

March Recipes 2010

Cowboy Chicken

2 tbsp Olive Oil

Chicken, cut up bite size pieces

1 – 2 cups BBQ sauce

1 can brown beans

1 cup shredded cheese

Fry the chicken in the olive oil. Transfer the chicken to a baking/casserole dish. Mix in the BBQ sauce and brown beans. Cover & place in oven at 350 for about 40 minutes, top with cheese for the last 5 minutes. Goes well with mashed potatoes, French fries or perogies.

Cowboy Chicken and Beans

Cut up cooked Chicken (approx 3 breasts)

$\frac{3}{4}$ cup BBQ Sauce

$\frac{1}{8}$ tsp Garlic Salt

$\frac{1}{8}$ tsp Onion Salt

$\frac{1}{2}$ tbsp Steak Seasoning

4 drops Worcestershire Sauce

1 can Brown Beans

3 cup shredded cheddar cheese

Mix first 5 ingredients in a 2 quart greased casserole dish. Bake uncovered 30 – 35 minutes or until hot and bubbly. Sprinkle with cheese. Bake another 5 – 10 minutes until cheese is melted.

Porcupine's

Ground Beef

1 cup rice (uncooked)

$\frac{1}{2}$ green pepper, sliced

1 can tomato soup

Dash nutmeg

$\frac{1}{4}$ cup water

Mix the ground beef and rice together in a bowl. Form meatballs and place in a casserole dish. Place the sliced green peppers around the meatballs. Mix the tomato soup, nutmeg and water in a small bowl. Pour over the meatballs & peppers. Cover & bake @ 350 for about 45 minutes.

Sloppy Joes

Ground Beef

Salt & Pepper

1 cup salsa

1 cup cheese

Brown the ground beef in a skillet with salt & pepper. Add salsa, bring to a boil. Mix in the cheese. Serve on buns.

Pork Stir Fry

1 lb pork chops, sliced

¼ cup teriyaki sauce

2 tbsp oil

Frozen stir fry vegetables

1/3 cup chicken broth

2 tbsp corn starch

2 tsp sugar

2 cloves garlic

Marinate sliced pork chops in teriyaki sauce for at least 1 hr. Remove pork from sauce and place in a large skillet with oil. Cook over med to high heat until meat is no longer pink. Remove from skillet. Add the frozen vegetables and cook until crisp. Add the pork. Mix the chicken broth, corn starch, sugar and garlic and add it to the skillet. Simmer until the sauce is thickened.

Tuna Casserole

1 can Cream of Mushroom Soup

¼ cup Water

1 cup Egg Noodles or ½ cup of Macaroni

7 oz can Tuna

Chopped Celery (approx 3 stalks)

Chopped Onion (approx 3 tbsp)

Grated Cheese

Mix everything together in a casserole dish. Bake at 375 for 45 minutes. Top with grated cheese if desired.

Beef and Corn Bake

2 lbs ground beef

1 medium onion

¼ cup cooking oil

12 oz kernel corn

1 can condensed tomato soup

1 tsp salt

½ tsp pepper

1 tbsp ketchup
2 cups cooked noodles
1 cup grated cheddar cheese

Put ground beef, onion and oil into frying pan. Stir to break up meat as it browns. Drain off fat & discard. Put meat mixture into large bowl. Put corn, soup, salt, pepper and ketchup into same bowl. Stir to mix together with meat.

Prepare noodles, drain and combine with all other ingredients in the bowl. Pour into 3 quart casserole dish.

Sprinkle grated cheese over top. Cover. Bake at 350 F for 45 minutes. Remove cover and continue to bake until cheese is melted and bubbly.

Chicken Marinade

Chicken Breasts

4 tbsp honey
¼ cup lime juice
2 tbsp oil
2 tbsp mustard
2 cloves garlic, pressed
Salt & Pepper to taste

Mix honey, lime juice, oil, mustard, garlic, salt and pepper to form sauce. Marinade the chicken for at least 1 hour.

Remove the chicken from the marinade, place in a baking pan, cook in the oven at 375 until done. (about 45 minutes).

Chow Mein Casserole

Brown hamburger with onions and celery. Place in a casserole dish. Add ½ cup of rice, 1 pkg or can of chicken noodle soup, 1/6 cup of soy sauce, 1 can mushrooms with juice & 2 cups of water. Top with chow mein noodles. Bake at 350 covered for 1 hour.

Salmon Loaf

2 Eggs
½ cup Milk
12 soda crackers (broken into crumbs)
1 tin Salmon
Salt & Pepper (to taste)

Mix all together well, should be a liquid consistency. Place mixture into a loaf pan. Bake at 325 for 45 minutes to 1 hour

Swiss Steak

Round Steak

1/3 cup Flour
Salt & Pepper (to taste)

3 tbsp oil
 2 onions
 1 can tomatoes (mashed)
 Green pepper (sliced)
 ¼ tsp garlic powder
 ½ cup apple juice
 4 tsp red wine vinegar
 2 ½ cups beef broth (or oxt)

Cut meat into serving size pieces. Dip in mixture of flour, salt & pepper. Brown in oil. Put in small roaster, add onion, tomatoes, green pepper, garlic powder, apple juice, vinegar and beef broth. Stir lightly. Bake at 350 until tender – about 1 ½ - 2 hours.

Mexican Rice Dinner

1 ½ cups Rice, cooked
 ½ lb ground beef
 ½ cup red & green bell peppers
 1 cup salsa
 1 cup frozen corn kernels, thawed
 1 cup water
 1 tsp chili powder
 ¾ cup shredded cheese

Brown beef in a skillet & drain. Stir in bell peppers and sauté for 2 minutes. Stir in salsa, corn, water, rice and chili powder. Bring mixture to a boil, cover and remove from heat for about 5 – 7 minutes, until liquid has been absorbed. Stir gently, sprinkle the cheese on top, cover for an additional 2 minutes until cheese has been covered.

Zesty Tomato Pork Chops

1 Tbsp Vegetable Oil
 4 Pork Chops
 1 Green or Red Pepper – cut into strips
 1 Can Tomato Soup
 ¼ cup water
 1 Tbsp vinegar
 1 tbsp packed brown sugar
 1 Tbsp worcestershire sauce
 1 tsp Basil
 1 tsp oregano

Heat oil at medium to high heat in large skillet. Add pork chops, cook until browned on all sides. Take pork chops out and set aside. Add the pepper strips and stir fry about 3 minutes. Drain fat and reduce heat to medium.

Stir in mixture of last seven ingredients. Heat to a boil. Add pork chops. Cover and simmer until pork chops are cooked through.

Chicken, Broccoli & Cheese Bake

Chicken Thigh Pieces (Skinned)
1 Can Cream of Broccoli & Cheese Soup
Macaroni noodles (whatever kind of noodles you choose)
Crushed corn flakes

Grease casserole dish, place chicken pieces in dish. Pour soup over the pieces and bake at 375 for about 45 minutes.

Add the uncooked noodles and top with the crushed corn flakes. Bake at 375 for an additional 20 minutes or until the noodles are tender.

Pancakes

1 ½ cups Flour
1 tbsp sugar
1 tbsp baking powder
½ tsp salt
1 egg, beaten
2 tbsp oil
1 ½ cups milk

Combine flour, sugar, baking powder and salt in medium size bowl.

Beat egg slightly in small bowl. Mix in oil and milk. Add to dry ingredients. Stir. A few small lumps in batter are preferable. Add more or less milk to have thicker or thinner pancakes. Pan is ready when drops of water bounce all over it. Drop batter by spoonfuls onto lightly greased hot pan 380 F (190 C). When bubbles appear and edges begin to dry, turn to brown other side.

Graham Pancakes: Use 1 ¼ cup of flour and ½ cup of graham cracker crumbs.

Blueberry Pancakes: Fold in ¾ to 1 cup of blueberries

Wheat Germ Pancakes: Add ½ cup wheat germ plus ¼ cup more milk.

Beef Stew

Beef Steak (simmering) cut into chunks or
Pre cut Beef Stew meat
1 tsp Italian Seasoning
2 tbsp flour
1 tbsp oil
Potatoes
Carrots
Celery
Onion
Frozen peas
Water
Beef Broth (dry oxa – 2 pkg or cubes)
Flour

Milk

Mix the Italian seasoning and flour in a low dish. Mix in the chunks of beef until they are covered. Heat the oil in a skillet. Place the covered meat in the hot skillet. (It's ok to add the left over flour and Italian seasoning mixture.) Brown the meat and transfer to a slow cooker. Add the vegetables and enough water to just cover everything. Cook on low for desired length of time. It can be cooked for as little as 2 hours or as long as 5.

30 to 45 minutes before serving combine the beef broth, flour and milk in a small deep bowl. Add four and milk to create a thick consistency. Beat to get out most of the lumps, (however it is going in the stew so it doesn't really matter if the gravy is lumpy.)

Drain the broth from the slow cooker into a skillet. Heat the broth in the skillet, add the flour & milk mixture. Heat to a boil, using a wisk, stir constantly. Simmer and stir until the gravy is the desired consistency. Add the gravy back to the slow cooker and stir into the beef stew.

Serve with buns or tea biscuits and a salad.

Shepherd's Pie

3 Medium Potatoes, Peeled & Quartered
Water
¼ tsp Salt
2 tbsp Margarine
2 tbsp Milk

Meat Filling

1 tbsp Cooking oil
1 cup finely chopped onion
1 cup finely chopped carrot
2 cup finely chopped leftover meat
1 cup prepared broth
¼ cup chopped fresh parsley
3 tbsp tomato paste
2 tbsp ketchup
2 tsp Worcestershire sauce
¼ tsp pepper
1 tbsp water
2 tsp flour

Cook potatoes in water and salt in medium saucepan until tender. Drain. Return to saucepan. Mash. Add margarine and milk. Mix well.

Meat Filling: Heat cooking oil in large saucepan on medium. Add onion and carrot. Cook for 5 – 10 minutes, stirring often, until onion is softened. Add next 7 ingredients. Stir.

Stir water into flour in small cup until smooth. Add to meat mixture. Turn into greased 2 quart casserole. Spread evenly. Spoon potato topping over lamb. Spread evenly. Run fork over top for decorative effect, if desired. Bake uncovered at 375 for about 25 minutes, until top is slightly golden.

My version from leftover thanksgiving supper: I didn't have quite enough left over mashed potatoes so I made a little bit more and mixed the leftover with the fresh. I didn't have any leftover turkey so I cut up some fresh chicken and cooked it up in some oil, added the onion and carrot. Once the onion was softened I added the leftover gravy and some frozen peas. I let the filling simmer until everything was cooked or heated through. It needed a little thickening so I mixed ¼ cup of water and 4 tbsp of cornstarch together until it was smooth and thick, then added that to the filling. Let the filling simmer until it was thick then turned it into greased 2 quart casserole. Spread evenly. Spoon potato topping over lamb. Spread evenly. Run fork over top for decorative effect, if desired. Bake uncovered at 375 for about 25 minutes, until top is slightly golden. Topped with shredded cheese and bake for another 5 minutes.

Shepherd's Pie – Time Saver

2 tbsp	Olive Oil
3	Carrots, chopped
	Onion, chopped
1 can	mushrooms, pieces and stems
1 pkg	beef oxo
1 tbsp	flour
¼ cup	water
	Ground beef
	Black pepper
¼ tsp	dried thyme
2 tbsp	ketchup
1 tbsp	Worcestershire sauce
¼ bag	frozen hash browns

Heat oil over medium – high heat in a skillet. Add carrots & onion, stirring occasionally. Cook until vegetables are almost tender. Drain the mushrooms – keep the juice in a bowl. Add mushrooms to vegetables in skillet, cook until all vegetables are tender. Transfer vegetables to casserole dish.

Preheat oven to 425.

In the same skillet, brown the ground beef. Add the black pepper (to taste) and thyme. As ground beef is browning, add the oxo, flour, and water to the mushroom juice. Mix until the flour and oxo are dissolved. Set aside. Add ketchup, Worcestershire sauce, cooked vegetables and mushroom/beef broth to the meat. Cook over high heat until the liquid is somewhat thick and has begun to boil.

Transfer everything from the skillet into the casserole dish. Top with the frozen hash browns. Place in oven for about 25 – 30 minutes. Or until the hash browns are lightly browned.

Easy Lasagna

	Ground Beef
1 can	crushed tomatoes
1 can	tomato sauce
	Onion, chopped
	Celery, chopped
	Garlic powder
	Italian seasoning
	Lasagna noodles
	Cottage cheese
	Shredded cheese

Brown the ground beef in a skillet. Add the onion, celery, garlic powder and Italian seasoning, cook until onion and celery are softened. Transfer to a large pot. Add the tomatoes and tomato sauce. Heat to a boil, reduce heat, cover and simmer. Break up the lasagna noodles into smaller pieces and cook.

Place the cooked noodles in a casserole dish, spread the cottage cheese over the noodles. Cover with the meat mixture and top with shredded cheese.

Cook in a 375 oven for ½ hr to 45 minutes.

Chicken and Broccoli Divan

3 cups	hot cooked broccoli spears
2 cups	cubed, cooked chicken
1 can	cream of broccoli soup
1/3 cup	milk

½ cup shredded cheese
3 tbsp dry bread crumbs
1 tbsp margarine or butter, melted

Arrange broccoli and chicken in a pie plate or other shallow baking dish. Combine the soup and milk, pour over the broccoli and chicken.

Sprinkle with cheese. Mix the bread crumbs with the melted margarine and sprinkle over the cheese layer. Bake at 450 for 20 minutes or until heated through.

Meatloaf

Ground Beef

1 pkg Stove Top Stuffing Mix for Chicken
1 cup water
2 eggs, beaten
½ cup BBQ sauce

Preheat oven to 375. Mix all ingredients except 1/4 cup of the BBQ sauce.

Shape meat mixture into a loaf or place in a loaf pan, top with remaining ¼ cup of BBQ sauce.

Bake 1 hour until cooked through.

Teriyaki Chicken Stir Fry

2 tbsp olive oil
2 green onion, chopped
Chicken breasts, sliced
2 celery stalks, diced
2 tbsp red pepper, diced
2 tbsp green pepper, diced
1 ½ cup rice
½ cup peas
3 cups mixed string beans
¼ cup water
½ cup teriyaki sauce

Heat the olive oil in a skillet, add the green onions & chicken. Meanwhile cook the rice as directed. When the chicken is cooked, remove from the skillet. Add the remaining vegetables and water. Stir fry the vegetables for about 2 minutes, add the meat and onion. Next add the rice and teriyaki sauce. Mix well. Bring to a boil to heat the teriyaki sauce.

Cheesy Beef and Veggie Pasta

3 cups pasta, uncooked
Ground beef
2 carrots, sliced
4 green onion, chopped
2 cups milk

- 1 cup frozen peas
- ½ cup cheez wiz (or other processed cheese)
- ½ cup shredded cheese (mozzarella or cheddar)

Cook pasta as directed. Brown the meat in a large skillet and drain the oil. Add the carrots and onions, cook until tender. Drain the pasta and add it to the meat mixture along with the milk, peas and cheeses. Reduce heat to medium-low and cook until everything is heated through, stirring occasionally. Sprinkle with shredded cheese on top.

Sweet and Tangy Pork Chops

- 1 tbsp vegetable oil
- Pork chops
- 1 can tomato soup
- 1 tbsp packed brown sugar
- 2 tbsp white vinegar
- 1 tbsp Worcestershire sauce
- Hot cooked rice

Heat oil in a skillet. Add the pork chops and cook until browned.

Mix the soup, sugar, vinegar, Worcestershire sauce in a bowl. Add to the pork chops, heat to a boil. Cover and cook over low heat for 10 minutes or until pork chops are done.

Serve with rice.

Salmon Ball Casserole

- 2 cans Salmon
- ½ cup long grain rice, raw
- ½ cup grated carrot
- ¼ cup chopped onion
- 1 egg
- ½ tsp salt
- 1/8 tsp pepper
- 1 can cream of mushroom soup
- ½ cup water

Put salmon and juice into medium size bowl. Remove skin and round bones.

Add rice, carrot, onion, egg, salt and pepper. Mix together well. Shape into balls and put in casserole dish, leaving room for expansion.

Mix soup and water together. Pour over top. Bake covered in oven 350 F for about 1 hour.

Cheesy Chicken Noodle Skillet

- 3 cups Egg Noodles, uncooked
- 1 lb cut up chicken (bite size pieces)
- 2 cups frozen broccoli
- ½ cup chicken broth
- ½ cup cream cheese
- ¼ cup mayonnaise/salad dressing
- 1 cup shredded cheese

Boil water in a large sauce pan, add noodles & chicken. Cook for 8 minutes or until chicken is cooked through and noodles are tender, add broccoli, cook for another 6 minutes. Drain.

Add broth, cream cheese and dressing. Simmer on med-low heat for 2 to 3 minutes or until cream cheese is melted and sauce is well blended, stir constantly.

Add shredded cheese, stir until melted.

Barbecued Beef (Crockpot)

Roast

- 1 tbsp beef oxo (Note: you can substitute the beef oxo & onion for a pkg of onion soup mix.)
1 onion, chopped
1/2 green pepper, diced
1 celery, diced
Pepper
1 can tomato sauce
1 cup BBQ sauce
½ cup brown sugar

Place roast in crockpot. Sprinkle with beef oxo, onion, green pepper, celery & pepper. Cover with lid and cook at least 8 hours. DO NOT ADD ANY MORE LIQUID.

After roast has cooked at least 8 hours, combine tomato sauce, BBQ sauce & brown sugar. Pour over the beef and bake in the slow cooker for 1 hour more.

Baked Spaghetti

Tomato Sauce (or you can use premade)

Ground Beef

- 1 Can Tomatoes
1 Can Tomato Sauce
Onion (Chopped)
Celery (Chopped)
Mushrooms (Chopped)
Italian Seasoning
Salt and Pepper
Water (if sauce is too thick)
Spaghetti noodles
2 ½ cups Cottage cheese
Shredded cheese

Scramble fry ground beef until brown. Transfer beef to a large pot, add tomatoes, tomato sauce, onion, celery, mushrooms, Italian seasoning, salt and pepper. Bring to a boil, reduce heat and simmer. Add water if the sauce is too thick.

As the sauce is simmering, boil the spaghetti noodles until cooked. Drain the water and add the noodles to the sauce and mix thoroughly. Mix in the cottage cheese and transfer mixture to a baking/casserole dish. Top with shredded cheese.

Bake in oven at 350 for about ½ hour.

Alternative Layered Variation:

After the spaghetti is cooked, beat 2 eggs and mix with warm spaghetti, margarine and parmesan cheese. In a baking dish layer the spaghetti mixture, then a layer of cottage cheese, then a layer of the meat mixture, then top with the shredded cheese.