

SEPTEMBER RECIPES

Pepper Steak

2 tbsp	Olive Oil
	Beef Steak cut into strips
2 cloves	Garlic
	Green Onions, chopped (About ¾ cup)
1 each	Green & Red Peppers, sliced
1 ¼ cup	beef broth
2 tsp	Cornstarch
¼ cup	Water
¼ 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.

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.

Porcupine's

Ground Beef

1 cup	rice (uncooked)
½	green pepper, sliced
1 can	tomato soup
Dash	nutmeg
¼ 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.

Beef & Mushroom Skillet

2 tbsp	oil
	Beef steak, cut in strips
1 can	sliced mushrooms
3 tbsp	chopped onion
1 can	Cream of mushroom soup
½ cup	Water
2 tbsp	Dijon mustard
	Cooked Rice

Heat ½ the oil in a large skillet, add the beef and cook through. Remove the beef and dd remaining oil, mushrooms and onion. Stir fry until tender. Mix the soup, water and mustard. Add it to the skillet. Heat to a boil and add the beef. Serve with the cooked rice.

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.

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

Tacos

Ground Beef

Taco Kit or Seasoning

Taco Shells or Wraps

Lettuce (Shredded)

Tomato (Cut up into chunks)

Salsa

Green Onion (Cut up)

Shredded Cheese

Sour Cream

Red Peppers (cut into chunks)

Green Peppers (cut into chunks)

Scramble fry the ground beef until brown. Add the taco seasoning as directed on the package. Warm the shells in the oven or wraps can be warmed in a frying pan. Serve the meat and shells/wraps with the vegetables, salsa, cheese and sour cream.

Chicken & Rice

2/3 cup Rice

Chicken

1 Envelope Dry Onion Soup Mix

1 Can Mushroom Soup

Water

Salt & Pepper (to taste)

Sprinkle 2/3 cup of rice in flat baking dish, place cut up (skinned) chicken on the rice. Sprinkle with 1 envelope of dry onion soup mix. Mix 1 can of mushroom soup & about 2 cans of water. Pour this over the chicken. Add salt & pepper to taste. Cover and bake at 350 for 1 ½ - 2 hours. Remove the cover at the end of cooking time to brown.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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)

Cowboy Chicken and Beans

Cut up cooked Chicken (approx 3 breasts)
3/4 cup BBQ Sauce
1/8 tsp Garlic Salt
1/8 tsp Onion Salt
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.

Hash brown Pizza

1/2 bag Frozen hash browns, thawed
1 can cheddar cheese soup
1 egg
1 tsp salt
1/2 tsp pepper
1 lb ground beef
2 tbsp chopped onion
2 tbsp flour
1 can tomato soup
2 tsp sugar
1/2 tsp salt
1/8 tsp pepper
1/4 tsp garlic powder
2 cups grated cheddar cheese

In large bowl mix first 5 ingredients together, spread on greased 12 inch pizza pan. Pack well forming a slight edge around outside. Bake in 450 F oven for 20 – 25 minutes.

Scramble fry beef & onion until browned. Sprinkle with flour, stir. Add tomato soup, sugar, salt, pepper and garlic powder. Stir until it boils and thickens.

Sprinkle 2/3 of cheese over potato base. Spoon meat mixture over cheese. Top with remaining cheese. Return to 450 F oven for 5 minutes until cheese is melted and bubbly.