

# Two-Week Cooking Project: The Recipes



*The quantities given are the ones I use for my family of three. If you have a larger or smaller family, you'll need to adjust them accordingly.*

## **Chicken Fajitas**

2 T. soy sauce  
¼ c. canola oil  
2 T. lemon juice  
Dash of pepper  
1 sliced pepper (green or sweet)  
½ (or more) sliced onion  
2-3 chicken breasts, sliced  
Tortillas

Place all ingredients in a Ziploc bag before freezing. They will marinate as the meat and vegetables thaw. Cook in a skillet over medium-high until the chicken is done and the vegetables are tender but not mushy. Serve wrapped in tortillas.

## **Chicken Enchilada Casserole**

2 c. cooked, cubed chicken  
1 t. sugar  
½ c. salsa  
19 oz. can enchilada sauce (mild)  
11 oz. can corn, drained  
2 c. coarsely broken tortilla chips  
¼ c. green onions, sliced (about 4 medium-sized)  
1 medium-sized tomato, chopped (about ¾ cup)  
1 c. shredded Cheddar-Jack or Mexican blend cheese (4 oz.)

Mix chicken, sugar, salsa, enchilada sauce, and corn. Place in a Ziploc bag.

At baking time:

Place tortilla chips in an ungreased 8x8 (2 quart) glass baking dish.

Top with chicken mixture.

Sprinkle with onions, tomato, and cheese.

Bake at 350 degrees for 35-45 minutes or until hot and bubbly.

Garnish with additional chips if desired.

\*\* I'm considering adding some black beans to this dish, but I haven't decided yet. I'll use canned if I do.

## **Hamburger Hot Dish (aka Homemade Hamburger Helper!)**

3 c. uncooked rotini pasta (8 oz)  
1 lb. ground beef (I only use about ¾ lb.)  
1 c. chopped onion  
1 t. garlic powder  
½ t. salt  
14.5 oz. can diced tomatoes, undrained  
15 oz. can tomato sauce  
1 T. sugar  
1 c. shredded cheddar cheese (4 oz.)

Cook beef, onion, garlic powder, and salt over medium heat. Drain.  
Combine meat mixture, tomatoes, tomato sauce, and sugar.  
Place in a Ziploc bag.

At baking time:

Cook rotini according to package directions, but slightly UNDERcook it.  
Add cooked rotini to meat/tomato mixture. Pour into an ungreased 8x8 (2 quart) glass baking dish.  
Cover dish with foil.  
Bake at 350 degrees for 30-40 minutes until bubbly around the edges.  
Remove from oven, and sprinkle with cheese.  
Bake uncovered 5 to 10 minutes longer, until cheese melts.

## **Crock Pot Chicken Parmesan from \$5 Dinner Mom (double batch)**

2 eggs  
2 T. olive oil  
6 boneless, skinless chicken breasts  
1 c. breadcrumbs (I make my own with whole wheat bread.)  
½ c. grated Parmesan cheese  
1 t. Italian seasoning  
2 c. shredded mozzarella cheese  
2 26 oz. cans spaghetti sauce  
spaghetti noodles (enough for 2 meals)

1. Drizzle the olive oil into the bottom of the slow cooker.
2. Whisk the egg in one bowl.
3. In a second bowl, combine the bread crumbs, Parmesan cheese, Italian seasoning. Add a dash of salt and pepper if desired.
4. Dip each chicken breast into the egg. Coat it with the bread crumb mixture. Then place it in the bottom of the slow cooker.
5. When you have half of the chicken in the slow cooker, place a handful of mozzarella cheese on top. Pour one of the cans of marinara sauce over this part of the chicken.
6. Continue the process with the second half of the chicken, topping it with the rest of the mozzarella.
7. Pour the other can of marinara sauce over the top of the second half of the chicken.
8. Cook on low for 6-7 hours or on high for 3-4 hours.
9. Just before you're ready to eat, cook the pasta.

## Sesame Beef

2 T. soy sauce  
½ T. honey  
½ T. sesame seeds  
1 clove garlic (or 1 tsp. garlic powder)  
¼ - ½ t. ground ginger (depending on how much you like ginger)  
Dash of pepper  
½ T. olive oil  
¾ lb. flank steak cut into 4 equal pieces

Combine soy sauce, honey, sesame seeds, garlic, ginger, and pepper. Place in a Ziploc bag.  
Add steak pieces.

At cooking time:

Heat olive oil over medium heat.

Remove meat from marinade. DISCARD MARINADE.

Cook beef until it reaches your favorite level of doneness.

## Homemade Pizza (enough for 2 meals)

4 T. canola oil  
2 tsp. sugar  
2 tsp. salt  
6 c. flour  
4 T. yeast (I use the bread machine kind because it's cheaper.)  
1 can/jar pizza sauce (your favorite kind)  
2 8 oz. bags shredded mozzarella cheese  
pizza toppings of your choice

This recipe is easiest if you use your bread machine. If you don't have a bread machine, you can hand mix and knead the dough instead.

These directions are for ONE pizza.

Place the following into the bread machine in this order:

1 c. warm (not hot) water  
2 T. canola oil  
1 tsp. sugar  
1 tsp. salt  
3 c. flour  
2 T. yeast

1. I usually just turn on the machine as if I was making bread. I suppose I should use the dough cycle! I let it mix/knead and then sit. When it starts to knead again, I take it out. If you're in a big hurry, you can just let it knead and remove it before the "sitting" time.
2. While this is mixing, heat your oven to 475 degrees.
3. Spray a pizza pan (the kind with holes in it) with canola spray, or use a pizza stone. Spread the crust evenly over the pan.
4. Bake the crust for 4-5 minutes.
5. Remove the crust from the oven. Spread it with pizza sauce, and then add your toppings. We usually do veggies, then cheese, then pepperoni.
6. Bake for 8-10 minutes until cheese is slightly browned.

## **Grilled Chicken (I'm making two different batches, one for each week.)**

I'll be throwing frozen chicken breasts into Ziploc bags with some type of bottled marinade. While I'd like to make my own marinades, I know that I won't have time this time around! By placing the marinade in with the frozen chicken and placing it in the freezer, the meat is ready to go by the time it's thawed. It's been marinating while thawing!

## **Lasagna Casserole from Heavenly Homemakers**

1 lb. ground beef  
4 T. chopped onion  
4 c. tomato sauce  
1 T. basil  
1 T. oregano  
1 t. garlic powder  
½ t. salt  
8 oz. cottage cheese  
8 oz. pasta (rotini, ziti, or whatever your favorite shape is!)  
8 oz. shredded mozzarella cheese

Brown the ground beef with the onion. Drain.

Add tomato sauce, basil, oregano, garlic powder, and salt. Simmer 20 minutes.

Add cottage cheese, stirring until evenly mixed.

Place everything into a Ziploc bag.

At baking time:

Boil pasta according to the package directions but UNDERcook it. Drain.

Stir pasta into sauce.

Pour everything into a 9x13 baking dish.

Top with shredded mozzarella.

Bake at 350 degrees for 20-30 minutes, or until cheese is melted and casserole is bubbly.