

## **Home Cooked Food the Easy Way**

You can cook once and eat 4 or more times with the chicken, turkey, ham, dried beans, or roast you make in the crock pot. Depending on how many people you have in your family.

The beginning recipes for each category are for cooking and dividing up the meat to Freeze. I have recipes and ideas for each section. Even though I've added recipes The best way to use this is to add them to your favorite recipes!

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### **Roast**

Cook one large roast add beef bullion and cover with water. Cook 12 to 14 hours on low

Decide on 4 to 5 (or more) of the meals below.

Take out the roast and let cool. For dinner you could have sliced for sandwiches or with green beans and mashed potatoes. Then slice or dice up the rest for some of the recipes below. Each recipe will take a different amount of beef some just a cup and some more. Put each in a freezer bag and write what it's for in permanent marker. Then freeze for when you need them.

## **1-sliced for sandwiches**

Sauces/Condiments to choose from:

Horseradish  
mayonnaise  
mustard  
Dijon mustard  
bbq sauce  
catsup

Vegetables to choose from:

lettuce  
tomato  
onion

Bread to choose from:

rye  
regular  
wheat  
rolls  
buns

## **2-diced over salad**

Ingredients to choose from:

Lettuce  
tomatoes  
cucumbers  
carrots  
celery  
mushrooms  
Hard-boiled eggs  
shredded cheese  
broccoli  
cauliflower  
sunflower seeds  
croutons

### **3-diced in tacos**

Ingredients to choose from:

Lettuce  
tomato  
shredded cheese  
flour tortillas  
corn tortillas  
tortilla corn chips  
taco seasoning  
salsa  
picante sauce  
sour cream  
guacamole

### **4-diced in taco salad**

Ingredients to choose from:

Lettuce  
Tomato  
taco seasoning  
shredded cheese  
tortilla corn chips  
onions  
sour cream  
salsa  
picante sauce  
guacamole

### **5-diced in beef fajitas**

Ingredients to choose from:

onion  
green pepper  
tomato  
chili powder  
flour tortillas  
guacamole  
sour cream  
salsa  
picante sauce

### **6-diced with gravy over toast, biscuits, rice, or mashed potatoes**

1/4 c. meat stock or beef bouillon  
1/4 c. all-purpose flour  
1 can beef broth  
1 c. diced beef

In a pan put meat stock or bouillon and flour and mix over medium heat. Then slowly stir in beef broth. Cook until it boils and starts getting thick. You must stir the whole time. Makes around 2 cups.

### **7-diced in spaghetti**

Make your spaghetti sauce as you usually do or use a jar of spaghetti sauce. Then add your diced beef to the sauce. Cook your spaghetti noodles as per the package directions. Add your diced beef.

### **8-diced in chili**

2 cans or 3 cups beans  
1 pkg. chili seasoning  
1 c. diced beef  
1 can tomato sauce

Put everything together into a pan and cook on medium heat till heated. Or make your chili the way you like it and instead of ground beef add your diced beef.

### **9-diced in beef stew**

2 c. diced beef  
1 pkg. frozen stew vegetables (carrots, potatoes etc...)  
Flour  
water  
rice (optional)

Or make your stew the way you normally would and then add your diced beef for the meat.

### **10-diced in pot pie**

1-2 c. diced beef

1 can mixed vegetables

1 pkg. biscuits read to cook

Put beef and mixed vegetables in the bottom of baking dish.

Then put the biscuits on top spaced evenly.

Cook per the biscuits recipe on the pkg.

### **11-sliced for dinner**

Slice and eat beef with mashed potatoes and green beans.

### **12-diced in jalapeno cornbread casserole**

1 can corn

1-2 c. diced beef

1 c. cheese (cheddar, shredded)

1 pkg. corned bread mix

1 pkg. taco seasoning

1 can jalapeno's (optional, sliced)

Make the corned bread per the pkg. instructions. (add jalapenos if you want them now). Mix taco seasoning and corn with beef with a Tablespoon of water. (Add more water if needed) Put into the bottom of the baking dish. Put drained corn on top of beef and spread it across the beef. Put cheese on top of the corn.

Then spread cornbread mixture over the top.

Cook per the cornbread pkg. instructions.

### **13-diced in beef and noodles**

1 can cream of mushroom soup  
1 pkg. beef and onion soup mix  
1 c. water  
3 c. beef (diced)  
1 pkg. wide egg noodles

Preheat oven to 400°F.

In a 9x13 inch baking dish, combine the mushroom soup, beef and onion soup mix, and water.

Mix thoroughly and add beef.

Coat well.

Bake in preheated oven for 30 minutes

While beef is baking, bring a large pot of water to a boil.

Add pasta and cook for 8 to 10 minutes, drain.

Serve beef and sauce all over noodles.

### **14-diced in lasagna**

10 oz. lasagna noodles  
3 c. beef diced  
3 c. cottage cheese  
2 eggs  
1 t. garlic powder  
2 T. dried parsley  
dash salt and pepper  
1 6 oz. can tomato paste  
2 6 1/2 oz cans tomato sauce

Preheat oven to 375 degrees

Bring a large pot of water to a boil. Add lasagna noodles and cook for 8 to 10 minutes, drain.

Using a fork, mix cottage cheese, eggs, garlic powder, parsley, salt and pepper. In a separate bowl combine tomato paste and tomato sauce.

In a 9x13 inch baking pan, layer noodles, beef, tomato sauce mixture and cottage cheese mixture. Two layers of each will fit. Cover with tin foil and bake for 30 minutes. Remove tin foil the last 10 minutes of baking time.

### **15-diced in stroganoff**

3 c. beef  
1/2 c. onions (diced)  
1 t. garlic powder  
1/4 t. salt  
1/2 t. pepper  
1 can cream of mushroom soup  
1 c. sour cream  
egg noodles (cooked)

Heat beef in large skillet.

Add onions.

Drain grease.

Stir in soup, garlic powder, salt, and pepper.

Simmer.

When you're ready to serve stir in sour cream.

Serve over noodles.

### **16-sliced Philly Cheese Steak**

Beef cut very thin  
onions  
mushrooms  
provolone cheese or Cheese Whiz  
hoagie rolls

### **17-diced in beef Enchilada**

3 c. beef (diced)  
1 onion (chopped)  
1 can enchilada sauce  
10 flour tortillas  
2 c. Cheddar cheese (shredded)  
1 can black olives (sliced and drained)

Preheat oven to 350 degrees.

In a skillet over medium high heat, add beef and onion until beef is heated and onion is tender.

Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish. On each flour tortilla, place an equal portion of the beef mixture and about 1 oz. of Cheddar cheese, reserving at least 1/2 cup of cheese. Then tightly roll the tortillas and place seam side down in the baking dish.

Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives. Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is melted.

### **18-diced in Shepard's pie**

Mashed Potatoes  
1 to 2 c. beef (diced)  
1 can mixed vegetables (drained)  
3 c. beef (diced)  
1 onion (chopped)  
8 slices american cheese  
salt and pepper

Preheat oven to 350, grease pan. Sauté onions in 2 teaspoons butter.

Remove onions and sauté beef salt and pepper to taste in same pan until heated.

Drain and discard grease. Layer beef, then onions.

Add 4 slices american cheese, layer vegetables, top with 4 slices cheese. Top with mashed potatoes, top with remaining slice of cheese. Bake for 45 minutes to 1 hour until cooked through. Allow to rest for 5 minutes. Serve. Can be made a day ahead then baked.

### **19-diced in Burritos**

3 c. beef (diced)  
1 pkg. taco seasoning  
1 can ranch style beans  
1 pkg. flour tortillas  
1 lb. Velveeta cheese  
1 can Mexican Rotel

Preheat oven to 350 degrees.

Cook beef and taco seasoning. Then add ranch beans. Put into tortillas and roll up. Spray 9x13 dish with cooking spray. Put rolled up tortillas in pan.

Melt Velveeta and add rotel then pour over burritos

Cook 30 min.

### **20-diced in Goulash**

8 oz. wide noodles (cooked)  
2 c. onions (sliced thin)  
3 T flour  
1 T. paprika  
3 to 4 c. beef (diced)  
2 t. salt  
1/4 t. pepper  
1 bay leaf  
2 cans stewed tomatoes  
1 c. celery (sliced thin)  
1 dash garlic powder  
1 pinch parsley flakes

Put beef in pan and heat. Add flour then everything else except the noodles. Cook until the onions and celery are tender. Pour goulash over noodles.

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## **==Turkey==**

Cook one turkey breast add Lipton onion soup mix and cover with water. Cook 12 to 14 hours on low

Decide on 4 to 5 (or more) of the meals below.

Take out the breast and let cool. For dinner you could have sliced for sandwiches or with stuffing and mashed potatoes. Then slice or dice up the rest for some of the recipes below. Each recipe will take a different amount of Turkey some just a cup and some more. Put each in a freezer bag and write what it's for in permanent marker. Then freeze for when you need them

### **1-sliced for sandwiches**

Large loaf of french or italian bread  
swiss cheese  
lettuce  
tomato  
italian dressing  
onions  
olives

### **2-diced over salad**

Lettuce  
tomatoes  
cucumbers  
carrots  
celery  
mushrooms  
hard boiled eggs  
shredded cheese  
broccoli  
cauliflower  
sunflower seeds  
croutons

### **3-diced with gravy over toast, biscuits, rice, or mashed potatoes**

How to make gravy:

1/4 c. meat stock or chicken bouillon  
1/4 c. all-purpose flour  
1 can chicken broth  
1 c. diced chicken

In a pan put meat stock or bouillon and flour and mix over medium heat. Then slowly stir in chicken broth. Cook until it boils and starts getting thick. You must stir the whole time. Makes around 2 cups.

### **4-diced in chili**

2 cans or 3 c. beans  
1 pkg. chili seasoning  
1 c. diced turkey  
1 can tomato sauce

Put everything together into a pan and cook on medium heat till heated. Or make your chili the way you like it and instead of ground beef add your diced chicken.

### **5-diced in stir fry**

1 T. vegetable oil  
3 c. chicken (diced or in strips)  
1 can Golden Mushroom soup  
3 T. soy sauce  
1 t. garlic powder  
1 bag frozen stir-fry vegetable combination (thawed)  
Rice (cooked)

Heat oil in skillet. Add chicken and stir-fry.

Add soup, soy and garlic. Heat to a boil. Add vegetables, and cook until tender. Serve over rice.

### **6-diced in pot pie**

2 deep dish pie crust pastries (9 inch)  
2 cans cream of chicken soup  
16 oz can mixed vegetables  
2 c. chicken (cubed)  
1/2 t. pepper  
1/2 c. milk

#### Directions:

Put pie crust into 9" pie plate. mix all ingredients and put into pie crust. Put on a baking sheet.  
Bake for 45 minutes at 375 degrees.

### **7-diced in turkey salad sandwiches**

#### Ingredients:

2 c. broth or water  
2 chicken bouillon cubes  
1 1/2 t. curry powder  
2 c. Minute White Rice (uncooked)  
1 c. chicken (chopped)  
3/4 c. mayo  
1 red or green pepper (chopped)

Bring broth or water, bouillon and curry powder to a boil in a pan. Pit in rice, and stir. Cover, and remove from heat.  
Let stand 5 minutes.

Add chicken, mayonnaise and chopped pepper, mix.  
Refrigerate. Serve cold.

### **8-diced in turkey and rice soup**

3 c. water  
2 c. chicken broth  
1 t. rosemary  
1/4 t. pepper  
10 oz. mixed vegetables (frozen or canned)  
1 c. Minute white rice  
2 c. chicken (chopped)  
16 oz. tomatoes (diced)

In a pan, mix water, broth, rosemary and pepper.  
Bring to a boil. Put in the vegetables and rice.  
Return to boiling then reduce the heat.  
Cover and simmer for 10 to 15 minutes.  
Stir in the turkey, and undrained tomatoes, heat.

### **9-diced in turkey and noodles**

4 c. chicken broth  
1 t. onion (minced)  
1/4 t. garlic (minced)  
1 1/2 c. cooked chicken (diced)  
1 c. frozen peas  
1/2 t. celery salt  
1 dash ground pepper  
2 T. pimientos (diced)  
1 1/2 c. egg noodles (cooked)

Bring the broth to a boil in a pot. Add onion, garlic, turkey, peas, celery salt, pepper, and pimientos.  
Turn heat to simmer and cover. For 10 minutes.  
Add the cooked noodles and simmer for 5 minutes.

### **10-diced in turkey vegetable soup**

1 c. chicken (diced)  
water to fill pot  
2 carrots (diced)  
leftover green beans  
4 c. vegetables (celery, onions, fresh spinach, cabbage, etc.)  
2 c. rice

Put everything into a pot and fill with water.  
Bring to a boil, then reduce heat to simmer for  
an hour to an hour and a half.

### **11-sliced for dinner**

12-diced in Turkey and rice casserole

Ingredients:

1 1/2 cup cubed cooked turkey  
3 cups leftover seasoned rice or cooked rice  
1 cup sliced cooked asparagus, or other vegetable  
1 cup turkey gravy  
1/2 cup dairy sour cream

In a large bowl mix together turkey, rice and asparagus.

Combine gravy and sour cream.

Pour over turkey mixture and mix well. Turn into a greased 1 1/2 quart casserole. Bake in a 350 F degree oven for 30 to 40 minutes.

### **13-sliced Turkey and dressing**

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Sauce:

2 1/4 c. chicken broth  
1/2 c. butter or margarine  
1/2 t. salt  
1 t. dried thyme  
1/4 t. each: dried marjoram, rosemary and  
1/4 c. fresh parsley, chopped  
2 T. dried chives

Dressing:

1 lb. sliced bread  
1 lb. bulk pork sausage  
1/2 c. butter or margarine  
4 c. celery -- thinly sliced  
3 c. carrots -- thinly sliced  
1/2 lb. fresh mushrooms -- chopped  
1/2 lb. fully cooked ham -- cubed  
2 c. green onions -- sliced  
2 c. chopped pecans  
1 . apple, chopped  
1 c. dried apricots, chopped  
1 T. rubbed sage  
2 t. dried marjoram  
1 t. dried rosemary  
1 t. salt  
1/4 t. ground nutmeg  
4 eggs, lightly beaten  
16 pounds turkey  
1 cup chicken broth

In a pan, bring broth, butter and salt to a boil. Add herbs; set aside. Toast bread; cut into 1/2" cubes. Place in a bowl. In a skillet, brown sausage; remove with slotted spoon and add to bread. Add butter to drippings; sauté celery, carrots, mushrooms, ham and onions for 15 minutes. Add to bread mixture; stir in next eight ingredients. Add eggs and 3/4 cup basting sauce; mix lightly. Stuff turkey with about 8 cups dressing. Skewer openings; tie drumsticks together. Place on rack in roasting pan. Baste with some of remaining basting sauce. Bake, uncovered at 325 degrees for 5 to 5-1/2 hours or until thermometer reads 185 degrees, basting every 30 min. When turkey begins to brown, cover lightly with foil. Add broth to remaining dressing; mix lightly. Place in a greased 2-1/2 qt baking dish; chill. Cover and bake at 325 degrees for 1 hour; uncover and bake 10 min.

## **14-diced in enchiladas**

3 T. vegetable oil  
1/2 c. vegetable oil  
1 3/4 c. finely chopped onions  
1 can enchilada sauce  
5 tomatoes, finely chopped  
1 1/2 t. finely chopped canned chilies  
1 c. chopped fresh cilantro  
3 c. coarsely shredded cooked turkey  
2 c. grated Monterey Jack cheese  
3/4 c. sour cream  
12 corn tortillas

Heat 3 tablespoons oil in large saucepan over medium heat. Add 1 1/2 cups onions and sauté until tender, about 5 minutes. Add enchilada sauce, tomatoes and chilies. Cover; simmer 20 minutes, stirring often. Remove from heat. Stir in 1/2 cup cilantro. Season sauce with salt and pepper. Mix turkey, 1 1/2 cups cheese, sour cream, 1/4 cup onions and 1/2 cup cilantro in bowl. Season with salt and pepper. Preheat oven to 350 degrees. Heat 1/2 cup vegetable oil in medium skillet over medium heat. Cook 1 tortilla until pliable, about 20 seconds per side. Drain on paper towels. Repeat with remaining tortillas. Spread 1/2 cup sauce in baking dish. Spoon 1/4 cup turkey mixture in center of each tortilla. Roll up tortillas. Arrange seam side down in dish. Spoon 2 1/2 cups sauce over enchiladas. Sprinkle with 1/2 cup cheese. Bake enchiladas until heated through, about 30 minutes. Rewarm remaining sauce in saucepan over medium-low heat.

### **15-Turkey and Ham Tettrazzini**

7 oz. spaghetti noodles - uncooked  
1 can cream of mushroom soup  
1 can condensed cream of chicken soup  
3/4 c. milk  
2 T. dry white wine  
2 c. chopped cooked turkey or chicken  
1/2 c. chopped smoked ham  
1 green bell pepper -- chopped  
1/2 c. halved pitted ripe olives  
1/2 c. grated Parmesan cheese

Heat oven to 375 degrees. Cook spaghetti as directed on package; rinse with cold water and drain. Mix soups, milk, and wine in ungreased 2-quart casserole. Stir in spaghetti, turkey, ham, and bell pepper, and olives. Sprinkle with cheese. Bake uncovered about 35 minutes or until hot.

### **16-shredded in BBQ sandwiches**

3 c. shredded turkey  
1 bell pepper, chopped  
1 red pepper, chopped  
1 onion, chopped  
1 c. barbecue sauce  
1/4 t. cayenne pepper  
4 hamburger buns

Heat turkey in skillet. Put in peppers, onion and cook. Add BBQ sauce and cayenne pepper. heat through. serve on buns.

### **17-sliced in teriyaki**

3 T. teriyaki sauce  
1/2 t. crushed red pepper  
4 to 6 turkey slices  
1/4 c. mayo  
1 T. fresh lime juice  
1 clove garlic, crushed  
1 1/2 c. thinly sliced cabbage  
1/2 c. grated carrot  
1/2 c. fresh cilantro

Combine 2 tablespoons teriyaki sauce and crushed pepper in a shallow dish. Add turkey, toss to coat well. Cover and refrigerate for 30 minutes. Combine mayonnaise, remaining 1 tablespoon of teriyaki sauce, lime juice and garlic in a medium bowl. Add cabbage, carrot and cilantro, and mix well. Coat a large nonstick skillet with cooking spray and place over medium-high heat. Add ground turkey, breaking in small pieces. Cook for a few minutes. To serve, arrange turkey in pita halves or tortillas (warmed) and top with cabbage mixture. Cooked brown rice mixed with cucumber slices compliments this dish well. Sprinkle with chopped peanuts if desired.

### **18-sliced in Dijon mustard sauce**

4 to 6 turkey slices  
1/2 c. Dijon mustard  
1/4 t. rosemary  
1/2 t. onion powder  
1/4 t. salt  
1/4 t. garlic powder  
1/4 t. pepper

Mix everything together except turkey. Put turkey slices in a dish and pour Dijon mustard mix over the top.  
Microwave 2 to 4 minutes.

### **19-sliced in citrus**

4 to 6 c. turkey (sliced)  
1/2 t. parsley  
1/2 t. thyme  
1/2 t. rosemary  
1/2 t. black pepper  
1/2 t. paprika  
2 oranges  
1 lemon

Place slices of turkey in dish. Cut lemon and oranges and squeeze over the top. Sprinkle everything else over the top.

Microwave 2 to 4 minutes

### **20-sliced with salsa**

4 slices turkey  
1 c. salsa

Microwave uncovered on High 2 minutes minutes. Pour salsa over top.

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## **==Chicken==**

Cook one chicken add chicken bouillon and cover with water. Cook 12 to 14 hours on low.

Decide on 4 to 5 (or more) of the meals below.

Take out the chicken and let cool. For dinner you could have sliced for sandwiches or with corn, and mashed potatoes. Then dice up the rest for some of the recipes below. Each recipe will take a different amount of chicken some just a cup and some more. Put each in a freezer bag and write what its for in permanent marker. Then freeze for when you need them

### **1-sliced for sandwiches**

### **2-sliced for dinner**

### **3-diced over salad**

Lettuce  
tomatoes  
cucumbers  
carrots  
celery  
mushrooms  
hard boiled eggs  
shredded cheese  
broccoli  
cauliflower  
sunflower seeds  
croutons

#### **4-diced in chicken salad sandwiches**

2 c. broth or water  
2 chicken bouillon cubes  
1 1/2 t. curry powder  
2 c. rice (uncooked)  
1 c. chicken (chopped)  
3/4 c. mayo  
1 red or green pepper (chopped)

Bring broth or water, bouillon and curry powder to a boil in medium saucepan. Stir in rice; cover and remove from heat. Let stand 5 minutes. Cool.

Add chicken, mayonnaise and chopped pepper; mix lightly. Refrigerate. Serve cold.

#### **5-diced in chicken and noodle soup**

2 stalks celery (chopped)  
2 carrots (chopped)  
1 onion (sliced)  
2 t. salt  
1/2 t. pepper  
1 t. dried basil  
4 c. noodles (uncooked)  
3 c. chicken (chopped)  
3 c. water

Put everything into a pan and cook per noodle pkg. directions time.

### **6-diced in chicken and rice soup**

2 T. butter  
1/2 onion (peeled and diced)  
1 leek (sliced)  
1 carrot (diced)  
1 stalk celery (diced)  
6 c. chicken broth  
1/2 c. rice  
1/4 t. thyme  
1/4 t. basil  
1 dash celery seeds  
4 t. parsley (chopped)  
Salt and pepper to taste

Heat butter in pan. When hot, add onion and leek. Add herbs. Cover and cook 3 to 4 minutes over medium heat. Add remaining vegetables and season with salt and pepper. Cover and cook for 3 to 4 more minutes. Put chicken broth in and bring to a boil. Put in the rice and stir. Then cook 16 minutes over medium heat. garnish with parsley.

### **7-diced in stir fry**

1 T. vegetable oil  
3 c. chicken (diced or in strips)  
1 can Golden Mushroom soup  
3 T. soy sauce  
1 t. garlic powder  
1 bag frozen stir-fry vegetable combination (thawed)  
Rice (cooked)

Heat oil in skillet. Add chicken and stir-fry until browned.

Add soup, soy and garlic. Heat to a boil. Add vegetables, and cook until tender-crisp. Serve over rice.

### **8-diced in pot pie**

2 deep dish pie crust pastries (9 inch)  
2 cans cream of chicken soup  
16 oz. canned mixed vegetables  
2 c. cooked chicken (cubed)  
1/2 t. pepper  
1/2 c. milk

Prepare pie crust pastry. Pat one crust into a 9" pie plate. Combine filling ingredients and pour into pastry lined pie plate. Place remaining pastry on top and make several slits in it. Place on a baking sheet. Bake for 45 minutes at 375 F.

### **9-diced with gravy over toast, biscuits, rice or mashed potatoes**

### **10-diced in Creole**

3 c. chicken (diced)  
Salt and pepper to taste  
Creole-style seasoning to taste  
1 can 14 1/2 oz. stewed tomatoes  
1 stalk celery (diced)  
1 green bell pepper (diced)  
3 cloves garlic (minced)  
1 onion (diced)  
1 can 4 oz. mushrooms (drained)  
1 fresh jalapeno pepper (chopped)

Put everything in pan and heat up.

### **11-diced in chicken vegetable soup**

### **12-diced in chicken casserole**

3 c. chicken (diced)

1 can chunky vegetables

1/2 c. milk

1/2 c. sour cream

1 can cream of chicken soup

3/4 c. Bisquick baking mix

1/4 c. yellow or white cornmeal

3/4 c. milk

1 egg

2 c. Cheddar Cheese (shredded)

Turn oven to 375 degrees. In a saucepan put chicken, milk, sour cream and the soup. Bring to a boil. Remove from heat and put into baking dish.

Mix together everything else but the cheese and pour over chicken in baking dish.

Sprinkle with Cheese.

Bake 20 to 25 minutes.

### **13-sliced for chicken parmesan**

1 egg

Slices of chicken

1/2 c. Italian seasoned dry bread crumbs

2 T. butter

2 c. spaghetti sauce

1/2 c. mozzarella cheese (shredded)

1 T. Parmesan cheese (grated)

1 T. parsley flakes

4 c. spaghetti noodles (cooked)

Dip chicken in egg, and bread crumbs. Melt butter in skillet.

Put chicken in skillet set to medium heat. Brown on both sides.

Take chicken out.

Then put spaghetti sauce in skillet and boil. Add chicken.

Put heat on low.

Cover and cook a few minutes.

Sprinkle with cheese and parsley.

Cover and cook till cheese is melted.

Serve over spaghetti noodles

#### **14-shredded BBQ chicken sandwiches**

4 c. chicken (shredded)

Honey BBQ Sauce:

1 c. BBQ sauce

1/3 c. honey

1 clove garlic (chopped)

Mix together ingredients for Honey BBQ sauce.

Put BBQ sauce in a sauce pan and heat through.

Serve over heated chicken.

#### **15-strips in chicken fajitas**

3 c. chicken (strips)

2 t. vegetable oil

1 onion

2 t. chili powder

1 t. garlic powder

1 t. onion powder

1 green bell pepper

1 red bell pepper

1/2 lime

8 flour tortillas

Coat the chicken with the spices.

Put oil into skillet.

Fry chicken strips.

Add Lime juice.

Serve on flour tortillas

Optional toppings:

Chopped green onions

Chopped tomato

Salsa

Shredded Mexican-style cheese

Sour cream

Guacamole

Sliced black olives

### **16-diced in chicken and dressing**

1 pkg. chicken-flavored stuffing mix  
4 c. chicken (diced)  
1/4 c. BBQ sauce

Prepare stuffing mix according to package directions. Place in bottom of a casserole dish. Arrange chicken breasts over stuffing, and pour BBQ sauce on top. Cover, and bake at 400 degrees for 35 minutes. Serve with additional barbecue sauce, if desired.

### **17-Chicken Casserole**

2 c. Chicken (Chopped)  
1/2 c. Mayonnaise  
1 c. Sour Cream  
1/2 c. Cheddar Cheese (grated)  
2 cans Cream of Chicken Soup  
1 t. Curry Powder  
1/2 c. bread crumbs

For topping:  
Bread crumbs

Mix all ingredients except bread crumbs.  
Add topping on top. Bake 375 degrees for 45 minutes

### **18-diced in Chicken Quesadillas**

8 flour tortillas  
3 c. cheese (shredded)  
3 c. chicken (diced)  
1 T. chipotle hot sauce

Heat chicken up then put everything on heated tortilla.

### **19-diced in fettuccine**

3 c. chicken (diced)  
1/4 c. Green onions (chopped)  
1 teaspoon Garlic (minced)  
14 1/2 oz. Canned tomatoes (drained and chopped)  
1 T. Basil  
1 c. Heavy cream  
2 Egg  
3/4 c. Parmesan cheese  
8 oz. Fettuccine (cooked)  
1 c. Peas (frozen and thawed)  
1 1/2 c. Mushrooms (fresh and sliced)

Cook chicken, green onions, garlic, tomatoes and basil in sauce pan.

Cover and heat through. Stir in cream, eggs, and parmesan cheese.

Stir till sauce is thickened.

Add fettuccine, peas, and mushrooms.

Cover and heat through.

### **20-diced in tacos**

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## **==Ham==**

Cook one Ham add ham bouillon and cover with water. Cook 12 to 14 hours on low

Decide on 5 to 6 (or more) of the meals below.

Take out the ham and let cool. For dinner you could have sliced for sandwiches or with green beans and mashed potatoes. Then slice, or dice up the rest for some of the recipes below. Each recipe will take a different amount of ham some just a cup and some more. Put each in a freezer bag and write what its for in permanent marker. Then freeze for when you need them.

### **1-sandwiches**

### **2-sliced for dinner**

### **3-diced in ham salad**

4 c. Lettuce  
1/4 c. Fully cooked ham (diced)  
1/4 c. Salami (shredded)  
2 Hard-boiled egg (sliced)

Dressing:

1/4 c. Mayo  
4 t. Ketchup  
2 t. Sweet pickle relish  
2 t. Green onion (chopped)  
1/2 t. Lemon juice  
1/4 t. Salt

On a plates, arrange lettuce, ham, salami and eggs. In a small bowl, combine dressing ingredients. Mix well. Serve over salad.

#### **4-diced over salad**

Lettuce  
tomatoes  
cucumbers  
carrots  
celery  
mushrooms  
hard boiled eggs  
shredded cheese  
broccoli  
cauliflower  
sunflower seeds  
croutons

#### **5-sliced in scalloped potatoes**

6 slices baked ham  
4 potatoes(sliced thin)  
1 onion  
2 T. flour  
1 c. half and half

Preheat oven to 400 degrees.

Layer ham, potatoes and onion in baking dish. Combine flour with a small amount of half and half to make a paste, then add the rest of the half and half.

Pour over casserole and bake approximately 40 minutes, or until potatoes are tender and casserole is lightly browned.

### **6-diced in casserole with hash browns**

20 oz. frozen hash brown potatoes

1 c. peas (frozen)

1 1/2 c. ham (diced)

1 1/2 c. cheddar cheese (shredded)

1 can cream of mushroom soup

2/3 c. dry milk powder

1 c. water

1/4 cup onion (diced)

1 t. dried parsley

Combine the potatoes, peas, ham, and cheese in the baking dish. Combine the soup, milk powder, water, onion, and parsley. Pour over potatoes. Stir gently to combine.

Cook for 30 minutes at 350 degrees.

### **7-diced in ham and beans**

Soak dried beans for 4 hours or overnight. Put beans in crock pot and cover with water at 10 p.m. Put cooked diced ham in crock pot 1 hour before serving.

### **8-with pineapple**

4 slices ham

2/3 c. brown sugar (packed)

1 T. prepared mustard

1 can sliced pineapple (drained but keep liquid)

Heat oven to 325 degrees. Mix sugar, mustard and 2/3 cup reserved pineapple liquid.

Brush over ham. Bake. Before ham is ready, place pineapple slices on ham.

In saucepan, simmer remaining syrup mixture until thickened. Brush pineapple and ham with hot syrup mixture.

### **9-diced in split pea soup with ham**

2 c. split green peas (dried)  
1 onion (chopped)  
1/4 teaspoon ground black pepper  
2 bay leaves  
1 1/2 c. ham diced  
8 c. water  
1 t. salt  
1/2 t. dried oregano  
2 carrots (peeled and chopped)

Rinse peas well. Place the peas and the remaining ingredients in a sauce pan. Bring to a boil. Reduce heat and cover. Simmer the soup for 90 minutes, until the peas are tender. Uncover the soup and simmer for 30 more minutes, until the peas are soft. Stir the soup occasionally.  
Serve.

### **10-diced in broccoli and ham casserole**

1 pkg. frozen broccoli cuts (thawed and drained)  
3 c. cooked ham (cubed)  
1 can cream of mushroom soup  
8 oz. processed cheese sauce  
1 c. milk  
1 c. uncooked instant rice  
1 celery stalk (chopped)  
1 onion (chopped)

Combine broccoli and ham in sauce pan. Combine soup, cheese sauce, milk, rice, celery and onion; stir into broccoli mixture. Cover, cook on low for 30 minutes or until rice is tender.

### **11-diced in jambalaya**

Soak dried beans for 4 hours or overnight.  
Put beans in crock pot and cover with water  
at 10 p.m. (will be ready the next evening  
to eat).

Put cooked diced ham and box of jambalaya mix  
in crock pot 1 hour before serving.

### **12-diced in ham and cheese quiche**

3 c. ham (chopped)  
1 c. cheddar cheese (shredded)  
1 c. mozzarella cheese (shredded)  
1/2 c. heavy Cream  
1/2 c. water  
5 eggs  
3/4 c. broccoli (chopped)  
salt, pepper, dry mustard

Lightly spray with nonstick cooking  
spray a pie pan or quiche pan. Sprinkle  
cheeses into pan; put ham and broccoli  
over cheese.

Mix remaining ingredients together  
and pour over top.

Bake in preheated 350 degrees oven  
for 35 minutes, or until eggs are  
cooked and it is lightly browned

### **13-diced in ham and eggs**

eggs  
milk  
diced ham

mix eggs and milk together  
add ham and scramble in  
skillet.

### **14-diced in casserole**

2 c. ham (diced)  
1 c. cooked lima beans  
1 c. cream-style corn  
1 c. Cheddar cheese (shredded)  
1 t. Worcestershire sauce  
2 T. onion (minced)  
1 egg  
1/4 c. milk  
1/3 c. cornmeal  
2/3 c. biscuit mix

Mix ham, beans, corn, cheese, onion and Worcestershire sauce. Pour into greased casserole. Bake covered for 15 minutes. 350 degrees.

Mix remaining ingredients and spread evenly over casserole. Bake uncovered for 15 to 20 minutes.

### **15- diced in mini pizzas**

refrigerator biscuits  
pizza sauce  
mozzarella cheese  
diced ham

flatten biscuits  
spoon on a little pizza sauce  
add diced ham  
sprinkle with cheese  
bake per biscuit instructions

### **16-ham and eggs on muffins**

12 english muffins  
12 slices ham  
12 eggs (scrambled, fried or poached)  
12 slices American cheese

Split muffins and fill with ham, eggs, cheese.

Wrap individually in foil. Freeze.

To Serve: Place thawed foil-wrapped sandwich in oven at 400 degrees for 20 minutes. Can also microwave by removing foil wrap and wrapping in damp white paper towel. Microwave for a few minutes. I usually microwave the frozen sandwich at 50 percent for about 2 minutes.

### **17-ham steaks**

Glaze:

3 T. honey  
2 T. bourbon  
1 T. soy sauce  
2 t. garlic powder  
1/2 t. dry mustard

2 ham slices

Combine ingredients for glaze.

Have the temperature of the grill high and grill the ham steaks for 7-9 mins., turning once and brushing with glaze halfway through the cooking. Pour remaining glaze over ham steaks before serving.

### **18-diced in Baked Mac 'n Cheese with Ham**

1 pkg. macaroni  
1/4 c. butter  
1 can 16 oz. tomato sauce  
1 onion (chopped)  
1 clove garlic (minced)  
1/2 t. salt  
1/4 t. pepper  
2 c. ham (diced)  
1 1/2 c. Cheddar cheese (grated)

Cook macaroni according to directions on package.  
Melt butter in saucepan and add tomato sauce, onion, garlic, salt, and pepper. Simmer 10 minutes.

Add ham and 3/4 cup of the cheese. Heat until cheese melts. Stir in cooked, drained macaroni. Pour into greased 2 quart casserole. Sprinkle remaining cheese on top. Bake at 350 degrees for 30 minutes.

### **19-diced in Swiss cheese Ham and Noodle Casserole**

1 pkg. noodles (cooked and drained)  
2 c. ham (cubed)  
2 c. swiss cheese (shredded)  
1 can cream of celery soup  
1 c. sour cream  
1/2 c. green bell pepper (chopped)  
1/2 c. onion (chopped)

In a greased baking dish, layer a third of the noodles, ham and cheese. In a small bowl, combine soup, sour cream, green pepper and onion; spread half over the top. Repeat layers.

Bake, uncovered, at 350 degrees for 40-45 minutes or until heated through.

## **20-Casserole**

- 2 c. ham (cubed)
- 1 onion (chopped)
- 1 lb. bag mixed vegetables (thawed and frozen)
- 2 cans cream of potato soup
- 3 c. prepared instant mashed potatoes
- 1 pkg. chives and onion cream cheese (softened)
- 1/4 c. Parmesan cheese (grated)

Heat oven to 400 degrees. In skillet over medium heat, sauté ham and onion until browned. In bowl, combine vegetables, Spam mixture, and soup. Spoon into 3-quart casserole dish.

In bowl, combine mashed potatoes and cream cheese. Spread over Spam mixture. Sprinkle with Parmesan cheese. Bake 25 to 30 minutes or until hot and bubbly.

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## **Beans (dried) ==**

Put beans in container and put water over the top to cover. In order to soften they must be that way at least 4 hours (I usually do it over night). Then put in crock pot and cook Low: 15 to 17 hours.

Decide on 4 to 5 (or more) of the meals below.

Take out the beans and let cool. For dinner you could have beans and ham. Then dice up the rest for some of the recipes below. Then put a cup or two in each bag. Put each in a freezer bag and write what its for in permanent marker. Then freeze for when you need them.

### **1-jambaylaya**

Soak dried beans for 4 hours or overnight.  
Put beans in crock pot and cover with water at 10 p.m. (will be ready the next evening to eat).  
Put cooked diced ham and box of jambalaya rice mix in crock pot 1 hour before serving.

### **2-ham and beans**

Soak dried beans for 4 hours or overnight.  
Put beans in crock pot and cover with water at 10 p.m.  
Put cooked diced ham in crock pot 1 hour before serving.

### **3-chili**

Soak dried beans for 4 hours or overnight.  
Put beans in crock pot and cover with water at 10 p.m.  
Put cooked ground beef, tomato sauce and chili seasoning in crock pot 1 hour before serving.

#### **4-mexican chili**

Soak dried beans for 4 hours or overnight.

Put beans in crock pot and cover with water at 10 p.m.

Put cooked ground beef, tomato sauce, corn and taco seasoning in crock pot 1 hour before serving.

#### **5-Baked Beans**

#### **6-Mexican rice and beans**

#### **7-Cajun rice and beans**