

## ITALIAN STUFFED MEATLOAF

x7

1 lbs ground beef	7 lbs ground beef
1/2 c breadcrumbs	3-1/2 c breadcrumbs
1/2 t salt	3-1/2 tsp salt
1/2 tsp pepper	3-1/2 tsp pepper
1 1/2 cloves garlic, minced	10-1/2 cloves garlic, minced
1/4 c onion, diced	1-3/4 c onion, diced
1/8 c celery, finely diced	1 c celery, finely diced
1/2 tsp Italian seasoning	3-1/2 tsp Italian seasoning
1/4 tsp basil	1-3/4 t basil
1/8 c parmesan	1 c parmesan
1 eggs	7 eggs
1/8 t Worcestershire sauce	1 tsp Worcest. Sauce
1/8tsp hot pepper sauce	1 tsp hot pepper sauce
1-1/2 c spaghetti sauce	10-1/2 c spaghetti sauce

### Filling:

1/2 c ricotta cheese (low fat)	3-1/2 c ricotta cheese (low fat)
1/2 c Italian cheese blend, shredded	3-1/2 c Italian cheese blend
1/2 T parsley	3-1/2 Tbsp parsley

### Assembly:

Meat Mixture: In small bowl, mix breadcrumbs, salt, pepper, garlic, onion, celery, Italian seasoning, basil and cheese. Set aside. In a large mixing bowl, break up beef and make an indentation in the center. Break the eggs into this well; add Worc. Sauce and hot pepper sauce. With a fork, quickly beat the eggs and sauce together in the well. Using either your hands or large spoon, mix eggs and meat together until well combined. Pour the breadcrumb mixture into the meat mixture in 2-3 installments, mixing each time until well incorporated. If mixture seems too dry, add a little milk or one more beaten egg to the mixture.

Filling: In a mixing bowl, combine ricotta cheese, shredded cheese and parsley. Mix together and set aside.

Divide meat mixture into 14 equal parts. Line two loaf pans; press 1/2 of meat mixture into each loaf pan. Pressing down with your fingers or the back of a spoon, create a shallow “ditch” down the middle of the meat mixture. Spread part of ricotta filling mixture into each ditch, leaving about 1-1/2” border of meat all around. Press a second 1/2 of meat mixture into each loaf pan, pushing down around the edges to help seal in the filling. Freeze using foil and plastic wrap method.

To Serve: Preheat oven 350 degrees. Bake meatloaf for 30 min, then spoon off any excess grease, if necessary. Pour 1-2 cups of your favorite tomato or spaghetti sauce on top of meatloaf and bake an additional 25-30 min. Be careful not to over-bake. Serve with buttered noodles or pasta, a salad, and garlic bread.

## FIESTA CHICKEN

	x7
1.5 lb chicken breasts	10.5 lb chicken
1 can diced tomatoes	7 cans diced tomatoes
1 can corn	7 cans corn
1 can black beans	7 cans black bean
1 cup salsa	7 cups salsa
taco seasoning	7 taco seasonings

Assembly: Add all ingredients to zip-lock.

To Serve: Cook on low until chicken is completely cooked (mine cooks really hot even on low so it only takes about 2-3 hours). Shred chickens. Serve over a flour tortilla topped with cheese and sour cream!

## PERFECT SHORT RIBS

	x7
4 lbs short ribs	28 lbs short ribs
salt	salt
pepper	pepper
8 oz can tomato sauce	56 oz tomato sauce
2 T molasses	14 T or 7 oz molasses
2T cider vinegar	14 T or 7 oz cider vinegar
1 onion sliced	7 sliced onions
1 tsp liquid smoke	7 tsp liquid smoke

Assembly: Sprinkle the short ribs with salt and pepper. Mix ingredients in bag and then add ribs.

To Serve: Thaw and place on 9x13 pan. Cover tightly with aluminum foil. Bake at 250 degrees for 5 to 6 hours or place in slow cooker.

## BASIL BURGERS

1 -1/2 pounds ground beef  
3 tbsl Worcestershire sauce  
1 -1/2 tbsl dried basil  
2 tsp dried onion  
1/2 tsp garlic salt  
1/2 tsp pepper

Assembly; in a bowl mix the ground beef, Worcestershire sauce, basil, garlic salt, and pepper. Form the mixture into 4 patties. Freeze on cookie sheet then bag them.

\*It seems like you could freeze right away if you just put wax paper or parchment paper between them.

To serve; lightly oil the grill grate, and cook burgers about 6 min turning once to an internal temp of 160 or desired doneness. Serve with buns.

## WHITE BEAN CHICKEN CHILI

2 cans corn 14oz  
4 chicken breasts  
1 med onion  
1 -1/2 tsp garlic powder  
1 can chicken broth  
1 Tbsp butter  
4 cans northern white beans 14oz  
2 cans green chilies  
1 tsp salt  
1 tsp oregano  
1 tsp cumin  
1/2 tsp pepper  
1 cup sour cream  
1/2 cup half and half

Put onions, butter and garlic powder in a separate bag. Combine all ingredients in gallon bag. Remind everyone to get sour cream and half and half.

Serve: thaw soup ingredients. Saute butter, onions, and garlic powder. Combine all ingredients in a large stock pot simmer for 40-45 min. Remove from heat add sour cream and half and half.

Prep: cook and cube chicken.

\*I suggest giving everyone cans of beans and broth to add when they cook.

## TAILGATE LEMON CHICKEN

4 chicken breast	x7
1/2 c. lemon juice	28 Chicken breast
1/2 c. light Beer	1 -1/2 c. Lemon juice
1/2c. soy sauce, low sodium	3 -1/2c. Light Beer
2 T. olive oil	1 -1/2 c. Soy sauce, low sodium
1/2 t. thyme, dried	4 T.+2 t. Olive Oil
1/2 t. oregano, dried	1 T. 1/2 t. Thyme, dried
1 t. pepper, black	1 T. 1/2 t. Oregano, dried
1 T. honey	2 T. 1 t. Pepper, black
1 T. garlic, minced	7 T. Honey
1 t. worcestershire sauce	7 T. Garlic, minced
1 gallon-size freezer bag	2 T. 1 t. Worcestershire sauce
	7 Gallon size freezer bag

Assembly: Combine all the above ingredients into a gallon size freezer bag.

To Serve: Defrost in refrigerator. Remove chicken from marinade and grill 30 minutes or until no longer pink.

Serving Suggestions: Sesame noodles, spinach or pasta salad.

## FRENCH DIP SANDWICH

2 lb roast  
1 pkg au jus  
1 small onion sliced  
1 green pepper sliced  
6 slices swiss cheese  
1-package buns

X6 -7  
6-2 lb roasts (12lbs) -14lbs  
6 packages au jus -7pkgs  
6 small onions slices -7  
6 green peppers -7  
6 packages sliced swiss cheese -42slices  
6 packages hoagie buns -7pkgs -(28-42buns)

Prep: Slice onions and green peppers.

Brown roast in pan season with seasoning salt and onion add packet of au jus and water. Cook in a crock pot 6-8 hours. Shred 1 hour before heating add green pepper. I like to lightly butter hoagie bun and place cheese on bun then broil in oven til lightly toasted and melted cheese. Serve with a side of au jus for dipping.

## BBQ CHICKEN PIZZA

2 chicken breast  
1 cup BBQ sauce  
1 medium onion  
Feta  
Mozzarella  
Turkey bacon  
Spaghetti sauce

Homemade dough

Cook chicken and dice  
Slice onions and sauté with a little BBQ sauce  
Mix spaghetti sauce with bbq sauce  
Cook and dice turkey bacon

Top to pizza in layers