

CHICKEN

Chicken and Rice Wraps

1 lb. Boneless skinless chicken breasts, cooked and shredded
2 c. water
1 c. mild salsa
1 pkg. Taco seasoning mix
2 cups instant rice, uncooked
8 - 12 flour tortillas

In skillet or saucepan, combine chicken, water, salsa and seasonings.
Bring to a boil. Add rice, simmer on low for 5 minutes. Spoon mixture into
Center of tortillas and wrap. You can add cheese to mixture before wrapping, if desired.

To FREEZE: Simply wrap each folded tortilla in tin foil and place in 1 gallon freezer
bag. I like to have 8 to a bag (for our swaps).

To SERVE: Reheat and eat! Another "instant" meal! This makes a LOT! We found it to
be very filling, and kind to our diets!

Kid-Friendly Chicken Bites

2 c. cooked chicken, chopped
1 c. sharp cheddar cheese, shredded
1 garlic clove, pressed
1/2 c. mayonnaise
1/4 tsp. salt
Frozen bread dough, thawed, but not risen

TO FREEZE: Combine chicken with other ingredients (except bread dough) in a bowl.
Roll out bread dough to a 9"x13" rectangle. Cut into smaller squares. Spoon filling onto
one side of each square, leaving a border of dough on three sides. Fold over bare side of
dough into a triangle and pinch ends together. Fold points of triangle into center to make
a roundish shape. Freeze on cookie sheet. Place frozen individual bites into 1 gallon
freezer bag and lay flat.

TO COOK: Thaw overnight in refrigerator. Place bites on greased cookie sheet. Loosely
cover with plastic wrap to prevent drying. Allow to rise, but not double. Cook 15 - 20
minutes in a 350° oven until golden.

OPTION #2 - Bake the bites then freeze. I like this option best because I can have an
"instant" dinner or snack. -CW

CHICKEN BROCCOLI

(Serves 4 people; 4 times)

1 cup margarine
1 cup flour
8 cups milk
salt and pepper to taste

4 cups cooked chicken, cut up
2 lbs. broccoli, cut up and lightly steamed
2 lbs. cheddar cheese, grated

Make white sauce: melt margarine in a large heavy pan. Add flour, stirring constantly. When it reaches the boiling point, add milk, mixing constantly with a wire whisk. Heat until almost boiling, stirring constantly. Remove from heat. Place cooked chicken into four 8x8-inch baking pans; Sprinkle each pan with grated cheese; cover pans with foil; label and freeze. You can also store this in zip-top freezer bags, saving the grated cheese to sprinkle on top at serving time.

To serve: Thaw. Bake at 350 F for 30 minutes, or pour from freezer bag and heat in heavy pan on stove top.

Serve over cooked rice, spaghetti, or fettuccine noodles.

Chinese Chicken Morsels

1 pound boneless, skinless chicken breasts
1/2 cup lemon juice
1/4 cup soy sauce
1/4 cup Dijon mustard
2 teaspoons vegetable oil
1/4 teaspoon cayenne pepper
1 cup regular, uncooked rice

Cut chicken breasts (kitchen scissors work best) into 1-inch cubes. Mix lemon juice, soy sauce, mustard, oil and pepper. Put marinade and chicken cubes in a 1-gallon bag and freeze.

To serve, thaw chicken and remove from marinade. Warm marinade in a small saucepan. Place chicken cubes about an inch apart on broiler pan treated

with nonstick spray. Broil 4 to 5 inches from heat for 7 minutes, brushing with marinade once. Turn chicken cubes and broil another 4 minutes. Meanwhile, prepare rice according to package directions. Bring remaining marinade to a boil and serve over rice.

Teriyaki Chicken

1/2 C. soy sauce
1/2 C. sugar
1 1/2 T. red wine vinegar
2 t. veg. or sesame oil
1 sm. minced garlic clove
3/4 t. ground ginger.

Stir ingredients together and pour into a gallon sized ziploc bag with 1 lb. boneless, skinless chicken breasts. On serving day, thaw and pour into a baking dish. Bake in preheated at 350 for 35 min. Serve over rice. To stretch this out, I add a bag of frozen, stir fry style veggies in before baking.

Chicken Curry

10 servings
8 c. cooked brown rice
1/2 c. olive oil

2 c. chopped onions
1/2 c. chopped green pepper
6 c. cooked chicken, chopped
2 T. flour
2 T. curry powder
1 1/2 t. salt
1 c. water
1/2 c. lemon juice
2 c. tomato sauce
4 cloves garlic, crushed

Cook onion and green pepper in oil until tender. Add chicken. Sauté briefly. In separate bowl mix flour, curry powder and salt. Slowly stir in water and lemon juice to make paste. Add tomato sauce and garlic and pour mixture over chicken mixture. Mix. To freeze, freeze in ziploc plastic bag.

Freeze rice in separate ziploc bag. To serve, thaw. Place rice in Casserole dish. Place chicken mixture over top of rice. Heat through on 350°, about 30 min.

Peanut Butter Chicken

1 lb. Boneless, skinless chicken breasts, cut into 1" pieces
12 oz. Apricot jam
1/4 c. creamy peanut butter
1/3 c. orange juice
1/3 c. apple juice
2 Tbsp. Balsamic vinegar
2 Tbsp. Lemon juice
4 cloves garlic, minced
2 tsp. Salt
2 tsp. Curry powder
1/2 tsp. Cinnamon
1/2 tsp. Cardamom
1/2 tsp. Ground cumin

To FREEZE: Combine all ingredients except chicken in a bowl and mix until smooth. Add chicken and mix. Pour into 1 gallon freezer bag and lay flat to freeze.

To SERVE: Preheat oven to 350 degrees. Pour thawed chicken mixture into a 2 quart casserole dish, and bake, uncovered for 20 to 30 minutes. Serve over hot rice.

Chicken and Rice Bake

1 can Cream of Mushroom soup
1 cup water
3/4 cup uncooked regular white rice
1/4 tsp. Paprika
4 skinless, boneless chicken breast halves

To freeze: Dump all ingredients into 1 gallon Ziploc freezer bag. Lay flat in freezer.

To cook: Thaw in refrigerator. Place all ingredients in a 2 quart

Shallow baking dish. Cover. Bake at 375 degrees F for 45 minutes or until Chicken and rice are done.

Christy's notes: I also like this one made with cream of chicken and Cream of asparagus soup. Add cut up asparagus to the latter for a summer treat!

CHEESY Chicken and Rice Bake

1 can condensed cheddar cheese soup

1 cup water

1 cup shredded cheddar cheese

3/4 cup uncooked regular white rice

4 skinless, boneless chicken breast halves

To freeze: Dump all ingredients into 1 gallon Ziploc freezer bag. Lay Flat in freezer.

To cook: Thaw in refrigerator. Place all ingredients in a 2 quart Shallow baking dish. Cover. Bake at 375 degrees F for 45 minutes or until Chicken and rice are done.

Christy's notes: This one is a FAVORITE with my picky eaters (namely The kids, 4 and 2). Try it with a can of cheddar broccoli soup and add Broccoli florets for added color and nutrition.

Tomato Chicken Gumbo

1 can (14 oz.) chicken broth

1/2 lb. hot sausage links or Polish Sausage, cooked and sliced

1 can (26 oz.) chunky spaghetti sauce

2 cups cooked diced chicken

1 can (11 oz.) canned corn, drained

1 green bell pepper, diced

1 1/2 cups cooked white rice

To freeze: Dump all ingredients except rice into 1 gallon Ziploc Freezer bag. Lay flat in freezer.

To cook: In 6-quart pot, bring gumbo to a boil. Add cooked rice. Cover; Cook over medium heat 10 minutes or until heated through. Add additional water or broth for a thinner gumbo. For spicier gumbo serve with hot red pepper sauce.

Chicken Primavera

1 can (10 3/4 oz.) Condensed Cream of Mushroom Soup

3/4 cup milk

1/4 cup grated Parmesan cheese

1/8 tsp. Garlic powder

1/8 tsp. pepper

2 cups broccoli flowerets (I use frozen)

2 medium carrots, sliced (I use frozen pre-cut carrots)

2 1/2 cups cooked corkscrew or elbow macaroni

2 cans (5 oz. each) Chunk White Chicken, drained

To freeze: Dump all ingredients except macaroni into 1 gallon Ziploc

Freezer bag. Lay flat in freezer.

To cook: Place thawed dinner in a pot over medium heat, heat to a boil. Cover and cook over low heat 30 min. or until vegetables are tender-crisp, stirring occasionally (it won't actually take this long, since the veggies have been frozen). Stir in macaroni and chicken and heat through. Serves 4.

Chicken Orient Express

1 can (about 14 oz.) low sodium chicken broth
1 Tbsp. Corn starch
1 Tbsp. Soy sauce
1/2 tsp. Ginger
2 Tbsp. Vegetable oil
2 cloves garlic, minced
3/4 lb. Boneless chicken breasts, cut into strips
6 c. cut up vegetables (I use frozen stir-fry veggies)
2 c. cooked rice

In bowl, stir first 4 ingredients; set aside. In large skillet, heat Oil over medium- high heat. Stir in garlic. Add chicken; cook, stirring 2 minutes. Stir in broth mixture. Bring to a boil, and let boil 1 minute, stirring constantly. Allow to cool. Add vegetables and ladle into 1 gallon Ziploc freezer bag.

To serve: Thaw sauce, and place in skillet. Heat to almost boiling. Serve over rice.

Modified Chicken Lickin'

4 boneless chicken breasts, cut up
3 Tbsp. Butter
1 large onion, chopped
2 cloves garlic, minced
1 1/2 tsp. Salt
3/4 tsp. Ground ginger
1/2 tsp. Chili powder
1 can (28 oz.) diced or crushed tomatoes
1 can cream of mushroom soup

To freeze: Brown chicken, onion, and garlic in butter. Add remaining ingredients, stir well. Heat to boiling. Allow to cool, and ladle into 1 gallon Ziploc freezer bag. Lay flat to freeze.

To cook: Thaw and reheat on stovetop. Serve over cooked spaghetti or Other pasta.

Sweet and Sour Chicken

1- 8 oz. Fat Free French Dressing
1- 8 Oz. can Jelly (whole)cranberry sauce
1 package - Dried Onion Soup Mix
4 Boneless Chicken Breasts (you can add more or less - cut into cube pieces)

To freeze: Dump all ingredients into 1 gallon Ziploc freezer bag. Lay Flat in freezer.

To cook: Mix all ingredients in a 13 x 9 glass pan. Cover with tin

foil.

Bake 350 degrees for 45 minutes. Stir and serve over rice or noodles.

Christy's note: I like to add a bunch of stir-fry veggies in the bag when I freeze this. They cook well in the sauce, and add a lot more nutrition to the meal. (Plus, I don't have to bother with a side dish this way!) The kids are also more apt to eat the vegetables when they are in the sweet sauce than on the side.

Chicken Parmesan

1/3 C. dry bread crumbs

2 Tbsp. grated Parmesan cheese

3/4 tsp. Italian Seasoning

1/2 tsp. Garlic Powder

1 lb. boneless skinless chicken breasts

1 egg, beaten

1 can (8 oz) tomato sauce

3/4 C. shredded mozzarella cheese

To freeze: Combine first four ingredients in a shallow bowl. Dip each chicken breast in beaten egg, then roll in bread crumb mixture to evenly coat.

Place chicken on a greased cookie sheet or jellyroll pan. Bake in preheated

375' F. oven 10 min. Turn chicken over; bake 10-12 min. or until chicken is thoroughly cooked.

Freeze in 1 gallon bag with separate bags of sauce and shredded cheese.

To serve: Thaw overnight in the refrigerator. Reheat chicken in 375' F. Oven until heated through and crust is crispy. Spoon tomato sauce over chicken.

Sprinkle cheese over top. Bake an additional 3 minutes or until cheese is melted.

Makes 4 servings

Spiced & Fragrant Chicken

3 1/4 c. tomato sauce

4 whole chicken legs

1/2 c. chicken stock

1/8 tsp. cayenne

2 tsp. curry powder

2 garlic cloves - minced

freshly ground pepper

1 1/2 cups sliced mushrooms

To Freeze: Remove the skin from the chicken legs. In a pot, heat the Tomato sauce on low heat. Add the chicken legs, stock, curry, cayenne, garlic And pepper. Cover and simmer on low until chicken is tender, about 1 1/2 hours.

Gently remove the chicken meat from the bones and return to the pot.

Add the mushrooms and simmer for an additional 10 minutes. Allow to cool, and

Ladle into 1 gallon Ziploc freezer bag. Lay flat to freeze.
To serve: Reheat and serve over cooked pasta.

Apricot or Peach Glazed Chicken

1/2 c. Italian dressing

2 tsp. Ground ginger (optional)

2 1/2 - 3 lbs. Chicken pieces

1/4 c. apricot or peach preserves

To freeze: Dump all ingredients into 1 gallon Ziploc freezer bag. Lay Flat in freezer.

To cook: Thaw in refrigerator. Bake at 375 degrees for 30 - 45 minutes Or until chicken is done. This is also a nice grill recipe.

TERIYAKI CHICKEN WINGS

1 bag of frozen chicken wings

1 cup of soy sauce

3/4 cup brown sugar

1 Tbsp. vinegar

1 tsp. garlic salt

1 tsp. ginger

Divide chicken wings between 2 or 3 one gallon bags. In a 4 cup Measuring cup assemble remaining ingredients and stir. Divide teriyaki sauce between the 2 or 3 bags of chicken wings, and freeze. To prepare chicken wings, thaw overnight in the refrigerator. Place wings in a large baking pan along with teriyaki sauce. Heat oven to 400° and bake for 30 minutes turning once. Serve with rice and steamed broccoli.

Chicken Tetrazzini

10 oz. dry spaghetti -- (10 to 12)

3 cups grated cheese - Jack or Cheddar

3 Tbsp. margarine

1 1/2 cups finely chopped onion

1 can cream of mushroom soup -- (10 3/4 oz)

1 can cream of chicken soup -- (10 3/4 oz)

1 (10 3/4 oz) soup can milk

3 cups cooked diced chicken

salt & pepper

Cook spaghetti as directed until al dente; drain. Sauté onions in margarine.

Mix onions and remaining ingredients with spaghetti in a large bowl.

Put mixture in containers and freeze. To prepare for serving, thaw

Tetrazzini and put in a baking dish. Bake uncovered in a preheated 350* oven until bubbly, about 30-40 minutes. For 2 people makes 5 casseroles.

Chicken Enchiladas

(Freeze the tortillas separately for this easy dinner)

2 cans cream of chicken soup

1/2 pint sour cream

pinch garlic powder

1 can diced green chiles

3-4 chicken breasts, cooked and diced

1 dozen flour tortillas

grated Monterey Jack cheese

Mix first 5 ingredients together in a large bowl. Spoon into a 1 gallon freezer bag and lay flat to freeze.

To prepare: Thaw sauce and tortillas. Spoon a bit of the chicken Mixture into each tortilla. Roll up and place side by side in a 9 X 13 baking pan.

Pour remaining mixture over enchiladas and sprinkle with cheese. Bake 30 minutes at 350 degrees.

Chicken Spectacular

3 c. cooked chicken

1 can cream of celery soup

1 (4 oz.) jar sliced pimentos

1 medium onion, chopped

1 pkg. Uncle Ben's Long Grain Wild Rice (cooked according to package)

1 (16 oz.) can French style green beans, drained

1 c. mayonnaise

1 (8 oz. can) diced water chestnuts

salt and pepper to taste

Mix all ingredients. Bag in 1 gallon freezer bags and freeze.

To prepare: Thaw overnight. Pour into a 9 1/2 X 15 inch casserole pan.

Bake uncovered 25 -30 minutes at 350 degrees. Serves 16.

Maple Glazed Chicken 1 1/2, 4 cup maple syrup 4 teaspoons lemon juice or cider vinegar 2 tablespoons butter 4 whole chicken legs Salt and pepper

Preheat the oven to 450'. Combine the maple syrup, lemon juice, and Butter in a small saucepan and simmer for 5 minutes. Line a baking dish with Foil and grease. Pat the chicken dry (and trim excess skin, if desired) and lay it on the foil. Season with salt and pepper. Bake for 10 minutes, then pour the glaze over the pieces. Basting occasionally, cook for another 15 minutes, or until the meat is cooked throughout and the juices run clear.

Serves 4. Bag, freeze and reheat later! YUMMY!!!

Chicken Taco bake

2 cups cooked rice 2 cups cooked shredded turkey or chicken 1 can

tomato

sauce 1 envelope taco seasoning 1 can refried beans 1 cup grated cheese (reserve in it's own baggie)

In a 1 gallon freezer bag, place the cooked rice. In another bowl, mix Taco seasoning and tomato sauce. Add shredded chicken and coat it well with tomato mixture. Add mix to the bag. Freeze.

After thawing, place rice and chicken mixture into a 9 x 13 pan.

"Frost" with the refried beans. It may take up to 2 cans for that, especially if you want a good thick layer. Top off with grated cheese. Bake uncovered for 30 to 45 minutes or until hot all the way through and the cheese is nice and bubbly.

Christy's note: This is just my way of freezing this casserole. I figure that to save space I can leave the refried beans on a shelf just as well as in my freezer! You can prepare the whole casserole in a dish, cover and freeze so all you have to do is thaw and pop into the oven. If you plan on doing this, make sure to purchase the disposable baking pans. Fewer dishes to wash, and you can continue to use your regular casserole dishes for other meals.

Deep Dish Chicken Pot Pie

Combine: 2 cans cream of chicken soup 2 pkg.

Frozen mixed vegetables 2 c. cubed cooked chicken Pour mix into bag and Lay flat to freeze. When thawed, pour into a 2 1/2 quart casserole dish. Mix

together: 1/2 c. milk 1 egg 1 c. biscuit mix <mixes.html> Pour dough over chicken mixture. Bake at 400° for 35 minutes or until golden.

Lemonade Chicken

3 lbs. Boneless, skinless chicken breast, cut into 1 Inch pieces

1 12-oz. Can frozen lemonade, thawed

2 Tbsp. Oil

1 c. water 6

Tbsp. Catsup

6 Tbsp. Brown sugar

2 Tbsp. Vinegar

Corn starch

Brown chicken in oil. Combine remaining ingredients and bring to a boil. Reduce heat. Cover and simmer 45 - 50 minutes or until tender. Combine 2 Tbsp. Cornstarch and 1/2 c. cold water. Stir into chicken mixture until thick and bubbly.

To FREEZE: Allow to cool. Add frozen vegetables, if desired. I added peas, and the kids LOVED it! Bag and lay flat. Makes 2 meals.

To SERVE: Thaw overnight in refrigerator. Reheat in a pan, adding water As necessary. Serve over hot rice.

Barbecue Chicken (You're gonna LOVE this one!)

Chicken Barbecue sauce

Wash and dry chicken pieces.

Place in freezer bag. Add BBQ sauce. Lay Flat to freeze.

After thawing in the refrigerator, cook as you normally would. I use my Foreman Grill (Merry Christmas!) or bake it in the oven. The chicken Comes out very juicy and tender from the long marinating process.

HAMBURGER

Sloppy Joes

-serves 4

1 pound ground beef

1 onion, peeled and finely chopped (I use 1/3 Cup dried minced onion to make

it quicker)

1/2 cup ketchup

1 Tablespoon brown sugar

1 Tablespoon vinegar

1 Tablespoon Worcestershire sauce

1 teaspoon brown mustard

1/2 teaspoon salt

1/4 teaspoon ground black pepper

TO Freeze: I brown and drain the ground beef, you can either sautee the Onion with the beef or just add the minced dried onion without cooking it. I Let the ground beef cool, toss in a freezer Ziploc bag, add the minced onion, and all the other ingredients, and freeze.

When you're ready to eat it, thaw it, and reheat in a pan until it's Warmed up. If you're just making it without freezing it, you would brown the Beef and sautee the onion. Then add all the other ingredients and simmer uncovered

for 20 minutes until sauce has thickened and divide between 4 hamburger buns and serve. (We like it over "homemade" bread machine bread, instead of worrying about having hamburger buns around). Nice and easy! I like that! =)

Hope you enjoy! =)Karinna

CHEESEBURGER 'N' FRIES CASSEROLE

4 pounds lean ground beef

2 cans cream soup

2 cans cheddar cheese soup

1 package onion soup mix

2 packaged (20 oz each) frozen crinkle-cut French fries

In a skillet, brown the beef, drain. Stir in soups and soup mix. Pour Into two 1 gallon freezer bags. Lay flat to freeze.

Thaw. Place meat mixture into 9x13 baking dish. Top with frozen fries.

Bake, uncovered, at 350 for 50-55 minutes or until the fries are golden brown.

Freezer Bagel Pizzas

24 Plain Bagels -- split and buttered
2 pounds ground beef
1 large onion -- diced
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic salt
1 - 6 oz. jar processed cheese spread
1- 14 oz. jar pizza sauce
1/2 cup minced fresh parsley
1/2 cup Parmesan cheese
1. Brown beef and onion in large skillet; drain.
2. Season with salt, pepper, and garlic salt.
3. Spread 2 teaspoons of cheese spread and 2 teaspoons of pizza sauce on each muffin. Spoon meat mixture onto pizza sauce. Sprinkle with parsley and Parmesan cheese.
4. Place on a cookie sheet and freeze. Place in 1 gallon freezer bag. Store in freezer until ready to use.
5. Bake frozen, approximately 20 to 30 minutes, at 350 degrees, or until bubbly.

Simple Salisbury Steak

(Campbell's soup recipe)

1 can of mushroom soup
1 pound of ground beef
1/3 cup dry bread crumbs
1 egg beaten
1/4 cup finely chopped onion
1 1/2 cups sliced fresh mushrooms

In a bowl, mix together 1/4 cup of the soup, beef, bread crumbs, egg, and onion. Shape firmly into 6 patties. (If you are using raw meat, you can freeze it now and brown the mushrooms and freeze them too, or you can freeze everything after cooking)

In a skillet over medium heat, cook patties, a few at a time, until browned on both sides, spoon off fat, set aside.

Stir in remaining soup and mushrooms, return the patties to the skillet, reduce heat to low, cover and simmer 20 minutes or until done, turning patties occasionally. Allow to cool and place patties and sauce into freezer bag. Lay flat to freeze.

To COOK: Allow to thaw. Reheat and eat!

BBQ Meatballs

2 lbs. lean hamburger or ground turkey
2 eggs
2 c. quick oatmeal
1 c. minced onion
1 c. milk (whole or cream)
1 tsp. cracked black pepper

Mix and make 72 walnut sized balls (any larger and sauce won't cook through). Place in flat pan in a single layer.

SAUCE:

3 c. ketchup
2 c. brown sugar
3 tbsp. liquid smoke or Kitchen Bouquet
1 tsp. salt

Mix sauce over low heat and pour 1/2 of mixture or less over meatballs.
Bake at 350 degrees for 1 hour. Add meatballs and remaining sauce to 1
Gallon freezer bag and lay flat to freeze. Serve over rice. This is SOOOOOOO
YUMMY!

Swedish Meatballs

3 tbsp. onion, finely chopped
1 1/2 lbs. ground beef
3/4 c. oatmeal
1 egg
1 1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. nutmeg

GRAVY:

1/4 c. flour
3 beef bouillon cubes
2 c. water

For meatballs, combine ingredients thoroughly. Shape into 1-inch balls.
slowly brown meatballs in butter. Shake pan frequently to brown evenly.
Remove from pan. Blend flour into fat left in pan. Add bouillon cubes
And water. Cook over low heat, stirring constantly until thickened. Heat
meatballs in gravy. These freeze well.

Three Bean Mexican Chili

1 c. chopped onion
1 c. chopped green bell pepper
2 cloves garlic, pressed
1 Tbsp. oil
1 lb. Ground turkey or ground beef
1 can (1 lb. 12 oz.) brick oven baked beans, **UNDRAINED**
1 can (15 oz.) garbanzo beans, rinsed and drained
1 can (15 oz.) dark red kidney beans, rinsed and drained
2 cans (14.5 oz. Each) Mexican-style stewed tomatoes, drained and
chopped
3 c. mild salsa
1 c. chicken broth
1 Tbsp. Chili powder

To freeze: Heat oil in large pot over medium heat. Add meat, onion,
Garlic and peppers. Cook and stir until meat is no longer pink; drain. Return
Meat mixture to pot. Stir in all beans, tomatoes, salsa, broth, and chili
powder.

Bring to boil over medium heat; reduce heat. Simmer, covered, 15
minutes, stirring occasionally. Allow to cool, and ladle into 1 gallon Ziploc
freezer bags. Lay flat to freeze.

To cook: Thaw in refrigerator. Reheat on stovetop or in crock-pot.

Serve garnished with shredded cheddar cheese, if desired. Serves 10
Christy's note: This is the BEST chili recipe, and the baked beans give it a nice sweetness. I can usually bag 2 - 3 meals from this one recipe. Make it without the meat, and use it as a CAN PLAN <../canplan.html> recipe!

Christy's Hamburger Stroganoff

1 lb. Ground beef
1 large onion, sliced
fresh or canned sliced mushrooms
1 clove garlic, minced
1 can cream of mushroom soup
1- 16 oz. Container sour cream (low-fat works well with this)
1/4 c. margarine
salt and pepper to taste

To freeze: In skillet, brown ground beef. Drain, but reserve a little bit of the fat in the pan. Saut  the onion until soft, and add the garlic, soup and mushrooms. Stir until coated. Add the sour cream and mix well. Salt and pepper to taste. Allow to cool, and ladle into 1 gallon Ziploc freezer bag.

Lay flat to freeze.

To serve: Reheat and serve over rice or noodles.

Christy's note: Instead of mincing my own garlic, I buy it already minced in a jar. I have found it on the East Coast at Hannaford's (man! I miss that store!), and Food Lion, and in the West at Sam's club. It has been a REAL time saver for me when I do this monthly cooking!

Grandma's Spaghetti and Meatballs

SAUCE:

4 - 6 oz. Cans tomato paste
6 cups water
1 clove garlic (she used 1/8 tsp. Garlic powder)
2/3 cup sugar
1 tsp. Sweet basil

In a 3 quart pan, blend tomato paste and water until smooth. Stir in garlic. Cook, uncovered, until sauce begins to boil. Stir and lower heat. Simmer with lid on, stirring occasionally. After 3 hours, add sugar and basil. Stir and simmer 1 more hour. Pan will be about 1/2 full.

MEATBALLS:

1 lb. Ground beef
1/2 lb. Sausage
2 eggs
1/2 cup stale bread crumbs
2 stalks celery, chopped fine (optional)
1 clove garlic (she used 1/8 tsp. Garlic powder)
1/2 cup grated Romano cheese (2 oz. Package)
salt and pepper to taste

Mix ground beef, sausage and salt and pepper in a large bowl. Add eggs And mix well. In another bowl, blend remaining ingredients and add a little at a time to meat mixture. Blend well, and form into meatballs. Fry, turning

as needed.

Simmer meatballs in sauce 15 minutes before serving with spaghetti.

To freeze: Divide meatballs and sauce into two 1 gallon Ziploc freezer bags. Lay flat to freeze.

Christy's note: Life wouldn't go on without Grandma's sauce! I have found it easier to lay all of the formed meatballs on cookie sheets and bake them at 350 rather than fry them. Often, I am doubling this recipe (like I said, life wouldn't go on without it!), and would rather skip the splatter cleanup afterwards.

Easy Pleasing Meatloaf

2 lb. Ground beef

1 package (6 oz.) stuffing mix

1 cup water

2 eggs, beaten

1/2 cup barbeque sauce, divided

Mix all ingredients well except for 1/4 cup of the barbeque sauce. Shape Meat mixture into 2 oval loaves, side by side, in a 9"x13" baking dish. Top With remaining barbeque sauce. Bake at 375 degrees for 35 minutes or until Center is no longer pink.

To freeze: Allow loaves to cool. Wrap individually in tin foil, and place in 1 gallon freezer bag.

To serve: Thaw, and reheat in oven or microwave. Top with more barbeque sauce, if desired.

Christy's note: This makes 2 meals for us if I make a LOT of mashed Potatoes and green beans to go with it. But, the kids LOVE this one, so I will Keep making it again and again!

Cheesy Mostaccioli

1 package (16 ounces) mostaccioli pasta, uncooked

1 1/2 pounds ground beef

1 jar (28 ounces) spaghetti sauce

1 can (11 ounces) condensed cheddar cheese soup

1 teaspoon ground black pepper

1 teaspoon dried Italian seasoning

3 cups (12 ounces) shredded mozzarella cheese, divided

Cook pasta according to package directions; drain. In medium nonstick skillet, cook and stir beef over medium-high heat until browned. Remove from

heat; pour off drippings. Stir in spaghetti sauce, soup, pepper and seasoning. Combine pasta, sauce mixture and the cheese. Ladle into freezer bag and lay flat to freeze.

To serve: Preheat oven to 350. In greased 4-quart baking dish, place Thawed casserole. Sprinkle additional cheese on top if desired. Bake 40 minutes or until heated through.

Tater Tot Casserole

2 lbs. Hamburger 1 Envelope dry onion soup mix 2 lbs. tator tots 2 cans mushroom soup 1 Pint sour cream Brown hamburger and place in a 10" x 14"

baking dish. Sprinkle soup mix over meat, then place one layer of tater tots on top of that. Freeze. Thaw (it doesn't have to be completely thawed).

Mix

soup and sour cream together, pour over tater tots. Bake at 350 degrees for one hour, stirring after 30 minutes. Serves 6 - 8 people. Christy's

Note: I like to bag up the sauce (Basically, I mix up all the ingredients except for the tots), and then add the tater tots to the bag and lay flat to freeze. After it thaws, I then separate the tots from the meat mix and layer in the pan. It saves space, and I have my 9 X 13 pan for other dishes. This is officially a new OAMC "staple" in our house!

Beef & Broccoli Calzone

1 lb. Ground beef, browned until crumbly and drained

1 (10 ounce) package frozen chopped broccoli, thawed and drained

1 c. shredded mozzarella cheese

1/2 c. chopped onion

3/4 c. sour cream

1/4 tsp.

Salt 1/4 tsp. Garlic powder 1/2 tsp. Italian seasoning 1 loaf frozen bread dough,

thawed To FREEZE: Combine ground beef with other ingredients (except

bread dough) in a bowl. Roll our bread dough to a 9"x13" rectangle. Spoon

filling onto one side of the dough, leaving a border of dough on three sides.

Fold over bare side of dough and pinch ends together. Spray lightly with

Cooking spray and wrap in plastic wrap. Wrap again in tin foil and freeze. To

COOK:

Thaw overnight in refrigerator. Unwrap calzone and place on cookie sheet.

Loosely cover with plastic wrap to prevent drying. Allow to rise, but

Not double. Cook 20-30 minutes in a 350 degree oven until golden. Slice and serve.

VEGETARIAN

Tamale Corn Casserole

Serves 10

3 c. corn meal

8 c. water

6 cups whole kernel corn

2 c. chopped olives

1 c. chopped onion

2 c. tomato sauce

1/2 c. green chilies (opt.)

Boil water. Add corn meal. Cook until the consistency of mush. Cook

corn, olives, onion and chilies in tomato sauce over medium high heat until

onion is transparent. If mixture boils down too much, add water. In casserole

dish, place half of mush. Pour vegetable mixture over this. Top with

remaining corn mush mixture. Cover; freeze. Place directly into 350° oven from freezer. Bake 2 hours or until hot and cooked through. This is very good!

Marinara Sauce

1 can tomatoes, peeled in juice (16 oz.) coarsely crushed

1/3 cup salad oil

6 garlic cloves -- pressed or minced

3 onions -- chopped

4 carrots -- finely chopped

2 tablespoons basil -- dried

1 tablespoon oregano -- dried

2 teaspoons salt

1 teaspoon pepper

Heat oil in a 5-quart or larger pot over medium heat. Cook garlic, onions

and carrots, stirring occasionally, until soft. Stir in tomatoes and juice, basil, oregano, salt and pepper. Bring to a boil.

Reduce heat and simmer rapidly, uncovered, stirring occasionally, for

About 1 1/2 hours or until sauce is very thick and reduced by about half.

Ladle into freezer bag and lay flat to freeze.

Minestrone

1 Tbsp. Vegetable oil

1/2 c. chopped onion

1 large clove garlic, finely chopped

3 1/2 c. (two 14 oz. Cans) reduced-sodium chicken broth (to make Vegan, use

vegetable broth)

1 3/4 c. (15 oz. Can) Great Northern white beans, rinsed and drained

1 1/2 c. water

2/3 c. (6 oz. Can) Italian style tomato paste with tomato pesto

1 tsp. Italian seasoning

1/4 tsp. Ground black pepper

2 c. (2 large) sliced zucchini

1 pkg. (10 oz.) frozen mixed vegetables

1/3 c. small macaroni (add when reheating)

Heat oil in large saucepan over medium-high heat. Add onion and garlic; cook, stirring frequently, for 1 to 2 minutes or until tender. Stir in broth, beans, water, tomato paste, seasoning and pepper. Bring to a boil.

Reduce heat to low; cook, covered, for 10 minutes.

Add zucchini and mixed vegetables. Bring to a boil, stirring to break

up vegetables. Reduce heat to low; cook, uncovered, for 8 to 10 minutes or until vegetables and pasta are tender. Freeze up to 4 months.

THAW soup overnight in refrigerator. Place partially thawed soup in

Large saucepan. Add macaroni. Warm over medium heat until serving temperature

and macaroni is tender. Makes 6 servings.

Light Alfredo Sauce

1 1/2 tablespoons butter, melted
3 garlic cloves, pressed
1 1/2 tablespoons all-purpose flour
2 cups skim milk
3 tablespoons light cream cheese
1/2 cup (2 ounces) grated Parmesan cheese
2 tablespoons chopped fresh parsley

In a large saucepan, melt butter over low heat. Add garlic; cook and stir 30 seconds. Blend in flour; cook and stir minute. Gradually whisk in milk. Cook and stir until mixture comes to a boil and thickens. Remove from heat; Stir in cheeses and parsley until cheeses melt. Toss with fettuccine.
To Freeze: Allow to cool and ladle (sauce only) into 1 gallon Ziploc bag.
Lay flat to freeze.

Fettucine Romano

8 oz. fettucine or wide egg noodles
1/2 c. finely chopped onion
1/4 c. butter
1 (6 oz.) can tomato paste
2 c. water
1/4 c. grated Romano or Parmesan cheese
1/2 c. sour cream
1/4 c. chopped fresh parsley

Cook fettucine in boiling, salted water until tender; drain well.

Meanwhile,

saute onion in butter. Thoroughly blend in tomato paste and water; heat through. Pour over hot cooked fettucine and toss with romano cheese.

Fold in sour cream. Sprinkle with parsley. Makes 4 - 6 servings.

Christy's Note: I just tripled this and bagged it up noodles and all For freezing. It's probably one of the easiest recipes I have tried!

Sandy's Alfredo Sauce

32 oz. cream cheese
2 c. butter (NOT MARGARINE)
3 c. grated Parmesan cheese
16 oz. heavy cream
pinch nutmeg (optional)

Melt all ingredients together over low heat, stirring constantly.

Christy's Note: WOW!!!! This is the BEST alfredo sauce ever! It's great For fondue as well!

Calzones

2 loaves bread dough, frozen
6 oz. sliced mozzarella cheese
5 cups spaghetti sauce
Pizza toppings (to add to cheese filling, if wanted)

Thaw two loaves of bread dough. Divide each loaf into 6 parts each. One at a time, roll out each dough piece on a floured board or stretch with your hands, making 12 7-inch squares. Fold each dough square over half a

cheese slice to form a turnover, and pinch edges to seal (I use a fork). The book says that another option is that you can also ladle 1/3 cup sauce onto center of each square before making the turnover, but the sauce tends to seep out.

Place each turnover in a small sandwich bag, or wrap in plastic wrap.

Put 6 turnovers in a 1-gallon freezer bag. Divide sauce in half and store in Two 1-qt freezer bags; enclose bag of sauce in a bag of Calzones. Do the Same for remaining 6 turnovers.

To prepare for serving, thaw sauce; heat in a medium pan 10-15 minutes Until bubbly. At the same time, take frozen turnovers out of plastic, and Place them about 2 inches apart on a baking sheet sprayed with a nonstick spray.

When thawed, preheat oven to 325. Bake for about 15 minutes. Turnovers Will be golden brown when done. Ladle sauce on top of turnovers, and serve. Makes 12 servings.

MIXES / BREADS

Garlic Pizza Crust

2 Tbsp. yeast

2 c tepid water (90*)

2 Tbsp. sugar

1/2 c oil

1 tsp. salt

5 1/2 - 6 cups flour

3 cloves crushed garlic

Dissolve yeast in water and add sugar. Wait a few minutes then add oil And salt and garlic. Mix in 3 cups flour and mix about 10 min till it leaves the side of the mixer bowl. Add remaining flour with dough hook or by hand. Knead until smooth. Section and place in freezer bags (if desired).

To BAKE OPTION #1: Remove from freezer and place dough into greased bowl. Cover with towel and allow to thaw and rise for 3 - 6 hours. Allow to rise twice in the bowl. Punch down. Oil baking sheets using fingers press out to edges.

Makes 2 pizzas, cookie sheet size. Let rise a bit and top. Bake at 425* For 20 min.

This is the BEST DOUGH! I also used it to make a loaf of bread (accidentally) and it was great with spaghetti!

This makes 2 cookie sheet sized or 12 after school snack size.

To BAKE OPTION #2: You can form the dough in the bottom of cheap pie tins, top and bake completely and put them in zip bags for a quick snack or meal.

Mom's Christmas Coffee Cake

1 - 3 oz. Package cream cheese

1/4 c. margarine or butter

2 c. biscuit mix or Bisquick

1/4 c. milk

1/2 can pie filling of your choice

1/4 – 1/2 c. chopped pecans (optional)

Cut cream cheese and margarine into biscuit mix till crumbly. Add milk; Stir until mixed. On lightly floured surface, knead dough 10 - 12 strokes. On waxed paper, roll or pat dough into a 12 x 8 inch rectangle. Invert Onto greased baking sheet; remove paper. Spread filling down center of dough.

Make 2 1/2 inch cuts from long sides toward center at 1 inch intervals. Fold strips over filling and pinch in center. Bake at 375 degrees for 20 to 25 minutes or until golden. FREEZE at this point. When thawed, drizzle with Powdered Sugar Glaze. Serves 12.

Powdered Sugar Glaze

In a bowl stir together 1 1/2 c. sifter powdered sugar, 1/4 tsp. Vanilla and enough milk to make of drizzling consistency (1 - 2 teaspoons). If using peach filling, add 1/4 tsp. Almond flavoring to glaze mix and a little less milk.

Biscuit Mix

(Cheap and easy substitute for Bisquick!)

10 c. all-purpose flour

1/3 c. baking powder

1 1/4 c. sugar

2 tsp. salt

2 c. shortening

In a bowl, stir together flour, baking powder, sugar and salt. Cut in shortening until mixture resembles coarse crumbs. Store in an airtight container for up to six weeks at room temperature or for up to six months in the freezer.

Cookie Dough

To freeze cookie dough (I did this with chocolate chip cookies, and it turned out GREAT!):

Use margarine or shortening instead of butter.

I dropped the dough into ice cube trays to freeze, and then placed the Dough into a bag in the freezer. The dough will still be semi-soft, but won't stick to itself when loosely placed in the bag.

To cook, go by the recipe directions. You might want to watch the first batch to see if you need extra cooking time. Mine worked well at 8 minutes at 350 degrees.

NO PEEK TIPS

2 lbs any beef, cut into cubes (my favorite is sirloin steak, but stew meat

also works)

1/4 c. diced green pepper (optional)

1 can cream of mushroom soup

1 can mushrooms (drained), or 1 cup sliced fresh mushrooms

1 pkg dry onion soup mix

1 pkg dry brown gravy mix

1 cup ginger ale or 7up

Layer all ingredients in order. (I usually season my meat with garlic Pepper seasoning or whatever you like). Cover and bake at 300* for 3 hours. No Peeking. Can also layer all ingredients in a slow cooker - Cook on low For 6hrs (I always use the slow cooker). Serve over rice or noodles. I Usually thicken the gravy with a little flour and water mixture. About 2 TBSP flour, mixed with 1 cup cold water. While stirring the meat mixture, slowly pour in flour mixture until thicken to your desire. I usually don't use a full cup, maybe 2/3 of it. DO this last after meat is cooked.

Easy Quesadillas

2 flour tortillas
1/2 c. cubed cooked chicken
diced onion to taste (optional)
1/4 c. salsa, (my favorite is Pace roasted red pepper and garlic)
1/2 c. Mexican blend cheese, or more if you love cheese

Brush one side of each tortilla with olive oil. Place in frying pan Oiled side down, or I use my George Foreman grill. Mix chicken with salsa and onion, place on tortilla shell, sprinkle cheese on. Place other tortilla shell on. Cook until heated through and cheese is melted. Serve with sour cream if desired.

** For a low cal version, I substitute 2 TBSP black beans for the chicken and use fat free shells, and reduced fat cheese.
WW points are for that one is 5 pts made with black beans or 6 pts made With chicken. Can minus one point if you omit the olive oil and spray pan With Pam.

This is a recipe I made up for my 16yo who loves Taco Bell quesadillas. One day I promised him Taco Bell, but we ended up not going into town, so I Used ingredients I had in the house and came up with these. Drew told me They were better than Taco Bell. I chose this one because it's my favorite For lunch!

BBQ CHICKEN

3-4 chicken breasts (can be frozen)
2 C ketchup
4 tbs brown sugar
1 tbs Worcestershire sauce
1 tbs soy sauce

1 tbs vinegar
1/2 tsp garlic powder

Mix all ingredients (except chicken) in crock-pot. Add the chicken, coating each piece in sauce. Cook on high 4 hours. Remove chicken and shred/pull with forks. Return to pot and stir in sauce to coat. Serve on buns.

**leftovers can be frozen and re-heated for sandwiches, or used to make BBQ chicken pizza (put on a pizza crust, top with favorite cheeses, onions, etc.) or used to make BBQ chicken burritos (put on tortillas, add refried beans, cheeses, etc.)

Here is my kids all time breakfast favorite. Even my picky 2 year old who eats virtually nothing always asks for seconds. I always double the recipe and freeze some to reheat on busy days...

Pumpkin Pancakes

2 C biscuit/baking mix**
2 tbs brown sugar
2 tsp ground cinnamon
2 eggs (or equiv egg substitute)
1 can evaporated milk (can use fat free)
1/2 C pumpkin*
2 tbs vegetable oil (or canola or applesauce)
1 tsp vanilla

In a bowl, combine the baking mix, brown sugar and cinnamon. In another bowl, combine the eggs, milk, pumpkin, oil and vanilla; stir into dry ingredients and mix well. Pour batter by 1/3 cupfuls onto a hot griddle; turn when bubble form on top of pancakes. Cook until second side is golden brown.

* Leftover pumpkin can be frozen to be used later.

**I make a substitute for Bisquick that I like to use instead...here is that recipe...

Low-Fat Bisquick Substitute

2 c enriched all-purpose flour

1 c whole wheat flour
1/4 c wheat germ
2 tbs oat bran
1/2 c nonfat dry milk powder
3/4 tsp salt

Mix dry ingredients in food processor using a metal blade, or with an electric mixer. Slowly pour in the oil as the machine is running. Scrape the sides of the bowl with a rubber spatula. Mix thoroughly once again. Store in a covered container or ziploc bag in the freezer.

Makes 5 cups of mix. Use in recipes calling for Bisquick- type baking mix.

Super Burgers

hamburger buns
softened butter
T butter
2 green onions chopped
1/4 lb. mushrooms, sliced
1 lb. lean ground beef
1/2 t. salt
1/2 t. garlic salt
6 oz. swiss cheese, grated

**Butter the buns with softened butter and toast them just before you serve the meal.

**Saute onions & mushrooms til tender. Add to meat and remaining ingredients. Make into patties. Cook at 350 for 20 minutes or more til done. Then place on toasted buns and serve. I sometimes just put burgers on bottoms of buns without the tops, and use forks. This way you're not getting too much bread.

Chicken and Broccoli Wreath

(This is a pampered chef recipe, hope it's new for some of you!)

2 cans crescent rolls
2-3 chicken breasts - cooked, cubed
1 can cream of chicken soup
1 cup cheese - shredded
1/2 lb broccoli

Preheat oven to 375. Combine cubed chicken, soup, cheese and broccoli in bowl. Unroll crescent dough, separate into triangles (each "roll" separated.) Arrange triangles on a round cooking stone with wide ends overlapping in center and points toward the outside. There should be

about 5-inch diameter opening in middle. Using spoon/scoop, scoop chicken mixture evenly onto the widest end of each triangle. Bring points of triangles up over the filling and tuck under wide ends of dough at the center. Bake 20-25 minutes, til crescent rolls are browned.

This sounds more difficult than it is I think. Basically, you're creating a "ring" of food, I would try to cover all the chicken mixture with crescent rolls, so it doesn't ooze everywhere. Also, you might bake a little longer than you think, if it's taken out too early the crescent rolls are still gooey.

Shepherd's Pie

Lean Ground Beef or Ground Turkey Breast (1 lb)

1 can Cream of Mushroom soup

1 can Green beans (or if you guys are good, fresh green beans)

Mashed potatoes (depending on how many you are serving, I usually mash Like 3-4 potatoes for my family, and we have leftovers)

*Preheat oven to 350

*Cook ground beef/turkey until no longer pink in frying pan

*Place beef/turkey in the bottom of a casserole dish sprayed with Pam

*Add green beans (drained if canned) on top of beef/turkey.

*Add cream of mushroom soup on top of green beans. Spread over green beans evenly.

*Top with mashed potatoes

BAKE UNTIL HEATED THROUGH, APPROX. 30 MINUTES. POTATOES WILL BE BROWNED AT EDGES.

My ds loves this, and its a great way to get all food groups down those picky kids!!

Here is an extra bonus, low fat and SOOOO good!

Waldorf Salad

5-6 Red (or green) apples (small)

10-20 Green grapes, cut in half

2.3 oz package of walnuts (or whatever nuts you want!)

12oz Cool Whip

1/2 c. mayo or Miracle Whip

*Chop apples, cut grapes in half in one bowl

*Mix cool whip and mayo/Miracle Whip in separate bowl (mix will be a little bitter by itself, is really good with the fruit)

*Add walnuts to the fruit bowl, then add the cool whip mix. Mix well so that the fruit gets evenly covered.

*Refrigerate until cool.

Ultimate Vegetarian Chili

Ingredients:

3 Tbsp olive oil
3 chopped onions
1 Tbsp chili powder
1 Tbsp ground cumin
1/4 tsp cayenne pepper
2 peppers, chopped
3 garlic cloves, chopped
3 Tbsp unsweetened cocoa powder
1 large can, undrained, of tomatoes, chopped
1 c. water
1 can red kidney beans, rinsed & drained
1 can black beans, rinsed and drained
2 cups fresh or frozen corn
1/2 c. bulgur
salt and pepper
cilantro (optional)
Directions:

In a large pan, saute the onions and spices. Add peppers and garlic for 1 min. Add cocoa, tomatoes, and water; bring to a boil. Add kidney and black beans, corn and bulgur. Reduce heat to low and simmer, uncovered, for 15 min. or until bulgur is cooked. Add salt and pepper to taste. To serve, sprinkle with cilantro.

Ratatouille

Ingredients:

1 red onion
3 tsp garlic, minced
1 green pepper, chopped
1 eggplant, cubed
2 zucchini sliced
1 19 oz can Tomatoes
1 tsp basil
1 tsp thyme
1 tsp oregano
1 19 oz can chickpeas
parmesan cheese and cayenne

Instructions:

1. Bring to a boil an onion, garlic, green pepper, eggplant, zucchini and tomatoes to a boil in a large skillet or saucepan. Reduce heat and simmer for 15 minutes.
2. Add basil, thyme, oregano and chickpeas to saucepan and cook 5-10 minutes more.
3. Salt and pepper to taste. Adjust seasoning.

Sprinkle parmesan and cayenne over ratatouille.

Obtained from: More time Mom's cookbook!

****NOTES!! ****

Personally, I peel the eggplant or the skin tends to be chewy in this one.

Mexican Chicken (can use hamburger, instead)

- 1-2 lbs chicken, cooked and in bite size pieces (or 1 lb hamburger, browned)
- 6 corn tortillas or 4 burrito size flour tortillas
- Salsa to taste (about 1/2 jar)
- Mexican seasoning or season-all to taste (about 1 tablespoon)
- 1 10oz can cream of mushroom or chicken soup
- 1 can corn (optional)

Mix everything together and freeze in gallon freezer bags. Yes, it looks like a big sloppy mess. When you are ready to make, thaw and then:

In a 9x13 pan, layer tortilla chips (or corn chips work too), then the meat mixture. Top with shredded cheese (cheddar or the Mexican blend works best, but again, whatever you have on hand will probably work). If you like, top with sliced olives, as well. Bake in 350 degree oven for 30 minutes or until cheese is melted and bubbly. We usually serve with sour cream, depending on what kind of salsa we use.