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| **Chop Suey Casserole** Ground Beef  *Ingredients:*  1 lb. lean hamburger, browned with  ½ onion, chopped  ½ c. brown rice, cooked without salt  2 cans cream of chicken soup  1 ½ c. hot water (if used low fat soup use ¼ c. less water)  1/8 c. soy sauce (do a little extra)  ¼ tsp. ground pepper  ½ package chow mein noodles  *Directions:*  Preheat oven to 350º. Mix all ingredients together. Bake in serving bowl covered with foil for 45 minutes. Take off cover. Pour 3 oz. (1/2 can) of chow mein noodles over top. Cook uncovered for 15 more minutes. Let set for 5-10 minutes after cooking |
| **Kraft Dinner Casserole** Ground Beef  *Ingredients:*  ½ lb. lean hamburger, browned with 1 T. chili powder  ½ onion, chopped 1 can corn  1 family size package kraft dinner cheddar cheese (cubed)  1 can chili with beans fritos  1 can tomato soup  *Directions:*  Preheat oven to 350º. Cook kraft dinner according to directions in large pot. Meanwhile, brown hamburger with onion. Add to kraft dinner with remaining ingredients. Heat through. Pour into casserole dish and top with fritos. Cover and bake 30 minutes. |
| **Marilyn’s Chili** Ground Beef  *Ingredients:*  1 lb. lean hamburger 2 tsp. salt  2 c. dried pinto beans ¼ tsp. paprika  8 oz. can tomato sauce 1 ½ tsp. ground cumin  1 lb stewed tomatoes 1 T. oregano  2 T. oil 1 pinch chili pepper flakes  1 large onion (chopped) 3 T. chili powder  1 clove of garlic (finely chopped) 1/8 tsp. cayenne pepper    *Directions:*  Soak beans overnight. Drain and cover with fresh water. Bring to a boil and simmer for 2 hours. Drain and add to crock-pot. Sauté the chopped onion and garlic in oil until limp. Stir in all seasonings. Add tomatoes and sauce and simmer for 20 minutes. Brown beef in small fry pan. Drain and add to crock-pot. Add chili sauce and 5 cups of hot water to crock-pot. Simmer in crock-pot at least 7 hours. |
| **Meatballs Tetrazzini** Ground Beef  *Ingredients:*  Swedish Meatballs ½ c. chopped onion  8 oz package spaghetti 1 can condensed tomato soup  ½ tsp. salt 1 c. milk  1/8 tsp. pepper 8 oz shredded cheddar cheese  *Directions:*  Prepare Swedish Meatball recipe. Preheat oven to 350º. Cook spaghetti and drain. Using a medium frying pan. cook onion in 1 T. oil until tender. Add soup, milk, salt, pepper, and cheese. Head until cheese is melted. Arrange meatballs and spaghetti in a 9x13 pan. Pour liquid mixture over meatballs and toss to mix well. Back for 30 minutes until hot and serve immediately. |
| **Mom’s Meatloaf** Ground Beef  *Meatloaf Ingredients: Topping Ingredients:*  1 ½ lb. lean hamburger ¾ c. ketchup  ¾ c. oats 3 T. sugar  1 ½ tsp. salt 3 T. vinegar  dash of pepper 3 T. Worcestershire sauce  ½ an onion (chopped)  2 eggs  Milk as needed to moisten  *Directions:*  Preheat oven to 350º. Mix all meatloaf ingredients together in large bowl. Spread into 9x9 square pan. Mix topping ingredients together in small bowl. Pour over top of meatloaf. Bake for 1 hour uncovered. Serve with noodle or rice side dish. |
| **Porcupine Meatballs** Ground Beef  *Meatball Ingredients: Sauce Ingredients:*  2 lb. lean hamburger 2-14 oz. cans stewed tomatoes  2 T. flour 1 clove of garlic, chopped  1 tsp. rosemary (finely crushed) 1 tsp. salt  ¼ tsp. dried chopped onion ¼ tsp. sugar  ½ c. uncooked white rice  1 ½ tsp. salt  1 egg, slightly beaten  *Directions:*  Combine all ingredients for sauce in deep covered saucepan and place over low heat to simmer. Combine ingredients for meatballs and form into walnut-sized balls. Brown evenly in olive oil, then add to tomato sauce. When all meatballs are cooked, add ½ c. hot water to meat drippings and cook to loosen particles. Add to tomato sauce mixture. Cover and cook 40 minutes. Serve over mashed potatoes. Leftovers can be used to make shepherd’s pie. |
| **Ranch Burgers** Ground Beef  *Ingredients:*  2 lbs. lean hamburger  1 egg slightly beaten  1 pkg crushed ritz crackers  1 onion chopped fine  1 pkg. dry ranch dressing mix  *Directions:*  Preheat grill on Medium High. In a large bowl, mix together all ingredients. Form eight patties and grill about 5 minutes each side, or until cooked as desired. |
| **Shepherd’s Pie** Ground Beef  *Ingredients:*  1 lb ground beef  1 can sloppy joe mix  1 can green beans  1 can corn  6 mashed potatoes or 6 servings of fake potatoes  Grated cheddar cheese    *Directions:*  Preheat oven to 350°. Brown beef in large frying pan. Add sloppy joe mix. Mix in half green beans and half corn to the hamburger and place in baking dish. Cover meat with mashed potatoes. Bake covered for 40 minutes. Remove covering and sprinkle cheddar cheese on top. Bake 5 more minutes until cheese is melted. |
| **Sloppy Joes** Ground Beef  *Ingredients:*  1 lb hamburger  1 can manwich  8 hamburger buns  *Directions:*  Brown beef. Stir in manwich. Serve on hamburger buns. |
| **Swedish Meatballs** Ground Beef  *Meatball Ingredients: Sauce Ingredients:*  1 lb. lean hamburger ½ c. butter  1/3 c. milk ½ c. flour  ½ c. fine dry bread crumbs 2 c. milk  ½ an onion (chopped fine) 2 cans beef broth or consommé soup  1 egg 2 tsp. Dill weed  1 tsp. Salt  *Directions:*  Preheat oven to 425º. Mix all meatball ingredients in a large bowl. Form into meatballs and bake on wire rack in oven about 15-20 minutes (until browned well). On stovetop in a saucepan melt butter. Stir in flour till smooth. Gradually stir in milk and then soup. Add dill weed. Cook until thick. Add meatballs to sauce. Let stand about 5 minutes after cooking to thicken even more. Serve over wide egg noodles. |
| **Sweet ‘n’ Sour Meatballs** Ground Beef  **(Our Best Bites cookbook)**  *Meatball Ingredients: Sauce Ingredients:*  1 lb. lean hamburger ¾ c. packed brown sugar  2 T. dehydrated onion 3 T. flour  1 tsp. Kosher Salt 1 ½ c. water or pineapple juice  ¼ tsp. pepper ¼ c. white vinegar  1 egg 3 T. soy sauce  ¼ c. bread crumbs 1 large can pineapple chunks (optional)  *Directions:*  Preheat oven to 425º. Mix all meatball ingredients in a large bowl. Form into meatballs and bake on wire rack in oven about 15-20 minutes (until browned well). In large saucepan, whisk together the sauce ingredients and bring to a boil. Add meatballs and pineapple chunks, reduce heat, cover, and simmer for 20 minutes, stirring often. **NOTE: Double the sauce and do 1 ½ x the meatballs.**  *From Our Best Bites* |
| **Tacos** Ground Beef  *Ingredients:*  1 lb. lean hamburger  1 package taco seasoning  ½ potato (shredded)  *Directions:*  Brown hamburger in medium frying pan. Add potato. Add taco seasoning and water according to directions on packet. Heat until warm. Serve with taco shells, tortillas, refried beans, salsa, sour cream, shredded cheese, etc. |
| **Ultimate Meatloaf** Ground Beef  *Ingredients:*  1 ½ lb. lean ground beef  ½ c. crushed Ritz crackers  ¾ c. shredded cheddar cheese  1 oz. pkg. dry onion soup mix  2 eggs, beaten  ¼ c. ketchup  2 T. Worcestershire sauce  *Directions:*  Preheat oven to 350°. Place the ground beef, crushed Ritz, cheddar cheese, and onion soup mix in a large bowl and mix until well combined. Whisk the eggs, ketchup, and Worcestershire sauce in a separate bowl until smooth. Add to the meat mixture and mix until evenly combined. If the mixture seems too dry, add a little water. Put in a 9x9 pan and bake for 45 minutes to an hour. When top/edges look nice and crispy check the middle to make sure it’s cooked all the way. |
| **GROUND BEEF**  **EASY DINNER IDEAS (No Recipes)**   * Hamburger Helper * Rice-A-Roni with Hamburger * Spaghetti |
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| **Baked Chicken Lasagna Rolls** Poultry/Tuna  *Ingredients:*  2 cups ricotta cheese 1 ½ lb. shredded baked chicken breasts  1 ¼ cup jack cheese, shredded 8 cooked lasagna noodles  ¼ cup parmesan cheese 1 ½ cup spaghetti sauce  1 egg  1 tsp. garlic powder  ¼ cup chopped fresh parsley  ½ tsp. salt  ½ tsp. ground pepper  *Directions:*  Preheat oven to 375°. Mix first eight ingredients, reserving ¼ cup of jack cheese. Lay a piece of plastic wrap on countertop. Lay noodles flat on plastic wrap, top each noodle with a layer of ricotta mixture and ¼ cup chicken. Roll one noodle at a time. Put ½ cup of spaghetti sauce in a 9x13 pan. Lay rolls seam-side down, cover with remaining spaghetti sauce, and sprinkle with ¼ cup jack cheese. Bake for 20 minutes. |
| **Caramelized Garlic Chicken** Poultry/Tuna  **(LeAnne cookbook)**  *Ingredients:*  1 ½ lb. boneless skinless chicken breasts  2 T. olive oil  6 large cloves garlic, pressed  4 T. brown sugar  *Directions:*  Preheat oven to 500°. Line shallow roasting pan with foil, lightly grease the foil with a little oil. Heat 2 T. oil in a small skillet over medium-low heat until hot. Add garlic and cook 1-2 minutes or until garlic begins to soften. (Don’t let garlic get brown!) Remove from heat and stir in brown sugar until well mixed. Set aside. Place chicken breasts on greased foil-lined pan, spreading the garlic mixture evenly over chicken. Bake for 10-15 minutes or until chicken is fork tender and juices run clear. |
| **Catalina Chicken** Poultry/Tuna  *Ingredients:*  2 lb. boneless skinless chicken breasts  1 medium bottle Catalina salad dressing  1 small jar apricot or apricot/pineapple preserves  *Directions:*  Preheat oven to 350°. Cut chicken into 1-inch strips. Mix all ingredients together. Marinate 4-5 hours if possible. Bake 20-30 minutes until chicken is not pink. Serve over rice. Make sure jam to dressing ratio is 1:1 |
| **Chicken Parmesan** Poultry/Tuna  *Ingredients:*  1 ½ lb. boneless skinless chicken breasts  1 egg, slightly beaten  ¾ c. Italian seasoned dry bread crumbs  28 oz. jar spaghetti sauce  4 oz mozzarella or jack cheese  *Directions:*  Preheat oven to 400°. Dip chicken pieces in egg, then bread crumbs. Arrange chicken in 9x13 pan. Bake uncovered 20 minutes. Pour spaghetti sauce over chicken, then top with cheese. Bake 10 more minutes until chicken is no longer pink. Serve with hot cooked pasta. |
| **Chicken Roll-Ups** Poultry/Tuna  *Ingredients:*  2 ½ c. cooked chicken (cut up into small pieces)  8 oz. cream cheese  2 cans cream of chicken soup  2 pkg. crescent rolls (refrigerated)  *Directions:*  Preheat oven to 350°. Mix cheese and chicken. Split apart crescent rolls into triangles. Put in 1 T. chicken mix on each triangle. Roll up, sealing all edges. Bake for 20-30 minutes or until crescents are golden brown. Meanwhile, mix 2 can soup with 1 can milk. Heat in small saucepan. Serve with rice. |
| **Chicken Tortilla Casserole** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts, cooked and diced, bit-sized  6 corn tortillas, cut into bite-sized pieces  1 c. sour cream  2 cans cream of chicken soup  1 sm. can diced Ortega green chiles  2 c. grated jack cheese  *Directions:*  Preheat oven to 350°. Mix all wet ingredients with 1 ½ cups cheese. Layer in 9x13 pan: tortillas, chicken, sauce, and repeat. Use ½ c. cheese on top and bake for 45 minutes. |
| **Corn Flake Chicken** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts  1 c. cornflake cereal, crushed  2 tsp. onion salt  1/8 tsp. pepper  ½ c. butter, melted  *Directions:*  Preheat oven to 350°. Mix cereal, salt, and pepper in a ziplock bag. Put melted butter in a bowl. Dip chicken in butter, coat with cereal mixture. Place in baking dish. Drizzle remaining butter over top. Bake for 30-45 minutes until thickest pieces are done. |
| **Grilled Lemon Garlic Chicken** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts  ½ cup lemon juice  ¼ cup olive oil  6 cloves garlic (or use minced garlic)  2 tsp. thyme  *Directions:*  In a small bowl combine all ingredients except chicken. Put chicken in a 1-gallon ziplock bag and pour marinade over top. Refrigerate 6-8 hours or overnight. Drain chicken and discard marinade. Cook on grill, stovetop, or George Foreman. |
| **Lemon Chicken** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts  ¼ cup McCormick lemon & herb seasoning  ½ cup flour  2 eggs  3 sliced lemons  *Directions:*  Mix flour and lemon seasoning well. Pour onto a plate. Put 2 eggs in bowl and scramble. Set aside. Thaw chicken breasts and cut off fat. Filet any pieces that are extra thick. Pour a thin layer of oil into a frying pan and let warm. Coat chicken breasts with eggs, then roll in flour/lemon mixture. Cover entire breast. Place chicken in frying pan carefully. Cook until nicely browned. Repeat until all chicken is cooked. Serve with sliced lemons squeezed on top. |
| **Mozzarella Chicken** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts  Dried bread crumbs  Milk  ¼ c. butter, melted  Mozzarella or Jack cheese  Seedless raspberry jam  *Directions:*  Preheat oven to 350°. Put milk in bowl, put bread crumbs on a plate. Dip chicken breasts in milk, then coat with bread crumbs. Place in baking dish and drizzle melted butter over top. Bake 30 minutes. Sprinkle grated mozzarella/jack cheese on each chicken breast. Bake just until melted. Serve with raspberry jam on top. |
| **Poppyseed Chicken** Poultry/Tuna  *Ingredients: Topping Ingredients:*  1 ½ lb. chicken breasts, cut up and boiled 1 roll of ritz crackers, finely crushed  ½ c. melted butter ¼ c. melted butter  2 cans cream of chicken soup 1 T. poppy seeds  12-16 oz. light sour cream  *Directions:*  Preheat oven to 350°. Mix butter, soup, and sour cream in medium bowl. Pour over boiled chicken in a baking dish. Mix topping ingredients and sprinkle over top. Cover with foil and bake 30 minutes. Serve over rotini noodles. |
| **Salsa, Chicken, and Black Bean Soup** Poultry/Tuna  **(from http://crockpot365.blogspot.com)**  *Ingredients:*  1 lb. chicken breasts  1 c. dried black beans  4 c. chicken broth  1 c. corn  1 16 oz jar salsa  1 ½ tsp. cumin  ½ c. sour cream (stir in at end)  shredded cheddar cheese, cilantro, avocado (optional)  *Directions:*  Soak beans overnight. Drain in morning and add to crockpot with chicken, broth, and salsa. Add corn and cumin. Stir but don’t get beans off the bottom of the crockpot. Cover and cook for 6-8 hours. Can blend a little with a Bamix for thicker broth. Stir in sour cream and garnish with cheese, etc. if desired.    **Sweet and Sour Chicken** Poultry/Tuna  *Chicken Coating Ingredients: Sweet and Sour Sauce Ingredients:*  1 ½ lb. chicken breasts ¾ c. sugar  salt and pepper 4 T. ketchup  1 c. cornstarch ½ c. vinegar  2 eggs, beaten 1 T. soy sauce  ¼ c. canola oil 1 tsp. garlic salt  *Directions:*  Preheat oven to 325°. Rinse chicken breasts in water, then cut into cubes. Season with salt and pepper to taste. Dip chicken into cornstarch to coat, then dip into the eggs. Heat canola oil in a large skillet and cook chicken until browned but not cooked through. Place the chicken in a 9x13 greased baking dish. Mix all the sauce ingredients in a bowl with a whisk and pour evenly over the chicken. Bake for one hour, turning chicken every 15 minutes. |
| **Thanksgiving Turkey** Poultry/Tuna  *Ingredients:*  1 turkey  1 cube butter  1 chopped onion  3 stalks celery with leaves  1 loaf of bread  *Directions:*  Thaw bird in sink in cold water for 1-2 days. Clean bird, save giblets and neck. Pick out veins and gross stuff from body cavity. Rub salt between breast skin and meat. Also rub inside cavity. Boil giblets with plenty of water and some salt. Melt 1 cube butter. Fry chopped onion and celery. Cut 1 loaf of bread into cubes. Pour melted butter/onion/celery over top of bread. Add enough giblet broth to moisten. Stuffing goes into body cavity 1st, sew shut. Then put stuffing in neck cavity and sew too. Heat oven to 275°. Place turkey on rack, breast DOWN! Tuck in wings and legs. Set rack in flat broiler pan. Put in oven for 35 minutes per pound. If it gets too brown make a foil tent. |
| **Three Cheese Tuna Casserole** Poultry/Tuna  *Ingredients:*  16 oz. rotini noodles  1 can cream of chicken soup  1 can of milk  6 oz. can of tuna  1 1/2 c. each grated jack and cheddar cheese  4 oz. sour cream  ½ tsp. seasoned salt  ¼ tsp. black pepper  Dried bread crumbs or Durkee French Fried Onions  *Directions:*  Preheat oven to 350°. Cook pasta and drain. Heat soup, milk, and cheeses until melted. Combine pasta, sauce, tuna, and seasonings. Pour into oval baking dish. Sprinkle with bread crumbs. Cover and cook for 25 minutes. Optional: put in 1 c. Durkee French Fried Onions in mixture and ½ c. on top for last 5 minutes of cooking. |
| **Tortellini Soup** Poultry/Tuna  *Ingredients:*  1 ½ lb. chicken breasts, diced  2 stalks celery including leaves, chopped (can use freeze-dried)  1 onion, chopped (can use freeze-dried)  49 oz. can Swanson’s chicken broth  2 ½ cups water  ½ tsp. celery seed  ½ tsp. basil  ½ tsp. garlic salt  1 tsp. salt  Sprinkle of red pepper flakes  20 oz. package refrigerated tortellini pastas (or one box of dried tortellinis)  *Directions:*  Sautee the chicken, celery, and onions in olive oil. Meanwhile, boil broth, water and spices in largest pot. Add chicken mixture to pot and boil for a few minutes. Add tortellini pastas and cook about 15 minutes. Enjoy! |
| **Turkey Wraps** Poultry/Tuna  **(LeAnne cookbook)**  *Ingredients:*  1 c. cheddar cheese, shredded  2 T. thinly sliced green onions  4 tsp. Dijon mustard  8 oz. cream cheese  6 flour tortillas  1 ½ c. cooked turkey breast, diced  1 ½ c. shredded lettuce  *Directions:*  Combine first 4 ingredients in a bowl; stir well. Spread 3 T. cheese mixture over each tortilla. Top each with ¼ c. turkey and ¼ c. lettuce. Roll up and serve. |
| **Chicken/turkey**  **Tuna**  **EASY DINNER IDEAS (No Recipes)**   * Chicken Helper * Tuna Helper |
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| **Beany Burritos** Beef  **(LeAnne cookbook)**  *Ingredients:*  1 T. olive oil  1 onion, chopped  1 ½ c. leftover roast beef  1 package taco seasoning  1 can black beans, rinsed and drained (or 2/3 c. dried beans, cooked)  1 can pinto beans, rinsed and drained (or 2/3 c. dried beans, cooked)  6 flour tortillas  chopped green onions, salsa, sour cream, etc. (optional)  *Directions:*  In a skillet, heat oil over medium heat and sauté onion until translucent. Add leftover chopped beef, taco seasoning, and both flavors of beans. Stir until well heated through. Warm tortillas and fill with bean mixture. Garnish with optional ingredients. |
| **Beef Stew** Beef  *Ingredients:*  Leftover roast  Leftover gravy  Pot barley  2 carrots, shredded  1 can corn  Potatoes (optional)  kitchen bouquet    *Directions:*  Combine leftover roast and gravy in large pot. Gradually stir in some water to make broth. Add a few handfuls of pot barley (rinse it first) and some shredded carrots and corn. Can also add chunks of potato. Cut up the meat very small and add to stew. Add a little kitchen bouquet to make it browner. |
| **Cubed Steaks** Beef  *Ingredients:*  4 cubed steaks  ½ c. evaporated milk  ½ c. flour  2 cans cream of mushroom soup  3 c. milk      *Directions:*  Preheat oven to 350°. Sprinkle steaks with salt and pepper. Dip steaks in canned milk, then flour. Brown on both sides in hot oil. Place meat in 9 x 13 pan. Dilute soup with milk and pour over steaks. Bake for 1 ½ to 2 hours. Serve over rice. |
| **Roast Beef Dinner** Beef  *Ingredients:*  1 roast (Sirloin tip, round, rump, etc.)  ½ c. butter  1 envelope Lipton onion soup mix  kitchen bouquet    *Directions:*  Preheat oven to 350°. Wash roast. Melt butter in large pot. Brown roast in butter on all sides. Sprinkle Lipton soup over top. Cook with lid on for 3-4 hours. Turn it over while cooking and spoon juices over top. Meanwhile, boil potatoes and save the water for gravy.  When roast is done, transfer to another pan to stay warm. Take pan dripping and stir flour into it until smooth. Stir in potato water gradually. Add a few drops of kitchen bouquet. Cook until thick. |
| **BEEF** |
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| **Vegetarian** |
| **Crepes** Vegetarian  *Ingredients:*  1 c. flour  1 c. milk  3 eggs  pinch of salt  1 tsp. vanilla  handful of sugar  ¼ c. butter  *Directions:*  Mix all together. Cook in thin layer on well-greased non-stick frying pan. |
| **Fettuccini Alfredo** Vegetarian  *Ingredients:*  12 ounces uncooked fettuccine  3/4 cup milk  3/4 cup butter or margarine  1 (8 ounce) package cream cheese, cubed and softened  1 cup grated Parmesan cheese  White pepper  *Directions:*  Cook pasta according to package directions. In a saucepan, heat milk and butter until butter is melted. Stir in cream cheese and heat until melted. Add Parmesan cheese and pepper if desired; cook and stir until blended and heated through. Drain pasta and transfer to a serving bowl. Pour sauce over fettuccine; toss to coat. |
| **Homemade Mac n Cheese** Vegetarian  *Ingredients:*  16 oz macaroni noodles  ¼ c. butter  ¼ c. flour  1 c. milk  seasoned salt  cubes of cheddar cheese (optional)  cubes of leftover ham (optional)  *Directions:*  Cook macaroni noodles. Drain and set aside. Melt butter in pot. Whisk flour in. Slowly add in milk while whisking. Add more or less depending on consistency wanted. Sprinkle in seasoned salt to taste. Add cheddar cheese or ham cubes if desired. |
| **IHOP Pancakes** Vegetarian  **(Secret Restaurant Recipes Book)**  *Ingredients:*  1 1/4 cups flour  1/3 cup cornmeal or cream of wheat  1 egg  1/3 cup granulated sugar  1 1/2 cups buttermilk (use 1 ½ T. vinegar or lemon juice mixed with 1 ½ c. milk to make buttermilk)  1 tsp. baking powder  1 tsp. baking soda  1/4 cup vegetable oil  1/2 tsp. salt  *Directions:*  Preheat a skillet over medium heat. Spray skillet with nonstick spray. Combine all ingredients in a large bowl with a mixer set on medium speed. Mix until smooth, but don’t over mix. Pour the batter by 1/4 – 1/3 cup portions into the hot pan and cook for 1 to 3 minutes per side or until brown. Repeat with remaining batter. |
| **Manicotti with Cheese** Vegetarian  *Ingredients:*  1 pkg. manicotti shells  15 oz. cottage cheese  2 c. (8 oz.) mozzarella cheese, reserve ½ c.  ¼ c. parmesan cheese  1 T. parsley  ½ tsp. salt  28 oz. jar spaghetti sauce  *Directions:*  Preheat oven to 350°. Cook pasta. Let cool. Combine other ingredients in large bowl. Spread thin layer of sauce on bottom of 9x13 pan. Stuff noodles with cheese mixture. Arrange in single layer on sauce. Cover with remaining sauce and sprinkle with ½ c. mozzarella cheese. Cover with foil. Bake for 40 minutes. Remove foil and bake for 15 more minutes until sauce is hot and bubbly. |
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| **PORK** |
| **Black Forest Ham** Pork  *Ingredients:*  1 black forest ham  1 jar orange marmelade  Cloves  *Directions:*  Coat ham with jam. Stick cloves in all cross pieces. Cook according to package directions. |
| **Breakfast Casserole** Pork  *Ingredients:*  1 lb cubed ham (use leftovers)  8 oz. cheddar cheese, cubed  6 slices of bread, cubed  1 c. milk  3 eggs  ½ tsp. salt  ½ tsp. mustard  ¼ c. butter, melted  *Directions:*  Preheat oven to 350°. Mix together ham, cheese, and bread and put in bottom of a 9x13 pan. In a medium bowl, mix milk, eggs, salt, mustard, and melted butter. Pour over top of ingredients in pan. Bake for 30-45 minutes. Yummy served with fruit. |
| **Italian Sausage Meatloaf** Pork  **(LeAnne cookbook)**  *Ingredients:*  1 large egg  ½ 14 oz can of diced tomatoes with Italian herbs  ½ c. finely chopped onion  1/3 c. minced parsley  ½ c. oats  1/3 c. grated parmesan cheese  Salt and pepper to taste  3-4 Italian turkey or pork sausages  ½ pound ground turkey  1/3 c. spaghetti sauce  16 oz bowtie noodles  *Directions:*  Preheat oven to 375. In a large bowl, beat the egg and stir in tomatoes, onion, parsley, oats, parmesan cheese, salt, and pepper. Then mix in by hand the Italian sausage and ground turkey just until blended. Cook in a square casserole dish for one hour. Remove and top with spaghetti sauce, then bake for 10 more minutes. Serve over bowtie noodles and extra spaghetti sauce. |
| **Pork Chop Marinade** Pork  *Ingredients:*  7 thin-sliced pork chops  3 lemons  3 cloves of garlic  1 T. oregano  2 T. vinegar  1 cup olive oil  1 tsp. salt  ¼ tsp. pepper  *Directions:*  Squeeze lemons, press garlic, add remaining ingredients. Marinade pork for at least 4 hours (overnight is better). Grill on George Foreman. |
| **Sausage and Tomatoes** Pork  *Ingredients:*  2 Polska Sausages  2 cans Italian stewed tomatoes  1 can sauerkraut  *Directions:*  Cut up sausages into 2 inch chunks and cut in half. Saute in a little bit of oil and set aside. Pour sauerkraut into leftover oil in pan and cook until browned. Set aside sauerkraut in a bowl and keep warm. Return sausage to pan and add stewed tomatoes. Cook until warm. Serve with sauerkraut. |
| **Sausage Lasagna** Pork  *Ingredients:*  3 Italian sausages  15 lasagna noodles  1 lb block mozzarella or jack cheese  28 oz. jar spaghetti sauce (better with a little more)  Smallest container ricotta cheese  *Directions:*  Preheat oven to 300°. Remove sausage from casings and brown in olive oil. Turn over a lot. Cut into slices. Heat sauce in small pot. Cook noodles, leave slightly firm. Drain noodles almost all the way. Let sit. Mix up ricotta with a fork. Grate all mozzarella cheese. In 9x13 pan add sauce in bottom. Layer 5 noodles, sauce, mozzarella, ricotta dots, 1 full sausage. Repeat and make at least 3 layers. Bake covered with foil for one hour, remove foil for last ten minutes. Rub foil with oil to avoid sticking. |
| **Sweet and Sour Pork Chops** Pork  *Ingredients:*  4 pork chops 2 T. butter  1 tsp. dry mustard 1 c. apple juice  1 tsp. garlic salt 2 T. white vinegar  1 tsp. paprika 3 T. brown sugar  1 tsp. salt 3 green onions  ¼ tsp. pepper 4 servings brown rice  ¼ c. flour  *Directions:*  Mix dry mustard, garlic salt, paprika, salt, pepper, and flour together and put the mixture into a plastic bag. Put pork chops, one at a time, into the bag and shake to coat the meat. Melt butter in a large frying pan and brown the pork chops, turning them once. Stir in apple juice, vinegar, and sugar and simmer, uncovered, for 40 minutes until chops are no longer pink and the sauce has thickened. Serve over rice and sprinkle with green onions. |
| **Sweet and Sour Spareribs** Pork  *Ingredients:*  4-5 lb. boneless spareribs, rinsed  1 c. brown sugar  1 c. vinegar  2 c. water  2 tsp. salt  1 c. ketchup  4 T. cornstarch  *Directions:*  Mix together all ingredients. Pour over top of spareribs in a 9 x 13 pan. Cook uncovered for 4 hours at 250°. Spoon sauce up over sometimes. Makes a lot of sauce. Serve with rice. Can increase over to 300°, just keep track of it. |
| **Tomato Onion Ham Glaze** Pork  *Ingredients:*  1 sliced ham  2 T. butter  4 T. finely chopped onion  16 oz. can tomato sauce  4 T. brown sugar  2 tsp. Worcestershire sauce  *Directions:*  In small saucepan, melt butter over medium heat. Add onion and cook until tender. Stir in rest of ingredients. Reduce heat; simmer until glaze thickens, about 5 minutes. Pour over ham, and inbetween slices if possible. Brush over ham several times during baking. |