



CALIFORNIA CASSEROLE

Recipe Submitted by Tracy Marlor

Ingredients:

- 1 ¼ cup Minute Rice (white or brown)
- 1 pound ground beef (ground chicken, turkey or pork can be substituted)
- 1 clove minced garlic
- 1 large onion chopped
- 1 large pepper chopped (any color)
- 1 Tbs chili powder
- 1 Tbs Worcestershire
- 1 can diced tomato (whole is fine, chop in bowl)
- 1 can kidney bean (black or pinto)
- Red Hot, or any hot sauce to taste (optional)
- 1 cup shredded cheese (more or less is fine) Set cheese aside until last 15 minutes of baking

California Casserole was a staple when I was growing up, four kids and two adults can have a hearty meal with just one pound of ground meat. Although it is called California Casserole, in my house it was affectionately known as 'Moby Bean'. Four kids at the table often dissolved into raucous giggles, and this meal was no different, a bean on a fork looks like a whale and of course it came with the theme song of the Jaws background music, 'dadum, dadum...dadum, dadum'! Lots of substitutions can be made, so this is a nice versatile recipe that can use what you have in your pantry!

Directions:

1. Preheat oven to 350 degrees (serves 6)
2. Sauté meat, drain fat, pour into a large mixing bowl.
3. In same pan brown onions and peppers, add garlic at end to soften.
4. Pour the onion and pepper mixture into the bowl with the meat along with the remaining ingredients except the cheese.
5. Blend thoroughly, pour mixture into an oven safe casserole dish.
6. Bake uncovered for 30 minutes, top with grated cheese and bake for the remaining 15 minutes
7. Serve with hot sauce of your choice, salsa, sour cream to taste, enjoy!



CHICKEN & RICE FIESTA

Recipe Submitted by Eileen Lagasse

Ingredients:

1 cup rice (100 gm)
16 oz chicken broth
12.5 oz can chunk chicken breast
(packed in water - drained)
14.5 oz can of diced tomatoes
15 oz can of mixed vegetables
1/2 tsp garlic powder
1/2 tsp salt
1/4 tsp pepper

Directions:

1. Cook rice in chicken broth until done
2. Add the rest of the ingredients and stir
3. Continue heating until mixture is hot
(approx. 3-5 minutes)
4. Serve warm



CRUNCH LUNCH

Recipe Submitted by Ryan Baldassario

Ingredients:

1 can of chicken or tuna (chef's choice)

1 can of mixed vegetables (or single vegetable, again chef's choice)

1 packet of Ramen, raw/uncooked (flavor packets discarded, so any flavor works)

1.5 salad dressing (Italian or Vinaigrette recommended, avoid creamy dressing styles)

Salt

Pepper

For those who want a lunch they can either make the night before, or right at lunch time, the Crunch Lunch is the place to start. With an ingredient list that can be tweaked based on the chef's flavor preferences, this recipe is quick, filling, and good in a pinch when you're looking for a meal on the fly.

1. In a reusable container (if prepped night before) or large bowl (prepped at lunch time), take raw packet of Ramen noodles and break them up into small, bite-size morsels
2. Remove flavor packet. Either discard, or save for future Ramen/recipes
3. Drain vegetable can completely of liquid, then empty contents over Ramen
4. Drain can of tuna or chicken, removing water or oil, and then empty contents over Ramen and vegetable combo
5. Pour salad dressing evenly over ingredients
6. Use salt and pepper, at your own personal discretion, for flavor
7. Mix the ingredients thoroughly
8. Let sit for an hour or more
9. If made the night before, salad dressing will soften Ramen, but still leave portions of the noodles to give the salad a crunch with each bite. Mixing the ingredients in real time will offer more crunch (as the noodles wouldn't have broken down), so the timing of when to add the Ramen is up to personal preference.



SOUTHWEST CHICKEN CHILI

Recipe Submitted by Annie Fazzino

Ingredients:

- ½ Chopped Onions
- ½ tsp chopped/minced garlic or garlic powder
- 1 (15oz) Great Northern Beans, drained
- 1 (15oz) Spicy Chili Beans, undrained
- 1 can chunk chicken, drained
- 1 (4oz) can chopped green chilis
- 1 cup Chicken broth
- ½ tsp chili powder
- ½ tsp cumin

Directions:

1. Heat oil in large pot,
2. sauté onions and garlic until tender
3. Stir in all remaining ingredients.
4. Bring to boil, reduce heat and simmer. (About 15 minutes)

Optional Toppings:

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|------------------|------------|
| Chopped Tomatoes | Cheese |
| Cilantro | Sour Cream |
| Avocado | Chips |



CHICKEN POT PIE

Recipe Submitted by Kate Blackburn

Ingredients:

Refrigerated pie crusts

1 lb shredded chicken breast (can also use a large can of chicken)

1 can cream of celery soup

1 small can of mixed vegetables

Directions:

1. preheat the oven to 425
2. grease the bottom of the pie pan
3. put the first pie crust in the pie on. Take a fork and pierce holes in the bottom to help ensure even cooking
4. in a large bowl, combine the chicken, cream soup and mixed vegetables
5. place mixture in pie pan
6. cover with the second pie crust
7. crimp the endives of the crust and slice lines in the top crust
8. bake for 30 minutes with the crust covered, then an additional 15 minutes with the crust uncovered (or until the contents of the pie are bubbly)
9. let cool for 10 minutes before slicing and serving