

## Ranch Chicken Wraps

1 cup rice  
2 cups chicken broth  
2 large or 3 small chicken breasts  
1 Tbsp oil  
Garlic powder  
Onion powder  
Chili powder  
1-2 cups shredded cheese  
Few squirts of Ranch Salad Dressing  
8-10 Flour Tortillas

### **Directions**

Cook a batch of rice with chicken broth as the cooking liquid.

Cut chicken breasts into small cubes.

Stir fry in skillet with a little oil, onion powder, garlic powder and chili powder to taste.

Assemble wraps with rice, chicken, cheese, and a squirt of ranch dressing.

Recipe from Kimberly W.'s Kitchen

## Tex-Mex Soup with Homemade Tortilla Chips

- 1 lb. ground beef
- 2 cups previously cooked dried black beans
- 1 1/2 cups of uncooked macaroni pasta
- 1 can diced tomatoes with green chilies
- 1 box of organic beef broth (about 3-4 cups)
- 1 Tbsp. Cumin
- 2 tsp. Chili Powder

*For tortilla chips to serve with the soup:*

- 6 Corn Tortillas (6 inch)
- 2 tsp. vegetable oil
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1/2 tsp. salt

### **Directions**

1. Brown ground beef in soup pot. Drain and return to pot.
2. Add cumin and chili powder and stir.
3. Add the box of beef broth to loosen bits of flavor from bottom of pot.
4. Bring to a boil and then stir in black beans, macaroni, and diced tomatoes with green chilies.
5. Simmer over medium-low heat for 8-10 minutes or until macaroni is al dente.
6. I serve this with tortilla chips crushed in the soup!

To make the tortilla chips while soup is simmering:

1. Preheat oven to 350 degrees. Brush both sides of the corn tortillas with oil.
2. Stack the tortillas and cut them into your preferred chip size.
3. Spread the tortilla triangles in a single layer on a large baking sheet. Sprinkle with the cumin, chili powder, and salt.
4. Bake for 10-14 minutes until golden brown and very crispy!
5. Crumble into yummy hot Tex-Mex Soup and Enjoy!

Recipe from Stacey's Kitchen

## Chicken Zucchini Bake

8 oz whole wheat Rotini pasta or egg noodles  
2 chicken breasts, cubed  
salt & pepper to taste  
1-2 tbsp olive oil  
1 large can diced tomatoes with juices  
1 medium zucchini, halved lengthwise and sliced  
1 tbsp Italian seasonings  
1 tsp garlic powder  
1 tsp onion powder  
1 cup shredded cheese

### Directions

1. In a large pot, cook pasta according to package directions. Drain and set aside.
2. Season cubed chicken breast with salt & pepper to taste.
3. In a large skillet, heat 1 tbsp olive oil over medium heat. Add cubed chicken and cook, stirring occasionally so pieces are evenly browned. Remove chicken and set aside.
4. In the same skillet over medium heat, add zucchini (and up to 1 tbsp of the remaining olive oil if necessary) and cook until tender (about 5 minutes), stirring occasionally. Add diced tomatoes with juices, Italian seasonings, garlic powder, onion powder and cooked chicken. Stir to combine, bring to a boil and lower heat. Simmer 10 minutes.
5. Remove from heat and stir in cooked pasta.
6. Place chicken, zucchini & pasta mixture until a 7×11 baking dish. Sprinkle with 1 cup shredded cheese.
7. Bake in 350 degree oven for 20-25 minutes.

Recipe from Carol's Kitchen

## Pork Sausage Pasta

- 1lb regular pork sausage
- 1 can petite diced tomatoes
- 3/4 lb of penne or bowtie pasta
- 1 green bell pepper, seeded and diced
- 2 cups of shredded cheese
- 1 loaf of garlic bread toasted

### Directions

1. Start cooking the pasta according to package instructions...
2. Brown the pork sausage in a large skillet with the diced green bell pepper on medium high. Drain excess liquid. Next add can of petite diced tomatoes and add 1 teaspoon of salt and pepper each, and cook on medium heat for about 3 minutes. Make sure green peppers are soft and transparent.
3. After pasta has been cooked and drained- add to sausage mixture. Then spread shredded cheese on top and let sit for a minute until most of the cheese has melted.
4. Serve with toasted garlic bread and butter and Voila!!!

Recipe from Melissa's Kitchen

## Stuffed Greek Chicken

- 2-3 cups cooked rice (brown or white, your choice)
- 4 Small Chicken Breasts (about 2 lbs)
- 1/2 cup crumbled feta cheese
- 1/2 Lemon, squeezed
- 2 tsp Italian Seasoning
- Dash Garlic Powder
- Dash Onion Powder
- Olive Oil

### Directions

1. Preheat the oven to 350. Slice the chicken breasts 3/4 of the way down the center and place them in a baking dish.
2. Mix the feta cheese, lemon juice, Italian seasoning, garlic powder, onion powder and a dash of olive oil together in a small bowl.
3. Put the mixture inside the chicken breasts and put any extra mixture over top of the chicken.
4. Sprinkle olive oil over the chicken and place it in the oven for 30-40 minutes until chicken is cooked through.
5. Serve over white or brown rice.

Recipe from Charity's Kitchen

## Apricot Chicken Pasta

2 boneless, skinless chicken breast  
1 package Cavatappi pasta  
1 jar apricot preserves  
2 packets turkey gravy  
2 cups chicken broth  
1-2 tsp garlic powder  
1 tsp onion powder  
1-2 Tbsp butter or olive oil  
freshly ground salt and pepper

1. Boil Pasta. While pasta is cooking, cube raw chicken and saute in melted butter over medium heat. Once browned add preserves, garlic and onion powder. Once heated through add gravy packets and broth. Simmer until pasta is cooked al dente.
2. Once pasta is done, drain and add to sauce. Heat through - add salt, pepper and more garlic powder if desired.
3. Serve with salad and garlic bread. Enjoy! :)

Recipe from Bethany's Kitchen

## Chicken Alfredo with Spinach

3 large chicken breasts  
Garlic powder  
Onion powder  
Salt and pepper to taste  
1 lb. pasta noodles  
Baby spinach  
1 Tbsp extra virgin olive oil  
1 Jar Alfredo sauce

### Directions

1. Grill the chicken breasts sprinkled with garlic powder and onion powder, salt and pepper.
2. While the chicken is cooking bring water to a boil and cook pasta.
3. In a separate pan, sauté 1/2 bag of baby spinach in olive oil. Once the spinach has wilted down, add cooked diced chicken and a jar of your favorite Alfredo sauce. Drain and rinse cooked pasta, add in to the pan with the chicken and sauce. Stir together and let simmer to combine flavors for 5 minutes.

Recipe from Jaime's Kitchen

# Cabbage Roll Casserole

2 lbs. ground beef  
2 15oz cans tomato sauce  
1Tbsp onion powder  
2tsp garlic powder  
1Tbsp Italian seasoning  
1/2tsp salt  
1/2tsp black pepper  
2 cups cooked rice  
1 med head of cabbage shredded  
1-2 cups shredded mozzarella cheese

## Directions

Brown and drain ground beef.

In a large bowl combine *1 can* of tomato sauce with seasonings, meat and rice. Layer 1/3 of the cabbage in the bottom of a greased 9x13 baking dish. Top with 1/2 of the meat mixture. Repeat layers, ending with cabbage on top. Pour the other can of sauce evenly over the top.

Cover with foil and bake at 375 for 40 mins. Uncover and top with cheese, return to oven for 15 mins or until cheese is melted. Let stand a few mins before serving.

Recipe from Mat's Kitchen

# Chilaquiles

4-6 Tbsp oil  
10 old/stale corn tortillas, cut in eighths  
1 medium onion  
Garlic powder  
1 1/2 15 oz. cans diced canned tomatoes  
Salt and pepper to taste  
Left over chicken, shredded or cubed  
Left over black beans, cooked  
1 cup shredded cheddar cheese

## Directions

Fry in a skillet the oil and tortillas just until crispy, being careful not to have the skillet too hot. Remove the tortillas from pan and set aside. Add to the oil left in the pan (or add a little more) diced onion, and sprinkle some garlic powder. Cook until onion is tender and opaque. Add the canned tomatoes, salt, pepper, and cooked chicken. Cover skillet and cook 15 minutes to blend flavors. Pour this chicken mixture out of skillet into a nearby bowl. Using the same skillet layer the tortillas, beans and the cheese until all is used. Pour the chicken mixture over all. Cook until well heated and cheese is melted.

Chilaquiles can be made either in a skillet on top of the stove using a low flame or in a greased baking pan in the oven.

Recipe from Wendy's Kitchen

## Sourdough Beef Melts

1 loaf pre-sliced sourdough bread  
1 pound ground beef  
1 can diced tomatoes drained  
Dash of both garlic & onion powder  
½ teaspoon Italian seasoning or to taste  
2 cups grated cheese

### **Directions**

Slice each piece of bread in half & set on foil lined baking sheet.

Brown ground beef & drain.

Add drained diced tomatoes & spices to ground beef and simmer until heated thoroughly.

Equally divide hamburger mixture on each piece of bread

Top each piece with cheese.

Cook on 400 degrees for 10 minutes or until cheese melts.

*\*\* Optional fresh mushrooms or 1 jar sliced mushrooms can be added to beef mixture or any vegetable of choice.*

Recipe from Kimberly T.'s Kitchen