

January '10 Menu & Recipes

Soup/Chili/Stew:

- ❖ Jill - Red Lentil & Tomato Soup



- ❖ Clara - 3 Bean Chili w/Chive Flecked Cornmeal Dumplings



North American/European:

- ❖ Renee - Ritz Chicken



- ❖ Donna - Unforgettable Chicken Hotdish



Italian/Mediterranean:

- ❖ Heidi - Spinach Beef Biscuit Bake



- ❖ Lisa Ann - Greek Chicken Stir-Fry Over Rice



Southwestern/Mexican:

- ❖ Erin - Mexicorn Pork



Soup/Chili/Stew

Red Lentil & Tomato Soup

3 tablespoons olive oil
1 very large yellow onion
3 minced garlic cloves
2 cans (28 ounces) diced tomatoes
1 1/2 tablespoons tomato paste
3 tablespoons paprika
1/2 teaspoon cayenne pepper
2 bay leafs
1 tablespoon chili powder
1 teaspoon cinnamon
6 cups chicken or vegetable broth
1 1/2 cup red lentils
2 tablespoon chopped fresh thyme or 1 1/2 tablespoons dried thyme leaves

Cooking Day Directions: Rinse the lentils well and set aside. Heat the olive oil in a large heavy saucepan or soup pot over medium-high heat. Add the onion and garlic and saute until soft and golden. Add the tomato paste and all spices and cook an additional two minutes, stirring often. Add the lentils, stock, and tomatoes. Add salt to the level you feel brings out the flavor (I added 1 teaspoon!). Bring to a boil then simmer 10-15 minutes, until the lentils are soft. Add the fresh thyme, reserving some for garnish, and simmer for an additional 1-2 minutes. Taste for seasoning and serve with fresh thyme as garnish.

Serving Day Directions: Thaw the soup for 2 hours out of fridge or 5 hours in fridge. Heat through and serve. Mmmmmm! And Healthy!

(Note: I had a hard time finding red lentils in the grocery store but found them at the Co-op. They cost much more than regular lentils per lb!)

3 Bean Chili w/Chive Flecked Cornmeal Dumplings

Chili

1 T Olive oil	1 large sweet yellow onion, chopped
1/2 small green bell pepper, seeded and chopped	2 garlic cloves, minced
3 T tomato paste	1 T chili powder, or more to taste
1 28oz can crushed tomatoes	1 15.5oz can black beans
1 15.5oz can pinto beans	1 15.5oz can kidney beans

(all beans drained and rinsed)

1 1/2 C water
1 tsp salt
1/4 tsp freshly ground black pepper

*Dumplings

2/3 C all-purpose flour	1/3 C yellow cornmeal
2 tsp baking powder	1 tsp minced fresh chives
1/2 C fresh or thawed frozen corn kernels	1/8 tsp salt
1/2 C milk or soy milk	2 T olive oil

[unthaw, bake in the oven till middle is hot 30-45 minutes]

1. To make the chili, heat the oil in a large skillet over medium heat. Add the onion, bell pepper, and garlic, cover, and cook until softened, about 5 minutes. Stir in the tomato paste and chili powder and cook about 30 seconds longer.
2. Transfer the mixture to a 4-6 quart slow cooker. Add the tomatoes, beans and water, season with salt and pepper, cover, and cook on Low for 6-8 hours.
3. To make the dumplings, combine the flour, cornmeal, baking powder, chives, and salt in a medium-size bowl about 45 minutes before serving time. Stir in the corn milk and oil until just combined. Do not over mix.
4. Turn the slow cooker to High and drop the batter by the spoonful onto the hot chili. Cover and cook on High until the dumplings are cooked through, 30 to 40 minutes. Serve immediately.

North American/European

Ritz Chicken

4 c. Chopped Chicken cooked
1 c. Sour Cream
1 can Cream of Chicken Soup
1 tube Ritz Crackers, crushed
1 stick Butter, melted
1T. Poppy Seeds
1 box of spaghetti noodles

Cooking Day Directions: In a large bowl, mix together chicken, sour cream and soup. In another bowl mix together Ritz crackers, butter and poppy seeds. Label and freeze chicken mixture in one freezer bag and Ritz mixture in another.

Serving Day Directions: Thaw mixture in the refrigerator over night. Pour chicken mixture into a 9x13 pan. Sprinkle Ritz with mixture. Bake at 350 degrees for 30 minutes or until heated through. Serve over spaghetti noodles.

Unforgettable Chicken Hot-dish

3 cups chopped rotisserie chicken (skin removed)
1 cup (8 oz.) grated cheddar cheese
1/2 cup light sour cream
1 (10-3/4oz) can cream of chicken soup
2 cups chopped celery
1/2 cup silvered almonds
1/2 cup light mayonnaise
1 (4 oz.) can water chestnuts drained and chopped
1-1/2 cups French fried onion rings

Cooking Day Directions: Stir together the first 8 ingredients in a large bowl. Spoon into greased 9 x 13 baking dish. Freeze.

Serving Day Directions: Thaw. Bake at 350 degrees F for 40 minutes. Sprinkle 1-1/2 cups French fried onion rings over top. Bake 5 more minutes or until bubbly around edges. Let stand 10 minutes before serving.

Italian/Mediterranean

Spinach Beef Biscuit Bake

2 tubes (6 ounces *each*) refrigerated buttermilk biscuits (I used two 7 1/2 oz tubes)
1-1/2 pounds ground beef (I used 1/2 ground venison)
1/2 cup finely chopped onion
2 eggs
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
1 can (4 ounces) mushroom stems and pieces, drained
4 ounces crumbled feta cheese
1/4 cup grated Parmesan cheese
1-1/2 teaspoons garlic powder
Salt and pepper to taste
1 to 2 tablespoons butter, melted

Cooking Day: In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. In a bowl, beat eggs. Add spinach and mushrooms; mix well. Stir in the cheeses, garlic powder, salt, pepper and beef mixture; mix well. Put in quart ziplock Do NOT freeze tubes of biscuits.

Serving Day: You provide 1-2 tablespoons butter. Press and flatten biscuits onto the bottom and up the sides of a greased 11-in. x 7-in. baking dish; set aside. Spoon meat mixture into prepared crust. Drizzle with butter. Bake, uncovered, at 375° for 25-30 minutes or until crust is lightly browned.

Nutrition Facts: 1 serving (1 cup) equals 418 calories, 22 g fat (10 g saturated fat), 164 mg cholesterol, 686 mg sodium, 19 g carbohydrate, 3 g fiber, 34 g protein.
(Will be less fat/calories, as 1/2 the meat was ground venison)

Spinach Beef Biscuit Bake published in Taste of Home April/May 1999, p25

Greek Chicken Stir-Fry Over Rice

Dressing -

1-2 lemons

½ cup creamy garlic salad

dressing

2 cloves garlic, pressed

Veggie Mixture -

1 small zucchini, scored and thinly sliced

1 small yellow bell pepper, diced

½ cup pitted ripe olives, coarsely chopped

Chicken Mixture -

2 pound boneless, skinless chicken breasts, flattened and cut into ½-inch cubes

1/2 cup (2 ounce) grated fresh Parmesan cheese

2 tablespoon snipped fresh parsley

1 package (4 ounces) crumbled reduced-fat feta cheese

Cooking Day: For dressing, zest lemon using Lemon Zester/Scorer using short strokes to measure 1 tablespoon zest. Juice lemon using Juicer to measure ¼ cup juice. In Bowl, combine lemon zest, juice, salad dressing and garlic pressed with Garlic Press; whisk until well blended and set aside. For chicken mixture, flatten chicken to ½-inch thickness using flat side of Meat Tenderizer; cut into ½-inch cubes. Heat Stir-Fry Skillet over medium-high heat. Lightly spray skillet with nonstick cooking spray. Add chicken to skillet in a single layer. Cook without stirring 2 minutes or until chicken begins to brown. Stir-fry 2-3 minutes or until chicken is no longer pink; remove from heat. Stir-frying chicken in two batches. Package & freeze individually.

Serving Day: Thaw over night in fridge. For 10 to 15 min. dressing to be warmed in a bowl of warm water. Chicken and veggies to be heated through in pan over med heat. Toss chicken with all of the dressing. Rice to be cooked in sauce pan with three cups of water. boil water stir in rice turn off heat and let stand for 5 min and fluff with fork. Add dressing to chicken and veggies mix well. Top rice with stir fry add cheese.

Southwestern/Mexican

Mexicorn Pork

(You can find the recipe and directions under [March 2009 Menu & Recipes](#))