

# October 12th - October 18th



## Ingredients For the Week

¼ Cup Canola oil	1/8 tsp. garlic powder
¼ Cup + 1 tsp. soy sauce	1/8 tsp. ground black pepper
½ Cup flour	1½ cup beef-broth
½ Cup sour Cream	1½ cup shredded mozzarella Cheese
½ tsp sugar	1½ lb beef stew cubes
¾ Cup of milk	1½ lb pork tenderloin
1 10-OZ. package frozen green peas, thawed	2 cups sliced shiitake mushrooms
1 Can (10¾ OZ) Cream of mushroom soup	6 large eggs
1 Can (6 OZ) tuna, drained	2 tsp. Caribbean jerk seasoning
1 Clove garlic, chopped	2 tsp. paprika
1 tbsp. fresh lime juice	3 3oz pkg chicken flavor ramen noodle soup
3 tbsp. vegetable oil	3 shallots, thinly sliced
1 tsp. Cayenne pepper	3 tbsp butter, melted
6 Cups <b>cooked</b> rice	8 scallions, white & light green parts, sliced
8 oz. turkey bacon	6 cups coarsely crushed cornflakes
1 tsp. chili powder	8 6oz BS chicken breasts
1 tsp. dried thyme	Salt & pepper

## Sunday October 12th

### Caribbean Jerk Chicken

- ✿ Salt
- ✿ 2 tsp. Caribbean jerk seasoning
- ✿ 4 6oz BS chicken breasts
- ✿ ¼ Cup canola oil

1. Sprinkle salt & 1 tsp. seasoning over chicken.
2. Warm 2 tbsp. oil in large skillet over medium-high heat.
3. Cook chicken until browned & cooked through (5 minutes)

Side: use rice a roni or pasta

### Optional Side

- ✿ 1 jalapeno chili (seeded & finely chopped)
- ✿ 3 scallions (finely chopped)
- ✿ ¾ Cup fresh lime juice (3 limes)
- ✿ 1 10oz shred slaw mix



Prep: 10 minutes

Cook: 15 minutes

*All You September calendar insert*



## Monday October 13th

### Chili-Lime Pork Tenderloin

- ✿ 1½ lb pork tenderloin
- ✿ Salt & pepper
- ✿ 1 tsp. chili powder
- ✿ 1 tbsp. fresh lime juice
- ✿ 1 tsp. soy sauce
- ✿ ½ tsp sugar
- ✿ 2 tbsp. vegetable oil

1. Preheat oven to 400°F. Line rimmed baking sheet with foil.
2. Pat pork tenderloin dry & season all sides w/ salt & pepper.
3. Blend chili powder with lime juice, soy sauce, & sugar.
4. Rub into tenderloin.
5. Warm oil in ovenproof skillet. Add pork & sear (2 minutes).
6. Place skillet in oven & bake until thermometer inserted into the center reads 175°F (20 – 25 minutes).
7. Baste with accumulated juices (add 2tbsp. water if necessary)
8. Remove to cutting board & let sit for 5 minutes before serving.

SIDES: pasta, potatoes, rice a roni?

Prep: 8 minutes  
Cook: 27 minutes  
PREHEAT TO 400°F

*All You September issue (page 98)*

## Tuesday October 14th

12:30 NPS

### LEFTOVERS NIGHT





## Wednesday October 15th

1:25pm ORPH; 7:45pm CHILD'S CLASS

### Crockpot Beef Stroganoff

- ✿ Salt & Pepper
- ✿ 2 tsp. paprika
- ✿ 1½ lb beef stew cubes
- ✿ 1 tbsp. vegetable oil
- ✿ 2 cups sliced shiitake mushrooms
- ✿ 3 shallots, thinly sliced
- ✿ 1½ cup beef-broth
- ✿ ½ Cup sour Cream

1. Sprinkle ¾ tsp salt & pepper, & 1 tsp. paprika over beef.
2. Warm oil in large skillet over medium-high heat.
3. Cook beef cubes until browned (8 minutes). Transfer to slow cooker.
4. Add mushrooms, shallots, and 1 tsp. paprika to skillet. Season and cook for 3 minutes.
5. Combine beef broth & sour cream, pour into pan and cook for 2 minutes.
6. Pour mushroom mixture over beef in slow cooker.
7. Cook on low until beef is tender (about 6 hours)

Prep: 15 minutes

Cook: 6 hrs. 15 mins

SLOW COOKER MEAL

*All You Slow-Cooker Favorites booklet*

## Thursday October 16th

5pm WIC

### Cheesy Tuna and Noodles

- ✿ 3 pkg (3 oz each) chicken flavor ramen noodle soup
- ✿ 1 Can (10¾ oz) Cream of mushroom soup
- ✿ ¾ Cup of milk
- ✿ 1/8 tsp. garlic powder
- ✿ 1/8 tsp. ground black pepper
- ✿ Frozen mixed veggies of your choice
- ✿ 1½ Cup shredded mozzarella cheese
- ✿ 1 Can (6 oz) tuna, drained

1. Cook ramen according to package directions. Drain liquid.
2. Mix mushroom soup, milk, garlic, pepper, and veggies in a skillet.
3. Cover and cook over low heat for 5 minutes.
4. Add cheese and heat until melted.
5. Add tuna and noodles.





## Friday October 17th

Open Swim Night!

### Sweet Pea Fried Rice

- ✿ 8 oz. turkey bacon
- ✿ 8 scallions, white & light green parts, sliced
- ✿ 1 clove garlic, chopped
- ✿ 6 cups **cooked** rice
- ✿ ¼ cup soy sauce
- ✿ 1 10-oz. package frozen green peas, thawed
- ✿ 4 large eggs, beaten
- ✿ Salt & Pepper

1. Cook bacon in a skillet over medium-high heat until crisp, 5 minutes. Drain on paper towels and chop.
2. Add scallions and garlic. Reduce heat to medium and cook until softened, 3 to 5 minutes.
3. Rub rice between hands to break up and loosen grain. Add to skillet and stir to blend in scallions & garlic. Cook for 2 minutes.
4. Stir in soy sauce and peas. Push mixture to one side and pour in eggs. Cook eggs until slightly set on bottom, about 2 minutes.
5. Mix rice into eggs and stir until thoroughly blended, breaking up any clumps of cooked egg.
6. Stir in bacon. Season with salt & pepper and remove from heat. Serve!

Prep: 5 minutes  
Cook: 15 minutes

*All You unknown issue*

<http://mypreciouspennies.blogspot.com/2008/09/mmm-monday-reader-request-sweet-pea.html>

## Saturday October 18th

### Cornflake-Crusted Chicken

- ✿ 4 BS Chicken breasts
- ✿ ½ cup flour
- ✿ 1 tsp. dried thyme
- ✿ 1 tsp. Cayenne pepper
- ✿ Salt & pepper
- ✿ 2 large eggs
- ✿ 6 cups coarsely crushed cornflakes
- ✿ 3 tbsp butter, melted

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil.
2. Place each chicken breast between 2 sheets of plastic wrap. With a rolling pin, pound chicken to an even ½ inch thickness.
3. Mix flour, cayenne pepper, salt & pepper.
4. Whisk eggs.
5. Spread cornflake crumbs on second rimmed baking sheet.
6. Dip chicken into seasoned flour, & then dip in egg mixture. Let excess egg drip off, then press both sides into cornflakes. Transfer to baking sheet.
7. Drizzle chicken with melted butter.
8. Bake until coating is crisp & chicken is cooked through (30 minutes)

Prep: 10 minutes  
Cook: 30 minutes  
PREHEAT 375°F

SIDES: veggies, pasta, potatoes

*All You September issue (pg. 115)*



### 👑 MENU ITEMS

1 Can (10¾ OZ) Cream of mushroom soup
1 tbsp. fresh lime juice
1½ cup shredded mozzarella cheese
1½ lb beef stew cubes
1½ lb pork tenderloin
3 3oz pkg Chicken flavor ramen noodle soup
1 pkg chicken breasts

### 👑 WIC ITEMS

2 gallons milk
1 V8
1 dozen eggs
2 6 1/8 oz tuna
18 oz peanut butter

### 👑 SALE ITEMS

October 9th - October 22nd

✓	Item	% off	Price	Coupon/Notes
	College Inn Beef/Chicken broth	68%	\$0.25	
	Glade Wisp Flameless Refill	23%	\$2.00	\$1/1 mfg coupon
10	Chex Cereal Bar Turtle 7.4 oz	22%	\$1.75	\$1.50/1 mfg coupon
	Bumble Bee Chicken Breast		\$1.79	\$0.044/oz
	Right Guard gel 3 oz	50%	\$1.00	Check for coupon
	Right Guard spray 10 oz	39%	\$2.00	Check for coupon
	Gain powder regular 40 use 63 oz		\$4.79	\$0.076/oz (2?)
	Pillsbury cinnamon roll 8ct 12.4oz	15%	\$1.39	\$0.40/1 OR \$0.30/1 coupon
	Ronzoni Smart Taste Macaroni Elbows	24%	\$0.99	\$1/1 coupon
	Giorgio Sliced mushrooms 4oz	19%	\$0.69	\$0.172/oz
	VIP Peas, Broccoli, Corn, mixed 12oz	34%	\$0.99	
	All American Cream of Mushroom 10.5oz	33%	\$0.50	
	Top Ramen 3oz		\$0.20	
	Green Giant Spinach Boil n Bag	18%	\$0.99	\$1/1 Steamers (?)