

### Pork Chops and Rice

4 Bone-in Pork Chops  
1 Cup Rice, uncooked  
2 Cans Beef Consomme

- 1- Brown Pork Chops in oil. Place in a ziplock bag and refrigerate.
- 2- To Serve: place rice and beef consomme in a medium casserole dish. Top with pork chops and bake at 350 for one hour or until rice is tender and pork is cooked through.

Serve with a can of green beans.

### Pulled Pork Lettuce Wraps

2 lb Pork Roast  
1 Cup Water  
1 Cup BBQ Sauce  
3 Tbsp Soy Sauce  
2 tsp Olive Oil  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 tsp Ground Ginger  
Dash of Pepper  
Lettuce Leaves  
2 lg Sweet Potatoes  
1 Tbsp Butter  
1/3 Cup Sour Cream

- 1- Place pork roast in a slow cooker. Pour water and BBQ sauce on top of roast. Cook on low for 4-6 hours. When cooked through, shred. Reserve 1/2 of the pork for grilled cheese and pork sandwiches.
- 2- In a bowl, whisk together soy sauce, olive oil, garlic powder, onion powder and ground ginger with a few dashes of pepper. Place in a ziplock bag and refrigerate alongside cooked pork.
- 3- Peel two large sweet potatoes. Cut into large chunks. Boil for 15 minutes or until tender. Allow to cool and place in a ziplock bag, refrigerate.
- 4- To serve: pour spices over pork, heat and mix well. Serve pork on crisp lettuce leaves.
- 5- Heat sweet potatoes in the microwave until hot. Add 1 Tbsp butter and 1/3 cup sour cream. Mix well, serve hot.

### Spaghetti Pie

4 oz Dried Spaghetti (about the size of a nickel)  
1 Tbsp Butter  
1 Egg  
1/4 Cup Parmesan Cheese  
1 lb Ground Beef  
1/2 Cup Onion, chopped  
1/2 Cup Green Pepper  
2 tsp Garlic, minced  
1/2 tsp Fennel Seed  
1 Cup Cottage Cheese  
1/2 Cup Mozzarella Cheese, shredded  
1 15oz Can Tomato Sauce  
2 tsp Oregano

1. Cook spaghetti for 10 to 12 min or till tender but still firm.
2. Return spaghetti to warm saucepan. Stir butter into hot pasta till melted. Stir in egg and parmesan cheese.
3. Meanwhile in medium skillet cook ground beef, onion, sweet pepper, garlic, and fennel seed till meat is brown and onion is tender. Drain fat. stir in tomato sauce and oregano; heat through.
4. Spray a 9 inch pie plate with nonstick coating. Press spaghetti mixture onto bottom and up sides of pie plate, forming a crust. Spread cottage cheese on bottom and up sides of crust. Spread meat mixture over cottage cheese. Sprinkle with shredded mozzarella cheese.
5. Wrap well with tin foil and freeze.
6. To Serve: Bake in a 350 degree oven for 20-25 min or till bubbly.

Serve with a green salad

#### Chicken Dijon

3 Tbsp	Butter
4	Boneless Skinless Chicken Breasts (cut in 1" cubes)
2 Tbsp	Flour
1 Cup	Chicken Broth
1/2 Cup	Half & Half
2 Tbsp	Dijon Mustard
2	Tomatoes

1-Melt the butter in a large skillet. Cook the chicken breast pieces in the butter over medium heat until cooked through and lightly browned, about 20 minutes. Remove the chicken from the skillet and set aside to cool.

2-Stir flour into drippings in the skillet and cook for 1 minute. Add the chicken broth and half-and-half. Stir and cook until sauce bubbles and thickens. Add mustard. Cool the sauce. Pour chicken and cooled sauce into a 1 gallon freezer bag and freeze.

3- To serve, thaw contents and place in a skillet. Cover and heat for 10 minutes. Garnish with tomatoes.

#### Sweet and Sour Meatballs

1 lb	Hamburger
1/2 tsp	salt
1/4 tsp	Pepper
1	Egg
1 Tbsp	Milk
2 Tbsp	Flour
1 Can	Chili Sauce
1/2 Cup	Grape Jelly
1 Cup	Rice, Cooked

1-Mix the first 6 ingredients together by hand. Roll into 1" meatballs. Cook in frying pan till all sides are brown and cooked through.

2-All meatballs to cool, place in a ziplock bag and refrigerate or freeze.

3-Mix together chili sauce and grape jelly, place in a canning jar and refrigerate.

4-Cook Rice in 2 cups water for 20 minutes or until water is mostly absorbed and rice is tender.

5- To Serve: In a large skillet pour sauce over meatballs. Cover and simmer for 30 min. Serve over rice.

Serve with a green salad