JANUARY Menu

SALISBURY STEAK

PORK CHOPS WITH SCALLOPED POTATOES

WHITE BEAN CHICKEN CHILI

CHEDDAR BAY BISCUIT CHICKEN POT PIE

FEEDING YOUNG MINDS

MIGHTY MOMS

Salisbury Steak

SERVINGS: 8 PREP TIME: 10 MIN COOKING TIME: 30 MIN

Ingredients

- 2 pounds ground beef
- 2/3 cup plain dry bread crumbs
- 1 small onion, finely chopped (about 1/4 cup)
- 2 egg, beaten
- 4 tablespoons water
- 2 tablespoon vegetable oil
- 2 can (10 1/4 ounces) Campbell's® Beef gravy

Directions

1. Season the beef with salt and pepper. Thoroughly mix the beef, bread crumbs, onion, egg and water in a bowl and shape firmly into 4 (1/2-inch thick) oval patties.
2. Heat the oil in a 10-inch skillet over medium-high heat. Add the patties and cook for 10 minutes or until well browned on both sides (to prevent sticking- make sure the skillet and oil are hot before adding the patties). Pour off any fat.
3. Add the gravy and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the patties are done.

Pork Chops with Scallop Potatoes

SERVINGS: 6 PREP TIME: 15 MIN COOKING TIME: 1 HOUR & 30 MIN

Ingredients

- 6 pork chops (3/4 thickness)
- 6 cups thin sliced potatoes
- 1 medium onion
- 3 Tbsp flour
- 3 Tbsp butter
- 2 Tbsp oil
- 14.5 ounces chicken broth
- 1 tsp salt
- 1/2 tsp pepper
- paprika
- parsley

Directions

1. In a small saucepan, melt butter; stir in the flour, salt and pepper until smooth. Add broth. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat and set aside.
2. In a large skillet, brown the pork chops on both sides in oil; sprinkle with additional salt and pepper if desired.
3. In a greased 13x9-in. baking dish, layer potatoes and onion. Pour broth mixture over layers. Place pork chops on top.
4. Cover and bake at 350° for 1 hour; uncover and bake 30 minutes longer or until meat and potatoes are tender. If desired, sprinkle with paprika and parsley.

White Bean Chicken Chili

SERVINGS: 8 PREP TIME: 15 MIN READY IN: 3-4 HOURS

Ingredients

- 2 qts chicken broth, (or vegetable broth)
- 1/2 lb great northern beans, dry
- 1 yellow onion
- 4 tsp garlic powder
- 2 tbsp oil or butter
- One 6-oz can green chilis
- 2 cups corn, (fresh or frozen)
- 2 tsp cumin
- 2 tsp salt, (to taste)
- 1/4 tsp black pepper (to taste)
- 2-3 cups chicken, diced

Directions

- Pour the beans into a slow cooker. Cover with 8 cups (2 qt) chicken broth and 4 cups water. Add more water if necessary. You want at least twice as much water as beans because they will swell as they cook.
- Peel and dice the onion, dice the chicken and toss in with the beans.
- Add cumin, green chilis, and corn. Stir well.
- Cook on low 3-4 hours or on high 2 hours, until onions are soft and cooked through.
- Add salt and pepper. Then taste and add more salt if necessary. Homecooked beans do not have added salt like canned beans, so you will probably need to add more than you think.
- Top as desired and enjoy! We like a dollop of sour cream and shredded cheddar.

Cheddar Biscuit Pot Pie

SERVINGS: 6-8 PREP TIME: 10 MIN COOKING TIME: 20 MIN

Ingredients

- 1 stick of butter
- 4 cans of chicken
- 2 cups of milk
- 2 cups biscuit mix with seasoning
- 1 bag frozen peas and carrots
- 1 can of cream of chicken soup
- 2 cups of chicken broth
- 1 cup sour cream
- 1 teaspoon each: salt, pepper, onion & garlic powder

Directions

1. Preheat oven to 425 degrees. Spray a 9 x 13 baking dish with non-stick cooking spray. Set aside.
2. In a large bowl mix together cooked chicken, cream of soups, sour cream, milk, garlic, melted butter, thawed vegetables, salt, black pepper, garlic powder, and onion powder. Pour mixture in 9x13 baking dish.
3. In medium bowl place Red Lobster Cheddar Bay Biscuit mix. Stir in water. Spoon biscuit mix on top of cream mixture and smooth out evenly.
4. Bake in preheated oven for 16-18 minutes until golden brown, biscuits are cooked through, and mixture is heated through.
5. Allow to rest for 5-10 minutes before serving.

FEEDING YOUNG MINDS

Easy Chocolate Eclair Pie

SERVINGS: 8 PREP TIME: 15 MIN READY IN: 2 HOURS

Ingredients

- 12ounces **graham crackers**
- 2(3 1/2 ounce) boxes **French vanilla instant pudding**
- 3 cups **milk**
- 2 tablespoons **milk**
- 1(8 ounce) container whipped topping
- 1(12 ounce) container milk chocolate frosting

Directions

- Spray a 9x13 pan with cooking spray.
- Layer bottom of pan with graham crackers.
- In large bowl,mix together pudding and 3 cups of milk.
- Beat until mixture begins to thicken.
- Fold in whipped topping.
- Spread evenly over graham crackers.
- Add another layer of graham crackers over pudding mixture.
- Mix remaining 2 tablespoons of milk with chocolate frosting.
- Spread evenly over top layer of graham crackers.
- Refrigerate overnight.

FEEDING YOUNG MINDS

FEEDBACK FORM

Name:_____

Address:_____

Email:_____

Can we send updates on FYM?

Number in family_____

Does your child(ren) attend LPPS?

Would you consider attending again?

Was transportation an issue?

What school does your child attend? _____

	Yes	No
Can we send updates on FYM?		
Does your child(ren) attend LPPS?		
Would you consider attending again?		
Was transportation an issue?		

On average how many times a month do you sit down as a family for meals?

Do you enjoy family "game night"?
If so, how many times a month do you do it?