



*Cooking Made Easy!*

## ROUND STEAK SAUERBRATEN

Cooking Instructions – 1/08

**Needed at home: 2 cups water divided, (half for split)**

1. Thaw completely in refrigerator.
2. Lay beef out on a sheet of wax paper and sprinkle with salt and pepper.
3. Empty bag of gravy mix into crock pot and add 1½ cups (¾ split) water to combine.
4. Stir beef into gravy mix. Cover and cook on low for 6 hours or until tender.
5. Combine bag of cornstarch with remaining ½ cup (¼ split) cold water until smooth; stir into beef mixture. Cover and cook on high for 30 minutes or until thickened. Discard bay leaf.

Serve over hot rice.



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## SOY GINGER CHICKEN

Cooking Instructions – 1/08

1. Thaw completely in refrigerator.
2. Empty bag of sauce into a slow cooker. Stir. Add chicken pieces and bag of carrots. Toss to coat.
3. Cover and cook on low until chicken is tender, about 6 hours.
4. In a 2 cup measuring cup, mix cornstarch with ¼ cup water (1/8 for split).
5. Ladle a cup of cooked liquid from slow cooker into cup with water and combine. Pour into a small sauce pan, bring to a boil and cook until mixture thickens, about 1 minute. Stir thickened mixture into slow cooker. Serve chicken over rice prepared as directed.

Serve over cooked rice.



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## CHEESEBURGER PIE

Cooking instructions – 1/08

1. Thaw completely in refrigerator.
2. Preheat oven to 450°. Bake pastry shell 8 minutes. Remove from oven. Reduce oven temperature to 350°.
3. While pastry bakes, cut 6 slices of cheese into pieces. In a large skillet, brown meat; Add tomato sauce with vegetables to meat and cook 2-3 minutes.
4. Remove from heat and stir in bag of eggs and cheese pieces.
5. Pour into prepared pastry shell. Bake 25 minutes or until hot. Arrange remaining cheese slices on top and return to oven 3 minutes until cheese begins to melt.

Garnish with tomato and lettuce or serve with tossed salad.



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## BAKED STUFFED FRENCH TOAST

Cooking instructions – 1/08

1. Thaw at room temperature before baking.
2. Bake in 325° oven, uncovered, for 50-60 minutes or until the egg mixture is no longer liquid and the toast is browned.

Serve with maple syrup, fried bacon, and fruit.



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## CORN CHOWDER

Cooking Instructions – 1/08

**Needed at home: 4 cups water, (half for split)**

1. Thaw completely in refrigerator.
2. Empty bag of corn, potatoes, pepper, onion, etc into a slow cooker. Add water to pot and stir together. Cover and cook on low for 6 hours.
3. Partially mash soup mixture with a potato masher to thicken. Stir in cream;
4. Cook on high, uncovered, until hot. Place bacon strips on paper towel and heat in microwave for 35 seconds or until crisp. Crumble on top of chowder for garnish.

Serve with corn muffins.



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## ZITI WITH SAUSAGE

Cooking Instructions – 1/08

**Needed at home: 1 tbsp olive oil, (half for split)**

1. Thaw completely in refrigerator.
2. Remove skin from sausage. Start pasta, cooking as directed.
3. In a large skillet sauté onion with oil and butter until soft and golden. Add sausage, crumbling it with a fork and cooking 10 minutes, stirring occasionally.
4. Stir in cream, salt, pepper and nutmeg. Continue cooking until the cream mixture thickens, about 5 minutes.
5. Drain pasta, add it the sauce and toss. Pass the Parmesan at table.



## BRUSCHETTA CHICKEN

Cooking Instructions – 1/08

1. Thaw completely in refrigerator.
2. Bake at 375 degrees, uncovered, for 30-40 minutes or until chicken is cooked through.

Serve with green beans and a tossed salad.



## CUBAN PORK ROAST

Cooking Instructions – 1/08

1. Thaw completely in refrigerator.
2. Drain and discard marinade from pork. Place roast in an ungreased 9x13 baking dish. Pour extra bag of marinade over roast. Sprinkle roast with salt and pepper.
3. Cover and bake at 350 degrees for 1 hour. Uncover, baste with pan drippings. Bake 15 minutes longer or until meat thermometer reads 160 degrees. Discard bay leaves. Let roast stand for 15 minutes before slicing.

Serve with black beans and rice.



## BALSAMIC CHICKEN DRUMETTES

Cooking Instructions – 1/08

1. Thaw completely in refrigerator.
2. Preheat oven to 450 degrees
3. Place the chicken drumsticks on a foil-lined baking sheet. Save marinade. Bake until the skin is caramelized and very dark in spots, about 30-35 minutes.
4. Meanwhile, place the marinade in a small saucepan. Bring to a boil, reduce the heat to simmer and cook over low heat about 15 minutes.
5. Brush hot marinade over cooked chicken before serving.

Serve with mashed potatoes and carrots.



## BAKED TURKEY CHIMICHANGAS

Cooking instructions – 1/08

1. Thaw completely in refrigerator.
2. Preheat oven to 375°. Coat a 9x13 baking dish with cooking spray.
3. In a large nonstick skillet, brown the turkey over medium-high heat, until cooked through, about 5 minutes.
4. Add bag of bean mixture to meat. Continue cooking until heated. Remove from heat and stir in cheese.
5. Warm tortillas in the microwave for 1 minute on high to soften.
6. To assemble the chimichangas, put a large spoonful of filling into each tortilla, fold in the sides, and roll up. Place in baking dish.
7. Bake, uncovered, until they are crisp and lightly browned, about 20 minutes.

Serve them with salsa, sour cream, guacamole, and chips.



## TILAPIA V-8

Cooking Instructions – 1/08

1. Thaw completely in refrigerator.
2. Preheat the oven to 375 degrees. Line a baking sheet with foil and spray with cooking spray.
3. Lay fillets on the pan and sprinkle with salt and paprika. Bake them until they are white and cooked through, about 15-20 minutes.
4. Meanwhile, in a small sauce pan, bring the bag of V-8 to a boil. Simmer it for 5 minutes. Turn off the heat and stir in the butter and squeeze in lemon juice.
5. Top fillets with sauce and serve.

Serve with rice and baked asparagus.



## MIDDLE EASTERN CHICKEN

Cooking Instructions – 1/08

**Needed at home: cooking spray, 1½ cups water, (half for split)**

1. Thaw completely in refrigerator.
2. Lightly coat a large nonstick skillet with cooking spray. Add chicken and cook over medium-high heat for 3-5 minutes until lightly brown.
3. Stir in bag of tomato mix and water. Bring to a boil, reduce heat to low and simmer, uncovered, 20 minutes.
4. Add artichokes, olives, and spices. Stir and simmer, uncovered, another 3 minutes or until chicken is completely done.

Serve with whole wheat pita triangles and mixed green salad.