

Pork Burritos

Grace Church, SLO

This is your basic chop it up and dump it, crock-pot meal. I have used the pork tenderloins from Costco and they work great. One tenderloin makes for a soupier consistency, whereas two tenderloins makes it more thick and meaty. Whichever way you choose will be great. Make some rice to go with it or just enjoy it as it is!

- 1 pork roast, chopped up
- ½ cup chicken broth
- 4 oz. diced chilies
- 1 can refried beans
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 teaspoons chili powder

Put all ingredients in crock-pot. Cook on low for 8 hours. Serve in tortillas with favorite toppings.

There is no sight on earth more appealing than the sight of a woman making dinner for someone she loves.

~Thomas Wolfe

Turkey Sausage with Penne

Sunset

This is a great meal for Popeye! However, a little better tasting than straight out of the can. Although it is heavy on the spinach, there is plenty of pasta and sausage to eat for those kids who are not crazy about spinach. This is quick, easy and tastes great! Serve with some crusty bread if you like.

- 12 oz. bag spinach
- 1 large red or yellow bell pepper, seeded
- 3 green onions
- 8 oz. dried penne (preferably whole wheat)
- 8 to 12 oz. mild or hot turkey Italian sausage, casings removed
- ¼ cup balsamic vinegar, or ½ cup red wine vinegar and 5 tsp. sugar
- ½ to ¾ teaspoon fennel seeds
- salt and pepper

Start pot of water for pasta. Meanwhile, tear or chop spinach into pieces. Cut bell pepper lengthwise into thin strips. Slice onions about ½ inch thick. Place vegetables in a large serving bowl and set aside.

Chop or crumble sausages. Cook in a wide nonstick frying pan over medium-high heat, stirring often until browned (about 10 minutes). Add vinegar and fennel seeds, stirring to loosen browned bits.

Add pasta to vegetables and immediately pour in sausage mixture; toss until spinach is slightly wilted. Serve immediately. Salt and pepper to taste.

Serves 6



Volume 1, No. 2

Let's Eat!

Easy, Appetizing, Timely Meals

Monday

Easy Tortilla Soup

Tuesday

Meatball Sandwiches
Salad

Wednesday

Turkey Sausage with Penne
Bread

Thursday

Salmon with Couscous Pilaf

Friday

Pork Burritos
Rice

Additional Meal Ideas:
- Make tacos using Trader Joe's red enchilada sauce instead of taco seasoning.
- Make breakfast for dinner!

Easy Tortilla Soup

Calvary Chapel, SLO

We call this family favorite "Chip Soup." It has been around for a while and comes from a family friend. What I love about this soup is that it not only tastes great, but it is one of those meals you can keep most of the ingredients either on your self or in your freezer. Serve with sour cream, cheese, cilantro, and chips. It also tastes great without the cheese and sour cream for a dairy free meal or if you just don't have those ingredients on hand!

2 tablespoons oil
1 onion, finely chopped
½ teaspoon cumin
4 cups chicken broth
1 tablespoon cornstarch
2 cups frozen white sweet corn
1 ½ cups frozen chopped bell peppers
1 cup medium or mild salsa
2 large or 4 small chicken breasts,
cooked and shredded
crumpled tortilla chips
shredded cheese
avocado
sour cream
cilantro

Heat oil in a large pot. Sauté onion and cumin until soft. Dissolve cornstarch in 2 tablespoons of the chicken broth and add to the onions. Add remaining broth. Add white sweet corn, bell peppers, and salsa. Add chicken. Cover and bring to a boil; reduce heat to a simmer until ready to be served. Top soup with a handful of crumpled chips, shredded cheese, avocado, sour cream and cilantro.

Serves 4

Salmon with Couscous Pilaf

Everyday Food

If you own a food chopper, this is the time to get it out! Chop up those carrots and simply toss your ingredients together for a delightful meal. The only challenge to this meal is to stop eating the couscous! My kids of course love to dip their salmon in the General Tsao sauce from Trader Joe's. Enjoy!

1 pound carrots (about 6 medium),
quartered lengthwise and sliced
1/8" thick diagonally
1 cup uncooked couscous
(preferably whole wheat)
½ cup slivered almonds
½ cup raisins
¼ cup chopped fresh mint
1 tablespoon olive oil
coarse salt and ground pepper
4 skinless salmon fillets
lemon wedges, for serving

Preheat oven to 450°. In a 9-by-13-inch baking pan, mix together carrots, couscous, almonds, raisins, mint, oil, 1 ¼ cups water, 1 ½ teaspoon salt and ¼ teaspoon pepper.

Place salmon fillets on top of couscous mixture; season generously with salt and pepper. Cover pan with foil; bake until fish is opaque throughout, 30-35 minutes.

Transfer fish to plates. Fluff couscous with a fork; serve with fish and lemon wedges.

**Hunger is the best
sauce in the world.**

~Cervantes

I hope you enjoyed the first issue of Let's EAT! I have had some great feedback. It is so exciting to hear that people have tried some or all of the recipes. I even had someone tell me that they went out and bought everything to make the recipes all in one week! She was then encouraged to start menu planning for each week.

Whether these recipes inspire you to menu plan and eat more home cooked meals or just adds a few new ideas to your own repertoire that is great. I try to schedule one new meal in each week. Some weeks I get carried away and try several new ones and other weeks I feel like I can hardly think of anything to cook.

So give it a try and see what works for you. If you try something new and like it, but maybe it didn't come together as easily or quickly as you would like, be willing to give it another try. I often find that the second try with a new recipe goes much smoother and is more efficient. I hope you enjoy these next selections as well as some great family time around the table.

Happy Eating!

Katie Allshouse
katie@allshouseengineering.com

Meatball Sandwiches

This was served at the Trader Joe's tasting stand and was passed along to me. It is quick, tasty, and quite filling. Serve with a salad or there is always that handful of carrots for an even quicker time to the table.

1 bag frozen meatballs, turkey or beef
1-2 jars favorite marinara sauce
Sandwich rolls
Mozzarella cheese

Heat in a skillet 1-2 jars of marinara (you can judge how saucy you want it), ½ bag of frozen meatballs (more or less, you will need about 3 meatballs per sandwich). Heat for about 20 minutes. Meanwhile, turn on your broiler, cut open your sandwich rolls and toast until brown. I like to put a little butter and garlic powder on while toasting for extra flavor. When ready, assemble your sandwich and top with Mozzarella cheese. It is also very good without the cheese, if you choose. Dig in!