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My Online Meals, LLC, Fredericksburg, VA 22407

Enjoy your free sample menu. By joining our community you can take the guesswork out of what's for dinner tonight, tomorrow night and the whole week! It doesn't matter if you are cooking for two or for a family – our recipes are conveniently provided in increments for servings of 2, 4, or 6. You can use our recipes to just cook for yourself, a large family, or cook and freeze for later use. All you have to do is decide the amount you want to cook, highlight that column on the shopping list we provide and head to the store for what you don't already have on hand.

The shopping list contains all the ingredients for the recipes listed. Just add your personal and paper products to the list and head to the store. Remember, you don't have to spend extra time thinking about what you might want to make for dinner. It's all on the list. This will save you time and money!

Is your afternoon booked? Then start dinner early and after 3 hours of slow simmering in a Crock-pot, our **Chicken Tortilla Soup** will be ready and waiting for you.

How about some **Country Ribs in Hoisin Sauce**? Don't be intimidated by the name, the sauce can easily be found in the ethnic aisle of your grocery store. If you can't find it, ask! You may well discover a whole part of your favorite store that you didn't previous even know existed.

Not your usual baked chicken, our **Savory Baked Chicken** has a new twist on pasta. Sauté broken pasta a head of time and then simmer in chicken broth just prior to serving for a tasty bed on which to present this delish chicken.

If you think of round steak as tough and un-flavorful, think again. Simply marinade round steak strip in our **Steak Strips over Rice** sauce and it will both tenderize and add flavor like you won't believe. Make extra as it is great reheated on sub rolls the next day.

If your family turns up their noses at Sheppard's Pie and says that quiche is for sissies, they will still love **Tex Mex Quiche!** Rice forms a tasty crust for this dish which gets its flavor from taco seasoning, tomatoes, green peppers, and onions. As always, feel free to modify based on your own personal tastes.

Be sure to visit our blog at [www.MyOnlineMeals.info](http://www.MyOnlineMeals.info). And remember a recipe is just a starting point; you adjust them to your own taste.

Kathy

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## Chicken Tortilla Soup (Slow Cooker)

### Serving Sizes

<u>Ingredient List</u>	<u>Measurement</u>	<u>2</u>	<u>4</u>	<u>6</u>
boneless chicken breasts or thighs	each	2	4	6
chopped mild green chilies, drained	ounces	2	4	6
garlic cloves - minced	each	1	2	3
onion - diced	each	1/2	1	1.5
diced tomatoes, including juice (15 oz. cans)	can	1	2	3
chicken broth	cup	1/2	1	1.5
cumin	teaspoon	1/2	1	1.5
cilantro leaves	tablespoons	1	2	3
juice from lime	each	1	1	1
corn tortillas sliced into 1/4 inch strips	each	2	4	6
shredded Monterey jack cheese	cup	1/4	1/2	3/4
avocado	each	1	1	1

Place chicken in slow cooker. Combine chilies, garlic, onion, tomatoes, 1/2 of the chicken broth, and cumin in a small bowl. Pour over chicken. Cook on high for 3 hours until tender. Use a fork to shred the meat. Add more broth if necessary.

Just before serving add tortillas and cilantro to slow cooker and stir. Peel, seed, and dice avocado. Serve soup topped with cheese, avocado, and a squeeze of lime juice.

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## Country Ribs in Hoisin Sauce

### Serving Sizes

<u>Ingredient List</u>	<u>Measurement</u>	<u>2</u>	<u>4</u>	<u>6</u>
boneless country-style pork ribs	pounds	1	2	3
apple juice	cup	1/2	1	1.5
olive oil*	tablespoon	3	1/3 c	1/2 c
hoisin sauce (found in Asian aisle)	teaspoons	6	4 T	1/3 c
minced garlic	tablespoon	1	2	3

Ideally this is to be cooked using a dutch oven (or something similar) that goes from stove top to oven. If you don't own one, fry in a skillet and then transfer to a roasting pan.

Heat oven to 350 degrees. Brown ribs in olive oil on medium-high heat. Stir together apple juice, hoisin sauce, and garlic. When ribs are browned, turn the heat off and add the mixture. Scrape bottom of pan to loosen bits. Cover and bake 30-45 minutes.

\*measurement has changed (c=cup) (T= tablespoons)

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## Savory Baked Chicken

### Serving Sizes

<u>Ingredient List</u>	<u>Measurement</u>	<u>2</u>	<u>4</u>	<u>6</u>
Chicken breasts, boneless, chopped in 1" strips	each	4	7	10 1/2
Cream of chicken soup	ounces	10 1/2	21	31 1/2
Parmesan Cheese, grated	cup	1/8	1/4	1/3
Parsley flakes	teaspoon	1/2	1	1 1/2
Oregano	teaspoon	1/8	1/4	3/8
Basil	teaspoon	1/8	1/4	3/8
Pepper	teaspoon	1/8	1/8	1/4
Dry Spaghetti	ounces	4	8	12
Chicken broth	ounces	7	14	21

Combine soup, parmesan cheese, parsley flakes, oregano, basil and pepper. Spray skillet with cooking spray and heat to medium-high. When pan is hot, pour in pasta, broken in 1" pieces. Turn pasta frequently, until golden brown. Remove from heat. Heat oven to 350 degrees. Spray an 8 x 8 baking dish or a 2 1/2 quart casserole. Place chicken in the baking dish and cover with the soup mixture. Bake 1 hour or until pieces are tender. 35-40 minutes into baking time, pour chicken broth into skillet. Bring to a boil, then add broken pasta. Reduce to simmer and cook until tender. To serve, place chicken pieces on top of pasta on plate.

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### Steak Strips over Rice

### Serving Sizes

<u>Ingredient List</u>	<u>Measurement</u>	<u>2</u>	<u>4</u>	<u>6</u>
beef round tip steak, cut into 1/4 inch thick strips	pounds	3/4	1.5	2.5
orange juice	cup	1/8	1/4	1/3
lite soy sauce	cup	1/8	1/4	1/3
garlic cloves - crushed	each	1	2	3
vegetable oil	tablespoons	1/2	1	1.5
green onion - sliced	each	1	2	3
cooked rice	cup	2	4	6

Place beef slices in glass dish. Combine orange juice, soy sauce, and garlic and pour over beef. Let stand 15 minutes. Drain strips, reserving the liquid. Pat dry with paper towels.

Heat oil in skillet over medium-high heat. Stir fry steak for about 2 minutes. Remove from pan and keep warm. Add reserved liquid to pan and cook until bubbly.

Serve steaks over rice and pour liquid over steak; garnish with green onion.

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## Tex Mex Quiche

### Serving Sizes

<u>Ingredient List</u>	<u>Measurement</u>	<u>2</u>	<u>4</u>	<u>6</u>
cooked brown rice	cup	1/2	1	1.5
cheddar cheese - divided	cup	1/2	1	1.5
eggs - divided	each	2	3	5
ground beef	pound	1/2	1	1
taco seasoning packet	each	1/2	2/3	1
milk	cup	1/8	1/3	1/2
sour cream*	cup	1 T	1/8	1/4
fresh diced tomatoes	cup	1/8	1/4	1/2
green pepper - diced*	cup	1 T	1/8	1/4
green onions - chopped*	cup	1 T	1/8	1/4
salsa	cup	1/4	1/2	1

Heat oven to 350 degrees.

Brown the ground beef and drain. Add taco seasoning and follow cooking directions on packet. Set aside to cool. Coat 9-inch glass pie plate with non-stick spray or oil. Combine the cooked rice, 1/2 cup cheese, and 1 egg; mix well. Press rice mixture into the bottom and up sides of pie plate. Microwave the crust for 6-8 minutes, or until it feels a little firm to the touch.

Beat the remaining eggs and milk. Pour over meat mixture and mix well. Pour meat and egg mixture into pie plate and bake uncovered for 35-45 minutes until the center is done. Test by inserting a knife into the middle- it will come out wet, but clean when done.

Cool 5 minutes then spread sour cream over top. Slice then sprinkle cheese, tomato, green pepper, and green onion. Salsa is passed around the table.

\*Measurement has changed (T=tablespoon)

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