

## October Recipes

### *Pork Roast*

1 ½ tbsp	fresh rosemary
2 tsp	garlic salt
½ tsp	dried thyme
¼ tsp	freshly ground black pepper
3 lbs	boneless pork loin roast

Preheat oven to 350. In a large re-sealable plastic bag, mix rosemary, garlic salt, thyme and pepper. Place the pork roast in the bag, seal and toss until thoroughly coated with the seasoning mixture. Transfer the roast to a medium baking dish. Cook the pork roast for approximately 1 hour.

### *Beef Gratin*

1	onion, chopped
1 lb	ground beef
¼ tsp	dried thyme
¼ tsp	pepper
¼ cup	Worcestershire Sauce
2 tbsp	tomato paste
1 tbsp	flour
2 cups	frozen mixed vegetables
1 cup	beef stock
	Buttermilk Mashed Potatoes (see below)
1 cup	shredded Cheddar cheese

Cook onion, beef thyme & pepper in an ovenproof skillet over medium to high heat, breaking up the meat with a wooden spoon until meat is browned and onion is softened.

Reduce heat to medium, stir in Worcestershire Sauce, tomato paste and flour. Stir in vegetables and stock, simmer until slightly thickened.

Gradually stir in half of the cheese into the potatoes; spread the potatoes evenly over the beef mixture. Top with remaining cheese and bake in 425 oven until lightly golden, broil until topping is a rich golden brown.

### *Buttermilk Mashed Potatoes*

1 ½ lb	peeled & cut potatoes
½ cup	buttermilk
¼ cup	butter

Bring the potatoes to a boil in salted water, simmer until tender. Drain and return to pot over medium heat, heat until dry. Remove from heat. Stir in buttermilk and butter, mash until smooth.

## *Slow Cooker Beef & Barley Soup*

5 cups	water
2 cans	condensed beef broth (20 oz)
1 can	sliced mushrooms
1	onion, chopped
1	carrot, chopped
1 can	tomato sauce
½ cup	pearl barley
2	bay leaves
1 tsp	dried thyme
¼ tsp	salt
1/8 tsp	pepper
1 lb	beef stew meat, cut into chunks
1 cup	frozen peas
1 tbsp	fresh parsley, chopped

Combine first 12 ingredients in a 4 – 5 quart slow cooker. Cover.

Cook on low for 8 – 10 hours or on high 4 – 5 hours. Remove and discard the bay leaves.

Add peas and parsley. Stir well. Cover & cook on high for 3 – 5 minutes until peas are heated through.

## *BBQ Pork Chop Casserole*

12	Pork Chops
3	medium onions, cut in slices and separated into rings

### *Sauce*

2 cups	tomato juice
2 tbsp	vinegar
1 tsp	dry mustard
1 tbsp	Worcestershire sauce
½ cup	finely chopped onion
½ tsp	chili powder
½ tsp	salt
Dash	pepper

Brown the chops on both sides. Arrange in a roaster or large casserole, covering each chop with sliced onion rings.

*Sauce:* Combine all sauce ingredients together in a medium sauce pan. Bring to boil. Simmer slowly for 10 minutes. Pour over chops in roaster. Cover and bake at 350 for 30 minutes. Remove cover and bake for 15 minutes more.

## *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.

### *Slow Cooker Chicken Fajitas*

3	peppers, cut into strips (mixed)
1	onion, sliced thinly
6	chicken breasts, cut into strips
½ cup	water
2 tbsp	red wine vinegar
1 tbsp	lime juice
1 tsp	ground cumin
1 tsp	chili powder
½ tsp	salt
½ tsp	garlic powder
½ tsp	pepper
½ tsp	cayenne pepper
1 large pkg	soft flour tortillas

Toppings: sour cream, shredded cheese, hot peppers, salsa, lettuce

Line the bottom of the slow cooker with peppers and onions. Top with chicken, salt & pepper. Combine the remaining ingredients (except tortillas) in a small bowl and pour over chicken and pepper mixture. (Note: you can use a package fajitas seasoning instead).

Cook on low for 8 hours. Warm tortilla shells and serve with favorite toppings.

### *Ground Beef Quesadillas*

	ground beef
1 tbsp	chili powder
½ cup	shredded cheddar cheese
½ cup	refried beans
1/3 cup	salsa
1	green onion
10	small flour tortillas

Pan fry ground beef, seasoned with chili powder until beef is browned and thoroughly cooked. Remove from heat.

Stir in cheese, refried beans, salsa and green onion.

Spread ½ cup over 1 tortilla and top with second tortilla shell. Repeat for remaining 8 tortillas.

Bake on cookie sheet at 450 for 8 – 10 minutes or until golden. Cut into wedges.

## *Creamy Pesto Chicken*

1 tsp oil  
4 boneless, skinless chicken breasts  
¼ cup cream cheese spread  
1/3 cup chicken broth  
2 tbsp pesto

Heat oil in a large skillet on medium heat. Add chicken on each side until done. Transfer to plate; cover to keep warm.

Add broth to skillet; cook on medium heat until hot. Add cream cheese and pesto; cook and stir until cream cheese is completely melted and sauce is well blended and slightly thickened. Pour sauce over chicken.

### *Pesto*

¼ cup almonds  
3 garlic cloves  
1 ½ cups fresh basil leaves  
½ cup olive oil  
1 pinch ground nutmeg  
Salt & pepper to taste

Preheat oven to 450. Place almonds on a cookie sheet and bake for 10 minutes or until lightly toasted.

In a food processor, combine the toasted almonds with the remaining ingredients. Process until a coarse paste is formed.

## *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.

### *Herb Salmon Steaks*

4	salmon steaks or fillets
½ cup	lemon juice
¼ cup	dill, fresh chopped
2	garlic cloves, minced
2 tsp	sugar
½ tsp	paprika
¼ tsp	salt
¼ tsp	pepper

Arrange salmon on bottom of 13 x 9" baking dish. Combine remaining ingredients in a bowl and pour over salmon. Turn salmon to coat with marinade. Cover & refrigerate for 30 minutes. Meanwhile preheat oven to 425. Drain off excess marinade from salmon. Bake for 10 – 12 minutes, depending on thickness of fish. Fish will flake easily when done.

### *Mediterranean Beef & Pasta Bake*

2 cups	whole wheat rotini or penne pasta
1 lb	ground beef
1	medium onion, chopped
1 cup	sliced mushrooms
½	sweet red pepper, diced
½	green pepper, diced
2	garlic cloves, minced
1 ¼ cup	pasta sauce
1 cup	shredded mozzarella cheese
¼ cup	feta cheese
¼ cup	pitted kalamata olives, chopped & pitted
2 tbsp	prepared basil pesto

Cook pasta according to package directions, drain & set aside.

Brown ground beef, onion, mushrooms, red & green peppers and garlic in a large skillet until meat is cooked thoroughly and liquid has evaporated. Remove from heat. Stir in pasta sauce, half of the mozzarella cheese, feta, olives, pesto and cooked pasta.

Spoon into 8 inch baking dish. Top with remaining mozzarella. Tent loosely with foil and bake at 350 for 25 minutes. Uncover and bake for another 5 minutes.

## *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 meat mixture. 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 used left over mashed potatoes for the topping. I used the same first 4 ingredients. For the broth I used the leftover gravy and then followed the remaining ingredients and directions. Lastly, I topped with shredded cheese and bake for another 5 minutes.

## *Chinese Pork Chops*

6	boneless pork chops
½ tsp	salt-free seasoning blend
¼ tsp	pepper
2 tbsp	margarine
2 cups	brewed tea
2 cups	celery, sliced
1	large onion, halved & sliced
¼ cup	soy sauce
2 tsp	cornstarch
1 tbsp	water

Season both sides of pork chops with seasoning blend & pepper. In a large skillet, brown meat in margarine on both sides over medium to high heat. Add tea, celery, onion and soy sauce, bring to a boil. Reduce heat; cover and simmer for 30 – 40 minutes or until meat and vegetables are tender.

Remove meat to serving dish. Strain the cooking liquid, reserving the vegetables. Place vegetables in a serving dish with the meat. Combine cornstarch and water in a small saucepan until smooth. Stir in 1 cup of the cooking liquid. Bring to a boil; cook and stir for about 2 minutes or until thickened. Pour over the pork chops & serve.

## *Dijon Chicken & Veggie Bundles*

4	sweet potato, cut into 3/8" thick rounds
1 can	condensed cream of chicken soup
1 cup	uncooked instant white rice
2 tbsp	whole grain Dijon mustard
1 tsp	chopped fresh oregano leaves
4	boneless, skinless chicken breasts
20	whole green beans
¼ tsp	oil
	Parchment paper

Make 4 parchment paper squares (12 x 12"). Place 2 sweet potato slices onto the centre of a parchment paper square.

Mix rice, soup, ½ tsp mustard and oregano. Top each pair of sweet potato slices with ¼ of the rice mixture. Place on each, a chicken breast, brushed with remaining ¼ tsp of mustard. Top each stack with 5 green beans, lightly brushed with oil.

Seal parchment paper, lunch-box sandwich style, first folding over lengthwise twice at top. Fold ends over twice and tuck under to form each of 4 bundles. Place lengthwise, seam up onto baking sheet.

Bake at 375 for about 35 minutes or until chicken is done. Open bundles carefully to avoid steam.

## *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.

## *Crock Creamy Ham and Potatoes*

6	medium potatoes, sliced thinly
2	sweet white onions, sliced thinly
2 cups	cooked ham, cubed
1 tbsp	butter or margarine
2 tbsp	flour
1 tsp	Dijon mustard
½ tsp	salt
½ tsp	pepper
1 can	condensed cream of celery soup
1 1/3 cups	water
	Non stick spray

Spray inside of slow cooker to coat.

In a slow cooker, layer potatoes, onions and ham. In a microwavable safe bowl combine remaining ingredients and cook for 3 minutes. Pour over potato mixture.

Cover and cook on low for 8 – 9 hours or until potatoes are tender.

## *Baked Chicken, Rice and Vegetables*

8	chicken drumsticks &/or thighs, skin removed
1 pkg	seasoned long grain and wild rice
2 cups	butternut squash, cubed
1	medium zucchini, cut lengthwise in half, then cut crosswise into 3/4" slices
1	medium red bell pepper, chopped
2 cups	water
½ cup	garlic and herb spreadable cheese

Heat oven to 425. Cook chicken in a skillet until brown on all sides. Remove the chicken from skillet.

Mix rice, contents of seasoning pack, squash, zucchini and bell pepper in ungreased baking pan.

Add water to skillet; heat to boiling. Pour boiling water over rice mixture; stir to mix. Stir in cheese. Place chicken on rice mixture.

Cover and bake about 30 minutes or until liquid is absorbed and chicken is cooked.

## *Roast with Vegetables*

	Beef Roast
1 tsp	salt
1 tbsp	flour
1 tsp	oil
1 ½ cup	BBQ sauce
1 ½ cup	Beef broth
¼ cup	Worcestershire Sauce
3	garlic cloves, minced
1 tsp	dry mustard
¼ tsp	black pepper
2 tbsp	lime juice
2 small	heads of cabbage, cut into 4 wedges
25	pearl onions
4	med white potatoes, peeled & cut
4	med sweet potatoes, peeled & cut

Preheat oven to 350. Sprinkle roast on all sides with salt and flour. Heat oil in large skillet. Add roast and brown on all sides. Place roast in a large roasting pan. In bowl combine BBQ sauce and next 6 ingredients. Mix well and pour over the roast. Cover & cook for 1 hour. Baste roast with sauce every ½ hour. Arrange vegetables around the roast. Baste roast & veggies with sauce. Cover, and cook for an additional hour or until roast is done. Remove roast from pan and let stand for 15 minutes, then carve. Pour ½ cup of sauce over carved roast.

## *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)
¾ cup	BBQ Sauce
1/8 tsp	Garlic Salt
1/8 tsp	Onion Salt
½ 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.

### *Beef Picadillo*

2	garlic cloves, minced
1	onion, minced
1	sweet red, yellow or green pepper, diced
1 lb	ground beef
1 cup	salsa
1 tbsp	chili powder
1 tsp	ground cumin
¼ cup	sliced green olives
½ cup	raisins

Cook garlic, onion, pepper and beef in a large skillet over medium heat stirring occasionally until meat is cooked through.

Add salsa, chili powder and cumin, olives and raisins, reduce heat to medium – low and simmer for 5 minutes. Add 2 – 3 tbsp of water if necessary.

Serve with rice.

### *Barbequed Pulled Pork Sandwiches*

5 lbs	pork roast
2 tbsp	fresh lemon juice
1 bottle	BBQ sauce
2 tsp	brown sugar
2	medium onions, chopped
16	buns or rolls

Place the pork roast in a slow cooker. Cover & cook on low for 10 – 12 hours or on high for 5 – 6 hours.

Remove the pork roast from the slow cooker, and pull the meat into shredded pieces.

Pour out any liquid from the slow cooker. Replace the pork roast into the slow cooker and combine with remaining ingredients. Cook on high for 2 hours.

Serve the pork on buns or rolls.

### *Hash brown Pizza*

½ bag	Frozen hash browns, thawed
1 can	cheddar cheese soup
1	egg
1 tsp	salt
½ tsp	pepper
1 lb	ground beef
2 tbsp	chopped onion
2 tbsp	flour
1 can	tomato soup
2 tsp	sugar
½ tsp	salt
1/8 tsp	pepper
¼ 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.

### *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.

## *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.

## *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)