

WEEK 2 RECIPES

Tuna Noodle Cassarole

- 2 cans tuna
- 1 pkg egg noodle
- 1 can cream of mushroom condensed soup
- 1 can cream of chicken condensed soup
- 1 bag frozen peas
- 8 oz bag shredded cheddar cheese
- 1 cup Panko breadcrumbs (left over from Week 1 Groceries)
- 2 T melted margarine

Cook noodles according to package instructions. In a casserole dish, combine tuna, both soups, peas and half of the cheese. Add drained noodles and mix to combine. Mix melted margarine, breadcrumbs and the rest of the shredded cheese. Sprinkle breadcrumb mixture evenly over noodle mixture. Place in preheated 350 degree oven for 30 minutes, or until topping is golden and noodle mix is bubbling around the edges.

Teriyaki Pork Chops, Winter Squash and Green Beans

- 1.25 lb boneless Pork Loin Chops (\$5 pack at Pick n Save)

Teriyaki sauce ingredients

- ¼ cup soy sauce
- 1 cup water
- ½ tsp ground ginger
- ¼ tsp garlic powder
- 5 T packed brown sugar
- 1-2 T honey
- 2 T corn starch
- ¼ cup cold water

Squash ingredients

- 2-3 Delicata Squash (or any winter squash of choice)
- 1 T olive oil
- Salt and Pepper
- Dried Rosemary

Rinse pork chops in cold water and pat dry. Season with salt and pepper and set aside. Prepare Teriyaki sauce:

Mix all but cornstarch and 1/4c water in a sauce pan and begin heating. Mix cornstarch and cold water in a cup and dissolve. After sauce is simmering, add cornstarch and water mixture, whisking well until sauce thickens. Heat until sauce thickens to desired thickness. Add water to thin if you over-thick it :).

Prep Squash

Cut squash in half and scoop out seeds. Then, cut each half into 1/2 inch moon slices. (Delicata is my choice because there is no need to peel) Toss squash slices with olive oil, salt and pepper and dried rosemary.

Toss pork chops in 1/2 of teriyaki sauce mixture. Spread squash slices and pork chops in a single layer on a sheet pan. Bake in a preheated 400 degree oven for 20-25 minutes, or until the pork chops reach 145 degrees on a meat thermometer.

Serve with green beans and additional teriyaki sauce.

Chicken and Dumplings

- 1 lb boneless chicken thighs
- Salt and Pepper to taste
- 4 T margarine
- 1 medium white or yellow onion, chopped
- $\frac{1}{3}$ cup flour
- 2 cups hot water
- 1 $\frac{3}{4}$ cup water with 1 T chicken bouillon
- 1 bag frozen mixed vegetables
- 2 carrots, peeled and sliced into $\frac{1}{2}$ inch rounds
- $\frac{1}{2}$ tsp dried thyme
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper

For dumplings

- 2 cup flour
- 1 T baking powder
- $\frac{3}{4}$ tsp salt
- 3 T margarine
- 1 cup milk

Prepare Dumplings

Mix together flour, baking powder and salt. Bring milk and margarine just to a simmer in a saucepan. (do not boil or milk solids will separate) Add milk mixture to flour mixture. Stir with fork or knead by hand 2-3 times until mixture just comes together.

Prepare chicken;

Season chicken with salt and pepper, set aside

Chop onion, dissolve bouillon in water, peel and slice carrots

Heat Dutch oven or oven safe, high sided skillet over a medium heat.

Melt 4 T margarine in pan and add chicken pieces, browning on each side, about 3 minutes per side. Remove chicken from pan and set aside. Add onion to pan and cook for about 5 minutes, until onions are tender, but not browned. Stir in flour and stir for 1 minute, making sure all flour is incorporated into the fat, and there are no dry flour bits. Add water and bouillon, whisking constantly. Bring the mixture to a boil over medium high to high heat. Add carrots and mixed veggies, dried thyme and the rest of the salt and pepper. Return chicken to pan, with all accumulated juices. Reduce heat to low and keep at a simmer.

Scoop spoonfuls of the dumpling dough onto the chicken mixture in the pan, distributing across the top of the chicken mixture. Cover pan with lid and simmer for 10 minutes. Uncover and serve.

Adapted from The Joy of Cooking, 1997 edition

Chili

- 1 lb ground beef
- 2 15oz cans crushed tomato
- 2 can kidney beans
- 1 15oz can diced tomato

4 T chili powder
1 T cumin
1 T garlic powder
1 tsp salt
Cayenne and black pepper to taste
1 medium yellow or white onion, chopped
1 green bell pepper, chopped

Brown ground beef with bell pepper and onion in a stock pot until meat is cooked through. Add spices, salt and pepper. Saute for 1 minute to bloom spices. Add crushed tomato, diced tomato and beans. Simmer 30-45 minutes. Add any additional chili powder, cumin, salt or pepper to taste.

Serve with sour cream and shredded cheese and Jiffy corn bread, prepared according to package instructions.

Penne Chicken Alfredo with Broccoli

1 lb boneless chicken breast, cut into ½ inch strips.
2 T olive oil or vegetable oil
Salt & Pepper
2 tsp garlic powder
1 tsp Italian herb blend
16 oz jar Alfredo sauce
16 oz box penne pasta
1 lb fresh broccoli

Season chicken with garlic powder, Italian seasoning, salt and pepper. Set aside. Boil pasta according to package instructions. While pasta is cooking, saute chicken strips in olive oil on medium heat. When chicken is browned, add alfredo and reduce heat to low. Drain pasta and add to alfredo chicken mixture. Toss and serve with cooked broccoli and shredded Italian cheese.

Tomato Basil Soup with Grilled Cheese

2 cans crushed tomato
4 cups water with 2 T chicken or vegetable bouillon
2 tsp dried basil
1 T olive oil
½ tsp salt, more to taste

Heat olive oil in a saucepan. Add crushed tomato, salt and basil. Cook and stir for 1-2 minutes before adding the water and bouillon. Simmer for 20 minutes. Add to the blender and puree or use an immersion blender in the pan. Top with a drizzle of olive oil and a sprinkle of shredded Italian cheese. Serve with grilled cheese.

Breakfast for Dinner

Prepare pancakes, eggs how you like them and breakfast sausage with syrup and apple sauce.

