



SWEET AND SOUR SAUSAGE

Cooking Instructions - 7/08

Cooking Made Easy!

**Needed at home: ¼ cup cold water
(half for split)**

1. Thaw completely in refrigerator.
2. Pour contents of large bag into a slow cooker and cook on low for 4-5 hours.
3. Drain cooker. In a small sauce pan, combine the cornstarch and water until smooth. Bring to a boil; cook and stir for 1 minute until thickened.
4. Stir into the sausage mixture.

Serve over rice or chow mien noodles.



PARMESAN CRUST PORK CHOPS

Cooking Instructions - 7/08

Cooking Made Easy!

1. Thaw completely in refrigerator.
2. Bake chops, uncovered, at 350°, for 45 minutes or until done.

Serve with garlic mashed potatoes and buttered corn.



PAPRIKA SOUR CREAM CHICKEN

Cooking Instructions – 7/08

Cooking Made Easy!

1. Thaw completely in refrigerator.
2. Sprinkle half of the cracker crumbs into the bottom of a shallow pan, (large enough to hold all chicken pieces), remove chicken from sauce and place on top of crumbs.
3. Sprinkle the remaining crumbs on top of chicken pieces. Melt butter and drizzle on top of chicken.
4. Bake at 300° for 1 hour and 10 minutes, or until juices inside chicken pieces run clear. Garnish with parsley flakes.

Serve with green beans or tossed salad and bread.



MARINATED TURKEY STEAKS

Cooking Instructions - 7/08

Cooking Made Easy!

1. Thaw completely in refrigerator.
2. Remove Steaks from marinade. Discard marinade.
3. Grill steaks on each side approximately 6 minutes, depending on the heat of your grill, until done.

Serve with mashed potatoes and corn.



GREEK SHRIMP AND COUSCOUS

Cooking Instructions - 7/08

Cooking Made Easy!

**Needed at home: 2 teaspoons olive oil
(half for split)**

1. Thaw completely in refrigerator.
2. In a medium saucepan, cook couscous according to directions.
3. In a separate pan, add olive oil, heat, add shrimp and bag of sauce.
4. Simmer for 5 minutes to cook shrimp and heat through.
5. Pour over couscous.

Serve with garlic toast.



HONEY MUSTARD CHICKEN

Cooking Instructions - 7/08

Cooking Made Easy!

1. Thaw completely in refrigerator.
2. Grill the chicken on a preheated grill (or broil in a preheated broiler) for about 8 to 10 minutes per side, basting once with the marinade the chicken was in, until it is cooked through and slightly browned.

Serve with roasted corn on the cob and coleslaw.



MARINATED ROAST

Cooking Instructions – 7/08

1. Thaw completely in refrigerator.
2. In large Dutch oven, place roast inside and pour marinade over roast.
3. Bake, covered, at 325° about 2½-3 hours, until tender.
4. Gently turn several times during cooking.

Add potatoes and carrots to the roast while cooking and have your entire meal.



HERBED MUSHROOM SPAGHETTI SAUCE

Cooking Instructions – 7/08

Needed at home: 2 tablespoons olive oil

1. Thaw completely in refrigerator.
2. In a large skillet, cook beef, mushrooms, onion, green pepper and garlic in oil over medium heat until meat is no longer pink; drain.
3. Stir in bag of sauce. Bring to a boil; reduce heat. Cover and simmer for 45 minutes, stirring occasionally.

Serve over spaghetti.



FROZEN BLIZZARD DESSERT

Cooking Instructions - 7/08

No Cooking!!!

1. Set out 10-15 minutes before serving to soften.
2. Cut into desired servings.

Enjoy.



CUBAN BLACK BEANS AND RICE

Cooking Instructions - 7/08

Needed at home: ½ cup cold water (half for split)

1. Thaw completely in refrigerator.
2. In a medium stockpot with a tight fitting lid, prepare the rice according to the package directions.
3. Meanwhile, in another pot or large skillet, melt the butter over medium heat. Add the bag of veggie/spices and ½ cup water. Bring it to a boil, lower the heat, cover, and simmer for 10 minutes.
4. Add bag of black beans and simmer 5 more minutes until heated through.

Serve beans over the cooked rice, topped with sour cream or yogurt.



BREAKFAST EGGS WITH POTATO CRUST

Cooking Instructions – 7/08

1. Thaw in refrigerator for 1 to 2 days before baking.
2. Pour bag of egg mixture over the cheese mixture.
3. Bake, uncovered, at 350° for 45-50 minutes, until puffed and golden brown.

Serve with toast and fresh fruit.



BURRITO BAKE

Cooking Instructions - 7/08

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350° for 40 minutes, or until heated.

Serve with fried rice and chips.