



# COOKING WITH JAN

AUGUST 15, 2018 ~ Recipes at Coborns & kokk.com

TIME FOR BUSY NIGHTS, EASY MEALS



## EASY BEEF BURRITO SKILLET

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|---|---------------------------------------|
| 1 LB HAMBURGER                          | 1 OZ PKG TACO SEASONG                 |
| 1 CUP WATER                             | 1 CUP CHUNKY SALSA                    |
| 15 OZ CAN BLACK BEANS, RINSED & DRAINED | 4 FLOUR TORTILLAS, CUT INTO 1" STRIPS |
| 1 CUP SHREDDED MEXICAN BLEND CHEESE     | 1/2 CUP SOUR CREAM                    |
| 1/4 CUP SLICED GREEN ONIONS             |                                       |

IN LARGE SKILLET, BROWN HAMBURGER UNTIL NO LONGER PINK; DRAIN. ADD TACO SEASONING, WATER, SALSA & BEANS; COOK OVER MEDIUM HEAT FOR 3-5 MINUTES OR UNTIL SAUCE THICKENS. REDUCE HEAT TO LOW; ADD TORTILLA STRIPS & TOP WITH CHEESE. REMOVE SKILLET FROM HEAT & LET THE CHEESE MELT. TOP WITH SOUR CREAM & SPRINKLE WITH GREEN ONIONS; SERVE IMMEDIATELY WITH GREEN SALAD & DINNER ROLLS. MAKES 6 SERVINGS!

## WHITE CHICKEN & CORN CHILI

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| 3—18 OZ CANS CHICKEN CORN CHOWDER  | 2 CUPS CHICKEN, COOKED & CUBED |
| 2—4 OZ CANS DICED GREEN CHILES   | 2 TSPS CHILI POWDER            |
| 15 OZ CAN CANNELLINI BEANS, RINSED & DRAINED                               | 1 TSP CUMIN                    |
| SHREDDED CHEDDAR CHEESE, CHOPPED TOMATOES, DICED AVOCADO, CHOPPED CILANTRO |                                |

IN SAUCEPAN, HEAT SOUP, CHICKEN, CHILES, BEANS, CHILI POWDER & CUMIN TO BOILING, STIRRING OCCASIONALLY. REDUCE HEAT TO LOW; SIMMER 10 MINUTES TO BLEND FLAVORS, STIRRING OCCASIONALLY. TOP EACH SERVING WITH THE SHREDDED CHEESE, TOMATOES, AVOCADO SLICES & CILANTRO. SERVE WITH HARD ROLLS; MAKES 6 SERVINGS!

## BBQ BACON-CHEDDAR STUFFED PORK CHOPS

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| 4 BONELESS PORK LOIN CHOPS (3/4" THICK) | 1/3 CUP SHREDDED SHARP CHEDDAR  |
| 1/3 CUP CHOPPED, COOKED BACON           | 1/4 CUP SWEET & SPICY BBQ SAUCE |
| 1/2 TSP SALT                            | 1/4 TSP PEPPER                  |
| 1 1/2 TSPS OLIVE OIL                    | SLICED GREEN ONIONS             |

PREHEAT OVEN TO 450 DEGREES; SPRAY 15X10" BAKING PAN WITH COOKING SPRAY OR LINE PAN WITH PARCHMENT PAPER. IN THICK SIDE OF EACH PORK CHOP, CUT A SLIT ABOUT 2" DEEP & 3" LONG TO FORM A POCKET (**DO NOT CUT IN HALF**). IN SMALL BOWL, MIX CHEESE, BACON & 4 TSPS OF BBQ SAUCE; SPOON GENEROUS TABLESPOONFULS OF THE CHEESE MIXTURE INTO EACH PORK CHOP POCKET. PINCH THE EDGES OF THE PORK TOGETHER AND SECURE WITH A TOOTHPICK. SPRINKLE BOTH SIDES OF THE PORK WITH SALT & PEPPER; PLACE IN NONSTICK SKILLET, HEAT OIL & COOK FOR 1-2 MINUTES, TURNING ONCE. WHEN THE PORK CHOPS ARE LIGHTLY BROWNED, REMOVE TO BAKING PAN; BAKE 8-10 MINUTES OR UNTIL MEAT THERMOMETER READS 145 DEGREES. IN SMALL BOWL, MICROWAVE THE REMAINING BBQ SAUCE 45-60 SECONDS OR UNTIL HEATED THROUGH. BEFORE SERVING, REMOVE TOOTHPICKS; BRUSH PORK WITH THE WARMED BBQ SAUCE AND SPRINKLE WITH THE GREEN ONIONS. SERVE WITH GREEN VEGETABLE AND MASHED POTATOES. MAKES 4 SERVINGS.



## CHICKEN STIR-FRY

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| 2 TBLS DARK SESAME OIL, DIVIDED          | 2 GARLIC CLOVES, FINELY MINCED |
| 2 LBS SKINLESS, BONELESS CHICKEN BREASTS | 1 HEAD BROCCOLI, STEMS REMOVED |
| 1 DOZEN MUSHROOMS, SLICED                | 3 CARROTS, PEELED & JULIENNED  |
| 1/4 LB GREEN BEANS, DICED                | 1 HEAD BOK CHOY, CHOPPED       |
| 2-3 TBLS TERIYAKI SAUCE                  |                                |

HEAT 1 TBLS OIL IN SAUTE PAN; ADD GARLIC & STIR. PLACE CHICKEN IN PAN & BROWN 4 MINUTES PER SIDE; REMOVE FROM PAN, SLICE INTO STRIPS & SET ASIDE. HEAT REMAINING TABLESPOON OF OIL IN A WOK OVER HIGH HEAT. ADD THE VEGETABLES & TERIYAKI SAUCE; STIR-FRY QUICKLY UNTIL VEGETABLES BEGIN TO SOFTEN. ADD CHICKEN STRIPS; MIX WELL & CONTINUE TO COOK FOR 2-3 MINUTES. SERVE IMMEDIATELY. MAKES 4 SERVINGS!

## CHEESEY POTATO NUGGET SKILLET

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|-----------------------------|----------------------------|
| 1 LB HAMBURGER              | 1 CUP NACHO CHEESE SAUCE   |
| 3/4 CUP FROZEN PEAS         | 1 CUP SHREDDED PEPPER JACK |
| 16 OZ BAG FROZEN TATER TOTS |                            |

PREHEAT OVEN TO 425 DEGREES. IN SKILLET, COOK HAMBURGER 5-7 MINUTES, STIRRING OCCASIONALLY, UNTIL NO LONGER PINK; DRAIN. STIR IN CHEESE SAUCE; LAYER FROZEN PEAS AND THE CHEESE ON TOP OF HAMBURGER MIXTURE. TOP WITH AN EVEN LAYER OF THE TATER TOTS; BAKE 25 MINUTES OR UNTIL POTATOES ARE CRISPY & GOLDEN BROWN MIXTURE IS BUBBLING. MAKES 4 SERVINGS!

