

# Quiche

*This is the basic recipe to which you can add whatever "filling" you like.*

## **Ingredients:**

1 Deep dish pie crust  
1 cup Shredded cheese  
4 Eggs  
½ cup Sour Cream  
1 cup "Filling"  
1 teaspoon Seasoning

## **Directions:**

Preheat oven to 425°. Whisk eggs, add sour cream and whisk again. Whisk in seasoning. Mix in cheese and filling.

Bake for 40 minutes until the quiche rises and becomes golden brown.

Allow to cool 5 minutes.

Filling/cheese/seasoning:

- ham & broccoli/ cheddar/nutmeg
- crab/swiss/Old Bay
- black bean & corn salsa/Monterey jack/taco seasoning

# Sloppy Joes

*Double the recipe and freeze the extra for a quick snack or dinner.*

## **Ingredients:**

1 lb Ground beef  
2 ½ Tbs Chopped onions  
½ Tbs Worcestershire sauce  
½ cup Brown sugar  
1 tbs Prepared mustard  
¼ tsp Chili powder  
¾ cup Ketchup  
1 tsp each Salt & pepper

## **Directions:**

Brown beef over medium-high heat and drain any fat. Add the next seven ingredients and simmer for 20 minutes, stirring occasionally.

# Hamburger Stroganoff

Serve with egg noodles.

## **Ingredients:**

½ cup Minced onions  
1 clove Minced garlic  
1 lb Ground beef  
2Tbs Flour  
1 lb Sliced fresh mushrooms  
1 can Cream of mushroom soup  
1 cup Sour cream  
1 tsp each Salt & pepper

## **Directions:**

Sauté onion and garlic in a small pat of butter over medium heat. Stir in flour, salt & pepper and mushrooms and cook for 8 minutes. Stir in soup and simmer for 5 minutes. Stir in sour cream and heat for 3 minutes.

Serve over egg noodles.

# Seared Chicken Breasts

Use bottled sauces of your choice.4

## **Ingredients:**

4 Boneless, skinless chicken breasts  
Salt & pepper to taste  
Flour for dredging  
2 Tbs Butter  
1 Tbs Olive or vegetable oil

## **Directions:**

Heat butter and oil in a large skillet over medium high heat. While pan is heating, dredge chicken in flour, coating both sides well. Shake off the excess flour.

Test heat of the pan by flicking a little flour into the pan. If it sizzles, it is ready!

Add the floured chicken breasts. Cook for 4 minutes without moving. Turn over and cook the other side for 4 minutes.

Transfer the cooked breasts onto a plate and keep warm. Add sauce to the pan, stirring and scraping the brown bits. Heat until the sauce is heated. Remove pan from the heat and add the chicken to the pan and coat with the heated sauce.

Stonewall House (at Fresh Market) has some great sauces!

# Spaghetti Sauce

## **Ingredients:**

- 4- 15oz cans Diced tomatoes with basil, garlic & oregano
- 1 – 8oz can Tomato Sauce
- 1- 6oz can Tomato Paste
- 3 Tbs Italian Seasoning (I use Mrs. Dash)
- 3 Tbs Sugar in the raw
- 3 Tbs Balsamic vinegar
- 3 oz Olive Oil
- 6 oz Dry red wine (merlot, cabernet sauvignon, pinot noir)
- 2 bags Frozen California veggies (broccoli, cauliflower & carrots)

## **Directions:**

Put all of the ingredients in a crock pot, stir. Cook on low for 4 hours. Use a food processor or stick blender to puree.

OR

Put all of the ingredients in a stock pot. Bring to a boil over medium-high heat. Once at a boil, put the top on and lower the heat to med-low to simmer. Simmer for 45 minutes. Use a food processor or stick blender to puree.

Makes 4 -5 meals. Store in a ziplock freezer bag.