

JUNE RECIPES

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.

Salmon Burgers

1 can	salmon, drained & flaked
2	eggs
¼ cup	chopped fresh parsley
2 tbsp	finely chopped onion
¼ cup	Italian seasoned dry bread crumbs
2 tbsp	lemon juice
½ tsp	dried basil
1 pinch	red pepper flakes
1 tbsp	vegetable oil
2 tbsp	light mayonnaise
1 tbsp	lemon juice
1 pinch	dried basil

In a medium bowl, mix together the first eight ingredients. Form in to firmly packed patties.

Heat the oil in a large skillet over medium heat. When the oil is hot, add the patties and cook for about 4 minutes per side or until nicely browned.

In a small bowl mix together the mayonnaise, lemon juice and basil. This is a nice sauce for the Salmon Burgers.

Spanish Noodle

1 lb	Ground Beef
1	Onion, chopped
2 cans	Tomato Soup
1 ½ cups	shredded cheddar cheese
2 cups	Noodles, cooked

Brown the meat & onion in a skillet, drain the fat. Mix in the tomato soup, cheese and noodles. Let simmer for about 30 minutes. Season to taste.

Chicken Fingers

2	boneless & skinless Chicken breast
2 tbsp	plain yogurt
12	soda crackers, crushed
2 tbsp	parmesan cheese
1 tsp	thyme
1 tsp	onion powder
1 tsp	garlic powder
1 tsp	chili powder
Dash	pepper

Preheat oven to 375. Cut chicken breasts into even strips. In a medium bowl, combine the yogurt and chicken strips, stirring gently to coat each strip.

In a shallow pan, combine the crackers, parmesan cheese and spices. Place the chicken strips in the cracker mixture and coat them evenly. Alternatively you can put the cracker mixture & chicken strips in a large plastic bag and shake the bag to evenly coat the chicken strips.

Place coated chicken strips on a cookie sheet lined with tin foil and bake for 25 minutes until they are golden brown.

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 oxo – 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 whisk, 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.

Beef Stew (2)

1 ¼ lb	stewing beef
1 can	cut up tomatoes, undrained
1 can	tomato paste
3 cups	mushrooms, sliced
1 cup	onion, chopped
2 tbsp	soy sauce
2 tbsp	brown sugar
2 tbsp	white vinegar
2 tbsp	beef bullion powder
2 cloves	garlic, minced
1 tsp	dry mustard
1 tsp	oregano, dried
½ tsp	black pepper
¼ tsp	crushed red pepper flakes
6 cups	rigatoni, uncooked

Preheat oven to 350. Cut beef into 1" cubes (if not already done). Arrange beef in a small roaster or large casserole dish. Combine remaining ingredients (except rigatoni), in a large bowl. Mix well. Pour over beef. Cover and bake for 1 ¾ hours to 2 hours, until beef is very tender. Stir half way through cook time. During the last 15 minutes of cook time, prepare rigatoni as directed on the package. Drain noodles. Serve hot beef & sauce over Rigatoni.

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.

Tortilla Roll ups

- 1 Tortilla shell
- 1 egg
- 1 tbsp cooked chicken, turkey or ham, diced
- 2 tbsp cheese, grated
- 1 tbsp salsa
- Chopped green pepper &/or mushroom

Place tortilla on a glass plate. Microwave on High for 10 seconds. Break egg into the middle of the tortilla. Pierce the yolk with a fork and gently stir to spread the egg evenly over the tortilla. Place diced ham, chicken or turkey on top of the egg.

Cover loosely with wax paper and microwave on high for 1 to 1 ½ minutes until egg is cooked. Top with cheese and salsa, then roll up.

Lemon Chicken

- 1 cup sour cream
- 1 tbsp fresh dill, minced
- 1 tsp lemon pepper seasoning
- 1 tsp lemon zest
- 4 pieces boneless, skinless chicken breast

Preheat oven to 425. Combine the first 4 ingredients in a small bowl. Spray casserole dish with non-stick cooking spray. Spoon ¼ of the lemon mixture on the bottom of the casserole dish. Arrange the chicken breasts on top, then pour the remaining mixture over the chicken. Bake uncovered for 30 – 35 minutes or until the chicken is cooked through.

Zesty Italian BBQ Meatballs

- 4 lbs ground beef
- 2 cups bread crumbs
- 4 tsp minced garlic
- 1 tsp dry mustard
- 2 onions, chopped
- ¼ cup fresh Italian parsley, minced
- 1 tsp black pepper
- 4 eggs, beaten

Sauce:

- 1 ½ cups BBQ sauce
- 1/3 cup ketchup
- ½ cup water
- ¾ cup tomato paste
- 1/3 cup brown sugar
- 1 tsp liquid smoke

Combine meatball ingredients. Form into 1" balls. Bake the meatballs in a shallow baking dish at 350 for 20 minutes. Transfer meatballs to slow cooker. Combine all the sauce ingredients and mix thoroughly. Pour over meatballs. Cover and cook on low for 4 hours or high for 2 hours.

Harvest Pork & Apple Bake

- 2 cups uncooked broad egg noodles
- 1 cup baby carrots, quartered lengthwise
- 2 tbsp canola oil
- 1 lb pork tenderloin, but into medallion size pieces
- 2 cups sliced mushrooms
- ½ cup chopped onion
- 1 can cream of celery soup
- ½ cup apple juice
- 1 tbsp chopped fresh thyme
- ¼ tsp ground cinnamon

1/8 tsp ground black pepper
1 red apple, unpeeled, cut into wedges

Cook noodles according to package directions, add the carrots for last 2 minutes of cook time. Heat 1 tbsp oil at medium – high heat in a skillet. Cook pork until browned and cooked through – about 4 minutes per side; remove pork. Reduce heat to medium. Add mushrooms and onion and cook about 5 minutes in remaining oil. Mix soup, juice, thyme, cinnamon and pepper in a shallow 2 L baking dish. Stir in noodle and mushroom mixtures. Layer in pork and apples. Bake at 350 for 30 minutes.

Honey Garlic Chicken

1/2 tsp canola oil
1 lb boneless, skinless chicken breasts cut up
2 cups diced red, green & yellow peppers
1 cup diced onion
2 cups tomato sauce
1 can pineapple tidbits, well drained
1/4 cup honey
1 1/2 tbsp soy sauce
2 cloves garlic, minced
1 1/2 tsp grated fresh ginger root
3 cups hot cooked rice

Brown chicken well in heated oil in large skillet. Add peppers and onions, stir and cook for 3 minutes. Add tomato sauce, pineapple, honey, soy sauce and garlic. Heat to a boil. Reduce heat and simmer until chicken is cooked through. Stir in ginger. Serve with hot cooked rice.

Italian Breaded Pork Chops

3 eggs, lightly beaten
3 tbsp milk
1 1/2 cup Italian seasoned bread crumbs
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.

Mac'N Cheesburger Casserole

1 lb ground beef
2 cups sliced mushrooms
1 cup chopped red & yellow peppers
1/2 cup each, chopped onion and chopped celery
1 can stewed tomatoes, undrained
1 can cream of mushroom soup
2 cups uncooked elbow pasta
2 tbsp Worcestershire sauce
1 tbsp chili powder
1/4 cup shredded cheddar cheese

Cook beef until browned, add mushrooms, peppers, onions and celery. Cook and stir for 3 minutes. Place mixture in a shallow 2 L baking dish. Stir in all other ingredients, except cheese. Bake covered at 400 until pasta is tender – about 50 minutes. Stir and sprinkle with cheese. Let stand for 5 minutes before serving.

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.

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.

My Meatloaf

	Ground beef
2	eggs
	Italian Seasoning
	Pepper
¼ cup	Ketchup
½ cup	BBQ sauce
1 tbsp	Worcestershire sauce
¼ cup	ketchup

Mix everything together except the last ¼ cup of ketchup.

This can be premade & frozen or made and cooked.

If you are directly cooking it, place the meat mixture into a loaf pan, top with the last ¼ cup of ketchup. Bake at 375 for about an hour or until done.

If Freezing:

Make a loaf shape on a sheet of tinfoil, wrap the tinfoil around the loaf and freeze. Thaw and then cook in the tinfoil (no pan needed) at 375 for about an hour.

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.

Tex Mex Chicken and Rice Bake

1 box	Cream of Chicken Easy Cooking Sauce (Campbell's)
¾ cup	uncooked regular long grain rice
1 ½ tsp	chili powder
1 ½ cups	chopped onion, red and green pepper
½ cup	frozen corn
4	boneless, skinless chicken breasts
½ cup	shredded cheddar cheese

Mix cooking sauce, rice and chili powder in a shallow 2 L baking dish. Spread evenly with vegetables. Top with chicken. Sprinkle with cheese and additional chili powder. Cover and bake at 400 until chicken is cooked through and rice is tender – about 50 minutes. Remove cover and broil until cheese is golden and bubbly. Stir rice and let stand about 5 minutes before serving.

Easy 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.

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.

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.

Tuna Penne Bake

2 ½ cups uncooked penne pasta
1 cup frozen peas
1 can cream of celery soup
2/3 cup milk
2 cans tuna, drained & flaked
2 tbsp Dijon mustard
1 tbsp lemon juice
½ cup shredded, cheddar cheese
1 cup mixture of coarsely chopped onion and mushroom
Cracked black pepper for garnish

Prepare pasta according to package directions, omitting salt and adding peas for last 5 minutes of cooking time. Drain and set aside.

Combine in 2 L baking dish, soup, milk, tuna, mustard, lemon juice and half of the cheese. Gently stir in the pasta, peas and onion-mushroom mixture. Top with remaining cheese. Sprinkle with pepper.

Bake at 400 until bubbling and hot – about 30 minutes.

Easy Pork Quesadillas

1 bottle BBQ Sauce
2 ripe avocados, peeled & sliced
6 lb pork butt or pork shoulder roast
1 pkg burrito wrappers
1 bunch cilantro, stemmed
2 cups shredded cheddar cheese
Sour cream and salsa to garnish

Place pork in slow cooker and pour BBQ sauce on top. Turn pork to coat with sauce. Cook on high for 8 – 10 hours or on low for 10 – 12 hours. Set oven to 400. Roll burritos with BBQ pork, avocado, cilantro and place in a 9 x 13” baking dish. Top with cheese and place in oven. Cook for 5 – 10 minutes or until heated through and cheese is melted.

Chicken and Broccoli Alfredo

2 cups uncooked fettucine noodles broken in half
3 cups broccoli florets
2 tbsp butter or margarine
1 lb boneless, skinless chicken breasts cubed
1 can cream of mushroom soup
¾ cup milk
¼ cup grated parmesan cheese
¼ tsp ground black pepper

Cook fettucine according to package directions adding the broccoli for the last 4 minutes of cooking time. Drain and set aside.

Heat butter in a large skillet over medium – high heat. Cook chicken until browned, stirring often. Mix the soup and milk in a small bowl. Add the soup, cheese, pepper and fettucine mixture and heat through, stirring often..

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.

Chicken with Creamy Paprika Sauce

10	chicken thighs, skin removed
1 med	onion, sliced
3 tbsp	chicken broth
2 tbsp	paprika
$\frac{1}{2}$ tsp	salt
3 tbsp	cornstarch
3 tbsp	cold water
1 tub	sour cream with chives
	Hot cooked pasta or spaetzle, if desired

Place chicken and onion in slow cooker. Mix broth and paprika, pour over chicken. Sprinkle with salt.

Cover and cook on low heat 7 – 8 hours or until the juice of the chicken is no longer pink. Remove chicken and onion from cooker, using a slotted spoon. Place on serving platter; keep warm.

Mix cornstarch and water; pour into slow cooker. Cook on high heat for about 10 minutes or until thickened. Stir in sour cream. Pour sauce over chicken. Serve with pasta.

Italian Fettuccine Pie

$\frac{1}{2}$ lb	ground beef
1 small	onion, finely chopped
1 can	stewed tomatoes, undrained
1 can	tomato sauce
$\frac{1}{2}$ tsp	Italian seasoning
6 oz	uncooked fettuccine noodles
2	eggs
1tbsp	butter or margarine, melted
1 cup	shredded mozzarella cheese
1 cup	small curd creamed cottage cheese
1 cup	chopped fresh broccoli or frozen (thawed) chopped broccoli
$\frac{1}{4}$ cup	grated Parmesan cheese

Heat oven to 350. Cook beef & onion over medium heat in a skillet, stirring occasionally until beef is brown, drain fat. Stir in tomatoes, tomato sauce and Italian seasoning. Heat to boiling; reduce heat. Cover and simmer for 10 minutes, stirring occasionally.

Meanwhile, cook and drain fettuccine as directed on package. Beat one of the eggs and the butter in a medium bowl. Stir in fettuccine and mozzarella cheese. Spoon mixture into ungreased quiche dish or pie plate, press evenly on bottom and up side of the plate.

Mix cottage cheese and remaining egg; spread over fettuccine mixture on bottom of pie plate. Sprinkle with broccoli. Spoon beef mix-

ture evenly over top. Sprinkle with Parmesan cheese.

Bake uncovered about 30 minutes or until hot in center. Let stand 10 minutes before cutting.

Wild Rice and Chicken Casserole

2 cups cup up chicken (or turkey) cooked
2 ¼ cups boiling water
1/3 cup milk
4 medium onions, sliced
1 can cream of mushroom soup
1 pkg (6 oz) original flavor long grain and wild rice mix
Sliced green onion, if desired

Heat oven to 350. Mix all ingredients, including seasoning packet from rice mix, in ungreased 2 L casserole dish.

Cover and bake 45 – 50 minutes or until rice is tender. Uncover and bake 10 – 15 minutes longer or until liquid is absorbed. Sprinkle with green onion.

Spiced Pork Chop Bake

6 pork loin chops
¼ tsp salt
1/8 tsp pepper
2 medium onions, sliced and separated into rings
2 medium acorn squash, cut into 1 inch rings and seeded
3 medium apples, cored and cut into 1 inch rings
¼ cup butter or margarine, melted
2 tbsp honey
2 tbsp water
1 tsp pumpkin pie spice

Heat oven to 350. Cook pork in 12" non-stick skillet over medium heat until brown. Place pork in ungreased rectangular baking dish. Sprinkle with salt and pepper. Arrange onions, squash and apples on pork. Mix remaining ingredients and pour over the apples.

Cover and bake 45 – 55 minutes or until pork is slightly pink when cut near bone and squash is tender. Serve with pan drippings.