

Freezer Meals We Actually Like!

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CHICKEN & TURKEY RECIPES

Buffalo Chicken Chili

Adapted from a Rachael Ray recipe.

- 1 Tbsp. extra-virgin olive oil
- 1 1/2 lb. all-white meat ground chicken or turkey
- 2 large carrots, peeled and finely chopped
- 1 large onion, chopped
- 4 ribs celery, chopped
- 4 large cloves garlic, chopped
- 1 Tb. paprika
- 1 bay leaf
- Salt and freshly ground black pepper
- 1 c. chicken broth
- 1/4-1/2 c. hot sauce, depending on how hot you like it
- 1 (14 oz.) can crushed tomatoes
- 1 (14 oz) can diced tomatoes, drained
- 2 Tb. tomato paste
- Fat free blue cheese salad dressing, for topping

Place a large pot over medium-high heat; add the oil. Once the pot is hot, add the ground chicken. Brown it, using the back of a wooden spoon to break it up in to small pieces, about 5-6 minutes. Add the carrot, onion, celery, garlic, paprika, bay leaf and some salt and pepper to the pot. Cook, stirring frequently, for about 3-4 minutes. Add the chicken broth and scrape up any brown bits on the bottom of the pot. Add the hot sauce, tomatoes and tomato paste and bring up to a bubble. Simmer for 8-10 minutes to let the flavors come together. Top each serving with a dollop of fat free blue cheese dressing.

TO FREEZE: Prepare as directed and allow to cool. Freeze in large ziplock bags. Thaw and warm on stove or in microwave as desired.

Chicken and Rice with Caramelized Onions

Adapted from Cooking Light

1 1/2 teaspoons olive oil
1 tablespoon grated lemon rind
1 teaspoon finely chopped fresh rosemary (can use dried)
1/2 teaspoon salt
1/4 teaspoon pepper
3 garlic cloves, crushed
6 (3-ounce) skinned, boned chicken thighs
1 red pepper, julienned
Olive oil-flavored cooking spray
2 cups low-salt chicken broth
1/4 cup dry white wine
2 cups Caramelized Onions (recipe below)
1 cup uncooked long-grain rice
1 tablespoon chopped fresh or 1 teaspoon dried thyme
1/2 teaspoon salt
1/2 cup frozen peas
4 lemon wedges (optional)

Combine first 6 ingredients in a small bowl; rub evenly over chicken. Cover and chill 1/2 hour. Preheat oven to 350°. Place a large nonstick ovenproof skillet coated with cooking spray over medium-high heat until hot. Add the chicken and red pepper; cook 4 minutes on each side or until browned. Remove chicken from skillet. Add broth and wine to skillet, scraping skillet to loosen browned bits; add the Caramelized Onions, rice, thyme, and 1/2 teaspoon salt. Add the chicken and peas to skillet, nestling them into rice mixture. Bring mixture to a boil. Cover and bake at 350° for 30 minutes or until liquid is absorbed. Serve with lemon wedges.

Caramelized Onions

3 tablespoons butter
2 tablespoons extra-virgin olive oil
2 1/2 pounds onions, thinly sliced
Salt and pepper
2 teaspoons sugar

In a large skillet, melt the butter in the olive oil over medium-high heat. Add the onions and 1/4 teaspoon each salt and pepper, and cook, stirring constantly, until the onions begin to soften, about 5 minutes. Stir in the sugar and cook, scraping the browned bits off the bottom of the pan frequently, until the onions are golden brown, about 20 minutes. Makes 2 cups.

TO FREEZE: Cook as directed and allow to cool. Freeze in large ziplock freezer bags. Thaw and heat until hot (on the stove or oven).

Chicken Marbella

Adapted from the Silver Palate Cookbook

20 boneless, skinless chicken thighs
1 head of garlic, peeled and finely puréed
¼ cup dried oregano
Coarse salt and freshly ground black pepper to taste
½ cup red wine vinegar
¼ cup olive oil
1 cup pitted prunes, halved or quartered
1 cup pitted Spanish green olives
½ cup capers with a bit of juice
6 bay leaves
1 cup brown sugar
1 cup dry vermouth or white wine
¼ cup Italian parsley or fresh cilantro, finely chopped

In a large bowl, combine chicken, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight. Preheat oven to 350 degrees. Arrange chicken in a single layer in one or two large, shallow baking pans, and spoon marinade over it evenly. Sprinkle chicken with brown sugar and pour vermouth around chicken. Bake for an hour and 15 minutes, basting frequently with pan juices. Chicken is done when pieces pricked with a fork at their thickest, yield clear yellow (rather than pink) juice. With a slotted spoon, transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices, and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

Serves 10 to 12

TO FREEZE: Can either be frozen cooked or thawed. If freezing cooked, allow to cool to room temp and then freeze in large ziplock freezer bags. Thaw and reheat on stove or in oven as desired. To freeze raw, freeze chicken and marinade together in a large ziplock storage bag. Freeze and proceed with cooking as directed.

Chicken Pot Pie

Adapted from the New Joy of Cooking

- 1 prepared Pillsbury piecrust
- 1 recipe creamed chicken (see below)
- 2 tablespoons unsalted butter
- 1 medium onion
- 3 medium carrots, peeled and sliced 1/4 inch thick
- 2 small celery stalks, sliced 1/4 inch thick
- 3/4 cup frozen peas
- 3 tablespoons minced fresh parsley (or 1 dried)
- 1 egg, beaten

Preheat oven to 400 degrees. Butter a 13 x 9 inch baking dish. Melt butter in large skillet over medium-high heat. Add onions, carrots and celery and cook until barely tender, about 5 minute. Stir the vegetables into the creamed chicken along with the peas and parsley. Put the chicken mixture into the prepared dish and cover with pie crust. Brush the top of the crust with the egg. Bake until chicken is bubbly and the topping is nicely browned, 25 to 35 minutes.

Creamed Chicken

- 4 tablespoons butter
- ½ cup flour
- 2 cups chicken stock
- 1 ½ cups whole milk
- 2 ½ cups cooked chopped chicken
- 3 tablespoons sherry
- Several drops lemon juice, Salt and pepper, a few shakes of ground nutmeg

Melt butter in a large saucepan over medium-low heat. Add flour and whisk until smooth, then cook for 1 minute (whisk constantly). Add the chicken stock. Whisk until smooth. Whisk in milk and increase the heat to medium. Bring the mixture to a simmer, whisking constantly. Cook for 1 minute. Add in the shredded chicken and the sherry. Cook for 1 more minute. Remove from heat and season to taste with lemon juice, salt and pepper and nutmeg. Serves 6 to 8

TO FREEZE: Prepare pot pie as directed but do not cook. Wrap tightly and freeze. Thaw and then bake as directed.

Chicken Satay with Peanut-Chutney Sauce

Adapted from Everyday Food

- 1/4 cup soy sauce
- 2 tablespoons fresh lime juice
- 2 cloves garlic, minced
- 2 teaspoons grated fresh gingerroot
- 1/4 cup peanut butter
- 3 tablespoons mango chutney
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon soy sauce
- 1 garlic, coarsely chopped
- 1/4 teaspoon red-pepper flakes
- Coarse salt and ground pepper
- 1 1/2 pounds boneless, skinless chicken breast halves, cut across the grain into 1/4-inch-wide strips
- 1 tablespoon vegetable oil

Combine marinade ingredients. Thread each chicken piece onto a skewer (fold the pieces slightly as you work so the skewers go in and out of the meat). Place skewered chicken in a shallow dish; season with salt and pepper. Drizzle marinade over chicken; turn to coat. Marinate in fridge at least 1/2 hour and up to overnight.

In a blender, combine peanut butter, chutney, lime juice, 1 tablespoon soy sauce, garlic, pepper flakes, 1/4 teaspoon salt, and 1/4 cup water; blend until smooth. Set aside.

Brush grill with vegetable oil and grill chicken skewers until cooked through, about 3 minutes per side. Can also be broiled on high. Transfer to a platter; garnish with cilantro if desired. Serve with peanut chutney sauce.

TO FREEZE: Make marinade and add to chicken pieces in a large ziplock bag. Do not thread on skewers. Put peanut sauce in a separate freezer bag. Freeze. Thaw and thread on skewers and grill or broil as directed. Serve thawed peanut sauce on side.

Chicken Sausage Corn Chowder

- 2 tablespoons butter
- 1 package Chicken Apple sausage
- 1/4 cup chopped onion
- 1/2 cup chopped celery
- 2 tablespoons flour
- 3 cups milk (Can use fat free 1/2 and 1/2 - works very well)
- 1 can of creamed corn
- 1 1/2 cups fresh or frozen corn kernels
- 1 teaspoon dried thyme leaves
- 1/8 t of cayenne (can also use several shakes of hot sauce)
- 1 teaspoon salt (sometimes more to taste)

Melt butter in pot. Slice sausage and add to pot. Cook sausage until it is browned a bit on each side of the slices. Add onion, celery. Cook until tender (about 3 or 4 minutes). Add the flour and cook for 1 minute. Add the milk and remaining ingredients. Cook until thickens (about 5-10 minutes).

Great served with cornbread or biscuits.

TO FREEZE: Cool and freeze in large ziplock freezer bags. Thaw and heat as desired.

Chicken Spaghetti Bake

Adapted from the 30 Day Freezer Gourmet

This recipe is actually written specifically for the freezer. The secret to non-mushy pasta from the freezer is to cook it only ½ the time recommended by the manufacturer. This makes 2 casseroles.

12 oz. dry spaghetti
2 tablespoons butter
1 small onion, chopped
1 red pepper, chopped
2 garlic cloves, minced
1 (10-oz) can cream of mushroom soup
1 (10-oz) can cream of chicken soup
1 cup chicken broth
8 oz. Velveeta cheese, cubed
3 cups cooked, chopped chicken
1 cup frozen peas
8 oz. sliced canned mushrooms (fresh mushrooms do not freeze well in this recipe!)
2 cups shredded cheddar cheese, divided into 1-cup portions

Cook the pasta for **half** the recommended time and drain. In a large saucepan or stockpot, melt butter over medium heat. Sauté the onion, peppers and garlic in the butter. Add soups, broth, and cubed Velveeta cheese. Lower heat and cook, stirring constantly, until cheese is melted and mixture is well-mixed and smooth. Add spaghetti, chicken, frozen peas and drained, sliced mushrooms. Mix well. Allow to cool. Transfer noodle mixture to 2 large freezer bags. Divide the cheddar cheese in 2 small freezer bags. Label and freeze together.

Thaw. Pour spaghetti mixture from one bag into a greased baking/casserole dish (8 x 8-inch pan). Bake at 350° for 30 minutes or until heated through. Remove dish from oven and sprinkle with one of the bags of cheese and bake for another 5 minutes or until cheese has melted.

Makes 2 - 8x8 casseroles, serving 4-6 each

Creamy Chicken Enchiladas

- 1 tablespoon butter
- 3/4 cup chopped green onions, divided
- 1 tablespoon taco seasoning
- 1 (4-oz.) can diced green chilies
- 1 (14-oz.) can petite diced tomatoes, well-drained
- 1 (10-oz.) can condensed cream of chicken soup
- 1/2 cup sour cream
- 2 cups cubed cooked chicken breast meat
- 2 cups shredded Cheddar cheese, divided
- 8 (10-inch) flour tortillas
- 1 (10-oz.) can enchilada sauce, green or red
- 1 (2-oz.) can sliced black olives

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish. In a medium saucepan over medium heat, melt the butter and sauté 1/2 cup of the green onions until tender (about 3 to 4 minutes). Remove from heat. Add the taco seasoning then stir in the green chilies, tomatoes, cream of chicken soup and sour cream. Mix well. Add the chicken and 1 cup of the Cheddar cheese. Stir together and season with salt and pepper. Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish. Top with the canned enchilada sauce and then top with the remaining shredded Cheddar cheese. Sprinkle olives and remaining green onions on top. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

TO FREEZE: Roll tortillas as directed but do not cover with sauce. Freeze. Thaw and cover with sauce then bake as directed.

Indonesian Chicken

Adapted from the Barefoot Contessa

1 cup honey

3/4 cup soy sauce

1/2 cup grated peeled fresh ginger root

1/4 cup minced garlic (8-12 cloves)

1 ½ pounds boneless, skinless chicken thighs

In a small saucepan, cook the honey, soy sauce, ginger and garlic over low heat until the honey is melted. Place the chicken thighs in a large, shallow roasting pan and pour on the sauce. Cover the pan tightly with foil and marinate overnight in the refrigerator.

Preheat the oven to 350 degrees. Bake the chicken, covered, for 30 minutes. Uncover the pan, turn the chicken, and increase the oven temperature to 375 degrees F. Bake for 30 minutes more, or until the juices run clear when you cut into it and the sauce is a rich dark brown. Serve hot or cold.

TO FREEZE: Allow to cool and freeze in large ziplock freezer bags. Thaw and heat until hot (on the stove or oven).

Pecan Chicken Tenders

Recipe from "New New Orleans Cooking" by Emeril Lagasse

- 1 cup pecan pieces
- 1/2 cup bread crumbs
- 1 tablespoon plus 2 teaspoons Essence (recipe follows)
- 2 large eggs
- 1/4 cup olive oil
- 2 pounds boneless, skinless chicken breasts, cut lengthwise into strips

Preheat the oven to 375 degrees F. Lightly grease a large baking sheet. In the bowl of a food processor, combine the pecan pieces, bread crumbs, and Essence. Pulse for 1 minute to combine. Pour into a shallow dish. In a bowl, beat together the eggs, olive oil and remaining 2 teaspoons of Essence. One at a time, dip the chicken into the egg mixture then dredge in the pecan mixture, shaking to remove any excess. Transfer to the baking sheet and bake, turning once, until the chicken is cooked through and the crust is golden, 15 to 20 minutes. Remove the chicken from the oven and transfer to 4 plates. Serve with the Honey Mustard Dipping sauce.

Essence (Emeril's Creole Seasoning)

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container. Makes 2/3 cup.

Honey Mustard Dipping Sauce:

- 1/2 cup mayonnaise
- 2 tablespoons honey
- 2 tablespoons Creole mustard or other hot whole-grain mustard
- Pinch salt and cayenne pepper to taste

In a small bowl, combine all the ingredients and stir well to combine. Cover tightly with plastic wrap and refrigerate until ready to use. (Honey-Mustard Dipping Sauce will keep, refrigerated in a covered non-reactive container, for 2 weeks.)

TO FREEZE: Prepare as directed but do not bake. Can either be thawed and baked as directed or cooked directly from frozen, just add 10 minutes more to the cooking time. Make sauce day of serving. It does not freeze well.

Turkey Labamba Casserole

From Cooking Light

2 (5.25-ounce) cans whole green chiles, drained

Cooking spray

1 pound ground turkey breast

1 cup chopped onion

2 teaspoons chili powder

1/2 teaspoon ground cumin

1/2 teaspoon salt

2 garlic cloves, minced

1 (10-ounce) can diced tomatoes and green chiles, undrained (aka rotel, hot or mild your choice)

2 cups frozen whole-kernel corn, thawed

1 (16-ounce) can refried beans

1 1/2 cups (6 ounces) shredded cheddar cheese

1 cup chopped tomato

1/2 cup chopped green onions

Preheat oven to 375°. Cut green chiles in half lengthwise. Arrange chiles in a layer in an 8-inch square baking dish coated with cooking spray. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add turkey, onion, chili powder, cumin, salt, and garlic; sauté 5 minutes, stirring to crumble. Add diced tomatoes; cook 5 minutes or until liquid evaporates. Spoon turkey mixture over chiles. Top with corn. Carefully spread beans over corn. Sprinkle cheese over beans. Bake at 375° for 30 minutes. Let stand 5 minutes; top with chopped tomato and green onions.

TO FREEZE: Prepare as directed, but do not bake. Wrap tightly and freeze. Thaw and proceed with baking instructions.

Turkey Meatloaf with Spicy Cranberry Sauce

From the Soup Mix Gourmet cookbook

2 tablespoons butter
1/2 cup chopped onion
1/2 cup chopped celery
2 pounds ground turkey
2 large eggs
2 cups herbed stuffing cubes or crumbs
1 envelope Lipton Golden Onion Soup Mix
1/2 cup Spicy Cranberry Sauce (recipe follows)

Preheat oven to 350. Coat a 9 x 5 inch loaf pan with cooking spray. In a small sauté pan over medium heat, melt the butter; add the onion and celery, and cook, stirring, until the vegetables are softened, 4 to 5 minutes. Let the vegetables cool and set them aside. In a large mixing bowl, combine the turkey, eggs, stuffing cubes or crumbs, soup mix and the onion/celery mixture. Pack the mixture into a prepared loaf pan. Pour 1/2 cup of the spicy cranberry sauce over the meatloaf and bake until browned, about 55 to 60 minutes. Spoon some of the cranberry sauce over the meatloaf every 15 minutes. Remove the meatloaf from the oven, let it rest 5 minutes and drain off excess fat from the pan. Turn the loaf out of the pan and slice. Serve with additional cranberry sauce.

Serves 6 to 8

Spicy Cranberry Glaze

1 (10-oz.) bag fresh cranberries, rinsed and picked over for stems
1 1/2 cups sugar
1 cup chopped onion
1 cup apple juice
1 envelope Lipton Savory Herb with Garlic Soup Mix

In a medium saucepan, combine everything and bring to a boil. Reduce the heat to a simmer and cook until the sauce is thickened, about 10 minutes.

(If you are in a hurry, you can also just mix equal parts canned whole berry cranberry sauce and ketchup to make a quick glaze.)

TO FREEZE: Prepare meatloaf as directed but do not cook. Freeze in the loaf pan and then thaw when ready to bake. Continue to bake as directed.

White Hominy Chili

1 large onion, chopped
2-3 cloves garlic, minced
2 tbs. olive oil
1 cup cooked turkey or chicken*, cut in bite-sized pieces
2 (4 oz.) cans chopped green chilies
1 (4 oz.) can sliced black olives
2 tbs. ground cumin
1-2 tsp. oregano
dash chili powder, dash Tabasco, dash white pepper (to taste)
2 cups chicken broth
2 (15 to 16 oz.) cans white hominy, drained
1 (15 to 16 oz.) white beans, drained and 1/2 mashed with fork
3-4 tbs chopped fresh cilantro/parsley
grated Jack cheese (optional)

In large pot, saute onion and garlic in olive oil until translucent. Add poultry, chili and seasonings (except for fresh parsley/cilantro); saute a few more moments. Add broth, drained hominy, and mashed beans. Stir. Simmer for about 1/2 hour, stirring occasionally. Add parsley/cilantro, simmer 5 minutes. Adjust seasonings to taste. Serve with grated cheese garnish.

TO FREEZE: Prepare as directed and allow to cool. Freeze in large ziplock bags. Thaw and warm on stove or in microwave as desired.

BEEF RECIPES

Beef Stroganoff

Adapted from Cooking Light

- 1 pound boneless sirloin steak, trimmed
- Cooking spray
- 3 cups sliced cremini mushrooms (about 8 ounces)
- 1/2 cup chopped onion
- 1 tablespoon butter
- 2 tablespoons flour
- 1 cup beef broth
- 1/4 cup dry sherry
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup reduced-fat sour cream
- 4 cups hot cooked egg noodles (8 ounces uncooked)
- 3 tablespoons minced fresh flat-leaf parsley

Cut beef diagonally across the grain into 1/4-inch-wide strips; cut the strips into 2-inch pieces. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add beef to pan; sauté 2 minutes or until lightly browned. Remove beef from pan; place in a medium bowl, and keep warm. Add cremini mushrooms and onion to pan; sauté 4 minutes. Add cremini mushroom mixture to beef. Melt butter in pan over medium heat. Add flour. Cook 1 minute, stirring with a whisk. Gradually add broth, stirring constantly. Cook 1 minute or until thickened and bubbly, stirring constantly. Add beef mixture, sherry, salt, and pepper to pan; bring to a boil. Reduce heat, and simmer 4 minutes. Remove from heat; let stand 30 seconds. Stir in sour cream. Combine noodles and minced parsley. Serve beef mixture over noodles.

Serves 4

TO FREEZE: Prepare as directed but do not add sour cream. Cool and freeze in large ziplock freezer bags. Thaw and heat in a large skillet on top of the stove until warm. Then add the sour cream as directed.

Beef Bourguignon

2 lbs. boneless chuck roast
4 oz bacon
1/4 cup flour
2 cups beef broth
1 1/2 cups red wine, dry
1 bay leaf
1 teaspoon thyme, dried
1/2 teaspoon pepper
1/2 teaspoon salt
1 cup boiling onions, small, peeled
2 cups mushrooms, fresh, small, whole

Cut chuck roast into 1-inch cubes. Heat oven to 325-degrees. Cut bacon slices into 1/2-inch strips. In a large skillet, slowly cook bacon bits until crisp. Place drained bacon in the bottom of a 3-quart oven-proof casserole baking dish; retain bacon fat in skillet. Brown roast cubes on all sides in bacon fat; spoon into baking dish on top of bacon. Add flour to fat remaining in the skillet; stir over medium high heat until flour is browned. Carefully add broth and red wine to skillet, whisking contents to avoid lumps. Add bay leaf, thyme and salt/pepper, and simmer skillet until slightly thickened, about 5 minutes. Stir often. When thickened, pour contents of skillet over meat and bacon. Cover baking dish and bake at 325-degrees until meat is tender, about 1 1/2 hours.

Remove dish from oven and stir in onions and button mushrooms. If sauce is too thick, add small amounts of water or red wine. Return to oven until meat is very tender and vegetables are cooked, about 1 hour.

Makes 12 servings. Serve over rice.

TO FREEZE: after stirring in onions and mushrooms, cool. Divide contents of casserole into two to four freezer containers, depending on family size. Freeze. To cook after freezing: thaw freezer container in refrigerator overnight. Place contents in oven-safe casserole baking dish. Cover and bake at 325-degrees until meat is really tender, about 1 1/2 hours.

Burrito Pie

1 pound ground beef
1 onion, chopped
2 teaspoons minced garlic
1 packet taco seasoning
1 (4 ounce) can diced green chilies
1 (16 ounce) jar taco sauce
1 (16 ounce) cans refried beans
12 (8 inch) flour tortillas
2 cups shredded Mexican cheese blend
1 (2 ounce) can black olives, sliced
Sour Cream, optional
Salsa, optional

Preheat oven to 350 degrees F (175 degrees C). In a large skillet over medium heat, sauté the ground beef for 5 minutes or until browned. Add the onion, garlic, and taco seasoning and sauté for 5 more minutes. Drain any excess fat, if desired. Mix in the green chile peppers and taco sauce. Stir mixture thoroughly, reduce heat to low, and let simmer for 5 minutes. Put a tortilla in the bottom of a greased round casserole dish or cake pan. Cover with a layer of meat mixture, 2 more tortillas, then a layer of cheese, 2 more tortillas, then a layer of refried beans. Keep layering until you use up the ingredients. Top off with a layer of cheese and then sprinkle with the olives. Bake for 20 to 30 minutes in the preheated oven, or until cheese is slightly brown and bubbly. Serve with sour cream and salsa.

TO FREEZE: Prepare as directed, but do not bake. Wrap tightly and freeze. Thaw and proceed with baking instructions.

German Cabbage Rolls

SAUCE

- 1 (28-oz.) can tomatoes diced tomatoes
- 1 (8-oz.) can tomato sauce
- 3 tablespoons Brown sugar
- 3 tablespoons Lemon juice
- 1 Small onion – chopped
- 1 Bay leaf
- 1/2 teaspoon Celery salt
- 1/2 teaspoon All spice
- 1/2 teaspoon Pepper
- 1 cup Water
- 1/4 cup Chopped fresh parsley

ROLLS

- 16 Cabbage leaves
- 2 lbs. Ground beef
- 2 cups Cooked white rice
- 1 Large onion, chopped fine
- 1/2 cup Chopped fresh parsley
- 1 teaspoon dried Sage
- Salt and pepper
- 12-14 gingersnap cookies, crushed

Mix sauce ingredients in saucepan and simmer 30 min. Blanch large head of cabbage in boiling water for 3 min. Peel off 16 leaves. (May have to dip in water again to get all leaves off). Mix ground beef, rice, onion, parsley and spices well. Pat down in bowl. Divide into 16 portions (like cutting pie). Place meat mixture on cabbage leaf and fold up. May need to cut a "V" at the core part of the cabbage leaf if too stiff too fold. Place seam side down in pan. Make all rolls. Pour sauce over all. Top with crushed gingersnap crumbs. Bake covered at 350 for 1 hour. Take cover off after first half hour.

TO FREEZE: Prepare as directed, but do not bake. Wrap tightly and freeze. Thaw and proceed with baking instructions.

Italian Pot Roast

One 2-1/2 pound chuck roast
Salt, pepper and all-purpose flour
Olive oil
2 medium onions, chopped into 1-inch pieces
1 large green pepper, chopped into 1-inch pieces
2 medium carrots, sliced into 3/4-inch pieces
6 large cloves garlic, peeled and slightly smashed
1-1/2 cups dry red wine
1 tablespoon tomato paste
1 can (14.5 ounces) whole tomatoes, broken apart, with juices
1 bay leaf
1 teaspoon dried thyme
1 tablespoon dried marjoram leaves
1 tablespoon dried parsley leaves
8 ounces button mushrooms, whole or halved
Water, if needed

Sprinkle roast with salt, pepper and a little flour. Heat enough olive oil to cover the bottom of a large sauté pan over medium-high heat. Add the roast and brown well on both sides. Add the onions, peppers and carrots and sauté until slightly golden. Add the garlic and sauté another minute. Pour in the wine; scrape up all browned bits from bottom of pan. Stir in the tomato paste until well-combined. Add the tomatoes, bay leaf, thyme, marjoram, parsley and additional salt and pepper. Cover; reduce to medium-low and braise until meat is fork-tender, about 1-1/2 hours. Add the mushrooms after about 30 minutes. Turn the meat and check occasionally in case it needs some water. If there appears to be too much liquid, remove lid until the broth reduces to desired texture. Serve immediately, scooping sauce over meat and noodles, rice or potatoes.

TO FREEZE: Prepare as directed. Cool. Freeze in large ziplock freezer bags. Thaw and reheat on stovetop.

Meatball Casserole

Adapted from a recipe on Allrecipes.com

- 1 pound frozen cooked beef meatballs, preferably cocktail sized, thawed (I like the Trader Joes brand)
- 1 (11.25 ounce) package Pepperidge Farm Garlic Texas Toast, prepared as directed on package and cubed
- 1 (8 ounce) package or container cream cheese, softened (I sometimes use herb and chive flavored)
- 1/4 cup mayonnaise
- 1 teaspoon Italian seasoning
- 1/4 teaspoon freshly ground black pepper
- 3 cups shredded mozzarella cheese or Italian cheese blend, divided
- 3 cups spaghetti sauce (I use Sweet and Tasty by Francesca Rinaldi)

Arrange the bread cubes in a single layer in a greased 9x13 inch baking dish. Mix together the cream cheese, mayonnaise, Italian seasoning and black pepper until smooth. Spread this mixture over the bread cubes (Sometimes it is easier to spread on the whole bread slices and then cut into cubes). Sprinkle with 1 cup of the mozzarella cheese. Top with the meatballs. Pour the pasta sauce over the bread and cheese mixture in the baking pan. Sprinkle the remaining mozzarella cheese evenly over the top. Bake at 350 degrees F for 30 minutes, or until heated through.

TO FREEZE: Prepare as directed but do not bake. Wrap tightly and freeze. Can be cooked from frozen. Cook covered with foil for 1 hour at 350 or until thoroughly heated.

Mexican Manicotti

1 pound lean ground beef
1 can (16 ounces) refried beans
2-1/2 teaspoons chili powder
1-1/2 teaspoons dried oregano
1 teaspoon salt
1 package (8 ounces) uncooked manicotti shells
2-1/2 cups water
1 jar (16 ounces) picante sauce
2 cups (16 ounces) sour cream
1 cup (4 ounces) shredded Monterey Jack or Mexican cheese blend
1/4 cup sliced green onions
Sliced ripe olives, optional
Salsa, optional

1. In a large bowl, combine the uncooked beef, beans, chili powder, oregano and salt. Spoon into uncooked manicotti shells; arrange in a greased 13-in. x 9-in. baking dish. Combine water and picante sauce; pour over shells. Cover and refrigerate overnight.

2. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 1 hour. Uncover; spoon sour cream over the top. Sprinkle with cheese, onions and olives if desired. Bake 5-10 minutes longer or until the cheese is melted. Yield: 8 servings. Serve with salsa.

TO FREEZE: Prepare as directed in step one (no need to put in refrigerator). Cover and freeze. Thaw and proceed with step 2.

Rachael Ray's Sloppy Joes

- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 1 1/4 pounds ground beef sirloin
- 1/4 cup brown sugar
- 2 teaspoons to 1 tablespoon steak seasoning blend, such as McCormick brand Montreal Seasoning
- 1 medium onion, chopped
- 1 small red bell pepper, chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 2 cups tomato sauce
- 2 tablespoons tomato paste
- 4 crusty rolls, split, toasted, and lightly buttered

Heat a large skillet over medium high heat. Add oil and meat to the pan. Spread the meat around the pan and begin to break it up. Combine brown sugar and steak seasoning. Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion and red peppers to the skillet. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes. Add tomato sauce and paste to pan. Stir to combine. Reduce heat to simmer and cook Sloppy Joe mixture 5 minutes longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted, buttered bun bottoms and cover with bun tops.

TO FREEZE: Prepare as directed and allow to cool. Freeze in large ziplock bags with the buns in another bag. Thaw and warm on stove or in microwave as desired.

Stuffed Peppers

- 1 package Lipton Spanish rice (prepared according to package directions)
- 1 pound ground beef or ground turkey
- 6 med-large green bell peppers (tops and seeds removed)
- 1 (20-oz.) jar of pasta sauce
- 1 (10-oz.) can condensed tomato soup

Put the uncooked hamburger into large bowl and add slightly cooled rice. Mix well. Fill peppers. Place peppers into deep greased baking dish (something with high sides). Mix soup and pasta sauce in a large bowl. Pour mixture over top of peppers. Cover tightly with foil and bake @ 350 degree oven for an hour or so.

TO FREEZE: Prepare as directed and allow to cool. Freeze in baking dish. Thaw and warm in oven stove or until hot.

PORK RECIPES

Rosemary Pork Tenderloin with Bourbon Peach Glaze

1/2 cup soy sauce
1/2 cup dry sherry
1/2 cup honey
1/4 cup rice wine vinegar
1/4 cup vegetable oil
2 tablespoons fresh orange juice
1 1/2 tablespoons minced fresh rosemary
1 tablespoon minced shallots
1 teaspoon minced fresh ginger
2 pork tenderloins (about 2 pounds)

Bourbon Peach Glaze:

1 cup peach preserves
2 tablespoons bourbon
1 tablespoon spicy brown mustard

Combine first 9 ingredients to make the marinade. Marinate pork in a freezer bag at least overnight. For the glaze, mix preserves, bourbon, and mustard in small bowl. Grill pork over medium heat 20 to 25 minutes or until desired doneness. Brush with glaze during the last 2 minutes of cooking. Slice and serve with remaining sauce.

TO FREEZE: Make marinade and add with the pork to a large ziplock bag. Prepare the sauce and place in a separate freezer bag. Freeze together. Thaw and cook as directed.

Crock-pot Pork Barbecue

- 1 (4-lb.) boneless pork butt or shoulder
- 1 large onion, thinly sliced
- 1 can/bottle of beer
- 1 (12-oz.) bottle barbecue sauce (the hickory or honey kinds are best)
- 2 tablespoons brown sugar
- 1 tablespoon liquid smoke (optional)

Trim all possible fat from roast. Place in crock-pot and top with onions. Mix remaining ingredients and pour over roast. Cover and cook on LOW for 8 to 10 hours or until pork can be easily shredded. Remove pork from crock-pot, and shred in a bowl. Return pork to crock-pot and let cook in the sauce another 20 minutes or so. Serve as sandwiches in buns. If the sauce is not thick enough, remove from crock-pot and cook in a pan on the stove to reduce it.

TO FREEZE: Prepare as directed and allow to cool. Freeze in large ziplock freezer bags. Thaw and heat as desired on stovetop or microwave.

SEAFOOD RECIPES

Cornmeal Crusted Tilapia

- 1/2 cup cornmeal
- 2 teaspoons paprika or ancho chili powder
- 1 teaspoon salt
- 4 tilapia fillets

Combine cornmeal, paprika and salt in shallow dish. Dredge tilapia fillets in the mixture, patting well to ensure even coating.

TO FREEZE: Flash freeze fish and transfer into a ziplock freezer bag. Freeze. When ready to prepare, bake fish at 400 degrees on a greased baking sheet for 25 minutes (or until fish is cooked through).

Serve with fruit salsa (we like peach or mango from Trader Joe's).

Fish Veracruz

Adapted from a NESTLE recipe

- 1 1/2 pounds red snapper, tilapia or halibut fillets
- 2 tablespoons vegetable oil
- 1 small onion, peeled and sliced
- 1 small green bell pepper, seeded and cut into strips
- 3 cloves garlic, finely chopped
- 1/3 cup dry white wine
- 1 (24-ounce) jar salsa (I use thick and chunky), drained
- 1/2 cup tomato sauce
- 1/4 cup Pickled Jalapeños Slices (optional)
- 1/2 cup sliced green ripe olives
- ½ cup sliced black olives
- 1 tablespoon capers

Heat vegetable oil in large, nonstick skillet over medium-high heat. Add onion, bell pepper and garlic; cook, stirring occasionally, for 1 to 2 minutes or until vegetables are crisp-tender. Add wine; cook for 1 minute. Stir in salsa, tomato sauce, jalapeños, olives and capers. Bring to a boil.

Arrange fish in a greased 13x9-inch baking pan. Top with the sauce. Bake at 400 degrees until fish is white and firm throughout, about 25 minutes. Makes 8 servings.

TO FREEZE: Prepare as directed but do not bake. Freeze cooled sauce in large ziplock bags. Freeze fish in either original package or in ziplock bags. Thaw both and bake as directed.

Old Bay Crab Quiche

1/2 red bell pepper, diced
1 tablespoon butter
4 eggs
2 cups heavy cream
3 sliced green onions
2 tablespoons dry sherry
1 1/2 teaspoons Old Bay seafood seasoning
1 1/2 cups shredded Swiss cheese
1 10-inch uncooked pie crust in a pan
3/4 pound lump crab meat, divided

Preheat the oven to 400 F. Sauté the red pepper in butter until tender. Beat eggs with cream. Add the green onion, sherry and seafood seasoning to cream mixture. Sprinkle cheese in the pie crust. Top with the crab meat and red pepper. Pour the cream mixture over the layers. Bake 15 minutes. Reduce heat to 325 F baking 35 minutes more or until set. Cool before cutting.

TO FREEZE: Quiche can be frozen cooked or raw. If freezing cooked, allow to cool and then wrap tightly. Freeze. Thaw and reheat in oven at 300 for 20 minutes. If freezing raw, combine all ingredients except pie crust in a ziplock bag and freeze along with the crust. Thaw and proceed with recipe as directed.

Shrimp and Chicken Jambalaya

1 pound smoked kielbasa or Polish sausage, cut into 1/2-inch slices
1 pound boneless skinless chicken breasts, cubed
1 large onion, chopped
1 cup chopped celery
1 cup chopped green pepper
4 garlic cloves, minced
2 tablespoons butter
2 cans (14-1/2 ounces) diced tomatoes, undrained
1 can (6 ounces) tomato paste
1/2 teaspoon hot pepper sauce
1/2 teaspoon cayenne pepper
1 teaspoon dried thyme
1/2 teaspoon garlic powder
1/2 teaspoon white pepper
½ teaspoon salt (or more to taste)
1 pound uncooked medium shrimp, peeled and deveined
Hot cooked rice

In a Dutch oven, sauté the sausage, chicken, onion, celery, green pepper and garlic in butter until chicken is browned. Stir in the tomatoes, tomato paste and seasonings. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until chicken is no longer pink. Stir in shrimp; cover and simmer for 4 minutes or until shrimp turn pink. Serve over rice.

TO FREEZE: Prepare as directed. Do not add any rice. Cool and freeze in large ziplock freezer bags. Thaw and heat in microwave or on stove as desired. Serve over rice. I make this and freeze it along with Trader Joe's bags of frozen rice for a very quick dinner.

VEGETARIAN DISHES

Blue Mac and Cheese

Adapted from epicurious.com

- 1 pound spiral tube-shaped pasta
- 4 tablespoons butter, divided
- 1/4 cup all purpose flour
- 2 cups whole milk
- 1 cup whipping cream
- 3 cups grated cheddar cheese
- 1 1/2 cups crumbled blue cheese
- 1 cup panko bread crumbs
- 1 1/2 tablespoon minced fresh chives

Preheat oven to 350°F. Butter 13x9x2-inch glass baking dish. Cook pasta in large pot of boiling salted water for half of the directed time (if making for freezer, otherwise cook as directed on package), stirring occasionally. Drain. Meanwhile, melt 2 tablespoons butter in heavy large saucepan over medium-low heat. Add flour. Cook 1 minute, stirring constantly (do not allow to brown). Gradually whisk in milk and cream. Simmer until mixture thickens slightly, whisking occasionally, about 3 minutes. Reduce heat to low. Add grated cheddar cheese and 1 cup crumbled blue cheese. Whisk until cheese melts, about 2 minutes. Season sauce to taste with salt and pepper. Add cooked pasta to sauce; stir to coat. Transfer mixture to prepared baking dish. Melt the remaining 2 tablespoons butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs and remaining 1/2 cup blue cheese. Bake until sauce begins to bubble, about 25 minutes. Sprinkle with chives and serve.

TO FREEZE: Cool and freeze in baking dish. Thaw and heat as desired.

Chile Rellenos Casserole

4 (7 oz.) cans whole green mild chiles
3/4 pound Monterey Jack Cheese
5 Eggs
1 ¼ cups milk
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
2 cups mild cheddar cheese

Drain liquid from canned chiles. Slit the chiles lengthwise down one side and remove any seeds. Slice the Monterey Jack cheese into slices about 1/4" thick, 1" wide, 3" inches long. Place the cheese slices inside the chiles. Place the filled chiles in an ungreased 3 quart baking dish (or whatever you would like to freeze and bake them in). Mix the eggs and milk together. In another bowl, mix the flour, salt, and pepper. Gradually stir the milk and egg mixture into the flour mixture until it is a smooth batter, free of lumps. Pour the batter over the filled chiles. Sprinkle the top with the grated cheddar cheese.

TO FREEZE: Wrap the dish well with plastic wrap and aluminum foil and freeze. Thaw the casserole completely, then bake in a 350 degree oven for 45 minutes.

Four Cheese Stuffed Shells

Adapted from Cooking Light

1 pound jumbo shell pasta (about 40 shells)

Cooking Spray

1 (12-ounce) carton low fat cottage cheese

1 (15-ounce) carton ricotta cheese

1 cup shredded Asiago cheese

1 cup shredded Parmesan cheese

3 cloves garlic, finely minced

2 Tablespoons chopped fresh chives

3 Tablespoons chopped fresh parsley

1/4 teaspoon freshly ground black pepper

1/8 teaspoon crushed red pepper flakes

1 (10 ounce) package frozen chopped spinach, thawed and drained

8 cups marinara of your choice

1 1/2 cups shredded mozzarella cheese

Cook pasta according to package directions, omitting salt and fat. Drain and set aside. Preheat oven to 375°F.

Coat 2 (9x13-inch) baking dishes with cooking spray; set aside. Combine cottage cheese, ricotta cheese, Asiago, Parmesan, garlic, chives, parsley, black pepper, red pepper flakes, and drained spinach. Mix well.

Spoon 1 tablespoon cheese mixture into each shell. Put 1 cup of marinara in the bottom of each pan. Arrange half of stuffed shells, seam sides up, in each prepared dish. Pour 3 cups marinara over stuffed shells in both pans. Sprinkle each with 3/4 cup mozzarella cheese. Cover with foil. Bake at 375°F for 30 minutes or until thoroughly heated.

TO FREEZE: Prepare as directed but do not bake. Wrap tightly and freeze. Can be cooked from frozen. Cook covered with foil for 1 hour and 10 minutes at 375 or until the shells are thoroughly heated.