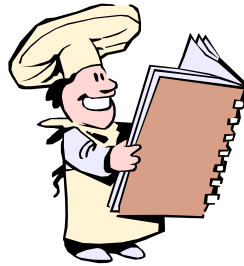


Karen's Cookbook



Easy meals for a week. Quantities are for an average young family of 4. The idea is to double (or triple) so you can freeze and reduce the nights you have to cook. Your best friend is a large slow cooker. Put the slow cooker meals on High before you go to work or the night before. All these also make easy lunches for the next day.

Honey Soy Chicken

*500g chicken (any sort)
Honey, Garlic, Ginger (about a desert spoon of each)
Kehap Manis (Sweet soy) (about ½ cup)
Cup of water*

Brown chicken and garlic
Add everything else and simmer on low

Great in a slow cooker. Make sure there is enough water/stock to almost cover.

Serve with rice and/or stir fry vegies freeze left overs. Left overs are also good cold served with a salad using the sauce as a salad dressing.

Chicken and Salad (do this one the day you shop for the rest)

1 BBQ chook

Salad
*4 bean mix
Tin chick peas
1 tbs good mayonaise (S and W)
Cherry tomatoes halved
Cucumber in chunks
Capsicum chopped*

Mix salad ingredients together serve with chicken. Left overs are great in wraps with grated cheese.

Apricot Chicken

1kg Chicken

Large tin apricot nectar

Large packet French onion soup mix

Combine all ingredients and bake in oven until chicken is cooked (about an hour). Great in the slow cooker. Can be cooked in microwave to speed up the process. You can also use a BBQ chicken broken up. This takes 20 mins in microwave.

Serve with rice and freeze leftovers.

Corned Beef

One very large piece of corned beef (2-3 kg). Remember these keep uncooked in fridge for ages. No defrosting necessary.

Root vegies (Potato, sweet potato, carrot, onion, pumpkin etc). Or a bag of frozen winter vegies.

Cook corned beef for 3-4 hours in water containing vinegar, cloves, bay leaves and brown sugar. Use slow cooker if available. Cook this one on a Sunday arvo if you don't have a slow cooker.

Add vegies 40-50 mins before serving. Leave vegies whole (except pumpkin) and cut once cooked.

White sauce (either a packet or)

2 tbs plain flour

2 tbs butter

2 cups milk

½ cup grated cheese

Salt and pepper

Make a rou out of the flour and butter. Then add milk and stir until thick (needs to come to boil). Turn off heat and add cheese and S&P.

Use leftovers for corned beef and salad or sandwiches.

Other quick meals are:

Lamb with pumpkin and dates

1-2kg cheap lamb cuts
300g dates
1/3 pumpkin peeled and chopped into cubes
1 tin tomato soup
1 tin crushed tomato
Garlic
Use stock to make sure there is enough liquid to cover.

Cook in slow cooker all day and serve with rice or cous cous. Watch the bones with small children.

Frozen fish portions and chips
Mexican enchiladas using a packet and 500g of chicken/mince and cheese

Shopping List

- 1 BBQ Chicken (if you have a big family or are just big eaters buy 2)
- Qty x 2 chicken (based on family size or amount you want to freeze or have for leftovers) this is for Apricot chicken and Honey Chicken
- Very large corned beef
- Qty cheap lamb cuts
- Frozen crumbed oven fish fillets
- Bag frozen chips
- Enchilada packet
- 500g meat for enchiladas (either mince or chicken fillet)

Pantry items

- Honey
- Garlic
- Ginger
- Kehap Manis (sweet soy)
- 4 Bean mix
- Chick peas
- Mayonnaise (S&W)
- Apricot nectar (large tin)
- French Onion soup mix
- Milk
- Butter
- Plain flour
- Grated cheese
- Wraps

- Dates
 - Tomato soup
 - Tin tomato
 - Stock
 - Rice (lots of it)
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- Vegies
- Cherry tomato's (2 punnets)
 - Cucumber (Lebanese)
 - Red capsicum (2)
 - Root vegies or frozen equivalent
 - Pumpkin
 - Frozen stir fry veg
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