

Citrus Skillet Chicken & Rice

1 tbsp	vegetable oil
	Cut up chicken (about 1 lb)
1 ¼ cups	chicken broth
¾ cups	orange juice
1	medium onion
1 cup	uncooked regular long grain rice
1 ½ cups	fresh or frozen green beans

Heat oil at medium – high heat in large skillet. Add chicken and cook until browned on all sides. Set chicken aside.

Stir in broth, orange juice and onion. Heat to a boil. Stir in rice and beans. Reduce heat to low. Cover and cook – about 10 minutes. Return chicken to skillet.

Simmer covered until chicken is cooked through and rice has absorbed most of the liquid – about 10 minutes.

Pork Stir Fry

1 lb	pork chops, sliced
¾ 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.

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.

(You can skip frying the chicken first and place the chicken raw in the casserole dish with the BBQ sauce & brown beans – either way works)

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.

Meatballs & Mushroom Sauce

	Lean ground beef
1 ½ cup	soft bread crumbs
3	eggs
6 tbsp	minced onion
	Salt & pepper
1 can	cream of mushroom soup
1 can	milk

Mix in a large bowl. Use an ice cream scoop to shape into balls. Arrange on a cookie sheet, bake in 350 oven for 10 min. Transfer meatballs to a casserole dish.

In a bowl combine the mushroom soup and milk. Pour over the meatballs. Bake for 20 or 30 minutes until cooked through.

Pork Chop Dinner

4	lean boneless pork loin chops
2 med	onions, sliced
1 can	sliced mushrooms, drained
½ pkg	dry onion soup mix
¼ cup	water
1 can	cream of mushroom soup

Spray slow cooker with cooking spray. Place pork chops in slow cooker. Top with onions and mushrooms. Mix soup mix, water and soup. Pour over mushrooms.

Cover and cook on low heat for 6 – 8 hours or until pork is tender.

Mexican Quesadillas

	Fast fry steaks
½ tsp	salt
½ tsp	pepper
2tbsp	lime juice
1 ½ cups	shredded cheese
1 cup	frozen corn, thawed
¼ cup	salsa
1	jalapeno, seeded & minced
½ tsp	hot sauce
4	large tortillas

Rub steaks all over with salt and pepper. Grill over med – high heat for 2 – 3 minutes per side until cooked through. Remove from grill; drizzle with lime juice and set aside. Reduce heat to low.

Combine cheese, corn, salsa, jalapeno and hot sauce; spread ¼ cup of mixture evenly over one half of each of the tortilla shells. Cut steaks into strips, sprinkle over the cheese mixture. Fold over tortilla half to form a half moon. Grill each quesadilla for 2 minutes per side or until toasted and cheese is melted.

Bev's Chicken Casserole

Chicken Pieces – skin removed

½ - ¾ tsp	Garlic Powder
1 tsp	Salt
¼ tsp	Pepper
1 can	tomato soup
1 can	cream of mushroom soup
1 bunch	green onion (finely cut)
1 small	onion chopped
1	tomato chopped

Arrange chicken pieces in bottom of large casserole or small roaster. Sprinkle with garlic, salt & pepper. Combine both soups with onions and tomato. Spoon over chicken. Cover & bake @ 350 for 2 hours or until tender.

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 oxo)

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.

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).

Cheeseburger Bake

8 slices	bread, toasted – both sides buttered
1 lb	ground beef
¼ cup	chopped onion
2 tbsp	chopped celery
1 tbsp	prepared mustard
½ tsp	Salt
1 cup	shredded medium cheddar cheese
1	egg, fork beaten
¼ cup	milk
½ tsp	salt
1/8 tsp	pepper
1/8 tsp	dry mustard
	Paprika

Arrange 4 toast slices in bottom of greased 9 x 9 inch pan. Set aside.

Put beef, onion, mustard & salt into frying pan. Scramble fry until brown and onion is tender. Spread ½ of this mixture over the toast. Sprinkle ½ the cheese over the top.

Arrange remaining toast slices over cheese. Spread with remaining meat mixture followed by the rest of the cheese.

Mix egg, milk, salt, pepper and mustard together. Pour over top. Sprinkle with paprika. Bake uncovered in 350 F oven for about 30 – 35 minutes.

(Instead of toast I have used hashbrowns and it works very well, or you can substitute with bisquick)

Pepper Steak

2 tbsp	Olive Oil
	Beef Steak cut into strips
2 cloves	Garlic
	Green Onions, chopped (About $\frac{3}{4}$ cup)
1 each	Green & Red Peppers, sliced
1 $\frac{1}{4}$ cup	beef broth
2 tsp	Cornstarch
$\frac{1}{4}$ cup	Water
$\frac{1}{4}$ cup	Soy Sauce

Heat the oil in a large skillet and cook the meat, garlic, onion & peppers. Once the meat is browned add the beef broth cover and simmer.

Mix the cornstarch, water and soy sauce together and add it to the skillet. Stir until it thickens.

Italian Breaded Pork Chops

3	eggs, lightly beaten
3 tbsp	milk
1 $\frac{1}{2}$ cup	Italian seasoned bread crumbs
$\frac{1}{2}$ cup	grated Parmesan cheese
2 tbsp	dried parsley
2 tbsp	olive oil
4 cloves	garlic
4	pork chops

Preheat oven to 325. In a small bowl, beat together the eggs and milk. In a separate small bowl, mix the bread crumbs, Parmesan cheese and parsley. Heat the olive oil in a large, oven-proof skillet over medium heat. Stir in the garlic, and cook until lightly browned. Remove the garlic.

Dip each pork chop into the egg mixture, then into the bread crumb mixture, coating evenly. Place coated pork chops in the skillet and brown about 5 minutes on each side.

Place the skillet and pork chops in the preheated oven, and cook for 25 minutes or until done.

Ground Beef Pie

1 lb	ground beef
½ tsp	salt
¼ tsp	pepper
1 cup	shredded cheddar cheese
2	eggs, beaten
1 ½ cups	milk
¾ cup	biscuit baking mix

In a skillet, cook beef over medium heat until no longer pink; drain. Press into an ungreased 9" pie plate. Sprinkle with salt, pepper and cheese. In a bowl, combine the eggs, milk and biscuit mix just until combined. Pour over cheese. Bake at 400 for 35 minutes or until a toothpick inserted near the center comes out clean.

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.

Chicken, Broccoli & Cheese Bake

1 Can Chicken Thigh Pieces (Skinned)
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.

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.

Chicken Fajitas

2 tbsp lime juice
2 tbsp red wine vinegar or rice vinegar
6 cloves garlic, pressed
3 tsp cumin
1 tbsp olive oil
1 ½ lb chicken breast, cut into strips
1 cup onion, sliced
1 cup red pepper, sliced
1/3 cup green pepper, sliced
1 tbsp olive oil
Tortilla shells
Salsa
Sour cream

Combine the lime juice, vinegar, garlic, cumin and olive oil, add chicken and marinate for 1 – 2 hours. In a large skillet over med heat sauté the peppers and onions in olive oil until tender crisp. Remove the chicken from the marinade and add to the peppers and onion. Stir frequently and cook until chicken is done.

Warm the tortilla shells on a dry skillet.

Onion Pan-Fried Pork Chops

1 env	dry onion soup mix
2	pork chops
¼ cup	flour
1 cup	olive oil

Crush the larger bits of onion in the dry onion soup envelope, then pour into a shallow bowl. Stir in the flour.

Heat the oil in a skillet over medium heat. The oil is hot enough when a pinch of the flour mixture sizzles when tossed into the oil. Coat pork chops in the onion soup mixture. Place the pork chops in the skillet. Turn the chops after 30 seconds to quickly sear both sides. Cook both sides until done.

Vietnamese Stir-Fry

1 clove	garlic, minced
¼ tsp	ground black pepper
1 tsp	cornstarch
1 tsp	vegetable oil
1 lb	sirloin tips, thinly sliced
3 tbsp	vegetable oil
½	onion, thinly sliced
2 cups	fresh green beans, washed and trimmed
¼ cup	chicken broth
1 tsp	soy sauce

In a large mixing bowl combine garlic, black pepper, cornstarch and 1 tsp vegetable oil. Add beef and mix well.

In a large wok, heat 2 tbsp of oil over high heat for one minute. Add meat; cook and stir for about 2 minutes or until beef begins to brown. Transfer beef to a large bowl and set aside.

Heat remaining 1 tbsp of oil in wok. Add onion; cook and stir until tender. Mix in green beans and add broth. Cover and reduce heat to medium. Simmer for 4 – 5 minutes or until beans are tender crisp. Stir in soy sauce and beef. Cook, stirring constantly for 1 or 2 minutes until heated through.

Easy Chicken Parmesan

1 jar pasta sauce
6 tbsp grated Parmesan cheese
 Chicken breasts
1 ½ cup shredded Mozzarella cheese

Heat oven to 375. Pour sauce into a 13 x 9 inch baking dish. Stir in ¼ cup Parmesan cheese. Add chicken; turn to evenly coat both sides with sauce. Bake covered for 30 minutes or until chicken is done. Top with remaining cheeses; bake another 5 minutes until all the cheese is melted.

Pork Stroganoff

4 thick pork chops
2 tbsp vegetable oil
1 onion, thinly sliced
¼ lb fresh mushrooms, sliced
¼ cup water
2 tsp prepared mustard
½ tsp salt
½ cup sour cream
2 tbsp fresh chopped parsley, for garnish

Heat oil in a large skillet over medium-high heat. Cook chops until well browned on both sides. Remove chops and set aside.

Add onion and mushrooms to the skillet and cook until tender, stirring occasionally. Return chops to skillet. Add water, mustard and salt. Raise heat to high and bring to a boil. Reduce heat to low, cover and simmer for 1 hour.

Remove chops to a warm platter. Add the sour cream to the skillet and heat through (do not boil). Pour the sauce over pork chops. Garnish with parsley and serve.

Cheesy Meatloaf

1 lb	ground beef
1	egg
¼ cup	bread crumbs
1/8 cup	chopped onion
1/8 cup	chopped celery
¼ cup	shredded cheese
½ tsp	seasoning salt
½ tsp	pepper
¼ tsp	garlic powder
1 tbsp	shredded cheese
¼ cup	ketchup
1/8 cup	Heinz 57 sauce

Combine the first 9 ingredients, form into a loaf and place in a loaf pan. Pour the ketchup and Heinz 57 sauce over the top. Sprinkle the shredded cheese on top. Bake for 1 hour at 350 or until juices run clear.

Mayo & Mustard Chicken

	Chicken
1 tbsp	mayo
1 tbsp	Dijon Mustard
	Almond slices

Place chicken pieces in a baking dish. Combine mayo and mustard in a small bowl and spoon the mixture over the chicken pieces. Sprinkle with almond slices. Bake in 350 oven for 45 min or until the chicken is done.