



January 2010 Cooking Instructions

Beef Stroganoff

Thaw completely. Place beef and spices and beef broth in the crockpot. Cook on low 7-8 hours or on high 5-6 hours. Uncover, turn crockpot to high, add mushroom mixture. Stir. Cook uncovered 30 minutes, stirring several times. Meanwhile; cook eggnoodles in boiling water for 5-7 minutes, set aside. Serve beef stroganoff with egg noodles.

Bistro Style Mac and Cheese

Thaw completely. Preheat oven to 400*. Spray a 8X10 baking dish with nonstick cooking spray. Bring a pot of water to a boil. Add penne pasta and boil for 10-12 minutes. Drain well and place back into pot. Pour contents of milk/prosciutto bag into pot on top of pasta. Place into prepared baking dish. Sprinkle gruyere cheese on top. Bake uncovered until cheese melts and thickens, about 15-20 minutes. Allow to cool 5-10 minutes.

Buttermilk Oven Baked Chicken

Thaw completely. Preheat oven to 400°F. Spray a cookie sheet with Pam and place in oven for 5 minutes. Remove chicken from buttermilk and add to bag with breadcrumbs. Shake bag to coat well. Place chicken on baking sheet and bake for 15 minutes. Turn chicken and then bake for an additional 15 minutes or until done and internal temperature reaches 165°F.

California Meatloaf

Thaw completely. Preheat oven to 350*. Onto each meatloaf spread half of the ketchup mixture on top. Bake, covered with foil for about one hour, or until browned and juices run clear. Serve with Herb Risotto **Herb Risotto** Add rice and herbs to medium skillet with 1 cup of water over medium-high heat. Stir continually and add more water, slowly after water in skillet is absorbed by the rice, by the cup until rice is fully cooked. Serve with meatloaf

Chicken and Corn Chowder

Thaw completely in refrigerator. Place contents of pepper bag into large pot over medium heat. Sauté until the onion is tender, about 5 minutes. Slowly add the soup mixture into pot. Increase the heat to medium-high and bring to a boil. Reduce heat to low and simmer for 30 minutes. Stir in the cheese and serve in bread bowls, provided. **Bread Bowls** Preheat oven to 400*. Place frozen rolls directly on oven racks and bake 10 – 12 minutes, until lightly browned and crusty.

Greek Chicken Casserole

Thaw completely. Preheat oven to 375* Heat a large skillet with 1 Tablespoon Olive Oil over medium heat. Add the onions, sauté for 3 minutes. Add the thyme/garlic into pan; sauté. Increase heat to medium-high and add potatoes. Saute until potatoes brown. Stir in green bean/ tomato bag to pan. Remove from heat. Place chicken breasts in a large baking dish. Pour potato/vegetable mixture over chicken. Sprinkle with the feta cheese. Cover and bake for 40-45 minutes.

Peppered Salmon with Yogurt-Lime Marinade

Thaw completely in refrigerator. Pour marinade in a shallow dish and add salmon to dish. Cover and let marinade for at least 30 minutes and up to one hour; turning often. Preheat broiler. Place salmon on baking pan. Broil Salmon for 6-8 minutes or until fish is opaque.

Rustic Beef and Ale Stew

Thaw Completely. In a large skillet over medium-high heat, heat 1 Tbs. olive oil. Add beef; cook until browned, stirring often. Remove with slotted spoon and place in Crock Pot. Top beef with vegetables. Add liquid bag to skillet. Wisk until smooth, scraping skillet to remove any browned bits. Pour over beef and vegetables in slow cooker. Stir to mix meat and vegetables. Cover and cook on HIGH for 4 hours or until beef is tender and mixture has thickened.

Scallops Piccata

Thaw completely. Cook Spaghetti according to cooking directions, set aside. Sprinkle scallops on both side with salt and pepper. Heat 2 tablespoons olive oil in large skillet over medium-high heat. Reduce heat to medium, add the scallops; cook, turning once, until browned on both sides. About 6 minutes total. Transfer scallops to a plate. Cook garlic in same pan over medium/high heat stirring often; 1-2 minutes. Add the wine/stock mixture. Bring to a boil and cook until thickened. Stir in lemon juice/capers, add the butter. Cook until butter melts. Return scallops to pan add cooked pasta. Gently toss. Stir in parsley

Southwestern Shredded Pork Sandwiches

Thaw completely. Pour entire contents of bag into a crock-pot. Cover with lid and cook on low for 7-9 hours. Pull meat apart with 2 forks to shred. Place on French rolls provided. Enjoy!

French Rolls Preheat oven to 400 degrees. Place frozen rolls directly on oven racks and bake 5-7 minutes, until lightly browned and crusty..

Spiced Honey Rubbed Pork Tenderloin

Thaw completely. Preheat oven to 450°F. Place on foil lined baking sheet. Bake for 20 minutes, then baste with dressing and honey mixture and continue baking for 10 - 15 minutes or until done and internal temp reaches 165°F. Let rest 10 minutes, serve.

Thai Coconut Chicken Tenders with Lemon Pepper Rice

Thaw completely. Preheat oven to 350*. Place chicken in a large baking dish and pour the coconut sauce over the top of the chicken. Bake covered for about 30-35 minutes or until chicken is fully cooked and reaches an internal temp of 165*. Cook rice according to cooking instructions. **Add lemon pepper seasoning to pot of boiling water, once you add the rice.** Serve with chicken.

Vegetable Stuffed Braided Bread

Thaw completely. Preheat oven to 375 F. Unwrap bread from foil and place parchment wrapped dough on baking sheet. Unwrap top of parchment and open to expose the top of the bread. Place in oven and bake for 20-25 minutes or until golden brown. Serve with warmed pizza sauce.