

March 2011 Menu & Recipes

Soup/Stews/Chilies:

Lisa - White Turkey Chili



North American/European:

Jolean - Coconut Crusted Tilapia w/Apricot Dipping Sauce



Andi - Pork Roast with White Beans and Cranberries



Italian/Mediterranean:

Nicole - Italian Sausage and Potatoes



Erin - Gnocchi Bake



Far East (Asian - Indian):

Kristine - Teriyaki Flank Steak



Tanya - Samosas



Southwestern/Latin American:

Bridget - Cuban Stew



Vanessa - Mexican Chicken Tortas



MARCH 2011 RECIPES

Soup/Stews/Chilies

White Turkey Chili serves 6

1.5 pound (2 cups) cooked and cubed turkey
1 15 oz cans white Beans
6 cups chicken broth
1/2 cup white wine
1 small onion, chopped
oil
2 garlic cloves, chopped
1 tsp ground cumin
1 tsp coriander
1/2 can 2 oz can diced roasted green chilies
1 tsp dried oregano
1/2 cup sour cream
1 tsp dried basil
1/2 cup coarsely chopped cilantro for garnish (you provide)

Prep Day: Sauté onion and garlic in oil until translucent. Add cumin, cool. Add broth, wine, beans, chilies and freeze in Gallon bag.
Mix meat, sour cream, coriander, oregano, basil, freeze in Qt Bag.

Serving Day: Thaw, Reheat on Stove or in Crock pot. 30 min before serving add Turkey, Sour Cream and spices. Simmer on low until ready to serve. Top with Cilantro if desired.

ROASTED ARTISAN BREAD From Sam's Club

To Bake Frozen Bread: Preheat to 350. Bake 15-20 min. Let sit 15 min. before serving
To Freshen from Room Temp: Preheat to 350. Bake 5min.

North American/European

Coconut Crusted Tilapia w/Apricot Dipping Sauce

1 cup flaked coconut, finely chopped
2 tablespoons flour
1 tablespoon Creole seasoning
6 (4 ounce) fillets tilapia
1/2 cup cornstarch
1 (4 ounce) carton egg substitute
1/2 cup canola oil

Apricot Dipping Sauce:

1/2 cup apricot jam
2 teaspoons brown mustard
1 teaspoon prepared horseradish

Prep Day: Toss together the coconut, flour and Creole seasoning in a bowl. In a separate bowl, toss the tilapia with the cornstarch, and shake off the excess. Pour the egg substitute into a separate bowl, and dip the fillets in the egg. Press fillets in the coconut mixture coating all sides. Freeze in a single layer. Prepare the apricot dipping sauce by stirring together the jam, mustard, and horseradish in a small bowl and freeze.

Serving Day: Thaw, Bake at 452 for 11-15 min. (turn once). Then broil for 2 min. (to crisp). Serve the tilapia accompanied by the dipping sauce. (Thaw dipping sauce-serve at room temp)

Pork Roast with White Beans and Cranberries

This rich dish balances sweet and tart flavors from the cranberries with savory notes from the pork and sage. Garnish each serving with a fresh sage sprig.

Yield: 13 servings (serving size: about 3 ounces roast and 1/2 cup beans)

1 pound dried navy beans (about 2 cups)
1 (5-pound) pork shoulder blade roast, trimmed
1 1/2 teaspoons kosher salt, divided
1/4 teaspoon freshly ground black pepper
2 tablespoons minced fresh sage, divided
Cooking spray
1 1/2 cups sliced shallots (about 8 medium)
5 cups water
3 fresh sage sprigs
1/2 cup dried cranberries

Prep Day: Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain.

Preheat oven to 350°.

Sprinkle pork roast with 1 teaspoon salt and pepper. Rub surface of roast with 4 teaspoons minced sage. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add roast to pan; cook for 15 minutes, turning to brown on all sides.

Remove roast from pan. Add sliced shallots to pan; sauté 3 minutes or until tender.

Return roast to pan. Add remaining 1/2 teaspoon salt, beans, 5 cups water, and sage sprigs to pan; bring to a simmer. Cover and bake at 350° for 2 hours. Add dried cranberries to pan; bake an additional 30 minutes or until roast is tender. Remove sage sprigs; discard. Remove roast from pan; shred pork with 2 forks. Sprinkle with remaining 2 teaspoons minced sage. Serve roast with bean mixture.

Our Serving Day: Defrost in Refrigerator over night. Put all ingredients in a large Dutch oven on stove. Add 1 cup water or stock. Heat thoroughly- about 15 minutes to 20 minutes. Salt and pepper to taste.

Italian/Mediterranean

Italian Sausage and Potatoes

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 sausages, 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 sausages are lightly browned, stirring once halfway through roasting.

Serve Day: Thaw or keep frozen. Heat in oven at 350 till warm (45 minutes)? or microwave.

Serve with Salad and bread. Great on sandwiches.

Gnocchi & Tomato Bake

1 Tbsp olive oil
1 large onion, chopped
1 large red pepper, deseeded and finely chopped
2 garlic cloves, crushed or minced
2 (14 oz) cans diced tomatoes
1 1/2 lbs potato gnocchi
1/2 - 1 cup fresh basil, torn
4.5 oz fresh mozzarella, torn into chunks
1 cup shredded mozzarella

PREP DAY: Heat oil in large frying pan, then soften onion and pepper for 5 min. Stir in garlic, fry for 1 min., tip in tomatoes and gnocchi, bring to simmer. Bubble 10-15 min., stirring occasionally, until gnocchi is soft and sauce has thickened. Season, stir through basil, transfer to ovenproof dish. Scatter with mozzarella chunks, sprinkle with shredded mozzarella. Cover, label, freeze up to one month.

SERVE DAY: Defrost and bake @ 350 for 20-30 minutes until piping hot.

Far East (Asian - Indian)

Rose City Teriyaki

from Fix, Freeze, Feast

Makes 2 entrees, 6 servings each

1 Tray (about 3 pounds, two steaks) flank steaks
1/2 c teriyaki sauce
1/2 c toasted sesame oil
1/4 orange juice
2 T soy sauce
2 tsp salt
1 c chopped onion
1 T dried rosemary
2 tsp minced garlic
1/2 tsp crushed red pepper flakes

Preparation: Put one steak in each freezer bag. Whisk together teriyaki sauce, sesame oil, orange juice, soy sauce, and salt in a medium bowl. Divide the marinade evenly over the steaks. Into each bag measure 1/2 c onion, 1/2 T rosemary, 1 tsp garlic, and 1/4 tsp crushed red pepper. Seal and freeze.

To cook one entree: Thaw. Prepare a medium fire in a gas or charcoal grill. Cook steak for 15-20 minutes for medium-rare to medium. Turn occasionally and baste as desired. Do not baste during final 5 minutes of cooking. Discard remaining marinade.

Samosas

| | |
|------------------------|------------------------|
| 1 can of chick peas | Chana Masala seasoning |
| garlic olive oil | water |
| 1 packet of filo dough | |

Prep: Mix chick peas with seasoning and olive oil to taste. Lay out all of the ingredients, so that you can work quickly before the filo dough dries out. If using sheets of filo dough, cut the dough into strips so that your samosa measures about 3.5" diagonally. You will use about three strips of filo dough per samosa. Spray the dough with cooking oil. Place a teaspoon of your chick pea mix in the filo dough and fold over into triangles like you would fold a flag. Separate samosas with wax paper and place in freezer bag.

To Serve: Do not thaw samosas. Separate the samosas from the wax paper and place on a baking sheet. Heat at 425 degrees for 15-25 minutes until dough is crisp and golden brown. Serve with Greek yogurt

Southwestern/Latin American

Cuban Stew

2 (1-pound) flank steaks, trimmed
3 cups thinly vertically sliced red onion
2 cups bell pepper strips (about 2 peppers)
2 cups green bell pepper strips (about 2 peppers)
4 garlic cloves, minced
6 tablespoons thinly sliced pitted green olives
1 teaspoon salt
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon freshly ground black pepper
6 tablespoons sherry vinegar
3 cups fat-free, less-sodium beef broth
1 tablespoon no-salt-added tomato paste
2 bay leaves
1/2 cup chopped fresh cilantro

Preparation Day: Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add 1 steak to pan; cook 2 1/2 minutes on each side or until browned. Remove steak from pan. Repeat procedure with cooking spray and remaining steak. Reduce heat to medium. Add onion, bell peppers, and garlic to pan; cook 7 minutes or until tender, stirring frequently. Stir in olives and next 5 ingredients (through black pepper); cook 30 seconds or until fragrant. Stir in vinegar, scraping pan to loosen browned bits; cook for 2 minutes or until liquid almost evaporates. Stir in broth, tomato paste, and bay leaves. Add steaks; bring to a simmer. Cover, reduce heat, and cook 1 1/2 hours or until steaks are very tender. Discard bay leaves. Remove steaks from pan; shred with two forks. Add all contents into a freezer bag and freeze

Serving Day: Add contents of freezer bag into a sauce pan and heat. Garnish with Cilantro and serve.

Mexican Chicken Tortas

Make 6 sandwiches

3 boneless skinless chicken breasts
1 standard can Refried Beans
6 Colby Jack or Pepper Jack sliced cheese
6 oz. Guacamole or 6 oz. Guacamole Dip
Cajun Seasoning
6 Hoagie Rolls

You Provide:

Red Onion (2 slices for each sandwich)
Olive Oil or Olive Oil Spray
Salt

Prep Directions: Label a 2 gallon freezer bag and refried bean cans. Place 3 chicken breast in a gallon or quart size freezer bag, depending on the size of the chicken, seal, and set aside. Place 6 slices of cheese in a pint or sandwich size freezer bag, seal, and set aside. Then put 6 oz. of guacamole in a pint or sandwich size freezer bag, seal, and set aside. Then put 1/8 cup of Cajun Seasoning in a snack size freezer bag, seal, and set aside. Place all freezer bags and Hoagie rolls bag in the 2 gallon freezer bag, seal, and freeze.

Serving Directions:

Thaw chicken torta kit in fridge for 48 hours.

Slice onion into Semi thick slices. Spray or brush chicken and onions with olive oil.

Season chicken with Cajun seasoning to taste.

Depending on the thickness of the chicken and onion, grilling can take 8 to 10 minutes; turn the breasts and onion slices once during the cooking time or broil them 5–6 minutes aside, depending on the size of chicken and onions. Chicken is done when the juices run clear or 160 F internal temp. Once chicken is done cut into strips.

Lightly brush inside of the rolls with olive oil and sprinkle lightly with salt. Place Hoagie Rolls cut-side-down on grill to toast or cut-side-up to broil. It will only take a minute so be on guard.

Heat beans in the microwave till hot.

Assemble Tortas: Bottom of roll, spread a layer of refried beans to taste, then place 1 slice of cheese, put a layer of chicken, 2 slices onions, spread guacamole to taste on the top of the roll, and last of all place the top of roll on.