BEEFY ONION MEATBALLS w/ NOODLES

1 ½ lb hamburger meat
2 pkg brown gravy mix
⅓ cup onion, finely diced
Seasoning for meat:
1 tsp each - garlic salt, Laury's season salt, Lemon pepper
1 box fresh mushrooms, opt
2 pkg onion soup mix
1 bag/box noodles
2 cloves garlic

1. In a large bowl, combine hamburger meat, seasonings, and 1 pkg onion soup mix. Mix by hand until well combined. Make 1.5 inch meatballs by hand or with a small cookie dough scoop. (You can also make patties)
2. Cook meatballs and diced onion on high heat in a large deep skillet until browned. The meatballs don't have to be completely cooked at this point.
3. Combine 1 pkg onion soup mix and 2 pkg gravy mixes with 2 ½ cups water. Add to the skillet with the patties. Bring to a boil, and then lower to a simmer.
4. Simmer for 15-20 minutes. When you are about 15 minutes to eating, add the sliced mushrooms to the meatballs and allow to cook until fork tender. (the mushrooms are optional)
5. While the meatballs are simmering, cook the noodles as directed on the package.
6. Serve the meatballs with the gravy on top of the noodles.

****Serve with a salad or vegetable as a side.*

TORTILLA SOUP

2, 16oz fresh salsa (produce area in store)
2, 32oz chicken broth
4-5 chicken breasts or 1 rotisserie chicken
2 zucchini, chopped
1 cup carrots, chopped
2 yellow squash, chopped
½ cup cilantro leaves
Toppings: avocado, Monterey Jack cheese, tortilla chips

1. Chop all vegetables into large bite size pieces.
2. Dice, season, and cook chicken in a large pot OR shred a rotisserie chicken.
3. Add the chicken broth and salsa to the pot with the chicken. Bring to a boil and then reduced to a simmer for 15 minutes.
4. Add the carrots, zucchini, and squash. Simmer for 15 minutes or until fork tender.
5. Serve with garnishes on top.

****The fresh salsa is found in the produce area. I have used the ones at HEB & Walmart. They are both great. These are not the jarred ones that are on the shelves. I use the mild or medium heat but if you like it spicy, use the HOT version if it's offered.*

DIRTY RICE

1 lb hot breakfast sausage
½ cup celery, finely chopped
½ cup carrots, finely chopped
½ cup onion, finely chopped
2 cups rice
4 cups water
Seasonings: garlic OR garlic salt

1. In a large skillet, cook & brown sausage. Be sure to break it apart into small pieces.
2. Reduce the heat to medium and add celery, carrots, onion, and the rice. Stir to coat the rice and cover for 5 minutes to steam.
3. Add the water and stir. Cover and allow it to come to a boil.
4. Once boiling, lower the heat to a low simmer. Do not leave on high because the bottom will burn.
5. Leave the skillet covered – no peeking!
6. Cook for 30 minutes or until you don't see any moisture through the rice. Test the rice and if done, turn off the heat.
7. Stir once done to combine all the ingredients.

****No sides necessary….one pot meal!*

CHICKEN TACOS

4 chicken breasts, bite size pieces
2 roma tomatoes
¼ cup bell pepper, finely chopped
¼ cup onion, finely chopped
½ jalepeno, finely chopped
OR
1 can Rotel OR 1 container of fresh salsa
flour/corn tortillas
grated cheese
Seasonings for chicken: garlic, garlic salt, Laurys season salt
1 ½ Tbsp Cumin

1. In a large skillet, season and cook the chicken until done. Set aside.
2. In a separate skillet combine the tomatoes, bell pepper, onion, jalapeno, and cumin. Cook until cooked down and it forms a smooth paste like texture.
3. Once the tomato mixture is ready, combine with the chicken. Be sure to heat on low until the tomato mixture and chicken are well combined. Be sure to break apart the chicken pieces to combine well with the tomato mixture. It doesn't need to be a paste but the chicken pieces need to be broken apart.
4. If using Rotel, once the chicken is done, add the Rotel and cumin and combine well as stated above.
5. If using the fresh salsa (my favorite), add after the chicken has been cooked.
6. Heat the tortillas and serve.

****Sides could be rice, ricearoni, vegetable or a fruit.*

CHICKEN SPAGHETTI

4 chicken breasts, diced
1 can cream mushroom soup
1 can cream chicken soup
Seasonings: salt, pepper, garlic
½ cup sour cream
1 can Rotel
2 cups Cheese (any kind)
1 lb spaghetti or any pasta

1. Preheat oven to 350 degrees.
2. Dice chicken and cook in a large skillet. Season well.
3. Add soups, Rotel, sour cream and cheese with the chicken. Heat on medium until well combined.
4. While making the sauce, boil the water and cook the noodles.
5. Combine sauce with the noodles and serve.

****Serve with a vegetable or fruit.*

GREEN CHILI CASSEROLE

4-5 chicken breasts
8 oz sour cream
1 can cream chicken soup
2 ½ cups Colby jack cheese
2 sm cans green chilies
12-15 corn tortillas
Seasonings: garlic salt pepper, laury's Season salt

1. Preheat oven to 350 degrees.
2. Dice chicken into bite size pieces. In a large skillet, add olive oil and season chicken well. Cook until done and slightly browned. Do not allow all of the juices to evaporate.
3. Add the green chilis, soup, sour cream, and 1 cup cheese to the chicken. Stir to combine.
4. Cut the tortillas into long slices or pieces.
5. In a 13X9 dish, spray the bottom and sides with PAM and put a little sauce on the bottom then layer as follows. Repeat layer ending with cheese on top.
   a. ½ tortilla pieces
   b. ½ the sauce
   c. ¾ cup cheese
   d. REPEAT
6. Bake for 20-30 minutes or until bubbly.