

CLC FEED MY SHEEP RECIPES

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DINNER BEEF RECEPIES

1. Beef & Barley Stew w/ Mushrooms

Prep time: 15 minutes, Approx. Cook time: 2 hours, 30 minutes (2 Cooks each make these ingredients)

Yield: Serves 12

Ingredients

- 2 Tbsp. unsalted butter
- 4 pounds beef chuck, cut into chunks
- Salt
- 4 cups chopped onions
- 2 pound button or cremini mushrooms, quartered if small or 1/4-inch sliced
- 2 quart beef broth
- 4 cups water
- 2 cup pearl barley
- 2 cup roughly chopped carrot
- 2 cups celery, chopped into 1/2" to 3/4" max chunks
- Black pepper to taste

SIDE DISH - Tossed Salad (bag of mixed salad) w/ Mild Italian Dressing

Method

- In a Dutch oven or other large, lidded pot, melt the butter over medium-high heat. Add enough pieces of the beef to sear in the pot without crowding.
- Brown the meat in several batches. Salt the beef as it cooks, and set aside browned pieces in a bowl.
- When all the beef has browned, add the onions. As the onions release some of their water, use a wooden spoon to scrape any browned bits off the bottom of the pot.
- Sprinkle a little salt over the onions as they cook.
- Lower the heat to medium and cook the onions until they begin to brown, 5-6 minutes.
- When the onions have lightly browned, mix in the mushrooms and increase the heat to high.
- Cook the mushrooms until they release their water, about 2-3 minutes.
- Add the beef back to the pot and sprinkle.
- Add 1 cup of the stock and use the wooden spoon to scrape any browned bits off the bottom of the pot.
- Add the rest of the stock and water and bring to a simmer.
- Cover the pot, lower the heat to low and simmer very gently for 1 hour.
- Add the barley, celery and carrots, stir well and recover the pot.
- Simmer gently until the barley and celery are tender, between 40 minutes to an hour.
- Prepare stew and Salad for transport



2. Braised BBQ Beef Sandwich

Yield: Approximately 12 sandwiches. (2 Cooks each make these ingredients)

Ingredients

- 6 pound chuck roast, rinsed and dried
- 6 medium onions, chopped
- 2 tbsp. olive oil
- 2 28-ounce can whole tomatoes (preferably plum tomatoes)
- 2 18-ounce bottle of your favorite barbecue sauce Salt and freshly ground black pepper

Side Dish – Cole Slaw (either purchase 4 bags of coleslaw and mix 4 bottles of dressing, or purchase already prepared coleslaw)

Method

- In a large, heavy pot, heat olive oil on medium heat. Add the onions and cook until translucent, about 5 minutes. Add the tomatoes, roughly chopping them in the pot. Add the barbecue sauce, increase heat to medium high and simmer for 10 minutes.
- Add the chuck roast. Bring to a low simmer, cover and slow cook until meat is very tender, stirring occasionally, about 3 hours.
- Remove the meat from the pot. Use a fork and knife to separate the roast into small pieces. Set aside.
- Increase the heat on the pot to medium/medium-high, uncover, and reduce the liquid until thick. Stir often to prevent burning.
- Return the meat to the liquid in the pan. Warm both thoroughly.
- Add salt and pepper to taste.
- Prepare BBQ and Coleslaw for transport



3. Easy Shepherd's Pie

Serves 12 (2 Cooks each make these ingredients)

Prep time: 15 minutes, Approx. Cook time: 50 minutes

Ingredients

- 5 pounds potatoes (about 6 large potatoes), peeled and quartered
- 24 Tablespoons (1 ½ stick) butter
- 3 medium onion, chopped (about 3 cups)
- 6 cups vegetables—diced carrots, corn, peas
- 4 lbs ground round beef
- 2 cup beef broth
- 3 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice

Method

- Place the peeled and quartered potatoes in medium sized pot.
- Cover with at least an inch of cold water and add a teaspoon of salt.
- Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

- While the potatoes are cooking, melt butter in a separate large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.
- Add vegetables according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do. Peas and corn add toward the end of the cooking of the onions, or after the meat starts to cook.
- Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper.
- Add the Worcestershire sauce and beef broth.
- Bring the broth to a simmer and reduce heat to low.
- Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out.
- When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 8 Tbsps. of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.
- Preheat oven to 400 °F.
- Spread the beef, onions, and vegetables in even layer in two large baking dishes (8x13 casserole).
- Spread the mashed potatoes over the top of the ground beef.
- Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.
- Place casserole(s) in 400 °F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.
- Prepare two casserole trays for transport



4. Hamburger and Macaroni Recipe

Prep time: 5 minutes, Approx. Cook time: 20 minutes (2 Cooks each make these ingredients)

Yield: Serves 12

Ingredients

- 4 cups uncooked macaroni (use rice pasta or gluten-free pasta for gluten-free version)
- 2 Tbsp. olive oil
- 4 pound ground beef
- 2 yellow onion, chopped (or mixed chopped green onion greens and yellow onion)
- 1 teaspoon seasoned salt
- Pinch + chili pepper flakes
- 2 large can (28 oz.) of diced tomatoes
- 4 Tbsp. Worcestershire sauce
- 1/2 cup chopped fresh parsley
- Salt and freshly ground black pepper to taste



SIDE DISH – Apple Sauce (4 large jars)

Method

- Heat a large pot of hot water heating and cook the macaroni as per the directions on the macaroni package.

- While the macaroni cooking, prepare the sauce.
- In a skillet, brown the ground beef in a tablespoon of olive oil on high heat.
- Stir only infrequently so that the ground beef has an opportunity to brown.
- When the beef has mostly browned, add the onions to the pan and toss to combine. Cook until the onions are soft, about 4-6 minutes.
- Add a dash of dash Chile red pepper.
- Pour in canned tomatoes, add the Worcestershire sauce and stir to combine.
- Simmer for 5 - 10 minutes.
- Mix in the drained and cooked macaroni and the parsley.
- Cook for another 5 minutes.
- Add freshly ground black pepper and salt to taste.
- Prepare Applesauce and hamburger macaroni for transport.



5. **Beef Pot Roast Recipe**

Cook time: 4 hours (2 Cooks each make these ingredients)

Yield: Serves 12.

In order for this recipe to work properly, let the roast sit (wrapped) for one to two hours outside of the refrigerator so that it comes to room temperature (between 65 and 70°F) before cooking. Otherwise, it will take a lot longer to cook at the low heat called for in this recipe.

Ingredients

- 6 lb. of boneless chuck roast (look for a piece that is well marbled with fat for best results)
- 4 Tbsp. olive or grapeseed oil
- Salt, pepper, Italian seasoning to taste
- 4 large yellow onions, thickly sliced, lengthwise (root to tip), about 4 cups sliced onion
- 4 cloves of garlic, peeled
- 4 carrots
- 2 bay leaf
- 12 potatoes (whole in pot)
- 4 cans Green Beans

Side Dish: Green Beans

Method

- Heat green beans then place in transport container and keep warm.
- Use a thick-bottomed covered pot (oven-proof if you intend to cook in oven), such as a Dutch oven, just large enough to hold roast and vegetables.



- Heat 2 Tbsp of oil on medium high heat (hot enough to sear the meat). Pat the roast dry with paper towels.
- Sprinkle and rub salt, pepper, and Italian seasoning all over the meat.
- Brown roast in pot, all over, several minutes on each side.
- Don't move the roast while a side is browning, or it won't brown well.

- When roast is browned, remove from pan and set on a plate.

- Add the onions to the pan and cook for about 5 to 10 minutes, until they begin to brown.

- Set the roast on top of the onions.

- Add the bay leaf, carrots and whole washed potatoes.

- Cover and bring to simmer and then adjust the heat down to the lowest heat possible to maintain a low simmer when covered (we cook our roast on the warm setting of our electric range)*. (If cooking in the oven, bring to a simmer first on the stovetop, then put in the oven, start the temp at 350°F for 15 minutes, then drop it to 250°F for the next hour, and then to 225°F after that.)

- Cook for 3 1/2 to 4 1/2 hours, or longer, until meat is tender. (If you are using a pressure cooker, cut the time by half).



After cooking 3 1/2 hours. Note how much liquid has been released by the meat. This comes from slow cooking at a very low temperature. If your pot roast is too dry, make sure the pan you are using has a tight fitting lid and that you are cooking at the lowest possible heat to maintain the low simmering.

- Prepare green beans and pot roast for transport



6. Beef Stir-Fry with Bell Peppers Recipe over Rice

Prep time: 15 minutes; Approx. Cook time: 10 minutes (2 Cooks each make these ingredients)

Yield: Serves 12

Ingredients

- 5 pound top sirloin or chuck steaks (about 1/2 inch thick), trimmed
- Salt and freshly ground black pepper
- 8 Tbsp. canola oil, divided
- 5 medium bell peppers, one red, one green, sliced into 1/4-inch strips
- 2 yellow onion, thinly sliced lengthwise (root to top)
- 4 Tbsp. soy sauce
- 6 teaspoon sesame oil
- 4 cups rice

Method

- Cook rice until plump then set aside.



- Season the steaks with salt and pepper and rub minced garlic over one side. If you cut meat thin enough this step is not required. Place the steaks between two sheets of plastic wrap. With a meat pounder, pound the steaks to a 1/4 inch thickness.
- Let the steaks sit for 10 minutes to absorb the flavor of the garlic. Then cut them across the grain in 1/2-inch wide strips.
- Heat 2 Tbsp. oil in a large skillet on high heat.
- Add the sliced onions and bell peppers, cook, stirring, until just barely tender, about 1-2 minutes.
- Remove the vegetables from the pan to a bowl and keep warm.
- Heat an additional Tbsp. of oil in the skillet on high heat, until the oil is shimmering, but not smoking.
- Add the strips of beef let the beef brown initially, without stirring, but as soon as it is brown on one side, then stir.
- Cook for no more than a minute (for medium-rare).
- Add the peppers and onions, tomatoes, soy sauce and sesame oil and cook for a half minute longer, stirring. Remove from heat.
- Prepare all cooked dinner including rice for transport



7. Sloppy Joes Recipe

Yield: Serves 8 (2 Cooks each make these ingredients)

The trick to this recipe is to brown the meat well, on high heat. Don't crowd the pan, work in batches, and don't stir the meat until it is well browned on one side. It helps to use a large cast iron pan, or an anodized aluminum pan, as these pans can handle the heat and are relatively stick-free.

Ingredients

- 4 Tbsp. olive oil
- 2 cup chopped bell pepper
- 2 cup chopped onion (about 1 medium onion)
- Salt to taste
- 5 lb. ground beef
- 2 cup ketchup
- 5 cups tomato sauce (or 2 15-ounce can whole tomatoes, puréed)
- 4 Tbsp. Worcestershire sauce
- 6 Tbsp. brown sugar
- ground black pepper

Side Dish: 2 large jars of Apple Sauce.

Method

- Heat **olive oil** in a large sauté pan on medium high heat. Add the **chopped onion**. Cook, stirring occasionally until onions are translucent, about 5 more minutes.
- Add the **salt** and cook for 30 more seconds. Remove from heat.
- Remove vegetables from the pan to a medium sized bowl, set aside.
- Using the same pan (or you can cook the meat at the same time as the vegetables in a separate pan to save time), generously **salt** the bottom of the pan (about 1/4 to 1/2 teaspoon). Heat the pan on high. Crumble the **ground beef** (in multiple batches) into the pan. Do not stir the ground beef too much, just let it cook until it is well browned on one side. Then flip the pieces over and brown the second side.
- Use a slotted spoon to remove the ground beef from the pan (add to the set-aside vegetables)

- Salt the pan again and repeat until all of the ground beef is brown.
- If you are using extra lean beef, you will likely not have any excess fat in the pan. If you are using 16% or higher, you may have excess fat. Strain off all but 1 tablespoon of the fat.
- Return the cooked ground beef and vegetables to a large the pan. Add the **ketchup, tomato sauce, Worcestershire sauce** and **brown sugar** to the pan. Stir to mix well.
- Add **pepper**. Lower the heat to medium low and let simmer for 10 - 20 minutes.
- Adjust seasonings to taste.
- Prepare sloppy joes and applesauce for transport.

Serve on **hamburger buns**.

8. **Classic Meatloaf**

Prep time: 20 minutes; Approx. Cook time: 1 hour, 10 minutes (2 Cooks each make these ingredients)

Yield: Serves 8 to 12

Ingredients

- 8 Tbsp. unsalted butter
- 3 cup of finely chopped onion
- 6 teaspoon salt
- 2 teaspoon black pepper
- 8 teaspoons Worcestershire sauce
- 2 cup ketchup, divided
- 5 pounds of ground beef (chuck)
- 2 cup fresh bread crumbs (take a couple slices of fresh bread and pulse in a blender until you have crumbs)
- 4 large eggs, beaten slightly
- 1/2 cup minced parsley leaves

SIDE DISH: 4 cans of corn and 4 cans of green beans heated.

Method

- Heat corn and green beans separately and keep warm until transport.
- Preheat oven to 350° F, with a rack in the middle of the oven.
- Melt the **butter** in a large, thick-bottomed skillet, on medium heat. When the butter starts to foam, add the **finely chopped onions** to the pan and cook for 5 minutes.
- Cover the pan and cook for another 5 - 15 minutes, until the carrots are tender, stirring every so often.
- Sprinkle with **salt** and **pepper**. Add the **Worcestershire sauce** and **1/2 of the ketchup**. Cook for another few minutes and remove from heat to cool.
- Once the vegetables have cooled to the touch, place them in a large bowl with the **ground beef, eggs, breadcrumbs** and **parsley**. Use your (very clean) hands to mix them together until everything is evenly distributed.
- EITHER Place the meatloaf mixture into TWO loaf pans or



cooking sheet, press to make compact in the pan. Or you can form a free-standing loaf on a cooking sheet. Cover the meatloaf mixture with the **remaining ½ of the ketchup**.

- Bake for 1 hour at 350°F, or until a meat thermometer inserted into the center of the meatloaf reads 155°F. Remove from oven and let sit for 10 minutes. Then use a metal spatula to gently lift the meatloaf out of the loaf pan to a serving plate.
- The meatloaf makes great leftovers, just chill and reheat. Slices are good in sandwiches as well.
- Prepare meatloaf, corn and green beans for transport

9. Hamburgers Recipe

Serves 10 (2 Cooks each make these ingredients)

Ingredients

- 5 lb. hamburger meat
- 12 Tbsp. A1 sauce
- Salt and pepper to taste (perhaps half a teaspoon of each)
- Lettuce
- Tomatoes, sliced
- Onions, sliced
- Mayonnaise, ketchup, mustard

Side Dish: Cole Slaw

Method

- Mix the A1 sauce into the hamburger meat, distributing evenly. Add salt and pepper.
- Form out the hamburger patties.
- Place on a pan for insertion in oven.
- Set oven to BROIL.
- Grill on one side (approximately 8 minutes) until you can see the juice begin to run at the surface.
- Flip over and grill on the other side, again until you can see some juice coming through.
- Slice onions to be served fresh with the hamburger.
- Slice tomatoes for serving with hamburgers.
- Serve burgers with lettuce, tomatoes, onions, mayo, ketchup, and or mustard.
- Prepare Cole slaw and hamburgers for transport.
- Place HB's in heated Crock Pot with beef broth in bottom to keep hot.

10. Beef Hot Dog Recipe

Serves 32 hot dogs (1Cook each make these ingredients)

Ingredients

- 4 packages beef hot dogs
- Ketchup
- Mustard
- 4 medium Onions
- 2 can or bag Sauerkraut

Side Dish: Cole Slaw

Method

- Boil hotdogs until beginning to split.
- Drain off water and place in bowl Crock Pot.
- Cut onions into small pieces for distribution over hot dog.
- Heat sauerkraut in pan until hot, drain juice from pan and place in transport container.
- Transport Cole slaw in container separate from Hot Dogs and sauerkraut in Crock Pot(s)

11. Baked Spaghetti Recipe

Serves 16 (2 Cooks each make these ingredients)

Ingredients

- 2 box (16 oz) spaghetti
- 2 cup chopped onion
- 2 - 28 oz diced tomatoes
- 2 - 2 ½ oz can sliced black olives
- ½ cup water
- 4 cups shredded cheddar cheese
- 2 lb hamburger
- 2 cup chopped green pepper
- 8 oz sliced mushrooms
- 2 can cream mushroom soup
- ½ cup parmesan cheese
- 4 tsp oregano

Side Dish: Apple Sauce (2 large jars)

Method – 2 trays

- Cook spaghetti until done. While cooking, sauté hamburger, onion and green pepper until veggies tender (drain). Add to cooking beef: tomatoes, drained olives, drained mushrooms, and oregano. Simmer uncovered for 10 minutes.
- 1st layer: Place 1/4 of the spaghetti in a 9" x 13' greased pan (spray spam is ok). Top with 1/4 of the meat – veggie mixture (use a slotted spoon leaving juice behind), then add 1 cup of shredded cheddar cheese.
- 2nd layer: Place 1/4 of the spaghetti in a 9" x 13' greased pan (spray spam is ok). Top with 1/4 of the meat – veggie mixture (use a slotted spoon leaving juice behind), then add 1 cup of shredded cheddar cheese.
- Mix 1 can soup and ½ of water until smooth; pour over casserole and sprinkle with parmesan cheese. Bake covered at 350 degrees for 30 – 35 minutes.
- Repeat for second tray.
- Prepare Applesauce and two trays of baked spaghetti for transport

DINNER PORK RECIPIES

20. Pork Roast with Sauerkraut

Serving 12 (2 Cooks each make these ingredients)

Ingredients

- 2 tablespoons olive oil
- 6 pound pork roast
- salt and pepper to taste
- 5 pounds sauerkraut

Side Dish: Corn (4) cans heated

Method

- Cook 6 h 10 m
- Ready In 6 h 25 m
- Preheat the oven broiler.
- Place the roast in a roasting pan, brush with olive oil, and season with salt and pepper.
- Place under the broiler for 10 minutes, until lightly browned in several places.
- Place 1/2 sauerkraut in the bottom of the slow cooker. Arrange the roast in the center of the pot. Cover with remaining sauerkraut.
- Cover slow cooker, and cook roast 6 hours on High

- Prepare pork roast and corn side dish for transport

21. Roast Pork and Red Potatoes Recipe

TOTAL TIME: Prep: 20 min. Bake: 2-1/2 hours + standing

MAKES: 13 servings (2 Cooks each make these ingredients)

Ingredients

- 2 envelope onion soup mix
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon ground cloves
- 4 cups water, divided
- 1 bone-in pork loin roast (6 pounds)
- 4 lbs small red potatoes, cut in half
- 2 cups sliced onions

SIDE DISH: 4 cans Green Beans heated

Method

- In a large bowl, combine the first six ingredients.
- Stir in 1/2 cup water; let stand for 3 minutes.
- Place roast, fat side up, on a greased rack in a roasting pan.
- Pour remaining water into the pan.
- Combine potatoes and onions; spoon around the roast.
- Brush vegetables and roast with seasoning mixture.
- Bake, uncovered, at 325° for 3 to 4 hours or until a thermometer reads 160° and potatoes are tender.
- Baste and stir potatoes occasionally. Tent with foil if roast is browning too fast.
- Prepare roast and green beans for transport

22. Slow Cooker Dr Pepper Pulled Pork

Just toss your pork into the crock-pot with a few simple ingredients (one of them being Dr. Pepper) and let that baby slow cook. After letting your pork cook you will find that your pork is bursting with great flavor that you will want to make this one again and again. (2 Cooks each make these ingredients)

INGREDIENTS

- 6 lb. Pork Loin(s)
- Pork Rub or your favorite seasonings
- 2 - 12 oz. Dr Pepper
- 1 bottle Barbecue Sauce (to taste) I used a Sweet Baby Rays that worked wonderfully!

Side Dish: Apple Sauce (3 large Jars)

METHOD

- Place rubbed pork in crock pot
- Pour in Dr Pepper.
- Cook on low 10-12 hours.
- Drain most of the liquid.
- Use tongs to shred pork after cooked.
- Add barbecue sauce to taste (I use a whole bottle)
- Stir well and set temp to med continue cooking for 1 hr.
- Prepare pulled pork and applesauce for transport

23. Marinated Pork Tenderloin

2 pork tenderloin pieces (approx. 6 pounds) Serves 13 (2 Cooks each make these ingredients)

Ingredients

- 2 pork tenderloins 6 pounds
- 12 med baking potatoes

Marinate sauce

Ingredients

- 1 cup Soy Sauce
- 3 tsp dry mustard
- 3 Tbsp. molasses

Method

Combine all ingredients in a jar and shake. Let stand @ room temp. Sufficient for 6 lbs meat.

Side Dish: Green Beans (4 cans)

Method

- Make marinate and set aside ½ for pouring over sliced pork when finished:
- Pour 1/4 marinate sauce in plastic bag and place 1 tenderloin in bag and place in refrigerator
- Pour 1/4 marinate sauce in plastic bag and place 1 tenderloin in bag and place in refrigerator
- Marinate pork overnight in refrigerator for 12 hours in plastic bags
- In morning remove each pork tenderloin from marinate and place in baking pan
- Place potatoes in oven separate from loins to bake @ 350 degrees for 1 hour while preparing tenderloins
- Bake each pork tenderloin for 30 minutes at 400 degrees to seal in juices
- Remove from oven and slice tenderloins open longitudinally, to expose inside of tenderloin to heat in oven
- Place opened tenderloins back in baking pans and return to oven at 350 degrees
- Return to oven for remainder of time until tenderloins are no longer leaking juice (approx. 20 mins) check to ensure not to overcook
- Remove baked potatoes from oven
- Remove loins from oven and slice, arranging on serving pan.
- Pour a portion of the original mixture of marinate sauce (warmed in microwave) over sliced pork tenderloin in pan.
- Prepare green beans and cooked tenderloins for transport

24. Pork Chops w/ Mushroom soup & French Fries

Serves 13 (2 Cooks each make these ingredients)

Ingredients

- 6 pounds pork chops
- 6 cans mushroom soup
- Large bag French fries

Side Dish: French Fries (2 large bags of crinkle cut FF's)

Method

- In 2 large oven pans arrange pork chops in rows along bottom, cover with mushroom soup
- Arrange another layer of pork chops and pour mushroom soup over layer,
- Arrange another layer of pork chops and pour mushroom soup over layer, and so on until all pork chops are in baking pan.
- Place in oven and bake for 2 hrs at 350 degrees.
- During the final 30 - 45 mins place a 2 trays of French fries in oven with pork chops.
- Prepare all cooked items for transport

25. Pork Hot Dog Recipe & Baked Beans

Serves 32 hot dogs (1 Cook makes these ingredients)

Serves 24

Ingredients

- 4 packages pork hot dogs
- Ketchup (1 large jar)
- Mustard (1 med jar)
- 4 medium Onions
- 2 can or bag Sauerkraut
- 6 large cans of baked beans

Side Dish: Baked Beans

Method

- Boil hotdogs until beginning to split.
- Drain off water and place in bowl.
- Cut onions into small pieces for distribution over hot dog.
- Heat sauerkraut in pan until hot, drain juice from pan and place in container.
- While hot dogs are broiling, heat baked beans in Dutch oven pan
- Place hotdogs, ketchup, mustard, onions and sauerkraut in travel container.

26. Sausage Sandwich & Baked Beans

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 6 pounds pork sausage ring (cut into individual pieces)
- 6 large cans of baked beans
- 1 large jar Ketchup
- 1 med jar Mustard

Side Dish: Baked Beans

Method

- Arrange sausage on cooking tray for placement into oven.
- Place pan in oven, set to BROIL.
- Grill on one side (approximately 15 minutes) until you can see the juice begin to run at the surface.
- Continue to rotate and grill until all sides are grilled and no juice is coming thru outer casing.
- Chop onions to be served fresh with the sausage on roll.
- While sausage is baking in oven, heat baked beans in Dutch oven pan.
- Place prepared sausage, ketchup, mustard, and baked beans in travel container

LUNCH

30. Tuna Fish Sandwich

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 12 - 6 oz cans of Tuna in water
- 2 – Large Jars Mayo
- 6 – stalks of celery
- 6 – med yellow onions

Method

- Dice onion into small pieces
- Cut celery into small pieces
- Mix Tuna w/ Mayo, celery and onion in batches until all 6 cans are mixed
- Place all tuna mixed and Mayo into travel container and cover.

31. Toasted Cheese Sandwiches

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 5 Lbs White American Cheese sliced to appropriate thickness in deli
- 1 lb Butter

Method

- Place all sliced cheese and butter into travel container and cover.

32. Soup – Chicken rice soup

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 6 boneless, skinless chicken breasts or 1 whole roasting chicken
- Olive oil, for drizzling
- 1/2 teaspoon ground thyme
- Salt and freshly ground black pepper
- 8 tablespoons butter
- 9 stalks celery, finely diced
- 6 carrots, finely diced
- 3 onion, finely diced
- 3 red bell pepper, finely diced
- 6 - 32 oz containers of low-sodium chicken broth
- 4 cups long-grain rice, cooked, rinsed and drained

Method

- Preheat the oven to 400 degrees F.
- Prepare the rice according to the package instructions; keep warm.
- [Drizzle](#) the chicken breasts or whole chicken with olive oil and sprinkle with the some salt and pepper.
- Put the chicken breasts or whole chicken in a roasting pan and roast until cooked through, about 45 - 60 minutes. Pour juice from roasting into soup pot and set chicken aside to cool.
- In a large soup pot with roasting juice in it, place over medium heat, melt the butter and sauté the celery, carrots, onions, thyme and bell peppers for a few minutes.
- Pour in the chicken broth, cover, bring to a simmer and simmer 45 minutes.
- Shred/chop the chicken and add it to the pot with the soup.
- Simmer for another 45 minutes.
- HOLD the rice in a transport plastic bag for next day eating then add rice to soup as necessary
- Cover soup for transport

33. Soup – Beef Barley Soup

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 4 lb beef stew meat
- 9 medium carrots, sliced (1 1/2 cups)
- 3 large onion, chopped (1 cup)
- 6 cloves garlic, finely chopped
- 2 cup (16 oz) frozen whole kernel corn, thawed
- 2 cup (16 oz) uncooked pearl barley
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon pepper

- 3 can (14.5 oz) diced tomatoes, undrained
- 1 1/2 containers beef flavored broth (from 32-oz containers)
- 3 cups (24 oz) frozen sweet peas, thawed

Method

- In a LARGE cooking pot, spray inside with cooking spray.
- Mix all ingredients except peas.
- Cover; cook on Low heat setting 9 to 10 hours.
- Stir in peas and Increase heat to High.
- Cover; cook 20 to 30 minutes longer, until peas are tender.
- Cover for transport

34. Peanut Butter & Jelly Sandwiches

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 4 - Large Giant brand Peanut Butter jars
- 2 – Large Giant brand Red Raspberry Preserves
- 2 – Large Giant brand Strawberry Preserves
- Prepare Peanut butter, and preserves for transport in travel plastic bag.

35. Beef Taco's

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 1/2 cup vegetable oil
- 30 (6-inch) yellow corn tortillas
- 3 medium onion, chopped
- 2 1/2 lbs ground sirloin
- 4 cloves garlic, minced
- 2 packets Taco Seasoning
- 4 large bags Mozzarella cheese
- 2 heads iceberg lettuce shredded
- 3 large tomato, diced,
- 3 – 8 oz containers sour cream

Method

- In large frying pan, veg oil, onion and cook until softened and lightly browned around the edges, about 3 to 4 minutes.
- Add the ground meat, 1 teaspoon salt, and garlic.
- Cook until browned, about 3 to 4 minutes, stirring occasionally, to break up the meat.
- Add Taco Seasoning.
- Bring to a simmer and cook, uncovered, until sauce is slightly thickened, 2 to 3 minutes.
- Pour all cooked meat into travel container.
- Place Mozzarella in travel plastic bag
- Place diced tomatoes in travel plastic bag
- Place sour cream in travel container
- Place 30 corn tortillas in travel plastic bag.

36. Fish Sandwich

Serves 24 (1 Cook makes these ingredients)

Ingredients

4 large boxes Gorton's Fish Fillets Breaded
2 Iceberg Lettuce heads
6 large tomatoes sliced
1 large Mayo

Method:

Cook fish fillets per box instructions, let cool then place in travel plastic bag
Slice tomatoes place in travel container plastic bag
Break apart iceberg lettuce place in travel plastic bag
Place mayo in travel bag

37. Lunch Meat Sandwich

Serves 24 (1 Cook makes these ingredients)

Ingredients

- 5 lbs assorted deli meats
- 2 Large jars Mayo
- 2 Heads iceberg lettuce
- Prepare all for transport