

# November 16th ~ November 22nd



## Ingredients For the Week

½ cup mustard	1/3 cup all-purpose flour
½ cup molasses	3 tbsp. unsalted butter
¼ cup light brown sugar	3 tbsp. vegetable oil
2 tbsp. tomato paste	¼ cup lemon juice
¼ cup Cider vinegar	½ cup white wine
1 tsp. salt	¼ cup Capers, rinsed
½ tsp. garlic powder	1.5lbs beef
¼ tsp. Cayenne pepper	A: 8 dried shiitake mushrooms
2 tsp black pepper	A: 8 oz. can bamboo shoots, minced
4lb bone-in ribs	A: 8 oz. can water chestnuts, minced
1 tbs olive oil	B: 1 tsp ginger, minced
2 Carrots, peeled & chopped	B: 2 cloves garlic, minced
1lb lean ground turkey OR beef	B: 2 green onions, minced
28oz crushed tomatoes	1 tsp hoisin sauce
12oz bag of pasta	1 tbsp soy sauce
4 10-oz chicken	1 tbsp dry sherry
Salt and pepper	2 tbsp oyster sauce
2 tbsp vegetable oil	2 tbsp water
½ cup chicken broth	1 tsp sesame oil
½ cup strained apricot jam	1 tsp sugar
2 tbsp Dijon mustard	2 tsp cornstarch
3 Tbsp. butter or margarine	Marinade sauce
2 Tbsp. flour	1 tsp cornstarch
½ tsp. salt	2 tsp dry sherry
2 cups milk	2 tsp water
2 cups Shredded Sharp Cheddar Cheese	1 tsp oil
1¾ cups elbow macaroni cooked, drained	1 tbsp soy sauce
4 BS chicken breast halves	Salt & Pepper



## Sunday November 16th

### Molasses and Mustard Glazed Ribs

- ✿ ½ cup mustard
- ✿ ½ cup molasses
- ✿ ¾ cup light brown sugar
- ✿ 2 tbsp. tomato paste
- ✿ ¼ cup cider vinegar
- ✿ 1 tsp. salt
- ✿ ½ tsp. garlic powder
- ✿ ¾ tsp. cayenne pepper
- ✿ 2 tsp black pepper
- ✿ 4lb bone-in ribs

1. Combine mustard, molasses, sugar, tomato paste, vinegar, salt, garlic powder, pepper and cayenne pepper in a small sauce pan. Boil & simmer until thickened (5 minutes)
2. Brush ribs with sauce and arrange in slow cooker.
3. Cook until meat is tender and easily removed from bone.

Do baby back ribs for 4 hours only  
Sides: corn on the cob, broccoli...etc.

Prep: 15 minutes  
Cook: 6 hours

*August All You*

## Monday November 17th

Lapsit 1-2pm; CRITTER CANDI 7pm

### LEFTOVERS NIGHT

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**Tuesday November 18th**

CHILDREN'S 8:30 A.M

### Pasta Bolognese

- ✿ 1 tbs olive oil
- ✿ 2 Carrots, peeled & chopped
- ✿ 1lb lean ground turkey OR beef
- ✿ 28oz crushed tomatoes
- ✿ 12oz bag of pasta

1. Heat oil over medium heat. Add carrots (or any other veggies you want) and cook for 5 minutes until softened. Add ground meat to skillet. **DO NOT DRAIN.**
2. Cook until meat is brown and cooked through. Stir in tomatoes and bring to a boil. Reduce heat and simmer for 15 - 20 minutes.
3. While the sauce simmers, prepare the pasta as directed on the package. Dump your sauce over your finished pasta, and serve!

Prep: 5 minutes  
Cook: 30 minutes

*Parenting March 2008*

**Wednesday November 19th**

Chip's Class 7:45pm

### Chicken with Apricot Sauce

- ✿ 4 10-oz chicken
- ✿ Salt and pepper
- ✿ 2 tbsp vegetable oil
- ✿ ½ cup chicken broth
- ✿ ½ cup strained apricot jam
- ✿ 2 tbsp Dijon mustard

1. Preheat oven to 350°F.
2. Mist a baking dish with cooking spray (or use the wrapper from sticks of butter).
3. Season chicken with salt & pepper.
4. Warm oil in a skillet over medium-high heat.
5. Add chickens; cook for 3 minutes per side.
6. Transfer to baking dish; roast for 10 minutes.
7. Pour off fat from skillet; add broth.
8. Bring to a boil over high heat, stirring.
9. Boil until liquid is reduced by half, 5 minutes.
10. Add jam; bring back to a boil.
11. Cook, stirring, until thick and syrupy, 2 minutes.
12. Stir in mustard.
13. Lower heat to medium and return chops to skillet; turn over. Spoon remaining sauce over chicken.

Preheat oven to 350°F  
Prep: 5 minutes  
Cook: 20 minutes

*All You August issue calendar page*



**Thursday November 20th**

9am DELINDA, 1pm APRIL

### 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>

**Friday November 21st**

LEFTOVERS NIGHT?

### Chicken with Lemon and Capers

- ✿ 4 BS chicken breast halves
- ✿ Salt & Pepper
- ✿ 1/3 cup all-purpose flour
- ✿ 3 tbsp. unsalted butter
- ✿ 3 tbsp. vegetable oil
- ✿ ¼ cup lemon juice
- ✿ ½ cup white wine
- ✿ ¼ cup capers, rinsed

1. Preheat oven to 200°F. Sprinkle chicken with salt & pepper and dredge in flour. Warm 2 tbsp butter & 3 tbsp oil in skillet over medium-high heat until butter foams. Cook chicken until firm and browned. Transfer to a platter and cover loosely with foil. Place in oven.
2. Add lemon juice and wine to skillet, bringing to a boil. Cook until thickened.
3. Remove from heat, stir in capers and remaining 1 tbsp butter. Cook until butter melts.
4. Season with salt and pepper. Pour sauce over chicken.
5. ENJOY!

Prep: 5 minutes  
Cook: 20 minutes

*August All You*



## Saturday November 22nd

LEFTOVERS NIGHT?

### Lettuce Wrap

#### Ingredients

- 1.5lbs beef
- A: 8 dried shiitake mushrooms
- A: 8 oz. can bamboo shoots, minced
- A: 8 oz. can water chestnuts, minced
- B: 1 tsp ginger, minced
- B: 2 cloves garlic, minced
- B: 2 green onions, minced

#### Cooking Sauce

- 1 tsp hoisin sauce
- 1 tbsp soy sauce
- 1 tbsp dry sherry
- 2 tbsp oyster sauce
- 2 tbsp water
- 1 tsp sesame oil
- 1 tsp sugar
- 2 tsp cornstarch

1. Cover the mushrooms with boiling water. Let stand for 30 minutes and drain. Mince.
2. Let beef marinate for at least 15 minutes.
3. Prepare cooking sauce. Mince ingredients and combine in their groups.
4. On medium high heat, add 3 tbsp oil. Add chicken/beef/shrimp and stir fry. Set aside.
5. Add 2 tsp oil, add group B (ginger, garlic, green onion). Stir fry.
6. Add group A. Stir fry.
7. Return chicken/beef/shrimp to pan.
8. Add cooking sauce to pan. Stir fry until sauce is thick.
9. Spoon into lettuce leaf, add cellophane noodles if desired, wrap, and enjoy!

#### Marinade sauce

- 1 tsp cornstarch, 2 tsp dry sherry, 2 tsp water, 1 tsp oil, 1 tbsp soy sauce, Salt & Pepper

#### MENU ITEMS

#### MISC ITEMS

4lb bone-in ribs	1 gallon milk
1lb lean ground beef	36oz cereal
½ Cup strained apricot jam (31% off, coupons)	1 dozen eggs
4 BS chicken breast halves	2 46oz juice
1.5lbs beef	
8 oz. can bamboo shoots, minced	12.9oz Enfamil Lipil powder
8 oz. can water chestnuts, minced	
Ginger	Jasmine Rice (coupons?)
	Baby foods (Earth's best?) – Sweet Potato?