



# WELCOME

## The On-Line Cookbook

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# CHAPTER 123456789

## INTRODUCTION

In the age of fast food, microwaves and pizza delivery men, how can we mothers compete. Our days are hectic, whether we are tied to the washer and dryer or punching a time clock. We are tired, you've been there. Your day has been filled with activities and now suddenly it's 5pm and dinner is expected soon. Do you have all the ingredients for that chicken dish? Does the Stroganoff require twenty steps? Are the children asking for something every two minutes? It would be so nice if dinner was already made and all you had to do was heat it. Maybe an extra vegetable and a salad to complete it. You could have time to relax with the family while dinner virtually cooked itself.

I have learned the secret thanks to some very smart women. It's a secret our mothers wished they had known. And now it's yours.

I don't want to lie to you. It's two days of shopping and cooking for 30 days of hassle free dinners. Each month that you prepare your 30 meals, it gets easier. And I plan to give you all the tips and secrets I've learned. You can do it. And it gets even more fun if you can share the experience with a couple of friends or family members. The work will go twice as fast and it can help cut your cost.

What is your grocery budget right now? And how much in reality do you spend when you are making trips to the grocery store every few days? I know how dangerous those stores are. How easy it is to fall victim to those voices that prompt you to buy more than you should. I can feed my family a month of dinners, buy toilet paper and lunch makings for approximately \$200.00

Many of the recipes in this book are our family favorites. Many I have tried to make low fat for our families health. You will have

choices of soups and main dishes. I know you will find dishes that will become instant family favorites in your home also. My husband and children love some of the meals so much we repeat them two or three times during a month. One such favorite is teriyaki chicken wings. We never have leftovers of this one.

I also hope to share with you some hints and secrets to make the process go smoothly. As I said, it will get easier each month you do this. You will develop your own shopping and cooking secrets. You will be able to determine how much to buy so there is no waste. I will even tell you how to fit 30 meals into your freezer above your refrigerator creatively. I did at least six months of meals in my small freezer before I was lucky enough to get an upright freezer.

If you are feeling unsure or overwhelmed, I want to encourage you. You can do it. Anyone can do it. If you want to only get your feet wet, start by doing 15 meals. It's easy. I've been there and done that with two small children clinging to my legs. So please, give it a try. I swear by this method and tell everyone I know. Dinner time will be so much easier and so much more enjoyable. If you want to make it extra fun recruit a couple of friends and together you can all walk away with a freezer full of dinners.

See you in the frozen food aisle.

Dawn



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# CHAPTER 123456789

## SHOPPING

Shopping for your meals can become a fun and satisfying experience. You can enjoy the discovery of new stores, sales and new products. It can also become a very happy experience because you will not have to be out fighting the crowds at 5pm or on a Saturday. You will be free to enjoy other things. The hassle will be gone.

I have found that with two small children it helps to take Daddy along or even Grandma. Maybe Grandma would like to baby-sit for a couple of hours. If you have older children they can provide you with much help. Give them part of your shopping list and send them down the aisle. This help can cut your shopping time in half. You can use this time to teach your children many lessons about comparing, reasoning, money and that helping in itself can be a great reward in life.

Let's first discuss the preparations for shopping. First you need to decide what meals you will prepare and enjoy for the month. In this book you will find a calendar filled with a month of delicious meals. This is always the best place to start. The calendar is a guide for you to follow. You may later decide to change the order of the meals or even add your personal favorites. This is just a means of helping you organize and see at a glance what meals you have in your freezer on any given day.

Now that you have decided which meals you shall serve to your family, we start our shopping list. In this book you already have a head start. We have given you a months worth of meals and now a shopping list to start you off. When you become more proficient it will get easier to add your own dishes, decipher how much of each ingredient you will need and a shopping list will be easy to assemble.

It is important to note amounts and sizes on your shopping list. You don't want to buy more than you need unless you wish to take advantage of specials and sales and you have a place to store the extras. If your budget permits, buying extra items on sale will save you money for the next month or two. It is also worth it if you eat lots of rice, to buy a big twenty to twenty five pound bag. The rice can be stored in covered containers. I use a large bucket with a lid or several small ice cream buckets that have lids also. I like to buy my flour in bulk also. It is nice to always have some on hand.

We now have our menu and our shopping list. Where do we go from here? You have many choices as to where to do your shopping. You can stay close to home or drive across town. I would suggest, especially if you are on a budget, that you check out any canned goods or grocery outlets in your town. I have found these stores to be a wonderful place. I don't worry about buying brand names and that allows me more opportunities to save money. Some outlets will carry frozen and refrigerated products also. If you plan to visit a couple of stores, an ice chest comes in handy. You can take advantage of frozen goods without having to worry about spoilage or having to make a trip back home.

Wholesale warehouses for business or private customers are also great sources. Some may or may not require a membership fee . If you do not have access to a wholesale warehouse yourself check with family or friends. Often they will be happy to go with you so that they might pick up a few items also. These places often have great deals on meat and poultry. You will buy in bulk, but one package of meat can be used in two or three meals. I take advantage of large bottles of soy sauce and cartons of eggs. You be the judge of what is best for you and your pocketbook. If you find a wholesale warehouse is for you then check out their enrollment policies and fees. Farmers markets and farm produce stands can really work to your advantage. You can often find excellent prices and you know that the produce is fresh. You might even ask about blemished produce that the farmer might part with for a lower price. If these services are in your area or worth the drive it won't hurt to check them out. Last but not least is the grocery store.

There are many choices here also. From the Rolls Royce of grocery stores with their many extravagant products and services to the discount grocery store where you do the bagging. There are many stores that fall in the middle and the choice is up to you. There are stores that offer in-store coupons and there are also brand name coupons available. I have found that I can buy store brands usually for less than the name brands regardless of the use of name brand

coupon. You decide what is within your budget and shop accordingly. There are some people who choose only to buy name brands and that is fine for them. There can be a certain comfort with the name brands we have grown up with. Check out the ads your local grocery store puts out during the week as this can help.

My routine is to go first to the canned food store. I usually buy around a third of my groceries here. They mostly consist of canned goods and pastas. You can also find diapers, house and personal cleaning products, paper products and frozen vegetables or meats. Check if they have frozen lunch meat. These lunch products are usually less expensive than the grocery store and can be placed in your freezer to be used as needed. From there I would visit the local wholesale warehouse. Here I would buy chicken, meat, cheese, eggs, canned and dry goods. My last stop was my local grocery store to buy what was left on my list. I would buy my produce and milk here since it was my last stop. I took an ice chest with me to store my frozen or cold foods while I shopped. I could do all of this in approximately three hours.

### **Here are a few considerations before you go shopping.**

1. A whole chicken will cost you less than one that is precut or a package of parts. If you are unsure about cutting apart a chicken, look through your cookbooks for instructions. I know there are some people who will only eat white or dark meat, but consider that in a dish where the chicken is cooked and then mixed in it is hard to tell the dark from white.
2. If recipes call for meat that is to be sliced or diced, you don't have to buy the best cuts. No one will know.
3. Sometimes certain fresh produce is hard to find or priced too high. In these cases, check out the frozen vegetables available or exchange the particular vegetable for another one. You can use canned vegetables also.
4. If you need to buy lunch meat check out your deli counter. I can buy sliced turkey breast and turkey ham for less than the price of a smaller named brand package. This meat can be frozen for use throughout the month.
5. Check if you can buy day old bread. These loaves can be frozen for later use.

6. Cheese can cost you less if you buy in a large quantity package. You will also use less cheese if you buy a sharp cheese. It will cost you more if you buy already grated cheese, so do it yourself.

There is another subject we need to discuss before you head out to the store and that is what types of containers you will be storing your meals in. There are several different choices and they can all be mixed and matched. When I started out I had only the freezer above my refrigerator available. As you know, there is not a lot of space up there, but I was still able to place my thirty meals in the freezer. It helped that I got rid of the ice cream. Since I didn't have a lot of space and my budget didn't include plastic or glass containers, I used freezer bags for all my meals. There were and still are a couple of dishes, such as lasagna where I freeze everything but the noodles. This saves space and it only takes a few minutes to cook the noodles. The freezer bags are economical since I wash and reuse them. Since I have been making my thirty meals I have barely had to restock my supply of bags. If you have the freezer space, plastic and glass work great. They are durable and can go from the freezer to the stove or microwave easily.



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# CHAPTER 123456789

## COOKING

I want to give you a couple of hints before you start your cooking. There are certain things you can do to make cooking easier on yourself. These are hints that will help cooking go faster. First, I would recommend that you try to gather a few necessary tools and have these on hand if possible. I will give you a list at the end of this chapter.

When making dishes that call for cooked chicken, here is what I do. I cut up the total number of chickens I need. I then remove the skin and fat before hand and boil for about 45 minutes to one hour in a large pot of water. By doing this you accomplish several things. You remove a large quantity of fat from the chicken, you have a ready source of bullion, and the chicken can then be easily deboned. I don't like to deal with the giblets, so I dispose of them. You can do with them as you choose depending on your family's likes. Also, when I cut my chickens up, I set the wings aside for teriyaki chicken wings. Remember to handle chicken carefully and wash all cutting boards and knives with hot water and soap or run them through the dishwasher. I use two separate cutting boards, one for chicken only and the other for everything else.

The easiest way to drain cooked hamburger is to use your colander. I place mine over a pie tin so that when the fat hardens it is easy to remove. If you have access to a large can or milk carton these work great to dispose of your fats in. I brown large quantities of hamburger at one time while I prepare other ingredients. This way, by the time I am done with preparing my other ingredients, the ground meat is done.

A food processor can be a big help. With the use of the chopping

blade, in one to two minutes, all your onions and garlic are done, saving you many tears. You can use the grating and slicing blades to do many of the vegetables and grate all your cheese. If such a convenience is not available or if you just wish to do the work the old fashion way, make sure your knives are sharp. Remember, do not use the same cutting board you used for the chicken.

When chopping vegetables, don't forget the celery leaves and broccoli stems. They are healthy and good for you. If you want more convenience, you can use frozen vegetables. They are ready to mix into any dish and can at times be more economical than the fresh vegetables.

Here are a few other important cooking tips that will help you along the way. Please note these tips.

1. A crock pot works great for such dishes as spaghetti, stews or roasts. It will save you stove top space and it will cook itself.

2. Make a list of the meals you are preparing and cross each one off as you finish that dish. You will know exactly where you are in your preparations.

3. Cook your chicken and ground beef the night before you assemble your meals, if possible. This way you will only need to measure out how much you need for each dish.

4. Try to have a sink of warm soapy water to wash pots and pans as you go. Unless you are able to use several measuring cups and spoons, you will need to wash them frequently.

5. Label all freezer bags or containers with the name of the meal and the date. Always allow food to cool a short while before placing it in the freezer. This saves your freezer from working too hard and keeps the already frozen foods from thawing. Remove as much air as possible from your bags as this allows for more space.

6. Save any leftover meats or vegetables from all your preparations for soups later. Just throw it in a bag and label it and freeze it. You can later add tomatoes, water or bullion and extra ingredients to finish your soup.

7. Finally remember to remove a completed dinner from the freezer the day before and thaw in the refrigerator overnight.

Here is the list of utensils to have on hand. Try to borrow those

which you don't have or make due with what is handy. There are a couple of appliances that will help you to be more efficient. It is also a good idea to have several pots and pans and mixing bowls in easy reach. I also like to use wooden spoons when cooking. THE 30 DAY MEAL PLAN doesn't require you to have a gourmet kitchen, but being prepared does help.

Here is the equipment needed and/or recommended.

## **APPLIANCES**

- Crockpot (3 1/2qt works well).
- A food processor with different blades.
- A blender can be helpful.
- Electric skillet.

## **POTS AND PANS**

- 2 Extra large pots with lids. A large stewing pot or kettle works great.
- 1 to 2 skillets.
- 4 to 5 sauce pans of varying sizes with lids.

## **MIXING BOWLS**

- 1 to 2 large mixing bowls.
- 2 to 3 medium mixing bowls.
- 8 to 10 small bowls for storing chopped ingredients and shredded cheese.
- 2 to 3 small custard cups to melt butter in the micro wave or to mix spices for a dish.

## **TOOLS, UTENSILS, ETC...**

- 2 to 3 cutting boards.
- Several sharp knives of different sizes ie: paring, butcher and serrated.
- Can opener.
- Kitchen scissors.
- Mixing spoons.
- Ladle.
- 1 to 2 sets of measuring spoons.
- 1 to 2 measuring cups for dry and liquid ingredients.
- A grater.
- Rubber spatula and a plastic or metal spatula for cooking.
- Large colander.

- 1 to 2 wire whisks.
- A vegetable peeler.
- A large fork or tongs.
- Several pot holders and hot pads.
- A measuring cup made for gravy, with a spout at the bottom, will help you separate the fat from the broth.
- Several dish towels and wash rags for easy clean up.
- A container in which to transport completed meals if a freezer is far from the kitchen.

## **STORAGE**

- Plastic bags in 1 gallon and 1 quart sizes.
- Glass or plastic 8x8 or 9x13 pans if you are using these types of containers.
- Foil.
- Wax paper and clear plastic wrap.
- A permanent felt tip pen.
- Freezer labels.

You will find the majority of items listed are already in your kitchen. Those you do not have try to borrow, buy for yourself, or make due with what you have. The key is to be resourceful.

Just remember the more efficient you can be, the more smoothly it will all come together. It may seem like a lot of work, but the rewards will be great.

## **READY, SET, LET'S GET STARTED**

I recommend you do your shopping the day before you plan to assemble your meals. This gives you time to shop and to pick up anything you might have forgotten once you get home and unload all your bags. I place all the canned goods I will need for my meals in a box in one corner of the kitchen. This way I don't have to search through several cabinets to gather my ingredients.

I prefer to cook my chicken and ground beef the afternoon or evening before the big cooking day. This way, I can debone the chicken and have all my meat ready for the next day. If you have a recipe that calls for cooked and crumbled sausage, this is a good time to complete this task. If I am boiling more than three chickens, I will do them in two batches. I also use a large pot to brown my beef since I do it all at once.

Now is also a good time to chop your vegetables and grate the

cheese, if time permits. Some times, I will save this process till the next morning as I am just too tired.

The night before can also be a great time to use the crockpot to cook your spaghetti sauce. It can simmer overnight on low and be done when you arise.

## **COOKING DAY HAS ARRIVED**

Now comes the task of assembling your meals. If you didn't chop your vegetables yesterday or grate your cheese, do that first thing. If you are preparing a dish which calls for bread or cracker crumbs, the food processor can be used to accomplish this task in just a matter of moments. Now all your ingredients can be gathered together and a dish prepared with ease.

If you are making any bread, start your bread dough now or remove the frozen bread dough loaves from the freezer to thaw.

I recommend doing all your chicken, then beef, then ham dishes at one time. You may prepare them in what- ever order you wish.

This is also the time to prepare yourself for the day ahead. You will be doing a lot of standing and moving about, so wear comfortable footwear. I would also recommend dressing comfortably in clothes that will be able to take any splatters. I would also suggest a good breakfast to start off your day.

If you find by the end of your cooking day, you can't take another moment in the kitchen, then show your family your tired feet and worn out fingers. Suggest dinner out. Or you can choose from the 30 meals you have readily available. Another important thing to remember is to clean up throughout the whole time you are cooking. This way you are not overwhelmed by a mess. Have the kids or your husband pitch in.

Early in the day is a good time to prepare those dishes that need to cool before being placed in the freezer. This is also good advice for the hot summer months. Find a place to set aside these dishes that need to cool, so that you don't clutter up your working space. An ironing board or card table works great and can be placed in another room.

Ok, let's get cooking. Get your first recipe and ingredients and start mixing. If you choose to repeat a dinner, try mixing it in a large bowl. Then divide the dinners into separate containers or bags. A

coffee cup works great to scoop food into the bags.

Don't be afraid to change or add ingredients. I will often add or leave out ingredients to vary the dishes to my family's liking. Don't be afraid to replace expensive items for ones that are similar but will save you money. Use your imagination.

Good luck and happy cooking.



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## MEAL LIST

1. Teriyaki Chicken Wings
2. Linguine with Creamy Clam Sauce
3. Spaghetti with Meat Sauce
4. Hamburger Stroganoff
5. Red Beans and Rice
6. Wolf Creek Macaroni and Cheese
7. Linguine with Ham and Mushrooms
8. Vegetarian Lasagna
9. Easy Chicken Supreme
10. Heavenly Hamburger
11. Harvest Stew
12. Oven Fried Chicken
13. Calzones
14. Deep Dish Pizza
15. Texas Hash
16. Chicken Enchiladas
17. Shrimp Creole
18. Simmering Chinese Chicken
19. Seafood Linguine Mornay
20. Fiesta Chicken
21. New England Clam Chowder
22. Cornish Hens with Mustard Crust
23. Zucchini Pie
24. Pasta Primavera
25. Oven Roasted Chicken
26. Chili Con Carne
27. Tacos
28. Chicken Soup
29. Fajitas
30. Skillet Meal



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## SHOPPING LIST

### Meats

- Ham (2 lbs.)
- Cornish Game Hens (4)
- Chickens (4 large)
- Imitation Crab Meat (1/2 lbs.)
- Shrimp (1 1/2 lbs.)
- Hamburger (8 lbs.)
- Boneless Chicken Breast (2 bags)
- Chicken Wings (1 bag)
- Steak (1 1/2 lbs.)
- Bacon (1 lb.)

### Dairy

- Eggs (1 Doz.)
- Cheddar Cheese (4 lbs.)
- Margarine (1 box)
- Ricotta Cheese, 3 (16oz.) containers & 1 (8oz.) container
- Mozzarella (2 lbs.)
- Milk (1 qt.)
- Jack Cheese (2 1/2 lbs.)
- Cottage Cheese (8oz.)
- Sour Cream (8oz.)
- American Cheese (8oz.)

### Canned Goods

- Soy Sauce, 1 (16oz. bottle)

- Chopped Tomatoes, 9 (16oz. cans)
- Large Black Sliced Olives, 3 (8oz. cans)
- Chopped Clams, 3 (9oz. cans) & 1 (4oz. can)
- Tomato Paste, 2 to 3 (6oz. cans)
- Mushrooms Stems & Pieces, 8 (4oz. cans)
- Cream of Mushroom Soup (1 can)
- Diced Green Chilies, 3 (3oz. cans)
- Mild Enchilada Sauce, 1 (10oz. can)
- Lowfat Evaporated Milk, 2 (12oz. cans)
- Italian Tomatoes, 1 (8oz. can)
- Tomato Sauce, 2 (14oz. cans)
- Parmesan Cheese, 1 (16oz. can)
- Vegetable Oil Chopped Olives 4 (6oz. cans)

## Vegetables

- Potatoes (5lbs.)
- Onions (9)
- Zucchini (5lbs.)
- Parsley (1 small bunch)
- Garlic (3-4 heads)
- Green onions (1 small bunch)
- Broccoli (4-5 bunches)
- Green Peppers (8 large)
- Carrots (5 lbs.)
- Cauliflower (2 head)
- Celery (1 bunch)
- Tomatoes for Tacos
- Lettuce for Tacos (1 head)
- Lime (1)
- Avocados for Guacamole

## Frozen Foods

- 9" Deep Dish Pie Crust (1)
- Chopped Spinach, 3 (10oz. packages)
- Frozen Peas (1lb. bag)
- Apple Juice, 1 (4oz. can)

## Dried Goods

- Flour (5lbs.)
- Brown Sugar (1lbs.)
- Linguine, 3 (12oz. packages)
- Rice, 1 (5lb. bag)
- Egg Noodles, 1 (16oz. package)

- Elbow Macaroni, 1 (16oz. package)
- Spaghetti, 1 (16oz. package)
- Bread Crumbs, 1 (small package)
- Red Beans, 1 (1/2lb. bag)
- Lasagna, 1 (8oz. package)
- Corn tortillas (2 doz.)
- Flour Tortillas (1 doz.)
- Granulated Sugar (1lb.)
- Kidney Beans (1lb. package)
- Bow Tie Pasta (8oz. package)
- Fetticini (1lb.)

## **Spices Needed For Meals**

- Garlic Salt
- Basil
- Oregano
- Nutmeg
- Rosemary
- Crushed Red Peppers
- Chili Powder
- Ginger
- Sesame Seeds
- Corn Starch
- Dijon Type Mustard
- Ketchup
- Tabasco Sauce
- Worcestershire Sauce
- Yeast (3 packages)
- Taco Mix (1 package)
- Chicken Bullion Cubes, 1 (3oz. container)
- Cumin
- Vinegar
- Salt
- Pepper
- Bay Leaves
- Honey (small)



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## CALENDAR

DAY #

1. Teriyaki Chicken Wings
2. Linguine with Creamy Clam Sauce
3. Spaghetti with Meat Sauce
4. Hamburger Stroganoff
5. Red Beans and Rice
6. Wolf Creek Macaroni and Cheese
7. Linguine with Ham and Mushrooms
8. Vegetarian Lasagna
9. Easy Chicken Supreme
10. Heavenly Hamburger
11. Harvest Stew
12. Oven Fried Chicken
13. Calzones
14. Deep Dish Pizza

15. Texas Hash
16. Chicken Enchiladas
17. Shrimp Creole
18. Simmering Chinese Chicken
19. Seafood Linguine Mornay
20. Fiesta Chicken
21. New England Clam Chowder
22. Cornish Hens with Mustard Crust
23. Zucchini Pie
24. Paste Primavera
25. Oven Roasted Chicken
26. Chili Con Carne
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## TYPES OF RECIPES

### BEEF

[Chili Con Carne](#)

[Deep Dish Pizza](#)

[Fajitas](#)

[Harvest Stew](#)

[Heavenly Hamburger](#)

[Skillet Dinner](#)

[Spaghetti with Meat Sauce](#)

[Stroganoff](#)

[Taco](#)

[Texas Hash](#)

### CHICKEN

[Chicken Enchiladas](#)

[Chicken Soup](#)

[Cornish Hens with Mustard Crust](#)

[Easy Chicken Supreme](#)

[Fiesta Chicken](#)

[Oven Fried Chicken](#)

[Oven Roasted Chicken](#)

[Simmering Chinese Chicken](#)

[Teriyaki Chicken Wings](#)

## **HAM**

[Linguine with Ham and Mushrooms](#)

[Red Beans and Rice](#)

## **PASTAS**

[Linguine with Creamy Clam Sauce](#)

[Linguine with Ham and Mushrooms](#)

[Pasta Primavera](#)

[Seafood Linguine Mornay](#)

[Spaghetti with Meat Sauce](#)

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[Wolf Creek Macaroni and Cheese](#)

## **SEA FOOD**

[Linguine with Creamy Clam Sauce](#)

[Sea Food Linguine Mornay](#)

[Shrimp Creole](#)

[New England Clam Chowder](#)

## **SOUPS**

[Chicken Soup](#)

[Harvest Stew](#)

[New England Clam Chowder](#)

## **VEGETARIAN**

[Calzone](#)

[Pasta Primavera](#)

[Vegetarian Lasagna](#)

[Wolf Creek Macaroni and Cheese](#)

[Zucchini Pie](#)

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## **RECIPES**



## **TERIYAKI CHICKEN WINGS**

- 1 bag of frozen chicken wings
- 1 cup of soy sauce
- 3/4 cup brown sugar

- 1 Tbsp. vinegar
- 1 tsp. garlic salt
- 1 tsp. ginger

Divide chicken wings between 2 or 3 one gallon bags. In a 4 cup measuring cup assemble remaining ingredients and stir. Divide teriyaki sauce between the 2 or 3 bags of chicken wings, and Freeze. To prepare chicken wings, thaw overnight in the refrigerator. Place wings in a large baking pan along with teriyaki sauce. Heat oven to 400° and bake for 30 minutes turning once. Serve with rice and steamed broccoli. NOTE: I add the chicken wings from the chickens which I have cut up to this dish.



## LINGUINE WITH CREAMY CLAM SAUCE

- 1 (9oz. can) chopped clams, drained (reserve the juice)
- 3 cups ricotta cheese
- 3 tsp. oil
- 1 1/2 cups chopped onions
- 3 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. basil
- Dash pepper
- 3 cups cooked linguine

In a blender, combine ricotta cheese and clam juice and process till smooth. Set aside. In a skillet, heat oil over medium heat. Add onions and garlic. Saute until softened, 1 to 2 minutes. Add reserved ricotta mixture and stir to blend. Reduce heat to low and simmer for 5 to 7 minutes, stirring frequently. Add clams, salt, basil and pepper and simmer until heated, 1 minute. Allow to cool. Place mixture in 1 gallon bag and freeze. To serve, thaw sauce in refrigerator over night. Heat ricotta sauce in large sauce pan. In the mean time, prepare linguine per package directions. Drain linguine and combine with sauce. Serve with salad and French bread.



## SPAGHETTI WITH MEAT SAUCE

- 1 Tbsp. plus 1 tsp. oil
- 1 cup each diced onion and bell pepper
- 2 cloves garlic minced
- 4 cups canned whole tomatoes pureed
- 1 pound ground beef browned and drained
- 2 Tbsp. each fresh parsley and tomato paste
- 1 bay leaf
- 1/4 tsp. each oregano, salt, pepper and basil
- 4 cups cooked spaghetti
- 2 Tbsp. plus 2 tsp. Parmesan cheese

In a large skillet, heat oil over medium heat. Saute onions, peppers and garlic until onion is translucent. Add the remaining ingredients except spaghetti and cheese. Stir to blend. Reduce heat and simmer, stirring occasionally, until thick, about 1 1/2 to 2 hours. Remove and discard bay leaf. Allow to cool. Place in freezer container or bag and freeze. To serve, thaw sauce in refrigerator overnight. Heat sauce in large sauce pan. Meanwhile prepare spaghetti per package directions. Drain spaghetti. Serve sauce over spaghetti and sprinkle with cheese. Serve with green salad and a steamed vegetable. NOTE: Sauce may be prepared in crock pot on high for 2 to 3 hours on cooking day or overnight on low.



## STROGANOFF

- 1 lb. hamburger
- 1 medium onion chopped (about 1/2 cup)
- 2 Tbsp. flour
- 1 tsp. salt
- 1 clove garlic minced or 1tsp garlic salt
- 1/4 tsp. pepper
- 1 can (4oz.) mushrooms drained
- 1 can condensed cream of mushroom soup
- 1 cup sour cream

Hot cooked rice Brown hamburger and onions in large skillet until hamburger is light brown. Stir in flour, salt, garlic, pepper and mushrooms. Cook, stirring constantly, for 5 minutes. Stir in soup. Heat to boiling, stirring constantly, then reduce heat and simmer

uncovered for 10 minutes. Do not add sour cream until ready to serve. Allow to cool and place in freezer container or bag and freeze. To serve, thaw Stroganoff in refrigerator over night. Heat Stroganoff, then add sour cream, till just warmed. Serve over hot rice. Add salad and some steamed vegetable.



## RED BEANS AND RICE

- 1/2 lbs. small red beans
- 1/2 lbs. chopped ham
- 1 large chopped onion
- 3 stocks chopped celery
- 1 Tbsp. chopped parsley
- 1/2 green pepper chopped
- 1 or 2 bay leaves
- 2 large crushed cloves of garlic
- 1/2 stick. margarine
- Pepper to taste
- 1 Tbsp. worcestershire sauce
- Tabasco to taste
- Salt to taste
- 3 cups cooked white rice

Soak beans overnight prior to cooking day in ample water. Next day drain the beans and place in a heavy kettle. Add the ham, onion, celery, parsley, bay leaves, garlic, and add enough water to barely cover the contents. Bring to a boil and then reduce to a simmer. Simmer uncovered for 2 hours, being careful that beans don't stick or become too dry. Add water if needed. After first 2 hours of cooking, add margarine, pepper, Worcestershire and Tabasco to pot. Cook for 1 hour more over low heat with lid on pot. Correct seasonings to taste. Allow to cool and place in container or freezer bag. To serve, thaw beans in refrigerator over night. Heat in large pot. Serve over rice with a green salad.



## LINGUINE, HAM AND MUSHROOMS

- 1 (12oz.) package linguine
- 2 Tbsp. margarine
- 2 Tbsp. flour
- 1/2 tsp. salt
- 1 (12oz.) can evaporated lowfat milk
- 1 (4oz.) can mushrooms drain and save liquid
- 1 1/3 cup water
- 1 chicken bouillon cube
- 4 cups cubed ham
- 1/2 cup Romano or Parmesan cheese
- 2 sliced green peppers

Cook linguine in a large pot per package directions and drain. While linguine cooks, melt margarine in medium sauce pan over low heat. Stir in flour, salt and evaporated milk. Bring to boil stirring constantly, for 1 minute. Add liquid from mushrooms, water and bouillon cube. Cook over medium heat, until slightly thickened, stirring constantly. Return linguine to large pot and add sauce, mushrooms, ham and green pepper. Stir to blend. Allow to cool. Place in container or freezer bag and freeze. To serve, thaw linguine in the refrigerator over night. Over medium heat, in large pot, heat through, adding additional milk if needed for moisture. Serve with salad.



## WOLF CREEK MACARONI AND CHEESE

- 1 Tbsp. margarine
- 1 medium onion, chopped
- 1/4 cup flour
- 1 cup milk, warmed
- 1 cup chicken broth
- 3/4 lb sharp cheddar cheese, shredded
- 1 Tbsp. dijon mustard
- 3 large sliced carrots
- 4 cups broccoli pieces
- 2 cups cauliflower pieces
- 1 1/2 cups dried elbow macaroni

Melt margarine in large sauce pan and saute onions till limp ( 5 min.). Stir in flour and remove from heat. Add milk and broth, stirring until smooth and blended. Return to high heat and stir till

boiling. Add cheese and mustard. Reduce heat to low and stir till cheese is melted. Keep warm. Bring 3 quarts water to boil in large 6-8 qt. pan. Add macaroni and vegetable. Cook, uncovered, until vegetables are just tender and macaroni is al dente, about 7 minutes. Drain well. Place pasta into extra large mixing bowl and mix with sauce. Allow to cool. Place into large freezer container or 1 gallon bag and freeze. To serve, thaw overnight in the refrigerator. Place pasta in large pot to heat on the stove top or into a large microwave safe bowl and heat on high for 5-7 minutes or until hot, stirring once or twice. Serve with a fruit or jello salad. NOTE: Chopped ham or chicken maybe added if you wish.



## VEGETARIAN LASAGNA

- 
- 1 Tbsp. oil
- 1 cup chopped onions
- 6 cloves garlic, minced
- 1 1/2 cups tomato sauce
- 1 cup canned Italian tomatoes, drained and chopped, reserve liquid
- 1 1/2 tsp. salt, divided
- 1 tsp. each oregano and basil
- 1/2 tsp. pepper, divided
- 2 (4oz. cans) mushroom pieces
- 2 packages ( 10 oz. each) frozen chopped spinach, thawed and drained
- 2 cups lowfat ricotta cheese
- 1 egg, beaten
- 8 oz. lasagna noodles, cooked according to package directions
- 12 oz. jack or cheddar cheese, shredded and divided

In 3 quart saucepan, heat oil over medium heat. Add onions and garlic and saute until softened, 1 to 2 minutes. Add tomato sauce, tomatoes, 3/4 tsp. salt, oregano, basil, 1/4 tsp. pepper and the bay leaf and mix well. Reduce heat to low and simmer , stirring occasionally, for 25 to 30 minutes. Remove and discard bay leaf. In medium bowl, combine spinach, ricotta cheese, egg, remaining 3/4 tsp. salt and 1/4 tsp. pepper and mix well. In bottom of 13 x 9 x 2 inch baking dish spread 1/2 cup tomato mixture; arrange half of the lasagna , lengthwise in bottom of pan, overlapping edges. Spread half the

spinach mixture over noodles; spread half the tomato sauce and half the cheese. Repeat the layers, ending with a layer of cheese. Allow to cool. Freeze. To serve, thaw overnight in the refrigerator. Preheat oven to 350°F. Bake until the lasagna is cooked through and the cheese is lightly brown, about 40 to 50 minutes. Remove from the oven and allow to stand 15 minutes before serving. Serve with a large green salad, corn and french bread.



## EASY CHICKEN SUPREME

- 2/3 cup plus 4 tsp. dried bread crumbs
- 4 Tbsp. plus 2 tsp. flour
- 5 chicken breast, deboned and skinned
- 1 egg, lightly beaten
- 3 tsp. each margarine and oil
- 1 (4oz. can) mushroom pieces
- 1/2 cup chicken broth

In a large bowl combine the bread crumbs and flour. In a smaller bowl lightly beat the egg. Dip the chicken breast in the egg and then dredge in the crumbs. In a large skillet, heat the margarine and oil over medium high heat. Cook the chicken until lightly browned, 2 to 3 minutes. Remove to a plate and keep warm. Add mushrooms to skillet and saute 1 to 2 minutes. Sprinkle with the remaining flour and stir quickly. Add the broth and cook until mixture thickens, about 1 minute. Allow to cool. Freeze the chicken in one bag and the gravy in another bag. To serve, thaw overnight in the refrigerator. Place the gravy in the bottom of a skillet and then place the chicken breast on top. Heat over low to medium heat, adding milk if the gravy gets to thick. Heat 5 minutes or until hot. Serve with rice or noodles, steamed vegetable, salad .



## HEAVENLY HAMBURGER

- 1 1/3 cups each chopped onions and green peppers
- 3 cups Italian tomatoes, chopped and reserve 1/2 the liquid

- 1 lb ground beef, cooked and crumbled
- 1 (10oz can) sliced, pitted olives
- 1/2 tsp. salt
- Dash of pepper
- 2 to 3 drops of Tabasco sauce
- 1/2 cup diced American cheese
- 2 cups egg noodles, cooked per package directions

In a large skillet, over medium heat, saute onions and peppers until soft, 2 to 3 minutes. Add tomatoes, reserved liquid, ground beef, olives, salt, pepper and mix well. Allow to cool. Freeze hamburger and noodles in freezer container or bag. To serve, thaw overnight in the refrigerator. In a large skillet place hamburger and noodle and cook over medium heat till heated through, about 10 minutes. Add cheese and cook until cheese is melted, 2 to 3 minutes. Serve with a salad and a vegetable.



## HARVEST STEW

- 1 lb ground beef, cooked and crumbled
- 1 cup sliced celery
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup frozen corn
- 1 cup diced potatoes
- 4 cups water
- 2 tsp. salt
- 1/4 tsp. pepper
- 1 bay leaf
- 1/8 tsp. basil
- 1 (16oz can) diced tomatoes

In a large pot or kettle, combine and simmer all ingredients, except tomatoes. Simmer over medium high heat for 20 minutes. Add the tomatoes and continue to simmer for 10 minutes more. Allow to cool. Place in a freezer container and freeze. To serve, thaw overnight in the refrigerator. Place stew in a large pot and heat through. Serve with a salad and french bread or rolls.



## OVEN FRIED CHICKEN

- 1(3 to 5 lb) chicken, cut apart or chicken parts of desired choice
- 1/2 cup flour
- 1/3 cup Parmesan cheese
- 1/2 cup cracker crumbs
- 3 tsp. season salt
- 1 1/2 tsp. garlic salt or powder
- 1 tsp. basil
- 1/2 tsp. oregano
- 1/4 tsp. pepper
- 1/2 tsp. salt

In a freezer bag combine all the spices and flour and store until the day you bake your Oven Fried Chicken. Place the chicken pieces in a freezer bag and freeze. To serve, thaw chicken overnight in the refrigerator. Preheat oven to 400°F. Spray a cookie sheet with nonstick spray. Dredge the chicken in the flour mixture and place on cookie sheet. Bake for 30 minutes. Turn chicken over and continue to cook for 30 minutes more.



## CALZONE

### Dough

- 1 1/2 tsp. dry yeast
- 1 Tbsp. honey
- 1 cup warm water ( by wrist test)
- 1 1/2 tsp. salt
- 2 1/2 to 3 cups flour (white, wheat or mixed)

### Filling

- 1 lb ricotta cheese

- 2 cloves garlic crushed
- 1/2 cup minced onion
- 1 lb fresh spinach or 1 (16oz) frozen package
- 2 cups grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 Tbsp. margarine
- Salt and pepper to taste
- Dash of nutmeg

To make filling, wash, remove the stem and finely chop spinach. Steam the spinach quickly on medium high heat. When wilted and deep green in color, it is done. Set aside. In a medium skillet saute the onions and garlic in margarine till clear and soft. In a bowl combine all ingredients and mix well. Add salt and pepper to taste. Place filling in a freezer bag and freeze. To prepare calzones, thaw filling in the refrigerator overnight. Prepare the crust per the following instructions; Combine the first three ingredients in a bowl, allow to soften. Next add the salt and the flour and mix well. Knead the dough for 10 to 15 minutes. Cover and let rise until double in size about 1 hour. Punch the dough down. Divide the dough in to 2 equal pieces (or make 1 large calzone) and roll out to 1/4 inch thick. Fill with 1/2 cup to 3/4 cup filling on one half of the dough circle(s), leaving a 1/2 inch rim. Moisten the rim(s) with water, place another dough circle over the bottom one and seal (if making one large calzone, fold 1/2 over the top of the other) . Crimp the edges with a fork to seal. Prick dough to allow it to vent. Preheat oven at 450°F . Place calzones on a oiled cookie sheet and bake for 15 to 20 minutes or till crisp. Brush the top with melted margarine when you remove it from the oven. Serve with a large green salad. NOTE: Frozen bread dough may be used instead. Calzones may be served with a tomato sauce on top.



## DEEP DISH PIZZA

### Topping

- 1 lb ground beef, cooked and crumbled
- 1 (16oz. can) whole tomatoes, drained and chopped
- 1 Tbsp. minced onion
- 1 tsp. oregano
- 1/4 tsp. salt
- 1/4 tsp. pepper

- 1/8 tsp. garlic salt or powder
- 1 small green pepper, sliced
- 1 (4oz. can) mushroom stems and pieces
- 2 cups grated mozzarella cheese

## Dough

- 1 package yeast
- 1 cup warm water
- 1 tsp. sugar
- 1 tsp. salt
- 2 Tbsp. oil
- 2 1/2 cups all purpose flour

To prepare the topping, mix cooked ground beef with the tomato, onion and spices. Allow to cool. Place in a 1 gallon freezer bag. Place the sliced green peppers in a bag and the mozzarella in a bag also. Store the canned mushrooms till you prepare the pizza. Freeze the meat, peppers and cheese together so that they are easy to find. To prepare the pizza, thaw the meat, peppers and cheese in the refrigerator overnight. Prepare your dough by dissolving the yeast in the warm water. Add the other ingredients and beat vigorously for 20 strokes. Let the dough rest for 5 minutes. Oil a 9x13 baking dish and press the dough over the bottom and up the sides, until it reaches all the edges. Cover the dough with the meat mixture, peppers, mushrooms and then the cheese. Bake at 425°F for 20 to 25 minutes. Serve with a large green salad. NOTE: Frozen bread dough maybe used instead.



## TEXAS HASH

- 1 lb ground beef, cooked and drained
- 1 Tbsp. oil
- 3 large onions, chopped
- 1 large green pepper, chopped
- 1 (16oz. can) whole tomatoes, chopped
- 1/2 cup regular rice
- 1 to 2 tsp. chili powder
- 2 tsp. salt
- 1/8 tsp. pepper
- 1 cup grated cheese, cheddar or jack

In a skillet saute the onion and green pepper till tender. In a large bowl, combine the browned beef with the rest of the ingredients and mix well. Freeze in a 1 gallon bag. To prepare, thaw the hash overnight in the refrigerator. Preheat oven to 350°F. Place the hash in a 2 qt. casserole dish and bake for 1 hour. Sprinkle with grated cheese and serve. Serve with a salad and corn on the cob.



## CHICKEN ENCHILADAS

- 1 cup chopped onion
- 4 cloves garlic, minced
- 3 cups Italian tomatoes, chopped and drained, reserve the liquid
- 1 (4oz. can) mushrooms stems and pieces
- 1 (3oz. can) mild diced green chilies
- 1/4 tsp. pepper
- 2 tsp. salt
- 1 lb chicken, cooked and chopped
- 1 (4 to 6oz. can) chopped olives
- 1 dozen corn tortillas
- 1 lb cheddar cheese, grated

Spray a large skillet with nonstick spray. Saute the onions and garlic, till soft,(1 minute). Add the tomatoes with the liquid, mushrooms, chilies, salt and pepper and cook until the sauce is thickened, 5 to 8 minutes, stirring often. Transfer half the sauce to a bowl and add the chicken, stirring to mix. Allow to cool. Place the remaining sauce in one freezer bag and the chicken mixture in another bag and freeze. You can also freeze the tortillas with these two bag and they will be fresh when you are ready to prepare the dinner. To prepare, thaw the sauce and the chicken in the refrigerator overnight. Preheat the oven at 375°F. In a skillet, over medium heat, warm the tortillas till they are soft and flexible, about 1 minute. Remove the tortilla and lay flat. Spread some cheese along the center and top with 1 to 2 spoonfuls of chicken. Roll the tortillas closed and place seam side down in a 9x13 casserole pan. Repeat till the pan is full or you have used all the tortillas. Pour the reserved sauce over the enchiladas and top with the remaining cheese. Bake for 15 to 20 minutes and the top is browned. Each serving maybe topped with a drop of sour cream and some chopped green onions. Serve with a large green salad.



## SHRIMP CREOLE

- 1 medium onion chopped
- 2 tbsp. margarine
- 1 cup chopped green pepper
- 1/4 cup chopped celery
- 1 bay leaf
- 1 tsp. parsley
- 1 tsp. salt
- 1/8 tsp. cayenne pepper
- 1 (6oz. can) tomato paste
- 2 cups water
- 2 cups shrimp, cleaned and cooked

In a 2 qt. sauce pan, saute onion in margarine until tender, 2 to 3 minutes. Stir in the remaining ingredient, except the shrimp. Cook over low heat, stirring occasionally, for 30 minutes. Add the shrimp and stir. Allow to cool. Place in a freezer container and freeze. To serve, thaw overnight in the refrigerator. Place the Creole in a 2 qt. sauce pan and heat through. Remove the bay leaf and serve over hot rice. Add a green salad to complete the meal.



## SIMMERING CHINESE CHICKEN

- 1 (4 lb) chicken, cut apart
- 1 tbsp. oil
- 1/2 cup water
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1 Tbsp. catsup
- 1/4 cup sherry, apple juice or orange juice
- 1/2 to 3/4 tsp. crushed red pepper
- 2 cloves garlic, minced
- 1 green onion, sliced
- 2 Tbsp. cornstarch

- 1 Tbsp. water
- 2 tsp. toasted sesame seeds

Place the chicken in a 1 gallon freezer bag. In a bowl mix together the oil, water, soy sauce, sugar, catsup, sherry or juice, red peppers, garlic and onions. Add the sauce to the chicken and seal the bag. Freeze. To prepare, thaw the chicken overnight in the refrigerator. Place the chicken in a 3 qt. casserole and cover. Microwave on high for 5 minutes then, for 15 minutes on medium high. Turn the chicken pieces and return to the microwave for 15 to 20 minutes on medium high. Remove the chicken to a platter. Blend the cornstarch and the water and add to the remaining sauce. Microwave on high for 1 to 2 minutes or until thick. Sprinkle the sesame seeds over the chicken and serve the sauce on the side. Serve with hot cooked rice and steamed broccoli. NOTE: This dish may be baked at 350°F for 1 hour, stirring once.



## SEAFOOD LINGUINE MORNAY

- 4 Tbsp. margarine divided
- 2 cups broccoli florets
- 1 (4oz. can) mushroom, pieces
- 1 cup diced onion
- 4 Tbsp. flour
- 4 cups milk
- 4 oz. shredded cheese (jack or swiss)
- 4 oz. Parmesan cheese Salt and pepper to taste
- 8 oz. each crab meat and shrimp (imitation crab meat maybe used)
- 4 cups hot cooked linguine, prepared according to package directions

In a large skillet, heat 2 Tbsp. margarine till hot. Add the broccoli, mushrooms and onions and cook until tender crisp. Remove with a slotted spoon and set aside. In the same skillet, heat the remaining margarine. Add the flour and stir. Cook for 1 minute. Gradually, add in the milk, stirring till smooth. Cook over medium until thickened, stirring constantly. Add the cheese and stir until melted. Return the vegetables and add the seafood, mixing well. Allow to cool. Place the sauce in a freezer container or bag and freeze. To prepare, thaw overnight in the refrigerator. Prepare the linguine according to the

package directions and drain, keep the pasta hot. In a large sauce pot, heat the sauce till hot. Combine the pasta and the sauce, mixing well. Serve with a salad and french bread.



## FIESTA CHICKEN

- 10 corn tortillas, cut in half
- 2 eggs
- 1 pint small curd cottage cheese
- 1/3 cup chopped green onion
- 1 lb jack cheese, sliced
- 2 (7oz. cans) whole green chilies
- 8 chicken breast, deboned and skinned
- 1 (6oz. can) sliced black olives
- 1 cup grated cheddar cheese

In a medium bowl, mix together the cottage cheese, eggs and onions. Line the bottom of a 9 x 13 inch pan with half the tortillas. Place half the cheese mixture over the tortillas. Next, layer with half the jack cheese. On a cutting board split open the chilies on one side and remove the seeds. Lay half the chilies on top of the jack cheese. Add the chicken breast as the middle layer. Repeat all the layers, except the chicken, in their proper order. Pour the enchilada sauce on top. Top with grated cheese and the olives. Freeze. To prepare, thaw overnight in the refrigerator. Preheat the oven at 350°F . Bake for 1 hour. Let stand 15 minutes before serving. Serve with a salad and corn. NOTE: This dish can be frozen in freezer bags and assembled on the day you prepare this dish. Just freeze ingredients in their separate bags.



## NEW ENGLAND CLAM CHOWDER

- 1 large onion, chopped
- 1/2 cup diced bacon or lean salt pork
- 2 to 3 (8oz. cans) minced clams, drained (reserve the liquid)
- 2 cups finely chopped potatoes

- 1/2 tsp. salt
- Dash of pepper
- 2 cups milk

In a 2 qt. sauce pan, cook the onions and bacon until the onion is tender and the bacon is crisp. Add enough water, if necessary, to the reserved clam liquid to measure 2 cups. Add the clams, liquid, potatoes, salt and pepper and stir till well mixed. Heat to boiling, then reduce heat. Cover and simmer until the potatoes are tender, about 15 minutes. With a potato masher or a spoon, try to mash most of the potatoes if you prefer a creamy soup. Allow to cool. Place the soup in a freezer container or bag and freeze. To serve, thaw overnight in the refrigerator. Place the soup into a 2 qt. sauce pan and add the milk. Heat through, stirring occasionally. Serve with a salad and warm french bread or rolls.



## CORNISH HENS WITH MUSTARD CRUST

- 1/4 cup margarine, melted
- 1/4 cup dijoin mustard
- 1Tbsp fresh or dried rosemary, crumbled
- 2 cloves garlic, minced
- 4 Cornish hens

Remove the neck and giblets from the hens. Wash and dry the hens. With poultry shears or a knife, split the hens lengthwise along one side of the back bone. You may either separate the two halves or leave as one piece. Freeze the hens in freezer bags. To prepare, thaw the hens overnight in the refrigerator. Preheat the oven to 450°F. In a bowl, combine the margarine, mustard, rosemary and garlic. Pull the hens open and place skin side up on a flat surface and press flat to crack the rib bones slightly, until the hens lie flat. Pat the hens dry. Coat the hens on both sides with the mustard mixture. Bake for 25 to 30 minutes or until the meat is no longer pink. Serve with rice or pasta and a vegetable and salad.



## ZUCCHINI PIE

- 4 cups thinly sliced zucchini
- 1 cup chopped onion
- 1/4 to 1/2 cup margarine
- 1/2 cup chopped fresh parsley or 2 Tbsp. dried parsley
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. garlic salt
- 1/4 tsp. basil
- 1/4 tsp. oregano
- 2 eggs, beaten
- 2 cups grated cheddar or jack cheese
- Dijon mustard
- Frozen or homemade deep dish pie crust

In a large skillet saute the zucchini and the onion in the margarine for about 10 minutes. Allow to cool and place in a freezer bag. Combine the spices in a bag and store till the day you prepare this dish. In a bowl, combine the eggs and the cheese and stir. Place the cheese mixture in a freeze bag. Freeze the zucchini and the cheese next to each other so that they will be easier to retrieve. Store the pie crust in the freezer. To prepare, thaw over night in the refrigerator. Drain any extra liquid from the zucchini before assembling. Preheat the oven to 375°F. In a large bowl combine the zucchini, cheese and spices, mixing well. Remove the frozen pie crust or assemble your own now. Coat the pie crust with a thin layer of disjoin mustard and fill with the zucchini mixture. Bake at 375°F for 18 to 20 minutes. Important, let stand for 10 minutes before serving. Serve with rolls.



## PASTA PRIMAVERA

- 2 cup evaporated skim or lowfat milk
- 3 eggs
- 1 cup ricotta cheese
- 3 Tbsp. margarine
- 4 clove garlic, minced
- 1/2 cup Parmesan or Romano cheese
- 1/2 tsps each basil and oregano
- Dash of pepper
- 3/4 cups each cooked broccoli florets, cauliflower florets and

- sliced carrots
- Hot cooked linguine or fettucine

In a blender combine milk, eggs, and ricotta cheese and process till smooth; set aside. In a large skillet heat margarine over medium heat. Add garlic and saute till softened, 1 minute. Reduce heat to low and add the egg mixture, cheese, spices and pepper. Cook, stirring constantly, until sauce thickens, 3 to 5 minutes. Allow to cool. Place in a freezer container or bag and freeze. To prepare, thaw the sauce overnight in the refrigerator. Prepare the pasta according to the package direction and cook the vegetables with the pasta. Drain and keep hot. Heat the sauce in a large sauce pan till heated through. Combine the sauce and the pasta and serve. Serve with a salad and french bread or rolls.



## OVEN ROASTED CHICKEN

- 1 (4lb) chicken, whole
- 1/2 cup margarine, softened
- 1/2 cup fresh chopped parsley
- 2 cloves garlic, chopped
- 1 tsp basil
- 1/2 tsp thyme
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbsp. oil Salt and pepper

Remove the chicken from its wrapper. Remove the neck and giblets from the body cavity. Wash and pat the chicken dry. Combine the margarine, parsley, garlic, spices, salt and pepper. Blend well to make a thick paste. Use your fingers to loosen the skin from the breast area and the tops of the legs of the chicken. Be careful to not break the skin. Gently push the paste under the skin and cover as much area as possible, using all the herb paste. Place the chicken in a freezer bag and freeze. To prepare the chicken, thaw overnight in the refrigerator. Preheat the oven to 450°F. Brush the chicken skin with the oil and dust with salt and pepper. Place the chicken breast side up in lightly oiled roasting pan. Place in the oven and immediately lower the temperature to 350°F. Bake for 1 to 1 1/2 hours or until the chicken releases clear juices, when pierced. Let the chicken rest for 5 to 10 minutes. Serve with roasted potatoes, steamed vegetables, a

salad and bread.



## CHILI CON CARNE

- 1 lb hamburger
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 3 Tbsp. chili powder or to taste
- 1/2 Tbsp. whole cumin seeds
- 1 Tbsp. worcestershire sauce
- 1 (28oz. can) tomatoes, pureed
- 1 green pepper, seeded and chopped
- 1 lb kidney beans soaked and cooked or enough can beans to equal 1 pound
- Salt and pepper to taste

In a 2 qt sauce pan, brown the hamburger with the onion, garlic and chili powder. When the meat is browned, drain off the fat and add the remaining ingredients, including the beans. Simmer for at least 1 1/2 hours or until the beans are tender. A little water maybe added if the chili becomes a bit dry. Allow to cool. Place the chili in a freezer container or bag and freeze. To serve, thaw the chili overnight in the refrigerator. Place the chili in a 2 qt pan and heat through, over medium heat. Serve with crackers, french bread or rolls and a green salad. A spoonful of sour cream or some grated cheese is nice on top.



## TACOS

- 1 lb hamburger
- 1 cup onion, chopped
- 1 package taco seasoning mix
- Tomatoes
- Chopped Olives
- Sliced or chopped Lettuce
- Shredded Cheddar cheese, grated
- Corn or flour tortillas, or taco shells

## Options:

Radishes, chopped Cucumber, chopped Green pepper, chopped Avocado, sliced or chopped Salsa or Sour Cream

In a large skillet, brown the hamburger with the onions. Drain off the fat and add the package of seasoning mix. Cook per the package directions. Allow to cool. Grate the cheese and place in a freezer bag. Place the meat in a freezer container or bag. Freeze both bags. You may also freeze the soft corn or flour tortillas if you wish. To prepare, thaw the meat, cheese and tortillas overnight in the refrigerator. Place the meat in a sauce pot and heat on medium, till hot. Meanwhile, chop your fresh vegetables and assemble the rest of the ingredients. The soft tortillas maybe warmed in a skillet and the hard shell tortillas maybe warmed in the stove per package directions.



## CHICKEN SOUP

- 1 onion, chopped
- 2 tsp oil
- 1 to 2 cups cooked chicken, chopped
- 2 qts chicken broth, canned or homemade
- 1/2 tsp salt
- 1 tsp basil
- 1 Tbsp. fresh parsley, chopped
- 3 carrots, grated
- 1/2 cup celery, sliced
- 1 cup mushrooms, sliced
- 1 (8oz. package) bow tie pasta

In a large sauce pot, saute the onion till tender. Add the remaining ingredients, except the pasta . Bring to a boil, then reduce to a simmer. Cook for 1 1/2 hours. Allow to cool and place in a freezer container. To prepare, thaw soup overnight in the refrigerator. Place the soup in a large pot and heat. Add the pasta and cook for 20 to 25 minutes. Serve with rolls or bread and a salad.



## FAJITAS

- 5 Tbsp. oil
- 1/4 cup lime juice
- 1/2 tsp cumin
- 1/8 tsp cayenne
- 1 lb boneless and skinless chicken breast, cut into thin strips
- or
- 1 lb flank steak, cut diagonally across the grain, into thin strips
- 1 large red pepper, cut into thin strips
- 1 large yellow pepper, cut into thin strips
- 1 large green pepper, cut into thin strips
- 1 onion, sliced thin
- 1 clove garlic, minced
- 1/4 tsp pepper
- Flour tortillas
- Shredded cheese
- Sour cream
- Guacamole

In a bowl, mix together 2 Tbsp. oil, lime juice, cumin and cayenne. Add the meat and stir to coat. Place the meat with the marinade in a freezer bag. Slice all the peppers, onions and mince the garlic and place in a large freezer bag. Freeze both bags. To prepare, thaw the marinated meat and the vegetables. In a large skillet, heat 1 Tbsp. oil until very hot. Add the meat, with the marinade and stir-fry over high heat until the meat is cooked, 3 to 5 minutes. Remove from the skillet and set aside. Add the remaining 2 Tbsp. oil to the skillet and heat until very hot. Add the peppers, onion and garlic and stir-fry till tender crisp, 3 to 5 minutes. Return the meat to the skillet and heat through. Serve with warm tortillas and assorted extras.



## SKILLET DINNER

- 1 lb hamburger
- 1 onion, chopped

- 1 green pepper, chopped
- 1 cup celery, sliced
- 1 cup frozen corn
- 1 (4oz. can) mushroom pieces
- 1 cup frozen peas
- 1 cup sliced zucchini
- 1 cup broccoli florets
- 2 cups rice
- 3 1/2 cups water

In a large skillet, brown the hamburger and the onion. Drain off any fat. Add the remaining ingredients, except the water, and mix well. Allow to cool and place in a freezer container and freeze. To prepare, thaw over night in the refrigerator. Place in a large skillet over high heat and add water. Bring to a boil and then reduce heat to low and simmer for 15 to 20 minutes. Serve with a salad.





# WELCOME

## The On-Line Cookbook

### Cookbook

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# CHAPTER 123456789

## ON YOUR OWN

Now that you have completed your first month of 30 meals, I want to talk to you about incorporating your own recipes into The 30 Day Meal Plan. I know your family already has some favorite meals and that you would like to start including these dishes in your meal plans. I want to encourage you to try converting your favorite family recipes and experimenting with new ones.

To convert your own recipes, you need to consider several factors. Can this recipe be applied to a 30 meal plan? Can it be prepared and then frozen, to be served later? At what point in a recipe do you stop your preparations and freeze? Will freezing certain foods affect their texture or taste? Are there foods that should not be frozen?

Consider these tips about freezing.

- Do not freeze raw vegetables or potatoes as it will affect their texture and color.
- Some dairy products do not freeze well by themselves, such as heavy or whipping cream and cottage cheese.
- Instant rice will become mushy. Do not over cook pastas that will be frozen. When reheated, pastas can become mushy.

Always remember, never allow frozen meat to thaw and then try to refreeze the meat without cooking the meat first.

When adding your own recipes, try not to attempt dishes which are too complicated. Simple dishes are much easier to convert. Read through the recipes to see if the 30 day method will work. Some recipes will be simple to convert. Stroganoff was easy for me to add to my menu selection. It is a simple recipe to assemble, cook, freeze

and heat for dinner. Still other recipes will be difficult and you will have to decide if you want to bother with converting them to The 30 Day Meal Plan. For those difficult recipes, you might want to place them on your calendar and then prepare them from scratch on that night for dinner. Still, be sure to buy all your ingredients for that dish when you do your shopping for all the other meals.

You will need to be able to judge at which point to stop your preparations of a meal and freeze. Can it be frozen as a finished product and then only need to be reheated or does it need to be cooked fully before serving? Does the recipe require being placed in several containers for freezing or will you assemble it all in one dish, such as lasagna?

You also need to be able to figure out the amounts of the ingredients needed for each recipe. Always recheck your shopping list and remember to check over your stocked foods and spices. Note the meat conversion amounts provided for raw meats to cooked meats. Then decide how many pounds of raw chicken, beef or ham you need to meet the amount requirements for your meal. It is also helpful to know how many cups of grated cheese are derived from one pound.

- 1 lb. of raw ground beef = 2 1/2 cups cooked and crumbled beef.
- 1 lb. ham = 3 cups of cubed ham.
- 1 (4 lb.) whole chicken, cooked and deboned = 4 cups of cooked and chopped chicken.
- 1 lb. of cheese = 4 cups of grated cheese. (remember if you use sharp cheese you will not require as much per recipe).
- 1 medium onion or green pepper = about 1 cup chopped.

Try to keep a balance in the number of meat dishes you prepare. Such as having 8 chicken dishes, 8 beef dishes, 4 ham dishes, 3 fish dishes, 3 soups and 4 vegetarian dishes or whatever combination suites your family. Also feel free to change your menus to suit the seasons. In the summer when it is hot, salads may be much easier. If that is the case, you could convert your menu to include meats marinated for bar be que. Also pre-cook and freeze meats to later be used in salads. Even consider freezing some soups that will be served chilled. The possibilities are endless. You can even use this menu plan to help with your holiday cooking.

I hope you have enjoyed this book and your first month of 30 meals. You are on the road to more freedom and family time. As I said earlier, it gets easier and you become more proficient each month you prepare your 30 meals. This book was designed as a guide

for your first month of meals and all the months to follow.  
Congratulations on your accomplishment and good luck.



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5th Floor, San Francisco, California, 94105, USA.

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