5 lbs potatoes, sliced
8 oz of sliced carrots	2 tablespoons distilled white vinegar
2 teaspoons salt	

Prep Day Directions: Melt the butter, cook onions and beef cubes until beef is browned and onions are tender in one pot. Cook onions in separate pan and add to pot. Add the potatoes, vinegar, dissolved bouillon and salt with 10 cups water in two separate pots while meat is cooking. Simmer for 30 minutes until all is tender while meat is cooking. Add meat with natural broth in to gallon bag, and potato mixture to gallon bag. Add frozen carrots to gallon bag and freeze.

Serve Day Directions: Thaw and add water to taste. Heat through.

Cami's Ribs from Fix Freeze Feast Makes 3 entrees, 6 servings each

9 lbs country-style ribs	3 cups ketchup
1-1/2 cups red wine vinegar	1-1/2 cups Worcestershire sauce
1-1/2 cups packed brown sugar	1-1/2 Tbsp minced garlic
1-1/2 Tbsp minced onion	1-1/2 Tbsp dry mustard
1-1/2 tsp black pepper	3 one-gallon freezer bags, labeled
3 one-quart freezer bags	

Prep Day:

1. Divide ribs evenly among the 1-gallon freezer bags.
2. Whisk together ketchup, vinegar, Worcestershire, brown sugar, garlic, onion, mustard, and pepper in a large bowl. Divide the sauce evenly among the 1-quart freezer bags. Seal.
3. Place a bag of sauce into each bag of ribs. Seal and freeze.

Serve Day:

1. Completely thaw one entree in the refrigerator. Place the ribs in a large stockpot and cover with water. Set bag of sauce aside.
2. Simmer ribs about 1 hour, or until tender. Preheat the oven to 350.
3. Drain ribs and place in an un-greased baking dish. Pour sauce over ribs.
4. Bake, uncovered, basting ribs with sauce every 10 minutes, for 1 hour.

Italian/Mediterranean

Lasagna Sandwiches

36 meatballs 3 cups spaghetti sauce 6 slices provolone cheese, halved
6 hoagie rolls, cut to remove middles

Prep Day: Put meatballs and sauce in bag. Cut cheese in half and bag. Cut center sections out of rolls and bag.

Serve Day: Thaw everything. Simmer meatballs and sauce to heat through. Scoop 6 meatballs into each hoagie roll. Top with two slices of halved cheese. Place under broiler for one minute or until cheese is melted.

Southwestern/Latin American

Quesadillas 30 day gourmet 8 Servings

1-1/2 C. Chicken; cooked and finely minced* 1/4 C. Reduced fat sour cream
1 C. Thick and chunky salsa 1/2 C. Shredded cheddar cheese
1/2 C. Shredded pepper jack cheese 1 t. Chili powder
8 Flour tortillas; 6-inch

Assembly Directions: In a mixing bowl, mix chicken, sour cream, salsa, cheeses and chili powder.

Freezing Directions: Place chicken mixture in a quart-sized freezer or storage bag. Seal. Place quart-sized freezer bag inside of a gallon sized freezer bag. Add tortillas. Seal, label and freeze.

Serving Directions: Thaw contents of the quesadilla kit. Remove tortillas and separate. Lay them out on a flat surface, such as a clean counter, and divide the filling evenly between the tortillas. Fold each tortilla in half. Spray a fry pan with cooking spray. Cook the quesadillas one at a time in the pan, lightly browning them on each side. The cheese in the filling should melt. After each one is done, remove it from the pan. Using a pizza cutter cut each quesadilla into 3 pieces.

Nutritional Info: Per Serving: 190 Calories; 6g Fat (28.9% calories from fat); 13g Protein; 20g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 362mg Sodium.

Exchanges: 1 Grain (Starch); 1-1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Far East (Asian - Indian)

Fusion Pork Chops

1/4 cup and 2 T. soy sauce	1/4 cup and 2 tablespoons lime juice
1 T. and 1-1/2 teaspoons garlic paste	1 T. and 1-1/2 teaspoons ginger paste
6 (1-inch-thick) pork chops	1 T. and 1-1/2 teaspoons garam masala

PREP DAY: In a bowl, stir together soy sauce, lime juice, garlic, and ginger. Place pork chops in a freezer bag. Pour soy sauce mixture over chops and freeze

SERVING DAY: Preheat an outdoor grill for direct heat and lightly oil grate or Broil/Bake. Place chops on the grill. As they cook, sprinkle with garam masala. Cook about 10 minutes on each side.

Pecan Crusted Chicken

6 Chicken Breasts (tenderized)
1 tsp. Curry
1 tbsp. butter
3 tbsp. Frozen OJ concentrate
1/2 c. Mayo
1/2 tsp. salt
1 c. Panko breadcrumbs
1/2 c. pecans chopped
1/4 c. dry raisins
2 tbsp olive oil (you provide**)

Prep Day: Clean and dry chicken, then pound to tenderize. Put in a ziploc bag. Heat curry powder in a dry skillet, when it smells remove from heat. Add butter and melt, remove from heat. Add OJ concentrate and transfer to a bowl. Wait until it cools. Add mayo and salt when mixture has cooled. Add mixture to ziploc bag and make sure breasts are covered. Put in refrigerator for minimum of 12 hours, then transfer to freezer.

Serve Day: Thaw chicken in refrigerator. Mix the panko, pecans, raisins and oil in a shallow bowl. Roll chicken in crumb mixture (both sides) and lay in a baking pan. Bake uncovered for 30 minutes at 375.

Breakfast For Dinner

Sweet 'n' Sour Kielbasa

30 day gourmet

6 Servings

1 C. Packed brown sugar
1/3 C. Spicy mustard
1/3 C. chopped onion
2 lbs. (16 oz.) Smoked kielbasa sausage

Assembly Directions: Cut sausages into two-inch lengths. Combine brown sugar, mustard, and onion in an electric crock-pot and stir well to combine. Add the cut sausages and stir well to coat them with the sauce. Cover the crock-pot with its lid and cook on low heat for 2-1/2 to 3 hours, stirring occasionally to re-coat the sausage with the sauce.

Freezing and Cooking Directions: Cool the sausages and sauce. Store in rigid freezer containers or freezer bags and freeze. To serve, thaw and reheat in the microwave or on low heat on the stove, or in a covered dish in the oven at 350 degrees for about 15 minutes.

Comments: This could be made with the sausage of your choice. Kielbasa, Polish sausage, summer sausage, etc. could be used. Also, there are plenty of low-fat sausages on the market that would do well in this recipe. This recipe makes a terrific main dish, but it would also be a very nice appetizer on a casual buffet table or tailgate party recipe. The sausages would also make a nice sandwich filling on a hefty roll with some of the sauce poured over them.

Nutritional Info: Per Serving: 573 Calories; 42g Fat (65.6% calories from fat); 21g Protein; 28g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 1805mg Sodium.

Exchanges: 3 Lean Meat; 6 Fat; 1-1/2 Other Carbohydrates

Hash Browns Patties

6 ct. Hash Brown Patties

Serving: Heat oven to 450F. Arrange patties in a single on a baking sheet. Heat for 15 to 20 minutes to desired color and crispness. Season to taste with salt and pepper.