



Alison's Pantry®
www.alisonspantry.com

Making Dinner Simple

Webinar 5, 2018

Quick Simple Meals

with Ground Beef or Turkey

Turkey Taco Lettuce Wraps

Yield: About 6 tacos

Ingredients

1 Tbsp Avocado oil (#3516)
3/4 cup chopped onion (#5772)
1 lb ground turkey (#3568)
2 teaspoons minced garlic (#1020)
Salt and freshly ground black pepper
1 Tbsp chili powder (#1014)
1 tsp ground cumin (#1442)
1/2 tsp paprika (#1697)
1/2 cup tomato sauce
1/2 cup chicken broth (#1038 or #1040)
Iceberg or Romaine lettuce leaves, doubled up, for serving.
Shredded Mexican cheese (cheddar/jack #1860),
diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream, for serving.



Instructions

Heat avocado oil in a non-stick skillet over medium-high heat. Add onion and sauté 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through, about 5 minutes. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced. Serve mixture over lettuce leaves with desired toppings.

<https://www.cookingclassy.com/turkey-taco-lettuce-wraps/>

One-Pan Asian Beef & Rice Skillet

Yield: 4 to 6 servings

Ingredients

- 1 lb. beef & pork ground blend (#2605)
- 1 cup Jasmine Rice (#1152)
- 3 cups beef broth (#1041 or #1039)
- 3 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon garlic powder (#1021)
- Freshly ground black pepper, to taste
- 1 cup finely shredded carrots
- 1 cup frozen peas, thawed (#6208)

Instructions

Set a large skillet, pan, pot, or Dutch oven over medium-high heat. Add the ground beef and cook until no longer pink, breaking apart and stirring as the meat cooks. Drain the grease from the pot; add the rice, beef broth, soy sauce, oyster sauce, garlic powder, and pepper, and stir well to combine. Increase heat to high and bring to a boil, then stir and reduce to a simmer. Simmer, covered, for 10 minutes, stirring occasionally. Stir in shredded carrots and continue to cook for 5 to 10 more minutes, stirring occasionally, until rice and carrots are tender and the liquid is mostly absorbed. Stir in the thawed peas and cook for another minute until heated through.

Notes

If you don't have oyster sauce, you may omit it, but I always keep a bottle in my fridge because I think it adds great depth of flavor to Asian recipes. If you



don't include it in this recipe, you might find that you need to stir in a bit more soy sauce (to taste) at the end of the cooking time.

To quickly thaw my frozen peas, I place them in a colander and run them under hot tap water for a minute.

When you bring the mixture to a boil and reduce to a simmer, make sure that the simmer is a simmer...not barely bubbling (or the rice won't cook and absorb the liquid) and not bubbling too fast (or the liquid may get absorbed too fast and the bottom may burn). For my stove, this was medium-low heat, adjusting up or down a tad as needed when I would stir every few minutes.

If too much liquid remains once your rice is cooked, you may remove the lid and turn up the heat for a minute or two, stirring so that it doesn't burn. If the liquid evaporates before the rice is done and everything starts to stick to the bottom, you may stir in a bit more broth or water.

<https://www.fiveearthhome.com/one-pan-asian-beef-rice-skillet-quick-easy-dinner-recipe/>

Hamburger Soup

Yield 8 servings

Ingredients:

1 lb ground turkey (#3568)
1 cup chopped onion (#5772)
2 teaspoons minced garlic, (#1020)
2 cups diced redskin potatoes (#8569)
3 1/2 cups beef broth (#1039 or #1041)
1 can (28 oz) diced tomatoes with juice
1 can condensed tomato soup
2 teaspoons Worcestershire sauce
1 teaspoon Italian seasoning (#1432)
1 bay leaf (#1753)
salt and pepper to taste
3 cups mixed vegetables)#8429)

Directions:

Brown onion, ground turkey and garlic until no pink remains. Drain any fat.



Add potatoes, broth, tomatoes, tomato soup, Worcestershire sauce, seasoning and bay leaves. Simmer covered 10 minutes.

Stir in vegetables. Simmer 15-20 minutes or until potatoes are tender.

<https://www.spendwithpennies.com/hamburger-soup/>

Instant Pot Egg Roll Bowls (Egg Roll Nachos)

Yield 4 servings

Ingredients

- 1 lb. beef & pork ground blend (#2605)
- 1 bag pre-shredded Cole slaw mix
- 1/2 cup bone broth, or beef broth (#1039 or #1041)
- 1 tbsp soy sauce or to taste
- 1 tbsp garlic powder or to taste (#1021)
- 1 tbsp ground ginger or to taste (#1420)
- 1/2 tsp pepper or to taste
- 1/ tsp salt or to taste

Wonton Chips

- 1 pkg egg roll wrappers cut into strips
- Avocado Oil (#3516)

Instructions

Place Instant Pot on sauté. Wait until it's hot and then add pork (or meat of choice). Add seasonings and soy sauce and brown meat. If you are using a lean meat (like ground pork or turkey) you will not need to drain it when it's done. If you are using a higher fat meat (like ground beef) you will need to drain when browned.

When meat is browned, turn Instant Pot off and add the 1/2 cup bone broth. Add bag of Cole slaw mix on top and DO NOT stir. Place lid on and turn knob to sealing position.

Set Instant Pot on manual high pressure for 0 minutes. If you have a newer model Instant Pot, you

select the pressure cook button instead for 0 minutes. And, yes 0 minutes is totally a thing. Just keep hitting the - button until the timer reaches 0.

When timer is up, perform a quick release. When pressure is released, open carefully and give everything a quick stir.

Spoon into bowls and enjoy!

Wonton Chips

Preheat oven to 400 degrees while Instant Pot is preheating on sauté.

Cut egg roll wrappers into strips and brush with olive or veggie oil. I use egg roll wrappers because they are more sturdy than traditional wonton wrappers when you are trying to scoop, but you can use whatever you have (even tortilla chips).

Bake in preheated oven for 4-5 minutes until bubbly and brown. WATCH these carefully because they go from brown to burned very fast!

Let chips cool and enjoy with your egg roll bowls!

<https://www.idonthavetimeforthat.com/instant-pot-egg-roll-bowls/>



Parchment Paper Meals (en Papillote)

To Save You Time!

En Papillote is French for “in Parchment” a method of cooking where the food is put into a folded pouch of parchment paper and baked.

Don't forget to order your AP Parchment Paper #1153 1/2 sheet 100 count.



Ginger Mango Chicken en Papillotes

Ingredients

- 1 lb of boneless, skinless chicken breasts (about 2 small breast halves) (#6519)
- 1 mango, peeled, pitted and sliced (or #2655—Wyman's Mango Chunks, thawed)
- 1 inch piece of fresh ginger, peeled and cut into match sticks
- 1/3 cup of cilantro leaves
- 1 jalapeno pepper, thinly sliced
- 4 teaspoons of extra virgin olive oil
- salt and pepper
- 1 lime cut into 8 wedges

Directions

Preheat oven to 400 degrees. Cut four pieces of parchment paper, about 18 inches long.

Cut chicken breasts in half, horizontally. I sometimes call this 'fileting' your chicken.

Lay 1/4 of the mango slices in the center of each piece of parchment. Top with 1 piece of chicken, 1/4 of the ginger, cilantro and jalapeno. Season each serving with salt and pepper and drizzle each piece of chicken with 1 teaspoon of olive oil.

To fold the packets, pull up the sides of the piece of parchment paper and bring them together over the



chicken. Fold the edges together and down, creating several small folds. You're essentially rolling the parchment down over the chicken. Fold the ends under or twist them together tightly.

Place the folded packets on a rimmed baking sheet and bake for 20 minutes.

When serving, carefully open packets (there will be steam, so use caution) and squeeze lime wedges over chicken.

<https://jellytoastblog.com/ginger-mango-chicken-en-papillote/>

Soy and Ginger Shrimp en Papillotes

Ingredients

- 1-1/2 Tbs. soy sauce
- 1-1/2 Tbs. unseasoned rice vinegar
- 1 Tbs. hoisin sauce
- 1 Tbs. fresh lime juice
- 1 tsp. hot chili sesame oil
- 1 tsp. honey (#1148 or 1149)
- 1-1/2 lb. extra jumbo shrimp (16 to 20 per lb.), peeled and deveined (#2806)
- 2 tsp. minced fresh ginger
- 2 small cloves garlic, minced
- 8 oz. bok choy (preferably baby bok choy), washed and cut into 1/2-inch-thick slices (3 cups)
- Peanut or vegetable oil for brushing the packets
- 2 scallions (white and light-green parts only), thinly sliced
- 2 Tbs. chopped fresh cilantro

Preparation

Position racks in the upper and lower thirds of the oven and heat the oven to 375°F.

Prepare the parchment packets. Cut four 15×24-inch sheets of parchment. Fold each sheet in half, forming a 15×12-inch rectangle. With a pencil, draw a half-heart on each, centering it on the folded edge. Cut out the hearts. (This shape is easier to seal than a rectangle.)

In a small bowl, stir the soy sauce, vinegar, hoisin sauce, lime juice, hot chili oil, and honey. In a medium bowl, combine the shrimp, ginger, and garlic. Pour about half of the soy mixture over the shrimp and toss to coat. In another medium bowl, combine the bok choy, scallions, and cilantro. Add the remaining soy mixture to the bowl and toss to coat.



Unfold the parchment sheets and arrange on a work surface. Brush the inside of each with oil, leaving a 3-inch border. Distribute the bok choy among the sheets, arranging it on one side. Pour over any liquid remaining in the bowl. Arrange the shrimp on the bok choy, using a rubber spatula to scrape any seasoning on top. Fold the other side of the parchment over the shrimp and line up the edges.

Starting at the top of the heart, fold over about 1/2 inch of the edge, pressing down to make a crisp crease.

Continue working your way around the edge of the packet, making overlapping folds (like pleats), always pressing firmly and creasing the edge so the folds hold. Twist the tip of the heart to finish. If necessary, make a second fold anywhere that doesn't appear tightly sealed.

Transfer the packets to two large, rimmed baking sheets and bake for 8 minutes. Rotate and swap the baking sheets' positions and continue to bake until the packets are puffed and fragrant, about 7 minutes more. Serve immediately.

Serve with soba noodles or steamed rice

<http://www.finecooking.com/recipe/soy-and-ginger-shrimp-en-papillotes>

Fish en Papillote

Ingredients

1 tablespoon olive oil
1 carrot, peeled and cut into julienne
1 small leek, peeled and cut into julienne
1 small zucchini, peeled and cut into julienne
Kosher salt and freshly ground black pepper
Squeeze of lemon
2 small halibut or salmon fillets, about 5 oz each
(#8028 or 8669)
1 teaspoon fennel seed
1 teaspoon quatre-epices, or Chinese five-spice

Directions

Heat the oven to 375 degrees F/. Heat the oil in a small skillet and gently fry the vegetables together until they are al dente (erring on the undercooked side). Sprinkle with some salt, pepper and a squeeze of lemon.

Cut two pieces of parchment to accommodate the fish very generously. Fold one in half to form a wide rectangle and cut half a heart shape from the top and around the open edge (i.e. when you open it out again, it will be shaped a bit like a heart). Put half the vegetables in the center of one side of the heart-shaped parchment paper. Set a fish fillet on top, scatter over half the fennel seed and quatre-



epices. Then sprinkle the fish with some salt, pepper and another squeeze of lemon. Fold over the heart. Working from the top, fold the edges of the heart to seal, working all the way around as if it were a pastry. Set on a baking sheet and repeat with the other piece of parchment paper and fish fillet.

Set the papillotes on a baking sheet. Bake 8 to 10 minutes. Remove from the oven and let sit 2 minutes. To serve, simply cut open the papillotes and eat the contents inside.

<https://www.cookingchanneltv.com/recipes/laura-calder/fish-en-papillote-2119603>

Tilapia and Asparagus en Papillote

Ingredients

1 Tilapia Fillet, frozen (#8027)
1 handful frozen asparagus spears (#3127)
1 tablespoon olive oil
Sea Salt to taste (#1146)
Onion Powder to taste (#1027)
Thyme to taste (#1444)

Directions

Bake in 375 degree oven for 20-25 minutes until parchment puffs and starts to turn brown. Let sit 5 minutes to rest then open and enjoy!!



Plan Smart

Eat Well

Plan 10 days of meals with these recipes and the following AP Products!

Item #	Description	# of Meals	Cost
9142	Rosina Italian Meatballs (104)	3 meals	12.49
8196	Tuscan Mini Dinner Loaves (24)	8 meals	12.99
2607	Main Street Meats Beef Stew Meat	3 meals	14.99
2620	Main Street Chicken Breast Pieces	5 meals	12.99
2069	Flav-R-Pac Fajita Blend	4 meals	6.99
8429	Mixed Vegetables	3 meals	4.99
7944	Lamb Weston Mashed Potatoes	6 meals	24.99
1253	Pan Roast Chicken Gravy Mix	Multiple	6.99
3586	Pan Roast Beef Gravy Mix	Multiple	5.99

Items not included: Rice, pasta noodles for French onion chicken skillet, tortilla's, mushrooms, Fajita, Italian, taco seasoning, grated cheese. *See meal plan at the end of the recipes.*

Beef Tips with Peppered Mushroom Gravy

Serves 4

Ingredients

- 1 lb Main Street Stew Meat (#2607)
- 1 tablespoon butter
- 2 tablespoons finely sliced onions
- 1 (8-ounce) package pre-sliced baby mushrooms
- 1 teaspoon minced garlic
- 1 tablespoon soy sauce
- 2 tablespoons all-purpose flour
- ¼ cup Pan Roast Beef gravy mix (#3586)
- 1 1/2 cups beef broth (#1039 or #1041)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Directions

Heat a large nonstick skillet over medium-high heat. Coat pan with Vegalene spray. Add beef pieces; sauté 5 minutes, browning on all sides. Re-



move from pan; cover.

Melt butter in pan over medium-high heat. Add onions and mushrooms; sauté 4 minutes. Add garlic; sauté 30 seconds. Stir in soy sauce. Sprinkle 2 Tlbs of flour over mushroom mixture; cook 1 minute, stirring constantly. Gradually add broth, stirring constantly. Add gravy mix and stir. Add pepper, salt. Bring to a boil; cook 2 minutes or until thickened. Return beef to pan; cook 1 minute or until thoroughly heated. Serve over heated Roasted Garlic Mashed Redskin Potatoes #7944

Parmesan Meatballs

Serves 4

8X8 baking dish

Preheat oven to 350*

Ingredients

1/3 bag of Rosina Italian meatballs (#9142) partially thawed

1 Can of marinara sauce of your choice

1 - 1 1/2 cups shredded Italian blend cheese or shredded mozzarella

Drizzle of olive oil

1/2 tsp Italian seasoning (#1432)

Fresh basil minced (for garnish)

Fresh parsley minced (for garnish)

Directions

Pour about 1/2 can marinara sauce in the bottom of the skillet and spread to cover.

Place meatballs in baking dish in a single layer.

Pour remaining marinara sauce over the top of the meatballs, then sprinkle shredded Italian cheeses over the top, so all the meatballs are covered in cheese.

Drizzle a little bit of olive oil over the top of the



cheese, then sprinkle with Italian seasoning.

Cover baking dish with another piece of foil and bake for 20 minutes.

Remove foil and bake, uncovered, for another 20 minutes.

If desired, broil the dish for a minute or two after baking.

Garnish with fresh basil and parsley if desired.

Serve with Salad and Garlic bread.

<http://creativemeinspiredyou.com/mouthwatering-parmesan-meatballs/>

Meatball Subs

Serves 4

Ingredients

1/3 bag of Rosina Italian Meatballs (#9142)
1 large can premade spaghetti sauce of your choice
1 tsp Italian Seasoning (#1432)
4 thawed Stone Ground Tuscan Mini Rolls (#8196)
4 slices provolone cheese
Garlic salt to taste
Softened butter

Directions

Add meatballs and sauce to crock pot, cook on low for 3 hours. Take Tuscan rolls, spread each side with butter, sprinkle with garlic salt. place on cookie sheet and under broiler until butter melts. Remove and place meatballs on the bottom side of bun, place provolone cheese on top of warm meatballs and place under boiler until it melts. Serve.

Crock Pot Chicken and Gravy

Serves 4

Ingredients

1/2 cup chicken gravy mix (#1253)
1 (10.75 oz.) can cream of chicken soup
2 cups water
1 lb. Main Street boneless, skinless chicken breast pieces (#2620)
garlic powder, salt & black pepper, to taste
1/2 cup sour cream (optional)
rice, mashed potatoes or noodles, for serving

Directions

Season chicken breast pieces with garlic powder, black pepper and just a tad bit of salt on both sides. Note: the chicken gravy and cream of chicken soup already have salt in them so don't go overboard on seasoning with salt (about a teaspoon should work.)



In your slow cooker, whisk together the gravy mix, cream of chicken soup, and water. I just whisk until it is mostly smooth. Add the chicken pieces, cook on low for 3- 4 hours, when finished stir in sour cream. Serve over mashed potatoes, rice or noodles.

https://www.thecountrycook.net/crock-pot-chicken-and-gravy/?pp=1#_a5y_p=2166140

Crock Pot Hawaiian Meatballs

Serves 4

Ingredients:

1/3 pack of Rosina Italian meatballs (#9142)
1 8 oz can of unsweetened pineapple chunks,
drained BUT saving the juice
1 cup Flav-R-Pac Fajita Blend (#2069)
1 tbsp soy sauce
1/2 cup brown sugar (#1150)
1 tbsp. cornstarch (#2849)
1/3 cup white vinegar

Directions

* Sauce will be runny and that is okay. You can use cornstarch to thicken if you prefer thicker sauce (mix 2 tbsp of cornstarch and 2 tbsp of cold water, stir and slowly pour into your crock pot 10 minutes before turning your crock pot off)

Put your frozen meatballs into your crock pot, topped with the bell peppers and pineapple chunks. Make your sauce by mixing the reserved pineapple



juice, brown sugar, cornstarch, vinegar and soy sauce.

Pour the mixture on top of the meatballs. Cook on low for 3 hrs. Give it a quick stir before serving. Serve over rice.

<http://www.abountifullove.com/2014/07/crockpot-hawaiian-meatballs.html>

Shepherd's Pie

Serves 4

Ingredients

1 lb Main Street Beef Stew Meat (#2607)
1 tbsp olive oil
1 clove Garlic chopped
1 6oz can Tomato Sauce
1 tbsp Worcestershire sauce
2 tbsp Ketchup
2 -3 cups mashed potatoes (#7944)
1 1/2 cups Flav-R-Pac Mixed Vegetables (#8429)
1 1/2 cups grated cheddar cheese (#1860)

Directions

Place 1 tbsp olive oil in skillet, brown stew meat in pan on medium heat, sear all sides, add 1 clove



garlic to beef, cook until translucent. Add tomato sauce, ketchup and Worcestershire sauce, blend well. Place meat sauce in baking dish. Layer vegetables on top of meat mixture. Layer mashed potatoes on top of vegetables, and then sprinkle cheese on top. Bake for 30 min at 350*

French Onion Skillet over Tuscan Mini Rolls

Serves 4

Ingredients

- 1 lb. sweet onions, peeled and sliced
- 1/4 cup olive oil
- 1 teaspoons balsamic vinegar (#1057)
- 1 lb boneless, skinless chicken breast pieces (#2620)
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme (#1444)
- 1 cups beef broth (#1039 or #1041)
- 1 tablespoons all-purpose flour
- 1/2 cup shredded Swiss cheese
- 2 Stone Ground Mini Rolls (#8196), sliced

Directions

Heat 1/8 cup olive oil in a large oven safe skillet over medium heat.

Add onions and stir to coat with oil. Sprinkle with a pinch of salt.

Cook onions, stirring occasionally to avoid burning until onions are tender and slightly caramelized, about 20 minutes.

Stir in balsamic vinegar and cook for another 1-2 minutes.

Place cooked onions in a small dish and set aside.

Return skillet to stove over medium heat and add remaining olive oil.

Season chicken with salt, pepper and thyme.

Add chicken and cook until all sides are brown and



cooked thoroughly.

Remove chicken from skillet.

Increase temperature to high. Add in beef broth and deglaze skillet.

Reduce temperature back to medium. Gradually whisk in flour until broth is thickened. Season with a pinch of salt, pepper and thyme.

Stir in cooked chicken and onions until combined with beef gravy.

Sprinkle with Swiss cheese and place in a 350-degree oven for about 10 minutes until cheese is melted and bubbly.

Sprinkle with a pinch of thyme if desired.

To serve, place a few baguette slices in a shallow bowl. Top with chicken and gravy. Serve warm.

You could also serve over noodles if you prefer.

http://www.motherthyme.com/2015/08/french-onion-chicken.html?crlt.pid=camp.YDDrgc8oyjUT&utm_content=buffer6ea5d&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

10 Days of Dinner Ideas

Day	Meal	AP Items needed
1	Parmesan Meatballs	1/3 bag Rosina Meatballs, 4 Tuscan rolls
2	Crock Pot Chicken over Rice	Chicken Pieces, Gravy Gravy
3	Beef Fajitas	Stew Meat, Fajita Blend
4	Beef Tips with Peppered Mushroom Gravy over mashed potatoes	Stew Meat, mashed potatoes, Beef Gravy Mix
5	Chicken French Bread Pizzas	Fajita Mix, 4 Tuscan Rolls, 1 pkg chicken
6	Crock Pot Hawaiian Meatballs with rice	1/3 bag meatballs, 1 cup fajita mix
7	French Onion Chicken Skillet over Noodles	2 pkg chicken
8	Meatball Subs	1/3 bag Rosina Meatballs, 4 Tuscan Rolls
9	Shepherd's Pie	Mixed Veggies, Mashed potatoes, stew meat.
10	Chicken Tacos	1.5 pack chicken, fajita seasoning.

AP products that you will need for your 10 days of Dinner ideas.

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