

October 26th ~ November 1st



Ingredients For the Week

Ground Beef	½ cup heavy whipping cream
Taco Mix	¼ cup Chopped fresh parsley
Tacos/Burritos	2 (3.5 oz) links sweet Italian sausage
Lettuce	3 Tbsp. butter or margarine
Diced tomatoes	2 Tbsp. flour
Cheese	½ tsp. salt
Refried beans	2 cups milk
2 tsp oil	2 cups Shredded Sharp Cheddar Cheese
4 (6 oz) bone-in pork chops	1 pkg. (7 oz.) elbow macaroni cooked, drained
1 medium red pepper, cut into chunks	1½ cups water
1 medium yellow pepper, cut into chunks	2 cups granulated sugar
2 (8 oz) cans pineapple chunks in juice, undrained	1 cup distilled white vinegar
½ cup chicken broth	¼ cup light soy sauce
¼ cup KRAFT CATALINA Dressing	¼ cup ketchup
1 ½ teaspoons garlic powder	¼ tsp toasted sesame oil
1 ½ cups MINUTE White Rice, uncooked	2lbs boneless pork loin, cut into ¼ inch slices
1lb uncooked penne pasta	Salt & freshly ground pepper
¼ cup extra virgin olive oil	2 tbsp Chinese rice wine/sherry/brandy
4 cloves garlic, minced	2/3 cup all-purpose flour
½ tsp crushed red pepper flakes	2/3 cup cornstarch
28 oz Can Crushed tomatoes	4 cups peanut oil
¾ tsp salt	Cilantro leaves, for garnish
2 tbsp vodka	Steamed rice, for serving



Sunday October 26th

LEFTOVER NIGHT



Monday October 27th

<http://food.yahoo.com/recipes/rachael-ray/113035/peking-pork-with-sweet-and-sour-sauce/print>

Peking Pork w/ Sweet and Sour Sauce

- ✿ 1½ Cups water
- ✿ 2 cups granulated sugar
- ✿ 1 cup distilled white vinegar
- ✿ ¼ cup light soy sauce
- ✿ ¼ cup ketchup
- ✿ ¼ tsp toasted sesame oil
- ✿ 2lbs boneless pork loin, cut into ¼ inch slices
- ✿ Salt & freshly ground pepper
- ✿ 2 tbsp Chinese rice wine/sherry/brandy
- ✿ 2/3 cup all-purpose flour
- ✿ 2/3 cup cornstarch
- ✿ 4 cups peanut oil
- ✿ Cilantro leaves, for garnish
- ✿ Steamed rice, for serving

Prep time: 20 minutes

Cook time: 30 minutes

1. In a large, deep-sided skillet, bring the water to a boil w/ the sugar & white vinegar. Cook for 1 min. until the sugar dissolves.
2. In a small bowl, whisk soy sauce, ketchup & sesame oil until smooth. Whisk the soy sauce mixture into the vinegar mixture. Bring sauce to a boil & cook, stirring occasionally, until syrupy, about 5 to 7 mins, then lower the heat to a simmer.
3. Season both sides of the pork slices with salt & pepper. Pour the rice wine into a bowl & dredge the pork in the wine. In a shallow bowl, mix the flour & cornstarch until evenly combined. Dredge the pork in the flour mixture, shaking off any excess.
4. In a wok, heat the peanut oil until a pork slice sizzles & rapidly rises to the top when placed in the oil. Carefully add pork slices to it, using tongs. Fry the slices for 1 minute, then remove the pork to a paper towel-lined plate.
5. Allow the oil to reheat for 2 minutes, then quickly refry the pork slices, 2 at a time, for 1 more minute, & drain on fresh paper towels. The slices should be crisp and golden on the outside, tender and cooked throughout.
6. Transfer the cooked pork slices to the pan of simmering sweet-and-sour sauce, turning them until they are well coated. Remove the pork to a serving plate. Garnish with cilantro and serve with rice.



Tuesday October 28th

Old Fashioned Mac and Cheese

- ✿ 3 Tbsp. butter or margarine
- ✿ 2 Tbsp. flour
- ✿ ½ tsp. salt
- ✿ 2 cups milk
- ✿ 2 cups KRAFT Shredded Sharp Cheddar Cheese, divided
- ✿ 1 pkg. (7 oz.) elbow macaroni (1-3/4 cups), cooked, drained

1. Melt butter in large saucepan on low heat.
2. Add flour and salt; mix well.
3. Cook 2 minutes or until bubbly.
4. Gradually add milk, stirring until well blended.
5. Cook on medium heat until mixture boils and thickens, stirring constantly.
6. Reduce heat to low; simmer 3 to 5 minutes or until thickened.
7. Add 1-1/2 cups of the cheese; cook until melted, stirring constantly. Add macaroni; mix lightly.
8. SPOON into 1-1/2-quart Casserole; sprinkle with remaining 1/2 cup cheese.
9. BAKE 20 minutes or until heated through.

Prep time: 20 minutes
 Cook time: 40 minutes
 PREHEAT OVEN TO 350°F.

<http://www.kraftfoods.com/kf/recipes/old-fashioned-macaroni-cheese-57123.aspx>

Wednesday October 29th

Chip's CLASS? 7:45pm

Penne with Spicy Vodka Sauce

- ✿ 1lb uncooked penne pasta
- ✿ ¼ cup extra virgin olive oil
- ✿ 4 cloves garlic, minced
- ✿ ½ tsp crushed red pepper flakes
- ✿ 28 oz can Crushed tomatoes
- ✿ ¾ tsp salt
- ✿ 2 tbsp vodka
- ✿ ½ cup heavy whipping cream
- ✿ ¼ cup Chopped fresh parsley
- ✿ 2 (3.5 oz) links sweet Italian sausage

1. Bring a large pot of lightly salted water to a boil.
2. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. In large skillet, heat oil over moderate heat.
4. Remove casing from sausage and add to skillet.
5. Cook, breaking up the meat, until brown.
6. Add garlic & red pepper. Cook, stir until garlic is golden brown.
7. Add tomatoes & salt; bring to boil. Reduce heat & simmer 15 mins.
8. Add vodka & cream & bring to boil.
9. Reduce heat to low & add pasta, toss for 1 minute. Stir in fresh parsley and serve!

Prep Time: 10 minutes
 Cook time: 15 minutes

<http://food.yahoo.com/recipes/allrecipes/11815/penne-with-spicy-vodka-tomato-cream-sauce>

Thursday October 30th

LEFTOVER NIGHT



Delicious Pennies

Friday October 31st

HALLOWEEN

Aloha Pork Chop Skillet

- 2 tsp oil
- 4 (6 oz) bone-in pork chops
- 1 medium red pepper, cut into chunks
- 1 medium yellow pepper, cut into chunks
- 2 (8 oz) cans pineapple chunks in juice, undrained
- 1/2 cup fat-free, reduced-sodium chicken broth
- 1/4 cup KRAFT CATALINA Dressing
- 1 1/2 teaspoons garlic powder
- 1 1/2 cups MINUTE White Rice, uncooked

1. Heat oil in large nonstick skillet on medium-high heat.
2. Add chops; cook 5 min. on each side or until browned on both sides.
3. Add peppers, pineapple with its juice, broth, dressing and garlic powder; mix well. Bring to boil.
4. Stir in rice; cover.
5. Reduce heat to medium-low; simmer 5 min. or until chops are cooked through (160 degrees F.)
6. Remove from heat; let stand 5 min.

Prep Time: 5 minutes

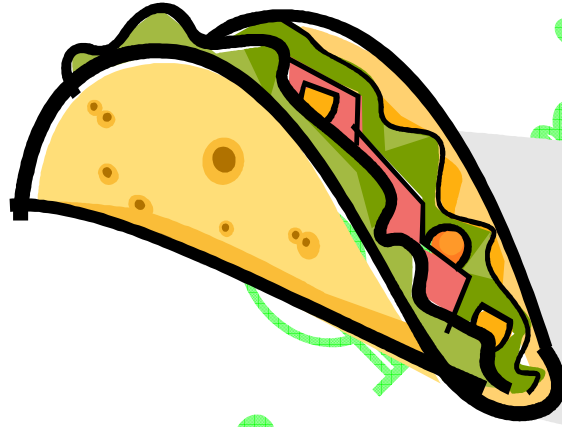
<http://food.yahoo.com/recipes/kraft/91988/aloha-pork-chop-skillet>



Saturday November 1st

Burritos and Tacos

- Ground Beef
- Taco Mix
- Tacos/Burritos
- Lettuce
- Diced tomatoes
- Cheese
- Refried beans



My Precious