

C = Cup	T = Tablespoon
pkg = Package	t = Teaspoon
oz = Ounces	lb = Pound

BREAKFAST

Grits	
1 C water ¼ C grits	Microwave on high for 1-2 minutes. Stir. Microwave for an additional 1-2 minutes, until thickened.

Oatmeal	
1 C water ½ C oats packet	Microwave on high 3 minutes.

Biscuits	
1 C milk (or water) 1 pkg biscuit mix	Combine biscuit mix and milk (it will be sticky). Let sit 10 minutes and vigorously stir if it is too wet. Press out on floured surface into a roughly 9 inch square. Cut into 12 pieces. Bake 375* 10-12 minutes.

Cream of Wheat	
¾ C water 3 T cream of wheat	Microwave on high 1-3 minutes, stirring every 30 seconds.

DINNER

Chicken Pot Pie	
1-2 lb chicken 16 oz frozen mixed vegetables 2 C water 1 pot pie seasoning packet Crust- 1 bag of biscuit mix 1c milk (or water)	Preheat oven to 375°. Cook chicken to an internal temperature of 165° and remove bones and skin (if applicable), then dice or shred meat. Combine all ingredients except Crust ingredients. Microwave on high or cook on stove until it reaches a boil (about 10 minutes), stirring occasionally. Boil 3 minutes. Pour into 8 X 11 pan. Combine biscuit mix and milk (it will be sticky). Let sit 10 minutes and vigorously stir if it is too wet. Press out on floured surface into a roughly 8 inch square, cut into 12 pieces and place on top of chicken mixture (or spoon on top). Bake 20-25 minutes or until biscuits are golden brown.

Chicken and Vegetables with Rice	
1-2 lb chicken 2T olive or vegetable oil, or butter 2 C rice 3 C very hot water 16 oz frozen California blend vegetables 1 seasoning packet	Preheat oven to 350*. Brown chicken in skillet with oil about 4 minutes on each side. Put other ingredients in large oven-safe dish and stir 1 minute. Lay chicken on top. Cover with foil or oven-safe lid. Bake until rice is cooked (about 30 minutes, more for brown rice). Ensure chicken has reached an internal temperature of 165° then remove bones and skin from chicken, dice meat and return to dish with rice.

One Pot Chicken and Vegetable Pasta	
1-2 lb chicken, cut into 2-3 inch pieces 2 T olive or vegetable oil, or butter 16 oz pasta 4 C water 16 oz frozen California blend vegetables 1 seasoning packet Optional - 1T cornstarch dissolved in 1/4c water	Brown chicken with oil in bottom of large pot on medium-high heat, about 2 minutes per side. Cut up in to 2-3 inch pieces. Add seasonings and water to pot, put lid on. Bring to a boil, add pasta, and reduce heat to med- high. Cook 8 minutes, stirring frequently, then add vegetables. Bring back to a simmer and cook for 4 minutes or until pasta is cooked and vegetables are hot.
<p>Tips: *If you have a lid available, keep it on as much as possible to keep the liquid from evaporating. *If all of the liquid has been absorbed & the pasta is not done, add a cup more. *If the result is soupier than you like, add cornstarch and gently simmer until it thickens (about 2 minutes). *If you are in a big hurry, you can skip the browning & just throw the raw chicken into the pot. *This can be done with bone-in or boneless, skin-on or off. If the pieces are very thick (more than 2 inches) you might want to brown it a bit longer or boil it a few minutes before adding the pasta to ensure it is done at the same time as the pasta and vegetables.</p>	

Vegetable Soup – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.	
16 oz frozen mixed vegetables 1 seasoning packet 1 lb dried beans (cooked) 5-8 C water	Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain, rinse, and fill pot with hot water. Cook beans on medium heat 1 ½ - 2 hours or until beans are soft. (This step can be done in advance and beans refrigerated or frozen until ready to use in soup) Bring water to boil, add all ingredients (including cooked beans), and simmer 10 minutes.

Red Beans and Rice – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.**Beans ingredients:**

1 pound dried beans, rinsed
 3 T oil, bacon grease or butter
 1 seasoning packet
 10 C water

Rice ingredients:

3 C rice
 6 C water
 Dash salt

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.

In a large pot, heat the oil or fat. Add the seasoning packet, stir for 1 minute. Add the beans and water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)

Remove from the heat, mash about 1/4 of the beans against the side of pot with back of a heavy spoon or stick blender. Continue to cook until the beans are tender & creamy, 15 to 20 minutes.

Bring water for rice to a boil, add salt and rice. Cover the pot and turn the heat to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time. Cook 18-25 minutes for white rice, 30-40 minutes for brown rice.

Serve beans over rice. This meal can be made in advance and frozen if needed.

White Bean Chicken Chili – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.

1 lb dried beans, rinsed
 1-2 lb chicken
 1 T oil
 1 seasoning packet
 6 C water
 2 C milk (or water), optional

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.

In a large pot, heat the oil over medium-high heat. Brown chicken on all sides. Add the seasoning packet, beans, and water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)

Remove from the heat, remove bones and skin from chicken if needed. Mash about 1/4 of the beans against the side of pot with back of a heavy spoon or stick blender. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Add milk or water if a thinner consistency is desired.

What's in the mixes & seasoning packets?**Biscuit mix**

2 C flour
 1 T baking powder
 ½ t salt
 ½ C shortening

Oatmeal

½ C old-fashioned oats
 ½ T brown sugar
 ¼ t cinnamon
 pinch salt

Curry Seasoning

2 t curry powder 1 t ginger
 ½ t onion powder 2 t salt
 2 t chicken bouillon

Garlic/Italian Seasoning

1 ½ t Italian herb mix ¾ t pepper
 ½ t garlic granules ½ t salt
 2 t chicken bouillon

White Bean Chicken Chili Seasoning

1 ½ t Jane's Crazy Salt
 1 T poultry seasoning
 1 t red pepper flakes
 2 t chicken bouillon

Mexican Seasoning

½ t cumin ¼ t garlic granules
 1 t onion flakes ½ t salt
 1 t crushed red pepper
 ½ t dried cilantro
 2 t chicken bouillon

Pot Pie Seasoning

1 ½ t Jane's Crazy Salt
 1T poultry seasoning
 2 T cornstarch
 2 t chicken bouillon

Vegetable Soup Seasoning

2 t dried bell peppers ½ t onion powder
 2 t garlic granules ½ t celery seed
 2 t Italian herb mix 1 T Jane's Crazy salt
 ½ t sage 2 t chicken bouillon

A little more help...**How to Cook Chicken Thighs**

Thaw in refrigerator 36-48 hours or in microwave at 30% power for 20 minutes.

Crock Pot – put chicken in crock pot with 2 cups of water, cook on low 5-6 hours.

Skillet - Put 2 T oil in skillet over medium high heat. Cook chicken 5 minutes on each side (put skin side down first). Add 2 C water, cover & cook another 15 minutes.

Oven – Place chicken in greased baking dish, bake at 425° for 30 minutes.

Combination – Put 2T oil in skillet over medium high heat. Cook chicken 5 minutes on each side (put skin side down first). Transfer to baking dish, cook in oven set to 425° for 15 minutes.

Is it done?

Check for pink in middle, near bone, cook another 5 minutes, check again, cook until there is no more pink near bone. And **ensure a 165° internal temperature.**

What to do with Dried Beans

Dried beans make about four times the number of servings as canned beans do for the same price, so we have chosen to include them in our meals. It can seem overwhelming to make them if you have not done it. It is a long process, but can be shortened by doing some steps in advance.

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and rinse beans.

At this point refrigerate the beans until you are ready to finish the cooking process (can be done several days in advance).

Fill large pot with water. Cook beans on medium heat 1 ½ - 2 hours or until beans are soft. This step can also be done in advance and beans refrigerated or frozen until ready to use.