

From Freezer to Table

**Meals in  
Minutes**

*for Health  
Hospitality*

**SUE GREGG**

*Sue Gregg Cookbooks*

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## *Sue Gregg Cookbooks*

**Main Dishes**, 3rd edition

**Soups & Muffins**, 2nd edition

**Meals in Minutes**, 5th edition

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# Contents

Recipe List	2
Cook's Prayer	3
Foreword	4
How to Use This Book	5
Basic Stock List	6
Freezing Main Dishes	
A Quick Overview	7
Ingredients	7
Freezing Methods & Containers	9
Thawing Methods	12
Reheating Methods	13
Extra Timesaving Tips	14
Shopping Guide to Quality Ingredients	16
Buying Chicken	20
Coping with Cost	20
5 Timesaver Meals	23
5 Convenience Meals	31
5 Quick Meals	39
5 Make-Ahead Meals	47
5 Ready-to-Serve Meals	55
Nutrition Goals	
Identifying Quality Ingredients	75
Establishing Balance	76
The Mediterranean Model	77
Reduced Carb Balance	78
Carbs on the Dinner Plate	79
Using Salt	80
What About Saturated Fat & Cholesterol?	80
Fighting the Battle of the Bulge	81
Recipe Nutrient Data Explained	82
Nutrient Data of Meals Explained	83
A Caution About Microwave Ovens	84
Vegetarian Alternatives	85
Other Freezer & Quick Non-Freezer Recipes	89
Be Prepared!	93
Index	96

# Recipe List

## CHICKEN

Almond Lemon Chicken	34
Barbecued Franks 'n Beans	60
Chicken Curry	26
Chicken Hawaiian	50
Chicken Pilaf en Casserole	59
Chicken Pot Pie	43
Chicken Spaghetti	38
Chicken Tetrazzini	58

## FISH

Casserole a la Tuna	44
Salmon a la Broccoli	61
Salmon Quiche	35
Tuna Fettucine	29

## GROUND MEAT

Autumn Stew	52
Chili Gourmet (variation)	54
Emilie's Noodle Bake	45
Enchilada Casserole	62
Favorite Tamale Pie	28
Little Saucy Meat Balls	51
Sausage Strata	27
Spaghetti (variation)	38
Sweet 'n Sour Beans	46
Turkey Mushroom Sauce	36

## MEATLESS

Barley Casserole	42
Best Burrito Beans	30
Chili Gourmet	54

## MEATLESS, CONT'D

Country Creole Peas 'n Corn	37
Pasta Parmesan Supreme	53
Spaghetti (variation)	38

## BONUS RECIPES

Broccoli, Steamed	65
Brown Rice	67
Barley Biscuits	72
Cauliflower Mashed	63
Chicken/Turkey Broth	22
Cooking Chicken/Turkey	21
Cornbread, Blender	68
Dan's Milk	74
Fish Breeding Mix	66
Five Minute Salad	65
Ground Turkey Seasoned	67
Seasoning Mix	67
Irish Soda Bread	70
Lemon & Vinegar	64
Lemon Ginger Muffins	69
Parmesan Chicken Mix	66
Soup 'n Salad Croutons	72
Sour Cream	62
Sprouted Grain	71
Sunflower Biscuits	73
Zucchini Curls	63
Zucchini Saute	64

# Foreword

I received a call from a busy working woman soon after giving a seminar in Southern California. She related the following story.

*After purchasing **Main Dishes** I decided to try the recipes out on my own family. It was a delight to discover how easy they were put together. Everybody loved them.*

*One Sunday afternoon I chose 3 recipes from the cookbook and tripled the recipe and made 9 meals. One I fed to my family and 8 I fed to the freezer. What a joy when my tired body came home from work only to find all I had to do for our evening meal was to heat the main dish, make a quick green salad and shout, "Dinner's ready!"*

*I continued to feed my freezer using this method until I had over 25 dishes in reserve.*

*One day after work my neighbor came by to return a borrowed book. She saw my yummy casserole ready to pop into the oven. "Looks good, Carole. What's your recipe?" I began to tell her my story of all the dishes in my freezer and with delight she asked, "What is the chance of buying one of them for my dinner tonight?" Much to my surprise I ended up selling her one. Her husband, Carl, loved it and wanted her to repeat the menu. But to his surprise she had to admit it was purchased from her neighbor. "I don't care how you got it," Carl said, "Do it again." With that she told other friends and neighbors how delighted her husband and family were with my instant meals. People began to call asking to buy my freezer out. I have since quit work and now have a home business selling main dishes out of my freezer.*

That is the story that launched **Meals in Minutes** (formerly **Casseroles**). After hearing Carole's story and sharing it with many, I asked Sue to put together this book so that you, too, can create tasty, nutritious, and delicious freezer meals.

*Emilie Barnes*

# How to Use This Book

While the **Meals in Minutes** freezing system is set up in 5 sets of 5 recipes, with grocery order and assembly plan, the simplest plan is to double or triple the recipe each time you prepare a main dish, setting aside the extra to freeze. Before you know it your freezer will offer you quite a variety of ready-to-serve dinners! But I've left the system set up in this book intact for those who like the cleverness of a "more complicated" system. Trust me, the "one recipe at a time" plan is simpler by far. Get into that routine and you will hardly know you are preparing at least two or more meals at one time. Just think "freezer." But if you choose the "make several at a time" plan, consider inviting a friend to share in your cooking day for fun and efficiency. Plan to double the recipes, taking turns in providing the kitchen and shopping for ingredients. Split the cost. This is also a great way to assist a younger more inexperienced cook who needs encouragement.

You don't need to limit freezer meals to the recipes in this book. I use over 50 additional recipes from **Main Dishes** and **Soups & Muffins**. See the list on pp. 89-92 including speedy non-freezer recipes. These recipes are designated as either freezable or quick in the respective books.

Familiarize yourself with *Freezing Main Dishes*, pp. 7-13. Note in particular that general guidelines are given for thawing and reheating all the recipes. These thawing and reheating times have not been written into the recipes since they will vary considerably for your chosen method and sizes of containers. Although microwave options for thawing and reheating are given, I discourage it for nutritional reasons (see p. 84). Nevertheless, you can enjoy many other time saving tips included in this book.

The *Shopping Guide to Quality Ingredients* (pp. 16-19) plus additional notes in recipes will spare you the mystery of what to buy. In addition to saving you time and reducing costs, our goal has been to build higher nutritional quality into the recipes. See the *Nutrition Goals* section, pp. 75-81.

Research resources that have encouraged changes made in the 5th edition include: *Nourishing Traditions* by Sally Fallon with Mary G. Inig, PhD, *The Cholesterol Myths* by Uffe Ravnskov, *The Whole Soy Story* by Kaayla T. Daniel, PhD, CCN, *The Coconut Oil Miracle* by Bruce Fife, C.N., M.D., and *Living the Low Carb Life* by Jonny Bowden. The *Bible*, however, remains our foundational source.

*Sue Gregg*

# Basic Stock List

*She is like the merchant ships, bringing her food from afar.  
Proverbs 31:14*

Fresh produce, dairy products, meats and other perishables are not included on this list unless you plan to purchase a supply for the freezer other than for use in the recipes.

See accompanying page references for more ingredient information.

## **Staples/Seasonings/Freezer Items**

almonds (*Nuts, p. 18*)  
apple cider vinegar  
baking powder (*p. 16*)  
baking soda  
Bragg Liquid Aminos, optional (*p. 16*)  
bread, whole grain (*p. 19*)  
brown rice (*p. 16*)  
butter, unsalted (*p. 16*)  
catsup (*Tomato Products, p. 19*)  
chicken (for freezer) (*p. 16*)  
chicken broth (*p. 16*)  
coconut milk, optional (*p. 17*)  
coconut oil (*Oils, p. 18*)  
corn, whole dry, or  
    cornmeal, stoneground (*p. 18*)  
cornstarch  
    or arrowroot powder (*p. 27*)  
dry beans: pinto, black,  
    black-eyed peas  
franks (for freezer) (*p. 17*)  
garlic cloves (*p. 17*)  
green chiles, diced  
ground meat (for freezer) (*p. 17*)  
honey (*p. 17*)  
molasses, dark or blackstrap  
olive oil (*Oils, p. 18*)  
Parmesan cheese  
pastas, whole grain (*p. 19*)  
ripe olives, sliced  
salmon (*p. 18*)  
soy sauce (*p. 18*)  
Tabasco sauce  
tomato products (*p. 19*): pieces or  
    whole, sauce, enchilada sauce,  
    pasta or spaghetti sauce  
tuna, water pack (*p. 19*)

unbleached white flour (*p. 19*)  
vegetables, frozen in 16-40 oz  
    bags (corn, green beans,  
    peas, broccoli, etc.)  
water chestnuts, sliced  
whole grain bread (*p. 19*)  
whole grains (*p. 19*)  
whole grain pastas (*p. 19*)  
 Worcestershire sauce (*p. 19*)

## **Herbs & Spices** (*p. 17*)

basil (sweet basil) leaves  
bay leaves  
cayenne pepper  
chili powder  
cumin powder  
curry powder  
dry mustard  
dry parsley flakes  
garlic powder  
ginger, ground  
Italian Seasoning  
lemon peel  
marjoram leaves  
nutmeg  
paprika  
pepper  
rosemary leaves  
sage  
salt (*p. 18*)  
Spike Seasoning (*p. 18*)  
thyme leaves

# Freezing Main Dishes

## A QUICK OVERVIEW

There are several different ways you can freeze, thaw, and cook main dishes. Conventional cooking and reheating is preferred over use of the microwave (unless used for thawing). See p. 84. The following steps below summarize the general method I prefer to use for convenience as well as for preserving the nutrition and the flavor:

1. Prepare the recipe completely, using conventional range top and/or oven for sauteeing, heating, cooking, baking.
2. Freeze thoroughly cooled recipe in the container in which it will be thawed later--oven-proof or microwave safe container.
3. Quick thaw using one of the methods outlined on p. 12.
4. Reheat in conventional or convection oven, transferring dish to oven-proof container as needed (p. 13). Occasionally a recipe is suited to range top reheating in a saucepan.

## INGREDIENTS

### *Seasonings*

Both freezing and microwaving can affect the strength of seasonings. Microwaving decreases garlic flavor while freezing increases it. Saltiness increases during microwaving, but decreases in freezing. Pepper can turn bitter and increase in flavor during freezing. Herbs tend to weaken. Here are a few suggestions to overcome the seasoning problem:

1. Measure and add seasonings to thawed dish just before reheating and serving.
2. Add before freezing, evaluate results after eating the dish and adjust your recipe to taste for future preparation. Our recipes have been adjusted according to this method for our own tastes. Thus I don't withhold seasonings to add later.
3. Combine seasonings when you prepare the dish, but store them separately in a cupboard. Put them in a tightly covered and labeled container. A small tupperware mini cup would be ideal. Be sure to make a note about adding the seasonings and where they are stored on your frozen recipe label before it is reheated. This is not suited, of course, to a recipe with layered ingredients.



### **Choosing Ingredients**

Ingredients that do not freeze well include uncooked raw vegetables, potatoes, hard-cooked eggs, mayonnaise, and quick-cooking or minute brown rice.

### **Preparing Ingredients**

Just barely, or slightly undercook rice, pastas, and vegetables for freezing.

Fat and flour for thickening in saucy dishes can separate during freezing. Thicker sauces separate less. Stir when thawed and again while reheating.

To add frozen vegetables to a casserole for freezing, break up the vegetables, without cooking them; if heavily frosted, rinse with water just to unblock them.

Fresh or dried parsley does not have a good appearance when frozen. Add just before reheating or serving. In several dishes, a parsley garnish will really brighten them up.

Bread crumb or cheese toppings become soggy if added to dishes before freezing. Freeze these in separate packages. Attach to the casserole dish with tape, or make note of other location. Of course, you do not need to prepare these in advance at all, but can prepare and add them as you reheat the dish.

### **Combining Ingredients**

Some recipes consist of a sauce layered over a starch, such as rice. During freezing the starch absorbs the sauce so that the pleasing saucy texture is diminished. For this reason, you may wish to freeze the rice separately, pouring the sauce over the rice just before heating, or serve each separately at the table. Freezing main dish sauces alone such as *Chicken Curry* or *Turkey-Mushroom Sauce* also allows you to serve them over a variety of choices such as whole grain toast, biscuits, baked or mashed potatoes, whole grain pasta, or brown rice. Most are easy to prepare just before serving.

Cooked rice and pastas may be frozen separately in freezer ziploc bags (see *Food storage Wraps*, p. 17). You might want to prepare enough for more than one meal and divide into desired serving sizes. To reheat, remove the cooked rice or pasta from the storage bag and steam for 5-10 minutes. These starchy foods will thaw and heat very quickly. Generally, however, I prefer to cook these up fresh, reserving the freezer for leftover rice or pasta.

## FREEZING METHODS & CONTAINERS

### **Temperature**

Thoroughly cool completed recipe before freezing it. Cool in a pan of ice water or in the refrigerator, but not at room temperature, especially dishes with meat in them. Bacteria can multiply in food very rapidly at room temperature.

### **Foil or Freezer Ziploc Method for Prefrozen Dishes**

This allows for more room in the freezer and frees the baking dish for other uses. First, cover and freeze the recipe in its original baking dish or in the dish you plan to thaw and reheat it in later. Next, loosen it from the container. Sometimes a knife run around the edges is sufficient. Water may be run over bottom of baking dish, but do not run hot water suddenly over cold glass. Before packaging, label name and date with masking tape and marker pen on the wrapping. Otherwise, the cold recipe will prevent the tape from sticking to it. If using foil, wrap recipe first in plastic wrap. For ziploc, press out air and seal tightly (see *Food storage Wraps*, p. 17). Return to freezer. Before thawing and reheating the dish, remove wrap and replace in baking dish in which it will be thawed and reheated.

### **Ziploc Bag Method for Unfrozen Dishes**

Place recipe directly in labeled freezer ziploc bag, leaving at least 1" space for expansion, and freeze. This method allows for less steps in packaging (though a bit messier), for neat stacking of several recipes in small freezer space, and omits the need for having several baking containers. Transfer to baking dish to thaw and reheat. This method is not suitable to recipes with layered ingredients.

### **Direct Dish Method**

This eliminates transferring recipes from one type container to another and is the one I use, although it requires having more baking dishes on hand and more freezer space. Freeze the recipe in the container in which you are going to reheat it (the original baking dish for recipes that have been baked). Label before freezing with name of dish, date, special cooking/serving reminders. A modification of this is when you want to thaw, but not reheat, dishes in the microwave. In this case you can thaw the dish in a microwave-safe container, transferring the thawed dish to an oven-proof baking dish for reheating. I prefer minimal microwave thawing just enough to take the dish out of the "rock-solid" frozen state. using the defrost setting only.





# Shopping Guide<sup>1</sup> to Quality Ingredients

**Baking powder** Low sodium baking powder (health food stores), contains no corn, no aluminum, and less sodium than regular baking powder. *Rumford*: contains corn, but no aluminum. See also **Breakfasts**, "Health Bonus" section for making your own.

**Beef Broth** See Chicken or Beef Broth.

**Beef or Buffalo Meat** See *Ground Turkey, Beef or Buffalo*, p. 17.

**Bragg Liquid Aminos** Tasty seasoning; less sodium than soy sauce, but an unfermented soy product, containing small amount of MSG. Limit to occasional use, unless especially sensitive to MSG. We give it as an option, with caution in some *Vegetarian Alternatives* (pp. 85, 87). Refrigerate after opening. Health food store.

**Brown Rice** Although available at supermarkets, organically grown is best from health food store or mail order (see *Whole Grains/Flours*, p. 19). *Lundberg Farms* organic is good brand. Long grain is closer in texture to white rice than medium or short grain brown rice, which are a bit more chewy. Quick or instant brown rice does not freeze well.

**Butter & Eggs** I use Trader Joe's organic sweet cream butter; also excellent is unsalted & cultured organic butter and raw butter; best from grass fed animals, otherwise, supermarket butter. Keep unsalted butter in freezer. Buy eggs, high in omega-3 fatty acids, from pasture fed chickens, or from chickens fed flax or fish meal. Other feeds shift the omega fatty acid balance to over-supply of Omega-6 fatty acids in the eggs. Purchase from local farms, health food stores. Trader Joe's fertile eggs are acceptable. Use supermarket "battery" eggs (produced from chickens in crowded quarters) only if the only source available to you. See also **Breakfasts** "The Egg Breakfast" and "Health Bonus" sections.

**Chicken** Purchase chicken grown without hormones and antibiotics. Good quality individually quick frozen chicken breast pieces (e.g. from Trader Joe's) are especially convenient to keep on hand (see footnote, p. 61). See more on buying chicken, p. 20.

**Chicken or Beef Broth** For best economy costing only pennies, flavor and nutritional value, make your own chicken broth from whole chickens or pieces (pp. 21-22). It can easily be frozen in desired por-

<sup>1</sup>For broader range of shopping resources, purchase *Shopping Guide* from the Weston A. Price Foundation: [www.WestonAPrice.org](http://www.WestonAPrice.org) or email: [WestonAPrice@MSN.com](mailto:WestonAPrice@MSN.com). I take exception, however, to shell fish, pork products and lard recommendations in these sources (see *Leviticus 11*).

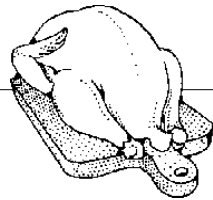
# Buying Chicken

## What Parts of the Bird?

For convenience I use boneless chicken breast in recipes most of the time (see p. 16). However, the use of whole chicken will net considerable savings on chicken meals. Whole chickens are also excellent for making nutritious stock or broth to use in soup or in recipes. Cracking the bones will release calcium and other nutrients into the broth. Often I will add boneless breast pieces to a whole chicken brewing for broth. See recipe, p. 22.

## How Much to Buy

1 lb. of raw boneless skinless chicken yields about 1¾ cups cooked chicken. A 3½ lb. whole chicken yields about 3 - 3¼ cups skinned boneless cooked chicken.



## Coping with Food Cost

Low carb diets tend to be more meat-centered, raising food cost. Our reduced carb meals (see pp. 76-79) are more cost-effective. Purchasing organic or grass-fed meats, raw dairy products, quality fats and oils, etc., all the most costly items, will significantly increase the food bill. There are a number of ways, however, to economize: join a food co-op, buy in bulk, buy on sales, buy in season, use leftovers wisely, have a fast day, etc. In addition, understand what types of recipes and meals are higher cost and what types are less costly. Recipes and meals that contain both meat and dairy ingredients will be most costly. Those with more meats and fish, but no dairy, will be equally costly or may be a little more; Meatless meals with dairy products will be next in cost. The least expensive meals will be grain, bean and vegetable-based (i.e. vegan). I recommend a range of meal types, while purchasing the highest quality of foods and ingredients possible for your food budget (see pp. 75, 79).

Since there are so many variables in food costs in terms of seasons, weather influences on agricultural production, geography, qualities, and inflation from year to year, we are gradually phasing out recipe costs that have been included with the nutrient data. However, by analyzing the types of recipes and meals as described above, you will understand the comparative costs.

# Chicken or Turkey Broth

*This home prepared chicken broth, even with salt added, contains less than one third the sodium of chicken bouillon cubes and contains no MSG. At under \$.10 per cup, it is just 5%-10% the cost of commercial brands that contain twice as much sodium (or more). A perfect recipe for the crock-pot. Make a large pot and freeze several containers for later use. Nutrient data below is from a commercial source, since it is not possible to be accurate calculating this recipe for calories and protein.*

**AMOUNT: 3 to 4 Quarts**

**Crock-Pot: Low, 8-10 hrs. or High, 3½ -4½ hrs. or Range top: 2-3 hrs.**

1. Snap or crush the meat bones to release juices and beneficial gelatinous matter and minerals (especially calcium, potassium and magnesium);<sup>1</sup> place in crock-pot or large pot:

**4-5 lbs. chicken or turkey** (wings, backs, and/or bones, or whole)

**4 quarts water**

**3 tablespoons apple cider vinegar or slice of lemon**

(helps to release nutrients from the bones)

**small onion, chopped**

**handful celery leaves, chopped**

**couple of carrots, chopped**

**few sprigs of fresh parsley**

**½ teaspoon marjoram leaves** (p. 17)

**¼ teaspoon sweet basil leaves**

**1 bay leaf**

**2 teaspoons salt, optional** (p. 18)



2. Turn crock-pot to high or low, cover and cook; or bring slowly to a boil on range top, cover, lower heat and simmer 2-3 hours adding more water as needed to keep meat or bones covered.
3. Set a colander in a large bowl or pot and pour broth into bowl allowing meat, bones and vegetables to collect in the colander.
4. Let cool enough to handle for 30 minutes or less; remove vegetables, skin, bone. Use or store meat as desired (see p. 21).
5. Refrigerate broth to allow fat to rise to the top; skim off fat. Divide into freezer containers in desired portions, allowing at least ½" space at the top. If desired, when frozen, run hot water over containers; snap out block of broth; wrap securely in plastic wrap (*food Storage Wraps, p. 17*), then in foil labeled with date and amount. Place blocks in freezer ziploc bag for added protection.

*Per 1 cup (based on Trader Joe's 99% Fat Free Chicken Broth) 15 Calories, 2 g protein (100%)*

**STOCK VARIATION** To conserve freezer space, highly concentrated stock can be prepared by just covering the bones with water; season as desired, and simmer a full 12 hours, partially covered with lid. Strain, refrigerate, remove fat and freeze. To use, dilute to desired strength with water.

<sup>1</sup>See *Nourishing Traditions*, pp. 116-118 for all about nutrient value of stocks.



# 5 Timesaver Meals

## Chicken Curry<sup>1</sup>

½ C. Brown Rice (p. 67)  
1 C. Green Beans (MD)<sup>2</sup>  
with 1½ tsps. butter  
1½ C. Green Leaf Salad (MD)  
with 1 T. Oil Dressing  
1 Pineapple Wedge  
(5" x ¾")

543 Calories  
21% Protein--29 g.  
41% Fat--25 g.  
38% Carb; 45 g. net carbs

## Sausage Strata

Parsleyed Carrots<sup>3</sup> (MD)  
1½ C. Orange Tossed  
Salad (MD)  
with Sweet Mayonnaise  
Dressing (1½ T; MD)  
Lemon Ginger Muffin  
1 (of 12;p. 69)

732 Calories  
18% Protein--33 g.  
44% Fat--37 g.  
38% Carb; 62 g. net carbs

## Best Burrito Beans (½ C.)

½ C. Mozzarella Cheese  
Lettuce, Tomatoes, Onion  
(½ C.) (½ small) (¼ C.)  
¼ med. Avocado 2 tsps. Salsa  
2 T. Yogurt-Sour Cream  
1 Sprouted Wheat Tortilla  
(fajita size)  
4 Radishes, 6 slices Cucumber

500 Calories  
17% Protein--23 g.  
36% Fat--22 g.  
46% Carb  
48 g. net carbs

## Favorite Tamale Pie

Zucchini Saute<sup>3</sup> (p. 65)  
1½ C. Garden Salad (MD)  
with 1 T. Parmesan Cheese  
1 T. Balsamic Vinaigrette

461 Calories  
21% Protein - 25 g.  
39% Fat - 21 g.  
40% Carb; 38 g. net carbs

## Tuna Fettucine

1 C. Broccoli (p. 65)  
2 C. Spinach-Tomato  
Salad (MD)  
with Sweet Orange  
Dressing<sup>3</sup> (MD)

473 Calories  
20% Protein--25 g.  
42% Fat--23 g.  
38% Carb; 33 g. net carbs

<sup>1</sup>For fuller explanation of servings and nutrient data of meals, see p. 83.

<sup>2</sup>Recipe from *Main Dishes*

<sup>3</sup>One serving according to the designated recipe



# Timesaver Shopping List

See *Shopping*, pp. 16-20 for ingredient information.

## Meats

- 1-1½ lbs. boneless chicken breast (p. 26)
- 1 lb. ground turkey (p. 27)
- 1 lb. ground turkey, beef or buffalo (p. 28)

## Dairy

- 3 eggs (p. 27)
- ¼ cup heavy cream (p. 27)
- ½ lb. butter
- ½ pint sour cream (p. 29)
- ½ cup Parmesan Cheese (p. 29)
- ¼ lb. cheddar cheese (1 cup) (p. 27)

## Grains/Beans/Pasta/Nuts

- ½ lb. brown rice (1 cup), optional (p. 26)
- 1 lb. pinto or black beans, dry (p. 30)
- 8 oz. whole grain flat noodles, fettucine or spaghetti pasta (p. 29)
- ½ lb. stoneground cornmeal (p. 28)
- ¼ cup almonds, slivered or whole (unroasted, unsalted) (p. 29)
- 1½ slices whole grain bread (p. 27)

## Canned Foods/Misc

- 16 oz. (2 cups) tomato, spaghetti, or pasta sauce (p. 28)
- 6 oz. can tuna (p. 29)
- 4 oz. can diced green chiles (p. 30)
- 2¼ oz. sliced ripe olives (p. 28)
- 34 oz. chicken broth (optional, see #3 below) (pp. 26, 27)

## Fresh Produce

- 4 small onions
- ½ bunch celery (4 ribs) (p. 26)
- 1 lb. zucchini (p. 28)
- 1 small green pepper (p. 28)
- 1 medium tart green apple (p. 26)
- lemon juice (1 tsp)

## Frozen

- 2 cups (10 oz.) frozen corn (p. 28)
- ½ cup (2.5 oz.) frozen peas (p. 29)

## Staples/Seasonings/Spices

Check *Basic Stock List*, p. 6 against recipes.

# Timesaver Assembly

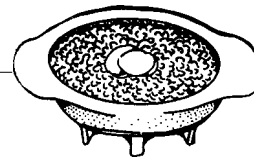


## DAY BEFORE

- 1) **Presoak beans** for *Burrito Beans* (#1, p. 30). If you plan to cook beans overnight in crock-pot, soak beans night before this.
- 2) **Soak cornmeal** for *Favorite Tamale Pie* topping (#1, p. 28).
- 3) **Cook chicken** for *Curry*--in enough water (or use recipe, p. 22) to make 4¼ cups broth for recipes, if desired (#1, p. 26; #3, p. 27).
- 4) **Set out canned/dry ingredients**, grouping items for each recipe together.
- 5) **Get out freezer containers and cooking pans:** 1 large fry pan; 1 large pot for cooking pasta (and for cooking beans if not using pressure cooker or crock-pot method); 1 medium saucepan for cheese sauce and cornmeal topping.
- 6) **Soak almonds** for *Fettucine* (#1, p. 29).
- 7) Optional: **Soak Brown Rice** to freeze with *Curry* (see footnote, p. 26; #1,2, p. 65).

## COOKING DAY

- 1) **Cook brown rice** (optional) to freeze for *Curry* (p. 65, #3,4).
- 2) **Cook pasta** for *Fettucine* (#1, p. 29); drain.
- 3) **Cook presoaked beans** for *Burrito Beans* (#2, p. 30).  
To crock-pot beans overnight, start cooking the night before.
- 4) **Chop/slice/grate:**
  - a) **zucchini** Slice 4 cups, unpeeled, 1/8-1/4" thick (p. 27).
  - b) **onions** Chop 3 small (pp. 26-28), 1/4 cup (p. 29),  
1 small or medium (p. 30).
  - c) **celery** Thinly slice diagonally or chop 1 1/2 cups (about  
6 medium ribs; pp. 26, 29).
  - d) **green pepper** Chop 1 small (p. 28).
  - e) **almonds, well drained, rinsed** If whole, chop 1/4 cup (p. 29).
  - f) **bread crumbs** Process 1 1/2 slices bread in blender to make  
coarse crumbs (p. 27).
  - g) **cheese** Grate 1 cup (p. 27).
  - h) **green apple** Wedge, core, and coarsely chop (p. 26).
- 5) **Saute** zucchini, then ground turkey with onion and seasonings for *Strata* in large fry pan (#1,2, p.27).
- 6) **Tamale Pie** Unless using ground beef or buffalo, mix 1 lb. ground turkey with seasonings (#2, p. 28); set aside.



## COMPLETE RECIPES

- 1) **Sausage Strata** Complete from #3, p. 27. Do not bake yet.  
Rinse out large fry pan and saucepan used for making the cheese sauce.
- 2) **Preheat oven** to 350°F (175°C).
- 3) **Tamale Pie** Complete from #2, p. 28 using same fry pan as for *Strata* and same saucepan as for cheese sauce. Bake in oven with *Strata*, 30 minutes for *Strata*, 50-60 minutes for *Tamale Pie* (or until cornmeal crust is done).
- 4) **Tuna Fettucine** Complete from #3, p. 29 using same fry pan; place in freezer container and rinse pan for *Curry*.
- 5) **Chicken Curry** Complete from #2, p. 26 using same fry pan.
- 6) **Best Burrito Beans** Complete from #3, p. 30.
- 7) **Label freezer containers** with recipe names, date, and desired cooking/serving instructions. Fill with completed recipes.
- 8) **Cool** completely in refrigerator; **freeze**.



## 5 Convenience Meals

### **Creole Peas 'n Corn<sup>1</sup>**

*Vegetable Cole Slaw<sup>2</sup>  
with Sweet Mayonnaise  
Dressing (1 T; MD<sup>3</sup>)  
mozzarella cheese  
(2--1 oz. sticks)  
Blender Cornbread  
(1 piece; p. 68)  
with 1½ tsps. butter*

669 Calories  
18% Protein--32 g.  
41% Fat--31 g.  
41% Carb; 55 g. net carbs

### **Almond Lemon Chicken**

*4-Vegetable Stir-Fry<sup>2</sup> (MD)  
1½ C. Green Leaf  
Salad (MD)  
with 1 T. Oil Dressing  
1 slice Irish Soda  
Bread (p. 70)  
with 1 tsp. Butter*

671 Calories  
25% Protein--41 g.  
38% Fat--29 g.  
37% Carb; 52 g. net carbs

### **Chicken Spaghetti**

*with ¾ C. Spaghetti Pasta  
½ C. Green Beans  
with 1½ tsps. butter  
1½ C. Garden Salad (MD)  
with 1 T. Thousand  
Island Dressing (MD)  
1 Sunflower Biscuit (p. 73)*

632 Calories  
24% Protein--39 g.  
40% Fat--29 g.  
36% Carb  
44 g. net carbs

### **Turkey-Mushroom Sauce (1 C.)**

*with Zucchini Curls<sup>2</sup> (p. 63)  
Broccoli-Carrot Medley<sup>2</sup> (MD)  
Tomato-Cucumber  
Salad<sup>2</sup> (MD)  
with 1 T. Herb Vinegar  
¾ C. Seasonal Fruit (MD)*

472 Calories  
27% Protein--34 g.  
35% Fat--19 g.  
38% Carb; 34 net carbs

### **Salmon Quiche**

*1 C. Carrots  
with parsley garnish  
Orange-Pineapple  
Salad<sup>2</sup> (MD)  
on bed of Lettuce*

622 Calories  
22% Protein--33 g.  
42% Fat--30 g.  
37% Carb; 45 g. net carbs

<sup>1</sup>For fuller explanation of servings and nutrient data of meals, see p. 83.

<sup>2</sup>One serving according to the designated recipe

<sup>3</sup>Recipe from *Main Dishes*

# Country Creole Peas 'n Corn

*An economy, high fiber dish. Tasty!*

**AMOUNT: 6 to 8 Servings** (8-9 cups or 2½ qt. container)

1. **DAY BEFORE** Soak peas with water and lemon 12-24 hours:<sup>1</sup>

**2 cups (1 lb.) uncooked black-eyed peas**

**9 cups water**

**juice of ½ lemon or 2 tbsps. whey** (*liquid part of plain yogurt*)

2. Add fresh water to rinsed, well-drained peas, bring to a boil, add seasonings and boil 3 minutes; reduce heat to simmer:

**8 cups fresh water** (not the soaking water)

**1 bay leaf** (*Herbs & Spices, p. 17*)

**1 teaspoon Italian Seasoning**

**½ teaspoon rosemary leaves** (*p. 17*)

3. Sauté vegetables in butter or oil:

**2 tablespoons melted butter or coconut oil**

**or extra virgin olive oil** (*Oils, pp. 18, 26<sup>2</sup>*)

**1 onion, chopped**

**1 green pepper, chopped**

4. Add sautéed vegetables to peas; continue cooking until peas are just tender, about 1½ hours. Add more water, if needed.

5. Add remaining ingredients, stirring in the corn after recipe cools completely (just before freezing):

**14.5 oz. can stewed tomatoes**

**8 oz. can tomato sauce**

**½ stick (¼ cup) butter** (optional for added flavor)

**2 tablespoons honey**

**½ teaspoon salt** (*p. 18*)

**1½ cups (7.5 oz.) frozen corn**

6. To reheat, place frozen recipe in a saucepan over direct low heat. Add **2 cups water**<sup>2</sup>. When heat has thawed the dish completely, bring to a boil, lower heat and simmer 30 minutes. Add more water as needed. Recipe should be quite soupy. Remove bay leaf before serving.

*Per serving of 8 (with optional butter in step 5; used for menu data, p. 31)*

*292 Calories, 12 g protein (15%), 9 g fat (27%), 44 g carbohydrate (58%),*

*11 g dietary fiber, 33 g net carbs*

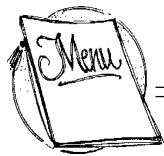
*Per serving of 8 (without optional butter in step 5)*

*245 Calories, 12 g protein (18%), 4 g fat (13%), 44 g carbohydrate (69%),*

*11 g dietary fiber, 33 g net carbs*

<sup>1</sup>See *2-Stage Process*, p. 68.

<sup>2</sup>When preparing this recipe without freezing, omit the extra 2 cups water.



## 5 Quick Meals

### **Chicken Pot Pie<sup>1</sup>**

2 C. Tossed Salad (MD)<sup>2</sup>  
with 1 T. Raspberry  
Vinaigrette  
1 C. Green Beans  
with lemon juice (p. 64)

519 Calories  
20% Protein--26 g.  
40% Fat--24 g.  
40% Carb; 42 g. net carbs

### **Emilie's Noodle Bake**

1 C. Vegetable Medley  
with Marvelous Marinade  
(1 ½ T; MD)  
½ orange (3 slices) on  
bed of Lettuce  
with 1 T. Sliced Almonds

586 Calories  
25% Protein--36 g.  
40% Fat--25 g.  
35% Carb; 42 g. net carbs

### **Sweet 'n Sour Beans**

Scrambled Eggs (B)<sup>2</sup>  
with 1 ½ eggs, 2 T. grated  
cheddar Cheese  
1 C. Steamed Beet Greens  
with 1 tsp. Vinegar  
Carrot-Zucchini Salad  
(¾ C; MD)  
with Sue's House Dressing  
(1 T; MD)

589 Calories  
22% Protein--33 g.  
39% Fat--27 g.  
39% Carb  
46 g. net carbs

### **Casserole a la Tuna**

2 C. Green Leaf Salad (MD)  
with 1 T. Balsamic  
Vinaigrette  
½ med. tomato, sliced  
1 C. Steamed Broccoli (p. 65)  
with lemon juice (p. 64)

415 Calories  
27% Protein--29 g.  
40% Fat--19 g.  
33% Carb; 26 g. net carbs

### **Barley Casserole**

with ¼ C. plain yogurt  
4-Vegetable Stir-Fry<sup>3</sup> (MD)  
(1 tsp. oil used in recipe)  
Tomato-Cucumber Salad<sup>3</sup>  
(MD) topped with 2 sticks  
Mozzarella Cheese, chopped  
on bed of Lettuce

526 Calories  
21% Protein--29 g.  
39% Fat--24 g.  
40% Carb; 40 g. net carbs

<sup>1</sup>For fuller explanation of servings and nutrient data of meals, see p. 83.

<sup>2</sup>Recipe located in *Main Dishes* or *Breakfasts*.

<sup>3</sup>One serving according to the designated recipe.



# 5 Make-Ahead Meals

## **Pasta Parmesan Supreme<sup>1</sup>**

Parsleyed Carrots<sup>2</sup> (MD)<sup>3</sup>  
Tomato-Avocado  
Salad<sup>2</sup> (MD)  
with 1 T. Herb Vinegar

597 Calories  
17% Protein--26 g.  
41% Fat--28 g.  
43% Carb; 52 g. net carbs

## **Chili Gourmet**

1 C. Garden Patch Salad (MD) with  
1 stick mozzarella  
string cheese, chopped  
with 1 T. Oil Dressing  
Cornbread (1 piece, p. 68)  
with 1½ tsps. Butter

591 Calories  
20% Protein--31 g.  
40% Fat--27 g.  
39% Carb; 47 g. net carbs

## **Little Saucy Meat Balls**

Cauliflower Mashed  
(½ C; p. 63)  
½ C. Green Beans  
with lemon juice (p. 64)  
¾ C. Carrot Combo Salad  
with 1 T. Sweet Lite  
Dressing (MD)  
Cornbread (1 piece, p. 68)  
with 1 tsp. Butter  
and 1 tsp. all-fruit spread

620 Calories  
20% Protein--33 g.  
40% Fat--28 g.  
40% Carb  
53 net carbs

## **Autumn Stew**

1½ C. Parmesan Greens (MD)  
with 1 stick mozzarella  
string cheese, chopped  
with 1 T. Oil Dressing  
Irish Soda Bread  
(1 slice; p. 70)  
with 1½ tsps. butter  
and 1½ tsps. all-fruit spread

602 Calories  
26% Protein--39 g.  
35% Fat--23 g.  
39% Carb; 59 net carbs

## **Chicken Hawaiian**

over Sunflower Biscuit (p. 73)  
½ C. Sliced Zucchini  
with ½ C. Yellow Summer  
Squash, Steamed  
1½ C. Green Leaf Salad  
with 3 tomato slices (½ med.)  
with 1 T. Sue's House  
Dressing (MD)

678 Calories  
19% Protein--33 g.  
43% Fat--34 g.  
38% Carb; 54 g. net carbs

<sup>1</sup>For fuller explanation of servings and nutrient data of meals, see p. 83.

<sup>2</sup>One serving according to the designated recipe

<sup>3</sup>Recipe located in *Main Dishes*



## 5 Ready-to-Serve Meals

### **Chicken Tetrazzini<sup>1</sup>**

Parsleyed Carrots<sup>2</sup> (MD)<sup>3</sup>  
Spinach-Tomato Salad  
(2 C, MD)  
with 1 T. Lemon-Olive Oil  
Dressing (MD)

634 Calories  
21% Protein--34 g.  
46% Fat--32 g.  
33% Carb; 42 g. net carbs

### **Salmon a la Broccoli**

Peppers 'n Squash  
Gourmet<sup>2</sup> (MD)  
3 slices tomato (1/2 medium)  
1 Barley Biscuit (p. 72)  
with 1 1/2 tsps. Butter

716 Calories  
18% Protein--32 g.  
49% Fat--34 g.  
33% Carb; 49 g. net carbs

### **Chicken Pilaf en Casserole**

with orange slice garnish  
Broccoli-Cauliflower  
Platter<sup>2</sup> (MD)  
2 C. Tossed Salad (MD)  
with 1 T. Oil Dressing

453 Calories  
23% Protein--26 g.  
35% Fat--18 g.  
41% Carb  
38 g. net carbs

### **Enchilada Casserole**

1/2 C. Broccoli (p. 65)  
3/4 C. Carrot Zucchini Salad  
with Sweet Orange  
Dressing<sup>2</sup> (MD)  
1 Pineapple Wedge  
(5" x 3/4")

501 Calories  
25% Protein--33 g.  
35% Fat--21 g.  
40% Carb; 43 g. net carbs

### **Barbecued Franks 'n Beans**

1 C. Steamed Chard  
with 1 1/2 tsps. vinegar  
Orange-Onion Salad<sup>2</sup> (MD)  
with Sweet Lite Dressing  
(1 T., MD)

494 Calories  
17% Protein--24 g.  
39% Fat--25 g.  
45% Carb; 46 g. net carbs

<sup>1</sup>For fuller explanation of servings and nutrient data of meals, see p. 83.s

<sup>2</sup>One serving according to the designated recipe

<sup>3</sup>Recipe located in *Main Dishes*

# Blender Cornbread

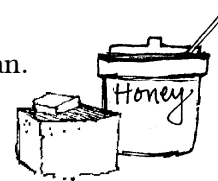
A popular quick bread and so easy to make with whole dry corn (not the vegetable) in the blender. A \$30-\$40 Osterizer Blender will do. In a Vita-Mix cut the blending time about in half. To hand mix this recipe in a bowl with flour, used 2 cups stoneground cornmeal (p. 18).

**AMOUNT: 8" Square Baking Pan**

**Bake: 350°F (175°C) - 25 to 35 minutes**

1. Place in blender; blend at high speed 3-5 minutes (blender will "grind" most of the grain; there may be still a little grainy texture):
  - 1 cup cultured milk or sour raw milk** (*Milk, p. 18*)  
(plain yogurt thinned with a little water to consistency of buttermilk,<sup>1</sup> or plain kefir, or buttermilk)
  - 3 tablespoons maple syrup or honey** (*p. 17*)
  - 1½ cups whole kernel dry corn** (*p. 17*) (or half may be a different grain such as **¾ cup whole wheat pastry grain** or **¾ cup Kamut® grain** (*Whole Grains/Flours, p. 19*))
  - ¼ cup melted butter or melted coconut oil** (*p. 16; Oils, p. 18*)  
(add coconut oil gradually after getting the blender started)
2. Cover blender and let stand at room temperature for several hours for improved nutritional value.<sup>2</sup>
3. Preheat oven; with wax paper, grease baking pan with soft butter.
4. Blend in eggs for 2 or 3 minutes on high speed; combine baking powder, soda and salt; add them at the last, just to blend in:
  - 2 eggs**
  - 2 teaspoons baking powder** (*p. 16*)
  - 1 teaspoon salt** (*p. 18*)
  - ½ teaspoon baking soda**
5. Pour batter immediately into buttered baking pan.  
Bake at 350°F (175°C) for 25-35 minutes or until knife comes clean out of center.

*Per 1 piece of 12<sup>1</sup> with ¾ cup whole milk yogurt thinned with ¼ cup water 145 Calories, 3 g protein (9%), 6 g fat (36%), 20 g carbohydrate (55%), 2 g dietary fiber, 18 g net carbs*



**<sup>2</sup>What is the 2-Stage Process?** The 2-stage process neutralizes the phytates in whole grains and dry beans that otherwise bind up valuable nutrients in digestion, especially calcium, magnesium, zinc, and iron. This is done by soaking the grain, flour or beans in an acid liquid medium for several hours, or by a slow fermentation process in making yeast breads, or by sprouting the grain (see p. 71). The soaking process in quick breads is the first step in the recipe, allowing the batter to stand several hours before completing it: 7 hours for brown rice, millet, and buckwheat; 12 - 24 hours for other whole grains and flours; 7 hours for lentils and split peas; 12 - 24 hours for other dry beans. This process is incorporated into the recipes in this book.

# Irish Soda Bread

Everyone loves this bread, moist and chewy and so easy to make! Step #4 is a little tricky, but worth the slight "mess." Goes well with main dishes and soups. Especially good fresh and hot.



**AMOUNT: 1 Loaf**

**Bake: 350°F (175°C) - 35 minutes**

1. Blend together in a mixing bowl:

**2 cups cultured milk or sour raw milk** (*Milk, p. 18*)

(plain yogurt thinned with a little water to consistency of buttermilk,<sup>1</sup> or plain kefir, or buttermilk)

**3 tablespoons dark or blackstrap molasses**

**3 cups barley flour** (*Whole Grains/Flours, p. 19*)

**or whole wheat flour**

**1 cup uncooked old fashioned rolled oats**

2. Cover top of dough with plastic wrap; cover the bowl with a damp cloth. Let stand for 12 - 24 hours (*see footnote, p. 68*).

3. Blend together in a separate bowl and work into soaked dough just until evenly mixed in; knead 8-10 times in the bowl:

**1 cup unbleached all purpose white flour** (*you will probably prefer; p. 19*) **or ground sprouted whole grain flour (spelt works well)**

**1½ teaspoons baking soda**

**1½ teaspoons salt** (*p. 18*)

4. Shape into a rounded or oval loaf. I do this with the dough still in the bowl. Press dough together and smooth it out on the top a bit; flour your hands if you need to

5. Place on an ungreased cookie sheet.

6. Bake at 350° F (175° C) for about 35 minutes until loaf sounds hollow on the bottom and nicely browned. Turn out on a rack to cool. Expect top to have a cracked appearance.

*Per slice of 20--about 1.5 oz. <sup>1</sup>with 1¾ cups whole milk yogurt thinned with ¼ cup water  
148 Calories, 5 g protein (14%), 1 g fat (8%), 28 g carbohydrate (78%), 4 g dietary fiber,  
24 net carbs*

**SPROUTED SPELT VARIATION** *Especially moist and tender!*

In step #1, omit barley and blend cultured milk, molasses and oats. In Step #3, blend soda and salt with **3 - 4 cups spelt flour from dried sprouted grain** (*p. 71*) and work into soaked ingredients. Continue from step #4.

*Per slice of 20--about 1.5 oz. <sup>1</sup>with 1¾ cups whole milk yogurt thinned with ¼ cup water  
127 Calories, 5 g protein (14%), 1 Fat (9%), 27g carbohydrate (77%),  
5 g dietary fiber, 22 g net carbs*

# Nutritional Goals

## Identifying Quality Ingredients

Briefly outlined below are several qualities of foods and ingredients that identify high nutritional value. These are the qualities we promote as much as possible in our recipes and menus.

**WHOLE FOODS** The complete food of its edible parts: Whole fruits, vegetables, nuts, seeds, grains, legumes, dairy and meats, providing a complete nutrient package, all the nutrients working synergistically (the whole is more effective than its parts alone).

**REAL FOODS** may be part of a whole food, such as butter, olive oil, flaxseed oil, coconut oil, but not losing its significant food value like white sugar, white flour and other refined grains, fat free milk, etc.

**RAW FOODS** provide valuable enzymes, destroyed by cooking, and phytochemicals. Salads, raw fruits, uncooked raw dairy products provide excellent sources. Make 50% of the food volume on the plate raw.

**ORGANIC FOODS** are grown without pesticides, herbicides or other chemicals. There are standards for certified organic foods. They are also generally higher in nutrients.

**FERMENTED OR CULTURED FOODS** are high lactic acid foods with many health benefits: vegetables such as sauerkraut and cultured foods (dairy products such as yogurt, kefir, buttermilk, etc.). Important in the diets of many traditional cultures. For soy sauce, see p. 18.

### **WISELY PROCESSED, PRESERVED, AND PREPARED FOODS**

Purchasing whole, real, raw and organic foods will help deal with the complex issue of the way our foods are processed and preserved. Two such problems include GMO (genetically modified) foods and irradiated foods, best avoided.<sup>1</sup> The processing and preserving of oils are a serious matter: high heat extraction, application of chemical solvents, bottling, storing and cooking that contributes to nutrient loss, rancidity and the formation of trans-fats. The production of our dairy products, especially milk, presents a particularly troublesome situation. In order of value, in general, is first raw, second unsulfured dried, third quick-frozen or frozen, and last, canned (reduced in salt, without sugar or EDTA). Canned tomato products, however, are very useful. Home canning can provide a good stock of farm-preserved foods.

**WELL BALANCED** between cooked and raw; hot and cool; in color and textures, and between carbohydrates, fats and proteins (see pp. 76-79).

<sup>1</sup>See *Nourishing Traditions*, Sally Fallon with Mary G. Inig, Ph.D., pp. 25, 399.

# Nutritional Goals

## Establishing Balance

For almost 30 years I have advocated the wisdom of choosing quality ingredients (whole grains over refined, honey over refined white sugar, olive oil over hydrogenated oils, etc.) in high fiber/low fat recipes and menus. Diet fads have come and gone and, for the most part, I've let them pass because they were almost inevitably nutritionally deficient.

The low-carb diets with their demonstrated effectiveness pose a new challenge. I still favor more generous, but no refined, carbs for several reasons: more food variety, variety in tastes, broader range of nutrients and dietary fiber, more cost effective, and more family friendly for the long haul. Nevertheless, the low carb system has yielded some significant health benefits including effective weight loss, better blood-sugar levels and better control of insulin resistance. How much of this is due to a complete shift away from refined foods and/or to the shift in carbohydrate balance is not completely clear. Certainly the former is a given need and the latter can be included in the range of offerings, especially for those focusing on weight loss, a need of about 60% of the American population.

Consequently *Meals in Minutes* meals focus on reducing the high density carbohydrates (those that are high starch and sugar), to approximately 40% carbs with about 20% protein and 40% fat (see pp. 78-79). These percentages are based on total calories, not on volume. Exact balances are not easy to achieve even with a nutrient data computer program. Our 25 *Meals in Minutes* meals, for example, average 39% carbohydrate, 21% protein, and 40% fat.<sup>1</sup> Specific meals will be found on one side or the other of this overall average. For long term and for life, meals in our other books give a broader range (e.g. approximately 40-65% carbohydrates, 10-20% protein, 30-40% fat). The food pyramid on page 77 encourages this liberality.

For an excellent overview of low carb diets, I recommend *Living the Low Carb Life* by Jonny Bowden, M.A., C.N.S., covering what the low carb diet accomplishes for losing and maintaining weight, controlling diabetes and achieving heart health. Bowden then evaluates 14 different low carb diet plans. My personal evaluation differs on a variety of specifics in these diets, but the general information is excellent.

<sup>1</sup>The 40%-20%-40% balance is reported in *Nourishing Traditions*, p. 58. The authors, however, do not include nutrient data with the *Nourishing Tradition* recipes and meals. I used my nutrient data computer program to calculate 3 of the meals: a fish-based meal, a "meat-stretcher" meal and a bean dish meal. These three meals averaged per meal: 1037 Calories, 33% carbohydrate, 16% protein, 51% fat.

# Vegetarian Alternatives

Suggestions below are adaptable to a variety of recipes. While I give these alternatives, be advised that the evidence of the effects of traditional diets on health does not support the nutritional superiority of vegetarianism, especially vegan, over a mixed diet of plant and animal foods.<sup>1</sup>



- Omit the meat without any other change.
- Add cooked lentils or kidney beans.
- Add nuts, especially cashews or almonds.
- Add sliced fresh mushrooms.
- Increase the vegetables, or add extra ones.
- Add other vegetables.
- Add herbs, to taste, compatible with recipe, especially basil, thyme, marjoram, garlic, etc.
- Use naturally fermented or brewed *Shoyu* or *Tamari* soy sauce, to taste with water, or coconut milk if the taste is compatible, in place of chicken broth.
- Use *Bragg Liquid Aminos* with caution (*see p. 16*), in proportion of 1 T. to 1 cup water, to taste.

## VEGETARIAN RECIPE VARIATIONS

### Chicken Curry ~ P. 26

Omit: **chicken broth and chicken**  
Add: **14 oz can coconut milk + 1 cup water**  
**1 cup roasted, unsalted cashews**

*Per serving of 6<sup>2</sup>*

*404 Calories, 6 g protein (6%), 33 g fat (69%), 25 g carbohydrate (25%),  
4 g dietary fiber, 21 g net carbs*

<sup>1</sup>The superiority of a mixed diet of animal and plant foods is well documented by the comprehensive field research of Dr. Weston A. Price, D.D.S. as reported in his book, *Nutrition and Physical Degeneration*. This work is a *must* read for vegetarians, as well as for persons desiring to be missionaries. Available from The Price-Pottenger Nutrition Foundation.

<sup>2</sup>Vegetarian nutrient data not used for nutrient data of meals in this book.

## Favorite Tamale Pie ~ P. 28

Omit: **ground meat**

Add: **2 cups cooked lentils or 15 oz. can drained kidney beans**  
**1 cup grated cheddar, optional**  
(spread over top just before adding cornmeal topping)

*Per serving of 6<sup>1</sup> (using tomato sauce and salt in #2; includes cheddar cheese)*  
360 Calories, 15 g protein (16%), 11 g fat (28%), 53 g carbohydrate (57%),  
9 g dietary fiber, 44 g net carb

## Tuna Fettucine ~ P. 29

Omit: **tuna**

Use: **1 cup frozen peas**  
**1 cup celery**  
**1 cup fresh sliced mushrooms**

*Per serving of 6<sup>1</sup> (with sour cream; includes butter in step #2)*  
351 Calories, 15 g protein (17%), 18 g fat (47%), 32 g carbohydrate (36%),  
6 g dietary fiber, 26 g net carbs

## Turkey-Mushroom Sauce ~ P. 36

Omit: **ground meat and chicken broth**

Use: **2 cups cold water in place of chicken broth**  
**2 cups sliced fresh mushrooms**  
**1 cup frozen peas or lightly cooked chopped celery**

*Per 1 cup<sup>1</sup> sauce only (includes sour cream and yogurt)*  
170 Calories, 6 g protein (14%), 8 g fat (40%), 20 g carbohydrate (46%),  
4 g dietary fiber, 16 g net carbs

## Chicken Spaghetti ~ P. 38

Omit: **chicken**

Add: **2 or 3 cups cooked lentils or kidney beans**  
**or 1 - 15-16 oz. can kidney beans, drained**

*Per serving of 6<sup>1</sup> (with lentils; using olive oil; includes optional ingredients)*  
316 Calories, 12 g protein (15%), 7 g fat (19%), 54 g carbohydrate (66%),  
8 g dietary fiber, 46 g net carbs

<sup>1</sup>Vegetarian nutrient data not used for nutrient data of meals in this book.

## Chicken Pot Pie ~ P. 43

Omit: **chicken broth and chicken**

Use: **1½ cups water + 2 teaspoons soy sauce, to taste**  
**or 4 teaspoons Bragg Liquid Aminos, to taste**

*(with caution; see p. 16)*

**2 cups sliced fresh mushrooms**

**5 ribs celery**

**3 medium carrots**

*Per serving of 6<sup>1</sup> 296 Calories, 7 g protein (9%), 15 g fat (44%),  
35 g carbohydrate (47%), 7 g dietary fiber, 28 g net carbs*

## Barley Casserole ~ P. 42

Omit: **beef broth**

Use: **2 cups water + 2 teaspoons soy sauce, to taste**  
**or 3 tablespoons Bragg Liquid Aminos, to taste**

*(with caution; see p. 16)*

*Per serving of 6<sup>1</sup> 220 Calories, 7 g protein (12%), 85 g fat (30%),  
32 g carbohydrate (58%), 8 g dietary fiber, 24 g net carbs*

## Emilie's Noodle Bake ~ P. 45

Omit: **ground meat**

Saute in a small amount of olive or coconut oil and add:

**1 small chopped green pepper**

**1 diced carrot**

**1 small chopped onion**

**½ cup diced celery**

If desired add just before serving and heat to melt:

**1 cup grated cheddar cheese**

*Per serving of 6<sup>1</sup> (cheddar cheese not included) 306 Calories, 18 g protein (23%),  
9 g fat (28%), 37 g carbohydrate (49%), 5 g dietary fiber, 32 g net carbs*

## Sweet 'n Sour Beans ~ P. 46

Omit: **ground turkey**

No additions needed

*Per 1 cup serving<sup>1</sup> 273 Calories, 13 g protein (18%), 1 g fat (2%),  
58 g carbohydrate (80%), 11 g dietary fiber, 47 g net carbs*

## Chicken Hawaiian ~ P. 50

Omit: **chicken**

Use: **1 cup roasted, unsalted cashews**

**1 cup green peas, frozen or fresh cooked**

*Per serving of 6<sup>1</sup> 292 Calories, 6 g protein (8%), 13 g fat (39%),  
53 g carbohydrate (53%), 6 g dietary fiber, 49 g net carbs*

<sup>1</sup>Vegetarian nutrient data not used for nutrient data of meals in this book.

## Chicken Tetrazzini ~ P. 58

Omit: **broth, milk and chicken**

Use: **14 oz. can coconut milk + 3/4 cup water**

**2 cups sliced fresh mushrooms**

**1 cup frozen peas, optional**

**1/2 cup minced fresh parsley (fold in just before serving)**

*Per serving of 8<sup>1</sup> (includes peas)*

*453 Calories; 11 g protein (10%), 15 g fat (52%), 42 g carbohydrate (38%),*

*4 g dietary fiber, 38 g net carbs*

## Chicken Pilaf en Casserole ~ P. 59

Omit: **chicken and broth**

Use: **3 cups water + 1 tablespoon soy sauce, to taste**  
**or 3-4 tablespoons Bragg Liquid Aminos, to taste**

*(with caution; see p. 16)*

**1/2 cup almonds**

**1 cup chopped celery (add in step #3)**

**1 diced carrot (add in step #3)**

**1 cup sliced fresh mushrooms**

*Per serving of 6<sup>1</sup>*

*241 Calories, 7 g protein (11%), 5 g fat (17%), 43 g carbohydrate (71%),*

*4 g dietary fiber, 39 g net carbs*

## Barbecued Franks 'n Beans ~ P. 60

Omit: **franks**

Serve with: **sour cream or plain yogurt**

*Per serving of 5<sup>1</sup> (with 1/4 cup plain yogurt)*

*232 Calories, 8 g protein (13%), 6 g fat (23%), 39 g carbohydrate (64%),*

*9 g dietary fiber, 30 g net carbs*

## Enchilada Casserole ~ P. 62

Omit:

**ground meat**

In place of ground meat divide and layer over corn tortillas before adding the cheese:

**15 oz. can drained or 2 cups cooked pinto beans,**  
**black beans, or kidney beans**

*Per serving of 5<sup>1</sup> with canned pinto beans*

*336 Calories, 15 g protein (18%), 14 g fat (36%), 41 g carbohydrate (47%),*

*9 g dietary fiber, 32 g net carbs*

<sup>1</sup>Vegetarian nutrient data not used for nutrient data of meals in this book.

# Other Freezer Recipes

Listed below are other recipes from other **Sue Gregg Cookbooks** that freeze well. These are marked “freezable” in the respective books at the top of the recipes. The clock symbol designates recipes I consider “quick.” Additional quick recipes not in the freezable category are also included on pp. 91-92. “Quick” does not refer to how long it may take to cook or bake the recipe, but only to actual hands-on preparation time. No times are listed for recipes. People work at different speeds. I, myself, am not fast. One lady told me, for example, how quick and easy *Cheese Scalloped Potatoes* (**Main Dishes**) were to prepare. At my pace, however, I would not classify it as “quick.”

## **Main Dishes** Cookbook

### **Beans**

Baked Beans

Black Beans

Chili 🕒

Chili Con Carne 🕒

Chili Mac

Happi's Honey Lentils

Lentil Rice Casserole 🕒

(stir grated cheese in after reheating)

Refried Beans 🕒

Pot O' Limas 🕒

### **Beef**

Beef 'n Celery

Beef Stew (best frozen without potatoes added)

Boeff Chandlier

Tortas beef filling

### **Chicken or Turkey**

Almond Turkey 🕒

Baked Parmesan Chicken 🕒

Lemon Herb Chicken

Perfect Roast Turkey (if sliced)

Sesame Chicken

## **Ground Turkey (or Beef)**

Meat Loaf 🍖

Mexicali Burger Patties 🍔

Sweet 'n Sour Meat Balls

Turkey Burger Patties 🍔

## **Pasta or Tomato**

Fettucine

Lasagna, Easy 🍝

Macaroni 'n Cheese

(top with crumb topping last 15 minutes of reheating)

Party Pizza Crust

Saucy Spaghetti Sauce 🍝

Taco Chip O'le Sauce 🍝

Tuna Noodle Yummy

## **Rice or Grain**

Almond Brown Rice 🍚

Brazil Nut Stuffing/Casserole

Broccoli Cheese Casserole

(top with grated cheese last 15 minutes of reheating)

Brown Rice Pilafs 🍚

Curried Brown Rice 🍚

Hawaiian Rice

Mexican Rice 🍚

Quinoa Curry

Millet-in-a-Skillet (without yogurt)

Wild Rice Pilaf

## **Misc.**

Quiches

Tuna Loaf

Cooked pastas

Cooked brown rice (quick or instant does not freeze well)

## Other Freezer Recipes, cont'd


### **Soups & Muffins** Cookbook


Black Bean Chowder

(best without potatoes added; add before serving)

Chicken Soup


Creole Bean Soup 


Middle Eastern Lentil Soup 


Minestrone Soup 

Navy 'n French Green Bean Soup

Sopa de Tortilla (best frozen without the tortilla strips)

Split Pea Soup 

Spring Garden Soup 

Tomato Lentil Soup 

Tomato Soup 

Turkey Barley Soup



## Quick Non-Freezable Recipes

See explanation, p. 82.

### **Main Dishes** Cookbook (unless otherwise listed)

#### **Beans**

Bean Burritos

#### **Meat/Fish/Poultry/Egg/Cheese**

Chicken or Tuna a la King

Chili Dogs

Egg Foo Yung

Javanese Dinner

Healthier Hot Dogs

Huevos Rancheros

Lemon Baked Fish

Lemon Baked Salmon

Mexicali Burgers

Ragout

Roast Beef Sandwiches

Spanish Omelette

Taco Chip O'le

# Be Prepared!

I love working with food. I marvel at the variety, the textures, the flavors, the colors, and the endless ways to prepare it. There is almost nothing I like better than to serve others a beautiful satisfying meal of tasty, nutritious food. This interest was sparked in me even before I began college course work in home economics education.

But I had little awareness of the master chef, the personal creator who had originated the foods I loved to prepare. My background wasn't religious, although from childhood I believed in my own idea of God. I had heard of Jesus, but I understood him only as the greatest man who ever lived. He was not essential to my belief in God. Yet, while my belief in God was a security, I had but a vague understanding of who he was. Thus my enrollment in college was just part of my own plan for fulfillment and had little to do with spiritual concerns.

When I began to attend a Bible study in my dormitory (under the pressure of much friendly persuasion), I brought my own idea of Jesus-the greatest man who ever lived. And that was all. I wasn't aware that he had created a complete meal for over 5000 people out of 2 fish and 5 loaves of barley bread by just saying the word! I soon learned that my conception of him was far too limited.

*In the beginning was the Word and the Word was with God, and the word was God...The Word became flesh and lived for a while among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. John 1:1, 14 (NIV).*

Who was Jesus Christ? The greatest Man that ever lived? Yes! But much more. He was the living God, the one and only Son of the one and only Father, Creator of the universe! Was it possible that I could believe in God and reject Jesus Christ? No! *Through him all things were made; without him nothing was made that has been made. John 1:3.* Jesus Christ was present and active in the creation of the world!

Why did I need to concern myself with believing in Jesus Christ? He sought a personal relationship with me. *My sheep listen to my voice I know them, and they follow me. John 10:27 (NIV).* He created food for me, but he created me for himself. And he designed me to live in a creature-creator relationship to himself, to honor and reflect his creative and moral magnificence.

Yet, there is a split between human beings and God which has been widening ever since Eve deliberately chose to defy his instructions by eating and serving the wrong food. She suffered the consequences of

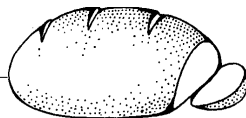
that choice--separation from his fellowship, and death, both physical and spiritual. She chose to make her decisions about life independently of God, and that is exactly what I had done too.

No one had ever explained to me that I was "spiritually dead" or that the purpose of God, the Son, *becoming flesh* was not just to identify with my human situation, although he did that, too. It was to accept the death penalty, to pay the price for human rebellion (human independence from God), and to restore the fellowship relationship. Imagine, the eternal, living, personal God taking my death sentence upon himself! Thus I discovered it is not possible to honor God or to know him without Jesus. I learned that receiving God, the Son, Jesus Christ, was receiving the Father as well. *I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him...Anyone who has seen me has seen the Father. John 14:6-7, 9 (NIV)*. This is God's plan, his design. There is no other way. The all sovereign, awesome, wondrous God who knows all things, all loving and all powerful, set this plan for mankind and creation into motion from the beginning. No substitute will ever satisfy the God-created human heart. To go seeking an alternative is futility.

I made a personal commitment to give my life to Jesus Christ. *Yet to all who received him, to those who believed in his name, he gave the right to become children of God. John 1:12 (NIV)*. It was a new beginning of forever living; not easy living, but living the way for which I was created.

*Jesus said, "I am the bread of life. He who comes to me will never go hungry...I am the living bread that came down from heaven. If a man eats of this bread, he will live forever." John 6:35, 51 (NIV)*.

This is the living bread that you may eat of and not die. You will be prepared for living gloriously for eternity!



**Sue**

# Index

## A

*Almond Lemon Chicken*, 34  
*Autumn Stew*, 52

## B

Baking powder, buying, 16  
Barley, menu, 39  
*Barbecued Franks 'n Beans*, 60  
*Barley Biscuits*, 72  
*Barley Casserole*, 42  
*Beans, Best Burrito*, 30  
Beans (Legumes)  
  *see also* individual kinds  
  Crock-Pot/Pressure Cooker, 30  
  menus, 23, 31, 39, 47, 55  
  recipes used in:  
    *Barbecued Franks 'n Beans*, 60  
    *Barley Casserole*, 42  
    *Best Burrito Beans*, 30  
    *Chili Gourmet*, 54  
    *Creole Peas 'n Corn*, 37  
    *Sweet 'n Sour Beans*, 46  
  2-Stage Process Preparation, 68  
Beef, buying, 16  
Beef Broth, buying 16  
*Best Burrito Beans*, 30  
Black Beans  
  *Best Burrito Beans*, 30  
Black-eyed Peas  
  *Creole Peas 'n Corn*, 37  
Biscuits  
  *Barley Biscuits*, 72  
  *Sunflower Biscuits*, 73  
*Blender Cornbread*, 68  
*Bragg Liquid Aminos*, 16, 85  
Breads, Whole Grain  
  *see also* Muffins, Biscuits  
  *Blender Cornbread*, 68  
  *Irish Soda Bread*, 70  
  buying, 19  
  freezing, 14  
Broccoli  
*Broccoli, Steamed*, 65  
*Brown Rice*, 67  
Brown Rice, buying 16  
Buffalo, buying, 16

*Burrito Beans, Best*, 30  
Butter, 16  
Butter Beans  
  *Sweet 'n Sour Beans*, 46

## C

Carbohydrates, 76, 77, 78, 79, 80  
*Casserole a la Tuna*, 44  
*Cauliflower Mashed*, 63  
Catsup, buying, 19  
Cheese, recipes used in:  
  *Parmesan Chicken Mix*, 66  
  *Chicken Tetrazzini*, 58  
  *Enchilada Casserole*, 62  
  *Fish Breading Mix*, 66  
  *Pasta Parmesan Supreme*, 53  
  *Salmon a la Broccoli*, 61  
  *Salmon Quiche*, 35  
  *Sausage Strata*, 27  
  *Tuna Fettucine*, 29  
Cheese, Cottage, recipes used in:  
  *Emilie's Noodle Bake*, 45  
Chicken  
  buying, 16, 20  
  cooking, 21  
  freezing, 14, 21  
  menus, 23, 31, 39, 47, 55  
  recipes used in:  
    *Almond Lemon Chicken*, 34  
    *Chicken Curry*, 26  
    *Chicken Hawaiian*, 50  
    *Chicken Pot Pie*, 43  
    *Chicken Spaghetti*, 38  
    *Chicken Tetrazzini*, 58  
*Chicken Broth*, 22  
Chicken Broth  
  buying, 16  
  freezing, 14  
*Chicken Curry*, 26  
*Chicken Hawaiian*, 50  
*Chicken, Parmesan Mix*, 66  
*Chicken Pilaf en Casserole*, 59  
*Chicken Pot Pie*, 43  
*Chicken Spaghetti*, 38  
*Chicken Tetrazzini*, 58  
*Chili Gourmet*, 54  
cholesterol, about, 75

Coconut Milk, buying, 17  
Coconut Oil, buying, 18  
*Cornbread, Blender*, 68  
Corn, dry whole, buying, 17  
or Cornmeal, Stoneground, 18  
recipes used in:  
*Chicken Pot Pie*, 43  
*Cornbread, Blender*, 68  
*Enchilada Casserole*, 62  
*Fish Breeding Mix*, 66  
*Tamale Pie, Favorite*, 28  
Corn Tortillas, buying, 19  
Cost of food, 20  
*Country Creole Peas 'n Corn*, 37  
Crock-Pot, use of, 15, 21, 30  
*Croutons, Soup 'n Salad*, 72  
Crumb Coatings, 15  
*Curry, Chicken*, 26

#### **D**

*Dan's Milk*, 74

#### **E**

Eggs, buying, 16  
recipes used in:  
*Barley Biscuits*, 72  
*Chicken Pot Pie*, 43  
*Cornbread*, 68  
*Lemon Ginger Muffins*, 69  
*Salmon Quiche*, 35  
*Sausage Strata*, 27  
*Emilie's Noodle Bake*, 45  
*Enchilada Casserole*, 62  
*Enchilada Sauce*, buying, 19

#### **F**

Fat, about saturated, 75  
*Favorite Tamale Pie*, 28  
*Fettucine, Tuna*, 29  
*Fish Breeding Mix*, 66  
Fish, freezing of, 15  
recipes used in:  
*Casserole a la Tuna*, 44  
*Salmon a la Broccoli*, 61  
*Salmon Quiche*, 35  
*Fettucine, Tuna*, 29  
*Five Minute Salad*, 65  
Flours, Whole grain, buying, 19  
Flour, Unbleached White, 19

Food Storage Wraps, 17  
Franks, buying, 17  
in *Barbecued Franks 'n Beans*, 60  
menu, 55  
Freezer recipes,  
other cookbooks, 89  
Freezing  
Containers, 10  
Ingredients, 7, 8  
Methods, 9, 10  
Temperature, 9  
Frozen Vegetables, storage of, 14

#### **G**

Garlic, buying, 17  
Green Beans, *see* Beans, Green  
Grains, Whole Grain, buying, 19  
Ground Meat  
buying, 17  
freezing, 14  
menus, 23, 31, 39, 47, 55  
recipes used in:  
*Autumn Stew*, 52  
*Chili Gourmet, Variation*, 54  
*Emilie's Noodle Bake*, 45  
*Enchilada Casserole*, 62  
*Favorite Tamale Pie*, 28  
*Little Saucy Meatballs*, 51  
*Sausage Strata*, 27  
*Spaghetti, Variation*, 46  
*Sweet 'n Sour Beans*, 46  
*Turkey-Mushroom Sauce*, 36  
*Ground Turkey, Seasoned*, 67  
*Ground Turkey Seasoning Mix*, 67  
storage of, 15

#### **H**

Herbs, buying, 17  
Stock list, 6  
Storage, 15  
Honey, buying, 17

#### **I**

Irish Soda Bread, 70

**K**

Kidney Beans  
 in *Chili Gourmet*, 54  
 in *Sweet 'n Sour Beans*, 46

**L**

Lasagna, buying  
 Pasta, Whole Grain, 19  
 Legumes, *see* Beans (Legumes)  
 Lemon Ginger Muffins, 69  
 Lima Beans  
 in *Barbecued Franks 'n Beans*, 60  
 in *Sweet 'n Sour Beans*, 46  
*Little Saucy Meat Balls*, 51

**M**

Macaroni, buying  
 Pasta, Whole Grain, 19  
*Meat Balls, Little Saucy*, 51  
 Meatloaf, freezing of, 14  
 Menus, 23, 31, 39, 47, 55  
 Menu Nutrient Data  
 Explained, 83  
 Microwave Oven, 84  
 warming ingredients, 14  
 thawing, reheating, 12, 13  
 Milk, cream, buying, 18  
 recipes used in:  
*Chicken Pot Pie*, 43  
*Chicken Tetrazzini*, 58  
*Little Sausage Meatballs*, 51  
*Salmon a la Broccoli*, 61  
*Salmon Quiche*, 35  
*Sausage Strata*, 27  
 Muffins  
*Lemon Ginger Muffins*, 69

**N**

*Noodle Bake, Emilie's*, 45  
 Noodles, buying,  
 Pasta, Whole Grain, 19  
 recipes used in:  
*Emilie's Noodle Bake*, 62  
*Pasta Parmesan Supreme*, 53  
*Tuna Fettucine*, 29  
 Nutrient Data, sources, 82  
 Nuts, buying, preparation, 18

**O**

Oils, buying, 18

**P**

*Parmesan Chicen Mix*, 66  
*Pasta Parmesan Supreme*, 53  
 Pasta Sauce, buying, 19  
 Pastas, Whole Grain, buying, 19  
 menus, 23, 31, 47, 55  
 recipes used in, 29, 38, 45, 58,  
 53, *see also* individual type  
*Peas 'n Corn, Country Creole*, 37  
 Pinto Beans  
*Best Burrito Beans*, 30  
 Pressure Cooker, use, 15, 30

**Q**

*Quiche, Salmon*, 35  
 Quick recipes, 89-92

**R**

Reduced Carb Menus.  
 Nutrition Goals, 78, 79  
 Reheating Main Dishes, 13  
 Rice, *see* Brown Rice

**S**

*Salad, Five Minute*, 65  
 Salads, greens, preparation of, 14  
 Salmon, buying, 18  
*Salmon a la Broccoli*, 61  
 Salmon, menus, 31, 55  
*Salmon Quiche*, 35  
 Salt, about, 75; buying, 18  
*Sausage Strata*, 27  
*Seasoned Ground Turkey*, 67  
 Seasonings, freezing of, 7  
 Spaghetti, buying,  
 Pasta, Whole Grain, 19  
 recipes used in:  
*Chicken Spaghetti*, 38  
*Chicken Tetrazzini*, 58  
 Spike Seasoning, buying, 18  
 Sour Cream, buying, 18  
*Steamed Broccoli*, 66  
 Soups, freezing of, 15, 93

Spices, buying, 17  
Stock list, 6  
Storage, 15  
*Soup 'n Salad Croutons*, 70  
*Sour Cream*, 62  
Sour Cream, buying, 17  
recipes used in:  
    *Pasta Pamesan Supreme*, 53  
    *Tuna Fettucine*, 28  
    *Turkey-Mushroom Sauce*, 36  
Soy Sauce, buying, 18  
Spaghetti Sauce, buying, 19  
Spike Seasoning, buying, 18  
*Sprouted Grain*, 71  
*Strata, Sausage*, 27  
Storage, tips, 15  
*Sunflower Biscuits*, 73

### T

*Tamale Pie, Favorite*, 28  
Thawing Methods, 12  
Tomato Products, buying, 19  
Tomato, recipes used in:  
    *Autumn Stew*, 52  
    *Barbecued Franks 'n Beans*, 60  
    *Chicken Spaghetti*, 38  
    *Chili Gourmet*, 54  
    *Creole Peas 'n Corn*, 37  
    *Emilie's Noodle Bake*, 45  
    *Enchilada Casserole*, 62  
    *Sweet 'n Sour Beans*, 46  
    *Tamale Pie, Favorite*, 28  
Tortillas, buying, 19  
*Tuna Fettucine*, 29  
Tuna Fish, buying, 19  
    menus, 23, 39,  
    recipes used in:  
        *Casserole a la Tuna*, 44  
        *Tuna Fettucine*, 29  
Turkey, Ground  
    see Ground Turkey  
    cooking, 21  
*Turkey Broth*, 22  
*Turkey-Mushroom Sauce*, 36  
Turkey Burger Patties, Freezing, 14  
Two-Stage Process, 68

### U

Unbleached white flour, 19

### V

Vegetables, frozen, storage of, 14  
Vegetarian Beans  
    in *Sweet 'n Sour Beans*, 46  
Vegetarian Variations, 85-88

### W

Weiners, see Franks  
Weight management, 80  
Whole grain breads, buying, 19  
Whole grains/flours, buying, 19  
    2-Stage Process, 68  
Whole grain pastas, 19  
Worcestershire Sauce, buying, 19

### Y

Yogurt, buying, 19

### Z

*Zucchini Curls*, 63  
*Zucchini Saute*, 64

# Meals in Minutes

Five o'clock has past.

Long ago you breakfasted a husband,  
let the dog out, chauffeured the kids, sploched your best blouse, lost  
files on the computer, answered a home equity loan phone solici-  
tation, skipped lunch, napped the baby but not you, were called and  
begged by your old boss to fill in tomorrow at the office, heaped up  
two shopping carts at the supermarket, forgot to return your  
mother-in-law's call, picked up toys, and let the dog back in.

You are tired, tired, tired.

Fife-thirty approaches. You haven't even begun to  
think about dinner. The pitter-patter of small feet approaches.  
Heavier footsteps will follow. What to have? Call for pizza? Again?  
Out for dinner? Not with your tribe on your budget.

You know it is futile to check the cupboards,  
and the pantry is hopeless. Where to go for inspiration?  
The refrigerator? You open the door and stare at the shelves.  
They stare back. You need a plan!

What would it be like to have a freezer full of "use me" dishes  
waiting for the times when you're too busy, too late, and too tired?  
Now you can prepare freezer dishes ones a week or once a month.

Double, triple, or quadruple recipes for large families.  
Single? Divide into single smaller portions.

With a freezer full of 26 Sue Gregg recipes you can manage conve-  
nience and control costs without compromising nutritional stan-  
dards. By six you can still say, "dinner's ready!"



**Chicken Spaghetti**