

Once—A—Month

Cooking

Eat for a Week



Cheeseburger Macaroni
Crockpot Cheeseburger Soup
Grilled Pork Chops
Chocolate Chip Cookies
Honey Lime Grilled Chicken Marinade
Shopping list

Homemade Sloppy Joes
Italian Grilled Chicken
Pizza Casserole
Enchiladas
Cheesy Potatoes

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K-STATE
Research and Extension

*Knowledge
for Life*

Family & Consumer
SCIENCES

Cheeseburger Macaroni

1 lb. browned hamburger
1 c. hot water*
2 c. milk*
1 ½ c. elbow macaroni
1 c. of cheddar cheese (Add near the end.)
*Not in packet

Sauce Packet

1 T. Cornstarch
2 t. Paprika
1 t. Onion powder
1 t. garlic
1 t. salt
1 t. sugar

Place hamburger in a quart bag with all of the contents of the sauce packet. Place Macaroni in a sandwich bag. Place cheddar cheese in a sandwich bag. Freeze.

To prepare, thaw in refrigerator overnight.

Combine all ingredients and cook until macaroni is done in a saucepan or large skillet. (About 10 minutes) Stir in 1 c. of cheddar cheese, shredded, near the end.

Family of 4---Use above instructions.

Family of 2---Divide everything in 2, but use same size of bags as a family of 4.

Crockpot Cheeseburger Soup

Source: <http://livinglifeofriley.com/category/my-life/cooking/>

Ingredients

- Crockpot
- 1lb of ground beef
- 4 oz. cream cheese
- 6 slices of bacon
- 1 bag Ore Ida Hasbrowns
- 1 velveeta cheese 8oz stick
- 4 bullion cubes
- 1 T. minced onion

Brown hamburger with onion. Cook bacon and crumble. Dump all ingredients into a gallon freezer bag. Freeze

To Cook, thaw in refrigerator. Place contents of bag in the crockpot. Add 4 cups of water. Cook on high for 4-5 hrs. or low for about 8 hrs. stirring occasionally.

Family of 4---Use above instructions.

Family of 2---Divide and place into 2 gallon sized bags.

Grilled Pork Chops

1 (6 oz.) can frozen lemonade concentrate

1/3 c. soy sauce

1 ½ T. seasoned salt

¼ t. onion salt (may use powder)

1/8 t. garlic salt (may use powder)

1/8 t. celery salt (optional)

Mix all ingredients. Add 4-6 pork chops. Marinate 24-36 hours turning occasionally. Grill over medium coals or fire. To double recipe, add 1 can (6 oz.) water instead of more lemonade concentrate and double all the other spices.

***We are only using 4 porkchops/family.

Family of 4---Use above instructions.

Family of 2---Divide and place in 2 quart bags.

Chocolate Chip Cookies

¾ c. shortening
1 ¼ c. brown sugar
2 T. milk
1 T. vanilla
1 egg
1 ¾ c. flour
½ t. salt
¾ t. baking soda
6 oz. semi sweet chocolate chips

Combine shortening, brown sugar, milk and vanilla in a large mixing bowl. Beat at medium speed until creamy. Beat egg into creamed mixture. Combine flour, salt, and baking soda and mix into creamed mixture until just blended. Stir in chocolate chips. Drop onto ungreased baking sheet Bake 8-10 minutes at 375 degrees. Yield 2 ½ dozen.

Once dough is made, place in plastic container and freeze. Thaw dough and cook following above instructions.

Honey Lime Grilled Chicken Marinade

4 chicken breasts

½ c. lime juice

1/3 c. vegetable oil

3 T. honey

1 t. dried thyme

1 t. dried rosemary

3 cloves of garlic, minced

½ t. black pepper

Combine all ingredients in gallon bag.

To make

Thaw overnight in refrigerator. Grill.

Family of 4---Use above instructions.

Family of 2---Divide and place in 2 quart bags.

Homemade Sloppy Joes

1 lb. Ground beef---Browned

½ can tomato soup (7 oz.)

¼ c. ketchup

1 ½ T. Worcestershire Sauce

1 ½ t. Apple Cider Vinegar

1 T. Brown Sugar

1 ½ t. Yellow Mustard

½ t. Salt

½ t. Pepper

Combine all ingredients and place in a 1 gallon freezer bag. Freeze

To Serve:

Thaw in refrigerator overnight. Contents and be placed in a crockpot to heat, in the microwave, or on the stove top.

Family of 4---Use above instructions.

Family of 2---Divide and put in 2 quart bags.

Italian Grilled Chicken

1 lb. boneless, skinless chicken breasts

½ bottle Italian dressing

Combine ingredients in a gallon bag.

To Make

Thaw. Grill.

Family of 4---Follow above

Family of 2---Divide in half and put in 2 quart bags.

Pizza Casserole

1 lb. cooked rotini wheat pasta

1 jars pasta sauce

pepperoni slices

1 cup Mozzerella cheese

1 pound cooked hamburger

1 teaspoons garlic

Directions: In a 9x9 greased pan, place pasta (cooked), 1 jar pasta, pepperoni slices, 1 pound cooked hamburger, and 1 teaspoon garlic. Mix all ingredients together and top with 1 cup of cheese. Freeze.

To serve, thaw for 24hrs. in the refrigerator. Cook at 400 degrees for 1 hour.

Family of 4---Follow above instructions.

Family of 2—Divide and place in 2 small foil pans.

Enchiladas

1 lb. hamburger, browned
1 pkg. enchilada seasoning
6 tortillas
1 can enchilada sauce
1 ½ c. cheese.

Combine hamburger, seasoning, 1/3 of the can of enchilada sauce, and ½ c. cheese together. In pan, pour 1/3 of the can of enchilada sauce. Spoon hamburger mixture into tortilla, roll, and place seam side down in pan. Cover with remaining enchilada sauce and top with cheese.

To Cook, thaw completely and cook at 350 for 45 minutes or until heated through and cheese is melted.

Family of 4---Use a 9x9 pan.

Family of 2---Use 2 small pans with cardboard top.

Cheesy Potatoes

- 1 (10.5 oz.) condensed cream of chicken soup
- 2 cups Sour cream
- 1 teaspoon Salt
- 1/4 teaspoon Ground black pepper
- 2 cups Shredded cheddar cheese
- 1/3 cup Sliced green onions
- 1 package (30 oz.) Ore-Ida® Shredded Hash Brown Potatoes
- 2 cups Crushed corn flake cereal
- 1/4 cup Butter, melted

Directions

1. Preheat oven to 350°F. Coat baking dish with nonstick cooking spray.
2. In a large bowl, whisk together soup, sour cream, salt and pepper. Stir in cheese, onion and hash browns until well mixed. Spoon evenly into baking dish.
3. In a medium bowl, mix together cereal and butter. Sprinkle evenly on top of hash brown mixture.
4. Bake uncovered for 45 to 50 minutes, or until hot and bubbly. Allow to rest for 5 minutes before serving. Season with additional salt and pepper to taste if desired. Garnish with additional sliced green onion if desired.

***Each recipe will make 3 4"x6" pans of potatoes.

Directions as a Freezer meal

1. In a large bowl, whisk together soup, sour cream, salt and pepper. Stir in cheese, onion and hash browns until well mixed. Spoon evenly into 3 foil pans.
2. In a snack baggie, put corn flake cereal and tape to the top of foil pan. Do the same for the butter, but don't melt it. Remember to divide into 1/3 if using 3 foil pans.
3. When ready to use, thaw in refrigerator for 24 hours and continue with steps 3 and 4 in the above directions!

Ingredient	Amount	Ingredient	Amount
Apple Cider Vinegar	1 1/2t.	Sugar	1 t.
Bacon	6 slices	Tomato Soup	1/2 can
Baking Soda	3/4 t.	Tortillas	6
Brown Sugar	1 1/4 c. +1 T.	Vanilla	1 T.
Butter	1 T.	Vegetable Oil	1/3 c.
Chicken	2 lb.	Velveeta	1 lb.
Chicken Bullion Cubes	4	Worcestershire Sauce	1 1/2 T.
Chocolate Chips	6 oz.	9x9 Foil Pan	2
Corn Flakes	2/3 c.	Gallon Bag	5
Cornstarch	1 T.	qt. bag	1
Cream Cheese	4 oz.	Sandwich Bag	2
Cream of Chicken Soup	1/3 can.	Small Foil Pan	1
Dried Rosemary	1 t.	Plastic tub	1
Dried Thyme	1 t.	Foil	
Egg	1		
Elbow Macaroni	1 1/2 c.		
Enchilada sauce	1 can		
Enchilada seasoning	1 pkg.		
Flour	1 3/4 c.		
Frozen Lemonade	6 oz.		
Garlic Powder	2 1/8 t.		
Hamburger	5 lb.		
Hashbrowns	40 oz		
Honey	3 T.		
Italian Dressing	1/2 bottle		
Ketchup	1/4 c.		
Lime Juice	1/2 c.		
Milk	2 T.		
Minced Garlic	1 T.		
Minced Onion	1 T.		
Mozzerella cheese	1 c.		
Mustard	1 1/2 t.		
Onion Powder	1 1/8t.		
Paprika	2 t.		
Pasta Sauce	26 oz.		
Penne Pasta	1 lb		
Pepper	1 t.		
Pepperoni slices	1/4 lb.		
Porkchops	4		
Salt	2 1/4 t.		
Seasoned Salt	1 1/2 T.		
Shortening	3/4 c.		
Shredded Cheese	2 1/2 c. + 2/3 c.		
Sour Cream	2/3 c.		
Soy Sauce	1/3 c.		