

Meatloaf with Mashed Potatoes and Gravy

Makes 12 servings

Ingredients

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|------------------------------|--------------------------|--------------------------------------|------------------------|
| • 3-4 lbs ground beef | crumbs | • 1 cup ketchup | • 1L Milk |
| • 3 eggs | • 2 ½ cups beef stock | • ¼ cup brown sugar | • Butter |
| • ¼ cup worcestershire sauce | • ½ cup milk | • 2 tbsp chili powder | • 1 lb fresh mushrooms |
| • 1 cup Italian bread | • 1 and ½ cooking onions | • 3 Boxes of instant mashed potatoes | • ½ cup corn starch |
| | • S & P | | |

Directions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine eggs, ½ cup milk, Worcestershire, ½ cup stock and all the bread crumbs. Let this sit for approximately 10 minutes as you continue with the following steps.
3. Chop one full onion into a small dice. Mix onion with ground beef gently. Then softly mix your meat and onions into the ingredients you have already mixed and let set and add salt and pepper. Be sure NOT TO OVERMIX! This will make your meatloaf very dense.
4. In a small bowl, mix together ketchup, brown sugar and chili powder.
5. Get a large baking sheet and cover in tin foil then spray with PAM. Separate your meat mixture into two even portions. Gently form two loaf shapes with this and set on sheet together, but with space between them.
6. Place in oven for approximately 40 minutes. Remove from oven and brush tops of loaves with ketchup/chili sauce. Be generous. Place back in the oven for approximately 15 minutes. Until fully cooked. Once cooked, rest out of the oven for at least 10 minutes before slicing.
7. While your meatloaf is cooking, make the three boxes of instant potatoes according to the package.
8. You also need to make your gravy. Thinly slice all your mushrooms and mince your remaining half onion.
9. Sautee mushrooms and onions in a pan with approx. 1 tsp butter over medium-high heat. Once tender, add 2 cups beef broth and continue to simmer for 5 or so minutes, stirring occasionally.
10. In a small bowl mix equal parts water and cornstarch. Slowly add this to gravy pan while whisking and allowing to thicken. Bring to a good gravy consistency and remove from heat.

Chicken Fried Rice

Makes 12 servings

Ingredients

- 6 chicken breast
- 6 cups minute rice
- 4 carrots
- 3 cups chicken broth
- 1 bunch green onion
- 2 tbsp garlic powder
- 4 eggs
- 1 cooking onion
- 1 jar VH sweet thai chili sauce
- 1 cup soy sauce
- ¼ cup butter
- 1 small bag snow peas
- 5 stalks celery

Directions

1. Cook your chicken on a foiled lined, sprayed with PAM baking sheet in a 350 degree oven for approximately 20 minutes. Until fully cooked.
2. In the meantime, bias cut your celery.
3. Peel and thickly shred your carrots.
4. Chop your green onions
5. Small dice your cooking onion
6. Pick through your bag of snow peas to make sure they all are fresh and nice. Cut the large ones in half.
7. In a large skillet add your butter, chopped cooking onion, celery and garlic powder. Heat until onion is becoming tender, then raise the heat so the butter is sizzling like crazy. When your pan is extremely hot without scorching your vegetables, add all the eggs and quick stir and mix together with the vegetables. Essentially you are making scrambled eggs.
8. Your chicken should be ready by now, once it has been removed from the oven, chop into small pieces and add to skillet and stir.
9. Add shredded carrot, chicken broth, soy sauce and dry rice. Cook until rice is almost tender.
10. Add snow peas and continue cooking until rice is fully cooked.
11. Add VH sauce and green onion. Heat thoroughly.

Jalapeno Popper Cups

Makes 12 servings

Ingredients

- No name tart shells – unsweetened
- 2 cans corn
- 10 fresh jalapeno peppers
- 1 can black beans
- 2 bricks cream cheese
- 1 bag real bacon bits
- 1 bag shredded Tex Mex cheese
- 1 bunch green onion
- 1 tbsp garlic powder

Directions

1. Spread your tart shells out on a baking sheet and bake at 350 degrees for approximately 5 minutes. Remove from oven and set aside.
2. Open your can of black beans. Drain and rinse thoroughly. Chop each bean in half.
3. Chop your green onions
4. Slice your peppers in half and remove all seeds and stem. Slice carefully into small pieces.
5. In bowl, mix together, cream cheese, minced peppers, garlic powder, strained corn, the halved black beans and bacon bits.
6. Make sure these ingredients are fully creamed and mixed together. Add half the bag of Tex Mex cheese and mix well. Judge the consistency. You want it to be almost chunky. Add more cheese if needed.
7. Place your filling into each tart shell you had pre-baked until about $\frac{3}{4}$ full. Then top with green onion pieces.
8. Bake in the oven for approximately 12 minutes. Until filling has heated thoroughly and cheese has melted and shells are slightly browned.
9. Remove from oven and let set.

Eggplant Parm

Makes 12 servings

Ingredients

- 6 eggplants
- 8 cups Italian bread crumbs
- 3 jars marinara sauce
- 6 eggs
- 1 small container powdered parmesan cheese
- 2 bags shredded mozzarella cheese
- 1 bunch fresh basil
- S & P
- Olive Oil
- 6 spaghetti squash
- Butter

Directions

1. Preheat oven to 375. Cut spaghetti squash in half. Remove innards. Stick hunks of butter all over flesh and sprinkle with salt and pepper. Wrap in tin foil and bake in oven for approximately 30-40 minutes. Until soft.
2. Wash and then slice your eggplants into rounds of approximately ½ inch.
3. In a bowl, beat your eggs.
4. Finely chop your basil bunch and mix half of it thoroughly with the bread crumbs and salt and pepper to season.
5. Have a frying pan heating with olive oil on medium – high heat.
6. In a baking dish, pour two jars of marinara sauce on the bottom. Or use two dishes and one jar in each
7. Repeat this step until all egg plants are finished – Dip egg plant into beaten egg, then dunk both sides into breadcrumbs to fully cover, then place in heated pan and sear/brown both sides of each piece. Add the browned egg plant to the baking dish of marinara.
8. Top each eggplant piece once in pan with a small handful of mozzarella cheese. Then put a small spoon of marinara sauce on top of each and then sprinkle with parmesan and remaining basil.
9. Bake in oven until cheese has melted.
10. Once squash is fully cooked, remove from oven, leave wrapped for about 15 minutes to help steam it.
11. Then open and peel squash strings out of skin.
12. Serve with eggplant parm.

- 4 lbs ground beef – one family size pack
- 1 large box beef stock
- 4 cooking onions
- 1 bottle ketchup
- 1 L milk
- 1 lb fresh whole mushrooms
- 18 eggs
- 2 containers Italian style breadcrumbs
- 1 small bag brown sugar
- 1 small box cornstarch
- 3 boxes instant mashed potatoes
- 2 lbs butter
- 6 chicken breast
- 4 carrots
- 2 bunches green onions
- 1 jar VH Sweet Thai Chili Sauce
- 1 bunch celery
- 1 large box chicken broth
- 1 small bag snow peas
- 2 sleeves no name unsweetened tart shells
- 10 fresh jalapenos
- 2 bricks cream cheese
- 2 cans corn
- 1 can black beans
- 1 bag real bacon bits
- 1 bag shredded Tex Mex cheese
- 2 bags shredded mozzarella cheese
- 6 eggplants
- 3 jars marinara sauce
- 1 bunch fresh basil
- 1 small container parmesan cheese – grated/powdered
- 6 spaghetti squash