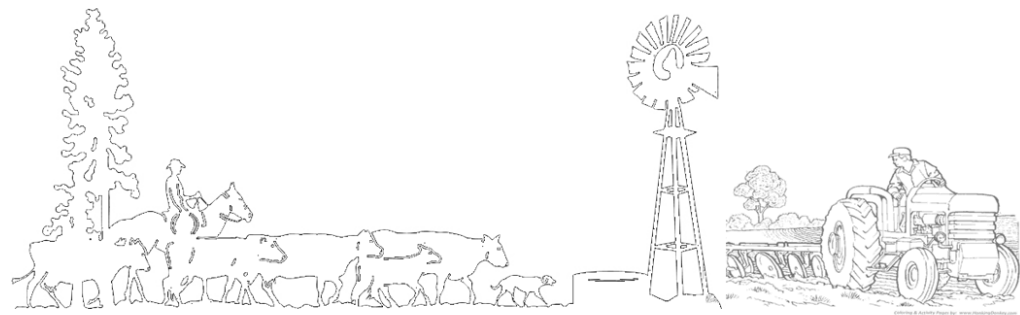


# Meals on the Move



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## BEVERAGES

### Beverage Ideas:

Lemonade

Tea (regular or sweet)

Coffee (regular or iced)

Water

### Watermelon Lemonade

3 c. watermelon juice

1 c. lemon juice

4 c. water (adjust for flavor)

1 c. white sugar (adjust for flavor)

Puree and strain watermelon in pitcher, add squeezed or bottled lemon juice. Stir in water and sugar. Stir until sugar is dissolved.

Serve over ice.

### Naturally Flavored water

**Fresh fruit** -- whatever kind you like (except no bananas); make sure it's good and ripe for maximum sweetness and flavor. I like to use all kinds of citrus and berries. Pineapple and watermelon to work well for flavoring water.

herbs -- these are optional, but many herbs are a surprising complement to fruit flavors; almost any herb will work depending on your personal preference

jars or pitchers -- 2 quart mason jars primarily, or any 2 quart pitcher

muddler or wooden spoon for mashing fruit and herbs - the goal is to bruise the leaves of herbs and release their flavor

water -- filtered water, but regular tap water is fine if yours tastes good to you.

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## WHY DO ALL OF THIS

Deep caring of family  
Having Family Style Meals  
Family support  
Helping keep the family business going  
Maintaining Health and well being  
Building family comradery and relationships  
Quality Time (yep even in the field)

## HOW TO SERVE HOT MEALS

~Plug in to trucks/tractor outlet in electric pressure cookers and roasters. Depending on the setup, plug in crockpots.

~Multiple towel wrap crock pots, Dutch ovens, etc into card board boxes.

Old towels make great insulators for keeping food warm.  
They absorb any spills and are easy to wash.

~Also, several sheets of newspaper works as an insulator also.

~A cooler can be heated by pouring in boiling water. Let it sit for 15 minutes and drain. Add food and cover immediately. (towel wrapped dishes work well).

~Buy special carriers to transport hot foods.

~Take food directly from oven to travel pack to field. The set and cooking time is transport time.

~A meal can be cooked in a crock pot, unplugged and taken to the field wrapped in towels.

## Twix Bars

1/2 c. brown sugar  
1/2 c. white sugar  
1/2 c. butter  
1/4 c. milk  
1 c. crushed graham crackers  
1 1/4 packet club crackers  
1/2 c. peanut butter  
1 c. chocolate chips  
1/2 c. butterscotch chips

Line a greased 9x13 pan with a layer of club crackers fitted tightly together.

Simmer brown sugar, white sugar, butter, and milk for 5 minutes.  
Add graham crumbs and spread immediately over crackers.  
Quickly add another layer of crackers.  
Melt the remaining ingredients over low heat and spread over the top layer of crackers.

Cool and cut into squares.

<http://www.thisfarmfamilyslife.com/2011/09/twix-bars.html>

## DESSERTS

### Dessert Ideas:

Pies (favorite flavor)

Cake

Cookies

Crisps

Cinnamon rolls

### Salted Nut Roll Bars

4 T. butter

1 10 oz. bag peanut butter chips

1 14 oz. can sweetened condensed milk

1 10 oz. bag marshmallows

1 15 oz. jar dry roasted peanuts

#### Instructions:

Line a 9"x 13" baking pan with aluminum foil, wax paper or parchment paper and spray it with nonstick cooking spray. Add peanuts to pan. Melt peanut butter chips and butter in a saucepan. Slowly melt over medium heat. Stir it too.

When the peanut butter chips and butter are melted they will be a pasty consistency. Remove from the heat and add a can of sweetened condensed milk and give it a stir. Add peanuts and marshmallows. Stir to combine. Pour on top of the peanuts in the prepared 9" x 13" pan. Spread as best as you can. Top with remaining peanuts. Press the peanuts into the gooey mixture.

<http://www.littledairyontheprairie.com/salted-nut-roll-bars/>

## EVERYDAY GO PACK

Things to make sure you take every time you head out., fill a storage caddy (plastic tubs work great) with:

~Handi wipes or water and towels

When fieldwork involves fertilizer, chemicals and treated or inoculated seed, take precautions to reduce the risk of accidental contamination of food, dishes or clothing. Take liquid soap, a jug of hot water and paper towels to the field for hand washing

~Plates

~Eating utensils

~Cups/glasses

~Ice

~Paper towels and dish towels

~Clorox wipes

~Blanket for the ground to set or lay on.

~Camping chairs (tailgating works also)

## NO TIME TO STOP

~If not wanting to stop to eat

Handheld foods:

Cut fruit in a bags (apples with lemon juice)

Small fruit (strawberries, blueberries)

Cold pizza

Meat sticks

Cut up roast into strips

Chicken strips

Cut up fresh veggies (their favorites)

Quiche (hot or cold)

~Small coolers which hold both food and drink, makes for a quick and easy hand-off and eliminates spills. Or to take with you.

~Sandwiches and wraps are perfect for on-the-go eating. (Remember don't use tooth picks to hold sandwiches together, if you have to do this, then these are not the sandwiches to take/send)

## TIPS

Through the seasons/times of year we are not able to take time out to go to the house for a set down meal, but this does not mean we can not have a complete healthy meal in the field, pasture or on the move.

Below are some suggestion to help make a meal on the move more successful.

~Avoid keeping food lukewarm. This temperature promotes the growth of bacteria and can cause illness. Keep hot foods hot and cold foods cold.

~Healthy and well rounded meals.

Help nourish and maintain health while working long hard hours.

~Plan meals around favorite foods

This is not the time to experiment with new foods.

~Freeze water bottles bottles:

Used to pack around cold foods to keep them cold

Drinkable cold water later when they start to thaw

~Wrap hot food in aluminum foil to keep hot plus hot packaging

Food such as cooked grilled hamburgers ready to eat.

~Use hot dog buns for sandwiches instead of hamburger buns.

Easier to handle when eating

~Pack candy bars in with the frozen water

Keeps them from melting

Put them in a zip lock bags to keep dry

~Take a blanket for the ground to make a quick picnic.

Take time in the day to relax for a short time.

~Stick with simple easy to prepare meals that provide substance.

But not to much to want to take nap.

More than a PBJ and chips, these are working people.

~Have the meal ready to eat when it time to eat.

Don't take time to fuss with meal finishing's.

~Pack snack for the morning and afternoon breaks

These can be savory (salty) or sweet.

Something in a bag that can stay with them wither on the tractor or on the horse.

~Fork friendly meals

No knife required, bite size pieces are key

## SIDE DISHES

### Side Dish Ideas:

Scalloped potatoes

Bacon green beans

Spanish rice

Roasted vegetables

Salads

Cole slaw

Potatoe Salad

Macaroni Salad

Quinoa Salad

Mashed potatoes

Broccoli Salad

Baked sweet potatoes with butter and salt

Broccoli Slaw

## Spicy Dr. Pepper Shredded Pork

1 whole Large Onion  
1 whole Pork Shoulder ("pork Butt") - 5 To 7 Pounds  
Salt And Freshly Ground Black Pepper  
1 can (11 Ounce) Chipotle Peppers In Adobo Sauce  
2 cans Dr. Pepper  
2 Tablespoons Brown Sugar  
Preheat oven to 300 degrees.

Peel the onion and cut it into wedges. Lay them in the bottom of a large dutch oven.

Generously salt and pepper the pork roast, then set it on top of the onions in the pan.

Pour the can of chipotle peppers over the pork (include the sauce.)  
Pour in both cans of Dr Pepper. Add brown sugar to the juice and stir in.

Place lid tightly on pot, then set pot in the oven. Cook for at least six hours, turning roast two or three times during the cooking process. Check meat after six hours; it should be absolutely falling apart (use two forks to test.) If it's not falling apart, return to the oven for another hour.

Remove meat from pot and place on a cutting board or other work surface. Use two forks to shred meat, discarding large pieces of fat. Strain as much of the fat off the top of the cooking liquid as you can and discard it. Return the shredded meat to the cooking liquid, and keep warm until ready to serve. (You can also refrigerate the meat and liquid separately, then remove hardened fat once it's cold. Then heat up the liquid on the stovetop and return the meat to the liquid to warm up.

Serve on warm flour tortillas. Top with shredded lettuce, diced tomatoes, grated cheese, avocado slices, salsa, and whatever else you'd like.

<http://thepioneerwoman.com/cooking/spicy-dr-pepper-shredded-pork/>

- ~Prepared ahead freezer meals for the crockpot or casserole dish.  
Wrap the dish planning to use with plastic wrap, place food in it, freeze. Take frozen food out of dish and place in plastic bag for later heating and serving. This way you can still use the dish for other foods.
- ~Most heat prepared dishes will freeze.  
Cream cheese dishes do not freeze well  
Mashed potatoes freeze as long as there is a fat in them (butter)
- ~Become friends with your slow cooker. All in one meals.
- ~Keep a good stock of fresh cleaned vegetables and fruits in the fridge for quick preparation.
- ~Take advantage of rainy days to bake and make freezer friendly meals.
- ~Ensure communication is clear. Exactly which field are they working in. (If your in the field with them, this is not a problem.)
- ~Utilize your deep freezer by making meals or desserts ahead of time and then freezing.
- ~**Best nugget of advice is above all you should have fun.**

<http://kellieforag.com/9-tips-for-meals-in-the-fields/>

<http://www.thisfarmgirlcooks.com/field-friendly-meals-tractor-friendly/>

<http://www.hpjresources.com/lifestyles/cooking/harvestmeals.cfm>

## BREAKFAST

### Breakfast Ideas:

Burritos  
Quesadillas  
Breakfast Sandwiches  
Breakfast Bowl  
Muffins  
Breakfast Casseroles  
Omlette  
Quiche  
Oatmeal

## Crock pot Cubed Steak & Gravy

1 packet of au jus gravy mix  
1 can cream of chicken soup  
1 can French onion soup  
1/2 cup water  
1 1/2-2 pounds cubed steak  
*to thicken gravy:*  
3 tbsp. cornstarch  
3 tbsp. cold water

In the bottom of a 6-quart slow cooker, combine cream of chicken soup, French Onion soup, packet of au jus and water. Stir well.

Put cubed steak in slow cooker with gravy mixture.

Cover slow cooker and cook steak on low for 6-8 hours.

After cooking, it's time to thicken gravy. In a small bowl, whisk together cornstarch and cold water. Stir mixture into crock pot. Turn the setting to high and cook for 30 minutes (until gravy is thickened).

Then serve with mashed potatoes.

<https://www.thecountrycook.net/crock-pot-cubed-steak-with-gravy/>



## Amish Ham and Cheese Casserole

1/4 cup (1/2 stick) butter  
2 tablespoons all-purpose flour  
1 1/2 cups milk  
1 pound pasteurized prepared cheese, cut into cubes (like Velveeta)  
1 (16-ounce) package frozen green beans, thawed  
3 cups diced fresh boil potatoes  
4 cups diced cooked ham  
1 teaspoon onion powder  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Preheat oven to 375 degrees F. Coat a 9 X 13 inch baking dish with cooking spray.

In a soup pot/Dutch oven over medium heat, melt butter; stir in flour until smooth. Add milk and cheese, and stir until thickened. Remove from heat and stir in remaining ingredients; pour into casserole dish.

Bake 50 to 55 minutes, or until hot and bubbly.

<https://www.mrfood.com/Casseroles/Amish-Ham-and-Cheese-Casserole>

## Chuck Wagon Skillet

1 tablespoon vegetable oil  
1 pound smoked kielbasa, cut into 1/2-inch slices  
3 cups cooked rice  
1 (16-ounce) can red kidney or pinto beans, rinsed and drained  
1/2 cup bottled hickory-smoked barbecue sauce

In a large skillet over medium-high heat, heat oil until hot. Cook kielbasa 5 to 6 minutes, or until browned; drain excess fat. Stir in rice, beans, and sauce.

Cook over medium heat about 5 minutes, or until heated through, stirring occasionally.

## Homemade Poptarts

Yield: 6-7 poptarts

### Ingredients

1½ cups strawberries, chopped  
1/3 cup sugar  
1-2 tablespoons honey  
Homemade or store-bought pie dough  
2-3 tablespoons milk

### Instructions:

Preheat your oven to 350 F. Line a baking sheet with parchment paper and set aside.

In a small 2-3 quart saucepan, combine the strawberries, sugar, and honey with a splash of water. Heat over medium heat, bringing the mixture to a simmer for about 10 minutes until it's the consistency of jam. Once the strawberries have broken down, remove from the heat, and allow it to cool completely. You can skip this step, and use your favorite jam or fresh fruit instead.

On a lightly floured surface, roll your pie dough to 1/8-inch thick. Cut the dough into 12, 3×4-inch, rectangles. You will need two rectangles per poptart and more than likely, you'll need to re-shape and recut dough as you go along.

Fill a small dish with milk and set it next to your baking sheet. Place one row of rectangles onto the lined baking sheet. Spoon approximately 1 tablespoon of strawberry filling onto the center of each rectangle, making sure the filling doesn't get too close to the edges. Carefully, with a pastry brush or your finger, brush milk onto the edges of the dough.

Top each bottom rectangle with a second piece of rectangular dough. Using your fingers, press down the edges. Then, with a fork, lightly press down to seal the edges of the dough all around. With a sharp knife, cut a 3 or 4 small slits in the top of each poptart (about 1/2 inch each).

Bake the pastries in the preheated oven, until golden brown, for about 25 to 30 minutes.

Remove from the oven and allow them to cool completely.

To make icing, beat the egg white on medium-high speed until peaks form. Add the powdered sugar, mixing gradually, and add the vanilla toward the end. Once the frosting is finished, spread onto each poptart and enjoy!

### NOTES

MOM Tip: Make "mini" poptarts with the leftover filling and dough scraps.

<http://www.momables.com/easy-homemade-poptarts-recipe/>

## Fuel to Go Muffins

### Ingredients

2 cups multi grain flour  
1 cup sugar  
1 tbsp cinnamon  
2 tsp baking powder  
1/2 tsp salt  
1/2 cup shredded coconut  
1/2 cup raisins/dried cranberries/dried blueberries about 1 1/2 to 2 cups total or any kind of dried fruit (figs,apricots etc  
2 cups grated carrots  
1 apple shredded  
8 oz can crushed pineapple drained really well to remove most of the liquid  
1/2 cup sunflower seeds  
1/2 cup pumpkin seeds  
1/4 cup chia seeds  
1/4 cup hemp seeds  
3 eggs  
2/3 cup vegetable oil can also use olive oil  
1 tsp vanilla

### Instructions

Mix together flour, sugar, cinnamon, baking powder and salt in a large bowl.  
Add dried fruit, coconut, seeds,raisins, crushed pineapple, apple and carrots. Stir to combine.  
In separate bowl whisk eggs with oil and vanilla.  
Combine this mixture with dry ingredients and blend well. This will be very thick.  
Fill 12 cupcake baking cups heaping full.  
Bake at 350 degrees for 30-35 minutes. Tops nicely browned and crisp looking.

<https://www.artandthekitchen.com/fuel-to-go-muffins/>

hours but no longer than 24 hours.

Heat oven to 350°F. Pour 1 cup barbecue sauce over and around roll-ups in each baking dish. Cover tightly with foil; bake 40 to 50 minutes or until hot and bubbly. Remove foil; sprinkle each dish with 1 cup shredded Cheddar cheese. Bake uncovered 3 to 5 minutes longer or until cheese is melted. Sprinkle with green onion greens. Let stand 5 minutes before serving. Option: Drizzle with ranch dressing.

<https://www.bettycrocker.com/recipes/make-ahead-cheesy-barbecue-chicken-lasagna-roll-ups/121468a1-1b5d-459e-8008-1222de92d801>

## Old World Goulash

1/4 cup (1/2 stick) butter  
1 1/2 pounds beef round steak, cut into 1-inch chunks  
2 large onions, quartered  
2 potatoes, peeled and quartered  
4 carrots, cut into 1-inch chunks  
2 cups water  
1 3/4 cups beef broth  
1 teaspoon paprika  
1/2 teaspoon black pepper  
2 tomatoes, chopped

In a soup pot/Dutch oven, melt butter over high heat. Add steak and onions and cook 6 to 8 minutes, or until meat is browned, stirring frequently. Add remaining ingredients except tomatoes, cover, and reduce heat to low. Simmer 45 minutes.

Add tomatoes and simmer, uncovered, 25 to 30 minutes, or until beef is tender and sauce is thickened.

Serve this over medium egg noodles and you won't miss any of the hearty sauce!

## Make-Ahead Cheesy Barbecue Chicken Lasagna Roll-Ups

We're bringing BBQ to the lasagna pan with these simple, delicious roll-ups.

### Ingredients

Roll-Ups (to make ahead and freeze)

- 16 uncooked lasagna noodles
- 1 package (8 oz) cream cheese, softened
- 2 cups shredded sharp Cheddar cheese (8 oz)
- 1 teaspoon Cajun seasoning
- 2 eggs, slightly beaten
- 3 1/2 cups chopped cooked chicken
- 1 cup finely chopped green onions

Sauce and Cheese (for baking roll-ups)

- 2 cups barbecue sauce
- 2 cups shredded sharp Cheddar cheese (8 oz)
- 1/4 cup sliced green onion greens

In 5-quart Dutch oven, cook lasagna noodles as directed on package. Drain; rinse with hot water. Drain well. (Option: place lasagna noodles in casserole dish, pour boiling hot water over and let set for 15 minutes, occasionally moving with a fork so they don't stick together) In large bowl, beat cream cheese, 2 cups shredded Cheddar cheese and the Cajun seasoning with electric mixer on medium speed until blended. On low speed, add eggs one at a time, beating after each addition. Stir in chicken and finely chopped green onions. Spread slightly less than 1/3 cup chicken mixture along center of each cooked lasagna noodle to within 1 inch of one short end. Roll up firmly toward unfilled end. Line 15x10x1-inch pan with foil. Place roll-ups seam side down in pan; cover loosely with foil. Freeze about 30 minutes or until firm.

Place frozen rolls in two labeled 1-gallon freezer bags. Freeze up to 3 months.

To bake 16 lasagna roll-ups, spray two 13x9-inch (3-quart) glass baking dishes with cooking spray. Remove roll-ups from freezer bag; place 8 in each baking dish. Cover with foil; thaw in refrigerator at least 8

## Easy Overnight Breakfast Strata

### Ingredients

- 1 lb sage or breakfast sausage
- 8-10 pieces bacon, cooked and crumbled
- 8 large eggs
- 2 2/3 cups whole milk
- 1 1/2 tsp kosher salt
- 1 1/2 tsp ground dry mustard
- 1 tsp dried parsley
- 1/4 tsp black pepper
- 1/4 tsp paprika
- 3/4 loaf Italian bread, cubed into 1/2" pieces
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Gruyere cheese
- minced fresh parsley, for garnish
- chopped fresh chives, for garnish
- dollop sour cream, for garnish

In a large skillet, brown and crumble sausage until cooked. Drain and set aside.

Use a bread knife to cube Italian bread into 1/2" pieces, then set aside. Combine shredded cheddar and Gruyere cheeses, then set aside.

To a large mixing bowl, add eggs, milk, salt, dry mustard, dried parsley, black pepper and paprika. Whisk until combined.

Add cubed bread pieces to bottom of 3 quart oven safe pot, or 9x13" baking pan. Top with crumbled sausage, bacon, and 3/4 of the cheeses. Pour egg custard over the top, using a wooden spoon to gently push any un-soaked bread down into the custard. Sprinkle with remaining shredded cheeses.

Cover pan with foil and refrigerate overnight.

Remove from refrigerator, uncover, and let sit at room temperature while oven preheats to 350 degrees F. Bake, uncovered, for 40-45 minutes, until a toothpick inserted into the center comes out clean.

Serve hot, topped with garnishes if desired

<https://www.thechunkychef.com/easy-overnight-breakfast-strata/>

## SNACKS

### Snack Ideas:

Popcorn taken in a paper bag

Cut up fruit and vegetables (especially favorites)

Trail Mix (homemade are the best)

Cheese sticks/String Cheese

Jerky

Whole Grain Protein Bars

pour in the cold milk while stirring briskly to make a smooth sauce. Cook over medium heat, stirring constantly until the sauce thickens. Stir in the lemon juice, Dijon mustard, salt, smoked paprika and white pepper. Bring sauce just back to a low boil and turn off heat. Pour sauce evenly over the casserole, being certain to get some of the sauce around the edges of the pan.

For the topping:

Melt the butter in the microwave in a medium sized microwaveable bowl. Heat it for 30 seconds at a time and stop once it's melted. Take the bowl out of the microwave and stir in the panko bread crumbs, crushed dried parsley. Sprinkle over the top of the casserole.

Bake casserole uncovered for 45 minutes until hot and bubbly throughout and topping has turned a light golden brown. Remove from oven and allow to cool for 5-10 minutes prior to serving.

Options:

Add cooked pasta to the bottom of the casserole first.

## Chicken Cordon Bleu Casserole

### Ingredients

#### FOR THE CASSEROLE:

- 1 whole Cooked Chicken, Bones Removed, Meat Diced Or Shredded  
(rotisserie Chicken Is Excellent, Should Be 5-6 Cups Of Chicken)
- ½ pounds Very Thinly Sliced Deli-style Honey Ham, Rough Chopped
- ¼ pounds Thin Sliced Baby Swiss Cheese

#### FOR THE SAUCE:

- 4 Tablespoons Butter
- 4 Tablespoons Flour
- 3 cups Whole Milk (or A Bit More If Needed; Whole Milk Is Required)
- 2 Tablespoons Fresh Squeezed Lemon Juice
- 1 Tablespoon Dijon Mustard
- ½ teaspoons Salt
- ½ teaspoons Smoked Paprika
- ¼ teaspoons White Pepper

#### FOR THE TOPPING:

- 1-½ cup Panko Breadcrumbs
- 4 Tablespoons Butter, Melted
- ½ teaspoons Seasoning Salt
- 1-½ teaspoon Crushed Dried Parsley

Preheat oven to 350 F. Butter a 9×13-inch baking dish. Set aside.

Put cooked shredded or diced chicken on the bottom of the baking dish. Rough chop the ham and scatter it over the top of the chicken. Lay the Swiss cheese on top of the ham.

For the sauce:

Melt the butter in a large sauce pot over medium heat. When butter is melted, quickly stir in the flour to form a smooth roux. Do not brown! Once the roux is smooth and bubbly, slowly

## Sweet & Salty Cranberry Snack Mix

### Ingredients

- 12 oz. box Cinnamon Chex
- 14.5 oz. Cinnamon Oatmeal Squares
- 10 oz. dried cranberries
- 9.75 oz. mixed nuts (NUTrition Heart Healthy Mix)
- 11 oz. (2 bags) yogurt covered pretzels
- ¾ c. butter, melted
- ¼ c. honey
- 1 tsp. cinnamon
- 2 tsp. salt

### Instructions

Preheat your oven to 300°.

In a large roasting pan, add the Chex, Oatmeal Squares, cranberries and nuts.

In a small bowl, combine the melted butter, honey, cinnamon and salt. Give it a quick stir and pour it over the cereal mixture in the roasted pan.

Using a large spatula, fold the mixture together until all of the cereal is well coated with butter.

Bake for 30 minutes, stirring every 10 minutes.

Spread the snack mix over wax paper and allow to cool. Mix in the yogurt pretzels and store in an airtight container.

<http://www.thecreativebite.com/sweet-salty-cranberry-snack-mix/>

## Protein Lovers Trail Mix

### Ingredients

- 1 cup Blue Diamond slightly salted almonds
- 2 x sticks organic sugar free nitrate free pepperoni sticks
- 1 x stick sugar free nitrate free beef jerky
- 1 cup peanut butter filled pretzels
- 1 cup crackers or other dry snack of choice (optional)

### Instructions

Chop the pepperoni sticks and beef jerky into bite size pieces.

Mix all the ingredients and put in a baggie/jar for easy transportation!

<https://thebigmansworld.com/2015/07/17/protein-lovers-trail-mix/>

## Protein Bars with Blueberries

1 1/2 cups rolled oats  
3/4 cup broken almonds  
1/2 cup dried blueberries  
1/2 cup pistachios  
1/3 cup walnuts  
1/3 cup pumpkin seeds  
1/4 cup sunflower seeds  
1/3 cup honey  
1/4 cup apple sauce  
1 cup nut butter

Line a 9 x 9 pan or equivalent with parchment paper.

Combine first 8 ingredients in large bowl. Mix well to combine. Add honey, apple sauce and nut butter. Combine well. Spread evenly in pan. Pack down to firm up. Refrigerate for 1 hour. Remove from pan. Cut into 16 pieces. Keep best in the freezer.

## Easiest Ever Orange Chicken (Crock Pot)

4 chicken breast  
3/4 cup sweet orange marmalade  
2 tablespoon soy sauce  
3/4 cup BBQ sauce

Cook chicken in crockpot on HIGH for 3 hours or LOW for 6 hours {covered}

After 3 hours on HIGH or 6 hours on LOW, drain juices from crockpot

At this point... you can either leave the chicken breasts whole, or remove, cut into cubes, and transfer back to crockpot.

Mix together bbq sauce, orange marmalade, and soy sauce.

Pour mixture over chicken, and cook on high for 30 more minutes {covered}

Serve with rice.

Cook on high for 4 to 5 hours. Serve over rice.

<http://thefrugalgirls.com/2013/04/crockpot-orange-chicken-recipe.htm>

### Crock Pot Pizza

1 1/2 lbs. sausage  
1 small onion, chopped  
1 lb. package rigatoni, uncooked  
26 oz. jar pasta sauce  
15 oz. can tomato sauce  
3/4 cup water  
4 oz can mushrooms (optional)  
8 oz. package pepperoni, chopped  
16 oz. pkg shredded mozzarella cheese

Brown sausage and onion. Drain. Place one-third of mixture in crock pot.

Layer in one-third of uncooked pasta.

Combine pasta sauce, tomato sauce, water, and mushrooms in a bowl.

Ladle one-third of mixture over pasta.

Repeat layers twice.

Top with pepperoni.

Cover and cook on high for 1 hour then on low for 5 hours.

One hour before serving, top with shredded cheese.

### Cheese and Garlic Biscuits

2c. Bisquick  
2/3 c. milk  
1/2 c. shredded cheddar cheese  
1/4 c. margarine or butter, melted  
1/4 tsp garlic powder

Preheat oven to 425 degrees. Stir in Bisquick, milk and cheese until soft dough forms.

Drop dough by spoonfuls onto cookie sheet.

Bake 8 to 10 minutes or until golden brown.

Mix margarine and garlic powder; brush on warm biscuits.

To serve on the go with the pizza, place done biscuits in a foil pan to fit into the top of the slow cooker to warm in the slow cooker 15 minutes before serving.

Yield 10 to 12 biscuits

<http://www.thisfarmfamilyslife.com/2011/03/crock-pot-pizza.html>

### Main Dish Ideas:

Meat loaf

Meatballs

BBQ

Stuffed

Swedish

Roasted Beef with roasted vegetables

Homemade beef and noodles

Hamburgers with all of the fixings

Tater Tot Casserole

Salisbury steak

Homemade pizza

Burritos

Calzones

Hand pies (Irish Hand Pie)

Fajitas

Fried Chicken

Country Fried Steak

Runza

Pizza Pocket

## Million Dollar Spaghetti

### Ingredients

1 lb of ground beef  
1 jar of spaghetti sauce  
8 oz of cream cheese  
¼ cup sour cream  
½ lb cottage cheese (equals 1 cup)  
½ cup butter (1 stick)  
1 pkg spaghetti 16 oz  
Grated cheddar cheese

Preheat your oven to 350°. Boil your spaghetti noodles until al dente (firm). Drain and set aside until ready to assemble.

Combine the cream cheese, sour cream and cottage cheese until well blended.

Brown your hamburger and when done, drain well. Combine the hamburger with your spaghetti sauce.

Put a few slices of butter into a 9x13 pan then pour half of your spaghetti noodles on top.

Take your cream cheese mixture and pour on top of the noodles.

Spread well over noodles.

Pour the rest of the noodles on top of the cream cheese mixture. Put a few more slices of butter on top of the noodles.

Pour your spaghetti and meat sauce on top of your noodles.

Now it is ready to put into the oven for 30 minutes. After 30 minutes, pour the desired amount of grated cheese on top and return to the oven for 15 minutes to allow cheese to melt.

<https://www.thisgrandmaisfun.com/million-dollar-spaghetti/>

## BBQ Meatballs

2 lbs. ground beef  
1 1/2 c. oatmeal  
1T. mustard  
1 c. onions  
3 eggs  
1/4 to 1/2 c. milk  
1/2 c. ketchup  
salt  
pepper  
Tabasco (optional)

### Sauce

1/2 c. ketchup  
1/2 c. brown sugar  
1 1/2 tsp. mustard

Mix meat, oatmeal, ketchup, mustard, onions, egg, milk, salt, pepper, and Tabasco. Form into big bite size balls. Bake in 9x13 pan at 350 degrees for 45 minutes or until done.

Mix together ketchup, brown sugar, and mustard. Spread over meatballs. Bake an additional 5 to 10 minutes or till bubbly. Enjoy!

<http://www.thisfarmfamilylife.com/2011/09/bbq-meatballs.html>



## Chicken and Broccoli Stir Fry

Serves: 4 Prep: 10 minutes Cook: 20 minutes

### Ingredients

1 pound boneless skinless chicken breast cut into 1 inch pieces  
1 tablespoon + 1 teaspoon vegetable oil  
2 cups small broccoli florets  
1 cup sliced mushrooms if you don't like mushrooms you can add more broccoli instead  
2 teaspoons minced fresh ginger  
1 teaspoon minced garlic  
1/4 cup oyster sauce  
1/4 cup low sodium chicken broth or water  
1 teaspoon sugar  
2 teaspoons toasted sesame oil  
1 teaspoon soy sauce  
1 teaspoon cornstarch  
salt and pepper to taste

### Instructions

Heat 1 teaspoon of oil in a large frying pan over medium heat. Add the broccoli and mushrooms and cook for approximately 4 minutes or until vegetables are tender.

Add the ginger and garlic to the pan and cook for 30 seconds more.

Remove the vegetables from the pan; place them on a plate and cover.

Wipe the pan clean with a paper towel and turn the heat to high. Add the remaining tablespoon of oil.

Season the chicken pieces with salt and pepper and add them to the pan in a single layer - you may need to do this step in batches. Cook for 3-4 minutes on each side until golden brown and cooked through.

Add the vegetables back to the pan and cook for 2 more minutes or until the vegetables are warmed through.

In a bowl whisk together the oyster sauce, chicken broth, sugar, sesame oil and soy sauce. In a small bowl mix the cornstarch with a tablespoon of cold water.

Pour the oyster sauce mixture over the chicken and vegetables; cook for 30 seconds. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.

Serve immediately, with rice if desired.

<https://www.dinneratthezoo.com/chicken-and-broccoli-stir-fry/>

## Green Chile and Beef Enchilada Casserole

2 lbs. ground beef  
28 oz. green chile enchilada sauce  
Shredded cheese  
Corn tortillas

Heat oven to 350 F. Layer the above ingredients into a 13- by 9-inch pan beginning with a light coating of the green chile enchilada sauce. Final layer should consist of cheese with remaining sauce. Bake for 45 minutes to an hour. Allow time (approx. 15 minutes) to cool.

Note: Easy to freeze and reheat. Slice, divide, and pack in a to-go box to deliver to drivers or take the pan out to the field and divide and serve accordingly. Yields: 6 to 8 servings.

Suggested sides: Pinto beans, Spanish rice, salad, chips/salsa.

<http://www.hpjresources.com/lifestyles/cooking/harvestmeals.cfm>

## Mexican Lasagna Casserole

Serves 6    Prep Time: 15 min    Cook Time: 45 min

### Ingredients

1 pound ground beef  
1 small onion, diced  
1 small jalapeno, diced  
1/3 cup diced tomatoes  
1/4 - 1/3 cup salsa or red enchilada sauce (based on heat preferred)  
1/2 cup prepared beans (pinto or black beans)  
1/2 cup prepared Mexican rice  
1 (10 ounce) can red enchilada sauce  
6-7 corn tortillas  
2 cups grated cheese  
Toppings: tomatoes, green onions, sour cream, or your favorite taco toppings

### Instructions

In a large frying pan over medium high heat, brown the ground beef and drain off any remaining fat. Add the onion and jalapeno, cook for 4-5 minutes or until softened. Add the salsa, diced tomatoes, beans, and any other ingredients you'd like. Cook for 10-15 minutes or until well seasoned and combined. Salt and pepper to taste.

In a 9x13 inch greased casserole dish, pour 1/4 cup of the enchilada sauce over the bottom of the dish. Cut the corn tortillas in half and put half into the casserole dish. Spoon half of the meat mixture on top of the tortillas. Pour half the remaining enchilada sauce over the top. Add some cheese.

Layer the second half of the tortillas into the dish. Repeat with meat mixture, enchilada sauce, and top with cheese.

Bake at 350 degrees for 20-30 minutes or until bubbling. If necessary, raise temperature on oven to brown top of cheese.

Garnish with fresh diced tomatoes, sliced green onions, and sour cream and serve!

## Cabbage Rolls Casserole

Serves 6

1 1/2 lb. ground beef  
2 tablespoon butter  
1 medium onion, diced  
1/2 cup carrots, diced  
1/2 head cabbage, chopped  
Salt and pepper to taste  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 1/3 cup rice, uncooked  
2 - 10 oz cans tomato soup  
Heavy cream  
Mozzarella cheese

Preheat oven to 350 degrees.

In a medium pan, brown the ground beef. Drain off any fat. Empty into greased casserole dish.

In the same pan, add 2 tablespoons butter. Saute the onion, carrots, and cabbage until soft and translucent. Season with paprika, garlic powder, and salt and pepper to taste. Add the rice. Stir well. Remove and empty into casserole dish with the beef.

Mix the tomato soup with 1-2 cans of heavy cream (as creamy as you'd like it) and pour over casserole. Give it a good stir.

Bake casserole for 45 minutes. After 45 minutes, top with Mozzarella cheese and bake an additional 10-15 minutes.

<http://prairiecalifornian.com/lazy-halupsi-cabbage-rolls/>