

A VACATIONERS GUIDE TO MAKE AHEAD

# RECIPES

THE BEST MEALS ARE THOSE PREPARED BY LOVING HANDS

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happy cooking!

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# CHICKEN + BROCCOLI + RICE CASSEROLE

## INGREDIENTS

1 whole chicken- use about 2 cups  
 1 cup of rice  
 1 head of broccoli, chopped  
 1 stick of butter or Ghee  
 Bread {for homemade bread cubes or  
 buy 1 package store bought variety}

### *For the Sauce:*

1 cup mayo  
 1 can cream of chicken soup  
 1 can cream of mushroom soup  
 ½ cup grated sharp cheddar cheese  
 salt

## PRO TIPS

You can double this recipe and use a throw away aluminum deep dish lasagna pan if you have a big family or want leftovers.

Make it gluten free by I just make a different sauce by using about 1.5 cups chicken broth. ¼ cup gluten free flour + dairy free cheese. Garlic and onion salt, pepper + oregano. And gluten free breadcrumbs.

## PROCEDURE

- 01** Cook a whole chicken in a Crockpot. Cool and pick off the meat to save for use in various recipes.
- 02** Cook rice according to package instructions and set aside.
- 03** Combine mayo, cream of chicken soup, cream of mushroom soup, grated sharp cheddar cheese and salt.
- 04** Spray bottom of a 13x9 pan with cooking spray. Layer broccoli, chicken and rice, then pour sauce over. Cool and cover with plastic wrap and aluminum foil. Label and freeze.
- 05** Once ready to bake, make bread crumbs. Cut up cubes of bread. Melt a stick of butter in pan and add the bread cubes. Pour onto to top of casserole just prior to baking.
- 06** Bake at 350 for 30-45 minutes, being sure to REMOVE PLASTIC WRAP. Baking time will vary based on how thawed out your casserole is.

# DUTCH CHICKEN CORN SOUP

Recipe credit: [allrecipes](#)

## INGREDIENTS

2 {3lb} whole chickens, cut into pieces  
3 quarts water  
3 onions, minced  
1 cup chopped celery  
2 ½ tablespoons salt  
1 ¼ teaspoons ground nutmeg  
¼ teaspoon ground black pepper  
10 ears fresh corn  
3 eggs  
1 cup sifted all-purpose flour  
½ cup milk

## PROCEDURE

**01** In a large pot over medium heat, combine chicken, water, onions, celery, salt, nutmeg and pepper. Bring to a boil, then reduce heat and simmer 2 hours, adding water as needed, until chicken is very tender. Remove the chicken from the soup. Refrigerate chicken and soup.

**02** When fat solidifies on surface of soup, remove from refrigerator and remove fat. Remaining soup should equal about 2 1/2 quarts.

## PROCEDURE

**03** Remove corn from cobs by splitting kernels lengthwise with a sharp knife and scraping corn from cob. Combine soup and corn in a large pot over medium heat and bring to a boil. Reduce heat and simmer until corn is tender, 10 to 15 minutes.

**04** Meanwhile, place two of the eggs in a small saucepan and cover with cold water. Bring to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Set aside. Chop cooled chicken meat and add to soup.

**05** In a medium bowl, beat remaining egg until light in color, adding in flour and milk until smooth. Drop batter by partial spoonfuls into hot broth to make small dumplings. Cook, stirring constantly, for 2 to 5 minutes, until dumplings hold their shape and float to the surface. Stir in reserved cooked egg.

# BROCCOLI + SAUSAGE + CHEESE SOUP

## INGREDIENTS

1 lb loose sausage  
1 small onion, chopped  
8 large potatoes  
1 head of broccoli  
1 stick of butter  
Whole milk or half and half  
8 oz cheese {more if you like extra}

### ***Spices {season to taste}:***

salt  
pepper  
garlic salt  
onion salt  
cayenne pepper

## RECIPE CREDIT

This is one of my moms original recipes! Enjoy!

## PROCEDURE

- 01** Brown sausage and set aside.
- 02** Cut potatoes into small cubes. Boil onion and potatoes with a pinch of salt. At the end of boiling, add a head of fresh broccoli, cooking just until bright green and soft. Drain  $\frac{1}{2}$  of the water off - keeping the other half in the pan.
- 03** Add butter, milk or half and half to pot, making sure to cover potatoes, broccoli and onion mix. Add sausage.
- 04** Season with salt, pepper, cayenne {just a little} garlic and onion salt to taste. Add cheese and put pan back on stove top, making sure to heat soup through and melt cheese, but not boil.
- 05** Add to a container and freeze.



# CHICKEN RICE SOUP

## INGREDIENTS

2 cups cooked chicken  
3-4 quarts chicken broth  
3 carrots, chopped  
2 stalks of celery, chopped  
1 onion, chopped  
1 cup dry rice  
garlic  
fresh herbs {optional}

### **Spices {season to taste}:**

salt  
pepper  
garlic salt  
onion salt  
cayenne pepper

## THE BACKSTORY

This is one of my personal recipes that seems to be a hit anytime I make it!

## PROCEDURE

- 01** Cook a whole chicken ahead of time. Pick it off and set in refrigerator until time to make this
- 02** Add chicken broth, carrots, celery and onion to saucepan and let it boil about 5 minutes.
- 03** Add rice to soup and cook until done.
- 04** Add cooked chicken and season to taste with garlic, salt, pepper, cayenne pepper, onion and garlic salt. Add fresh herbs like oregano, parsley, dill, and clove to taste.
- 05** If rice seems too thick, add additional broth. Serve and enjoy!

# BREAKFAST CASSEROLE

Recipe credit: [tastesbetterfromscratch](#)

## INGREDIENTS

2 pounds pork sausage  
12 eggs  
1 cup sour cream {light or regular}  
¼ cup milk  
4 green onions  
½ green bell pepper, diced  
½ red bell pepper, diced  
2 cups shredded cheddar cheese  
salt and pepper

## PROCEDURE

- 01** Preheat oven to 350 degrees. Spray a 9x13" pan with cooking spray.
- 02** Combine the eggs, sour cream, milk, cheese and salt and pepper in a large bowl. Mix on low speed with electric mixers, just until combined.

## PROCEDURE

- 03** Heat a large skillet over medium heat. Add sausage and cook until browned, breaking it into small pieces with a wooden spoon as it cooks. Drain most of the grease and add the sausage to the bowl with the egg mixture.
- 04** Add the bell peppers and onion to the same skillet the sausage was cooked in and sauté for 2-3 minutes. Add to the bowl with the eggs and stir everything to combine.
- 05** Pour mixture into greased 9x13" pan and bake for 35-50 minutes or until the edges are set and the center is just barely jiggly.
- 06** Leftover egg casserole can be stored in the fridge and enjoyed within 3-4 days. Leftovers are delicious reheated in the microwave.

# SCALLOPED POTATOES

## INGREDIENTS

15 large potatoes

2 cans cream of chicken soup

1 stick butter

3 cups shredded cheese

Milk

Onion circles to place on top of  
potatoes

## PRO TIP

Try to thaw completely before baking.

## PROCEDURE

**01**

Peel and slice about 15 large potatoes {to make 2 pans}. Boil potatoes for 10 minutes and drain.

**02**

Slice an onion in circles and set aside.

**03**

Mix 2 cans cream of chicken soup, 1 stick melted butter, and milk if needed.

**04**

Combine salt and pepper and 3 cups shredded cheese together. then add to potatoes.

**05**

Place onion circles on top of potatoes. Separate into two throw away cake pans. Cover with plastic wrap and foil.

**06**

When ready to cook, remove plastic wrap and bake for 1 hour in a 350 degree oven.



## INGREDIENTS

## FILLING

15 large potatoes  
 2 cans cream of chicken soup  
 1 stick butter  
 3 cups shredded cheese  
 Milk  
 Onion circles to place on top of potatoes

## DOUGH

1 cup potato water, warmed  
 ½ stick of butter, melted  
 2 heaping cups of flour  
 1 tsp salt  
 1 cup flour  
 3 eggs, beaten

## PROCEDURE

**Day 1: Make the filling**

- 01** Melt butter in a skillet and sauté onions.
- 02** Add salt to a large pot of water and boil potatoes until knife tender. Drain potatoes, reserving 2 cups of water.
- 03** Add cheese, butter and onions to pot and hand-mash until no lumps are present but potatoes are still firm. Let potatoes cool.
- 04** Place water and filling in refrigerator until the next day if making over two days.

**Day 2: Make dough + assemble Perogies**

- 05** Mix warm potato water and ½ stick of butter {almost completely melted} together. Add 1 cup of flour and microwave for 1 minute. Stir out lumps and microwave another minute.
- 06** Put eggs in a bowl and add the flour/potato water/butter mixture. Stir until just a few lumps remain. Add remaining 1+ cup of flour, kneading dough while continuously adding flour. Let set.
- 07** Add cheese, butter and onions to pot and hand-mash until no lumps are present but potatoes are still firm. Let potatoes cool.
- 08** Place water and filling in refrigerator until the next day if making over two days.
- 09** Put 3 eggs in a bowl and add the flour/potato water/butter mixture. Stir until just a few lumps remain. Add remaining 1+ cup of flour, kneading dough while continuously adding flour. Let set.
- 10** Roll out out dough in sections. Cut out circles and let set. Scoop a cookie dough sized amount of potato mixture on circles, fold over and seal by putting water drops halfway around the circle.
- 11** Use a large pan to boil water. Once water boils, put 8 pierogies in at a time. Do not remove them from the water until they float to the top, then remove and dry with paper towels. Lay on wax paper to cool. Repeat until all are done.
- 12** Freeze in freezer bags, making sure to lay flat in freezer. To cook - place in refrigerator to thaw then sauté in butter and onions until golden brown.

# FAVORITE CHICKEN POTPIE

Recipe credit: [tasteofhome](#)

## INGREDIENTS

2 cups diced peeled potatoes  
1-3/4 cups sliced carrots  
1 cup butter, cubed  
2/3 cup chopped onion  
1 cup all-purpose flour {or gluten free}  
1-3/4 teaspoons salt  
1 teaspoon dried thyme  
3/4 teaspoon pepper  
3 cups chicken broth  
1-1/2 cups whole milk {or almond milk}  
4 cups cubed cooked chicken  
1 cup frozen peas  
1 cup frozen corn  
4 sheets refrigerated pie crust {gluten free option}

## PRO TIP

Freeze option: Cover and freeze unbaked pies. To use, remove from freezer 30 minutes before baking (do not thaw). Preheat oven to 425°. Place pies on baking sheets; cover edges loosely with foil. Bake 30 minutes. Reduce oven setting to 350°; bake 70-80 minutes longer or until crust is golden brown.

## PROCEDURE

- 01** Preheat oven to 425°. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, covered, 8-10 minutes or until crisp-tender; drain.
- 02** In a large skillet, heat butter over medium-high heat. Add onion; cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Stir in chicken, peas, corn and potato mixture; remove from heat.
- 03** Unroll a pie crust into each of two 9-in. pie plates; trim even with rims. Add chicken mixture. Unroll remaining crusts; place over filling. Trim, seal and flute edges. Cut slits in tops.
- 04** Bake 35-40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.

# TACO CASSEROLE

Recipe credit: [dinneratthezoo](#)

## INGREDIENTS

2 tsp olive oil  
1 pound ground beef {I use 90% lean}  
½ cup onion, finely diced  
1 packet taco seasoning  
14.5 oz can diced tomatoes {don't drain}  
1 1/4 cups tortilla chips, crushed  
16 oz can refried beans  
1 1/4 cups cheddar cheese, shredded

### **Additional Toppings:**

shredded lettuce  
diced tomato  
sliced olives  
sour cream  
cream cheese  
salsa

## PRO TIP

Freeze and then thaw and bake as instructed in recipe!

## PROCEDURE

- 01** Preheat the oven to 350 degrees F. Coat a 9 inch square pan or 2 quart baking dish with cooking spray.
- 02** Heat the olive oil in a large pan over medium high heat. Add the ground beef and cook for 5-6 minutes, breaking up the meat with a spatula.
- 03** Add the onion and cook for an additional 3-4 minutes or until onion is translucent.
- 04** Stir in the taco seasoning and diced tomatoes. Simmer for 3-4 minutes.
- 05** Place a layer of tortilla chips in the bottom of the prepared pan. Spread a layer of refried beans over the top.
- 06** Pour the beef mixture over the beans and top with the cheese. Bake for 15-20 minutes or until cheese is melted. Add toppings if desired, then serve.



# ORANGE DROP COOKIES

## INGREDIENTS

1 cup butter  
1 ½ cup sugar  
1 cup sour cream  
2 eggs  
⅔ cup orange juice  
3 tbsp orange peel  
4 cups flour  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt

### *For the Icing:*

¼ cup butter  
2 cup powdered sugar  
1 tbsp orange peel  
3 tbsp orange juice

## THE BACKSTORY

These were cookies my mom would make ahead and are such a treat! They were a hit this year!

## PROCEDURE

- 01** Preheat the oven to 375 degrees F.
- 02** In the bowl of a stand mixer, cream butter and sugar. Add sour cream and eggs, beating after each addition.
- 03** Add flour {in small batches}, baking soda, baking powder and salt, making sure to mix after each addition.
- 04** Place rounded cookie dough on baking sheet and bake for 8 minutes. Transfer to a wire rack immediately and allow cookies to cool.
- 05** While cookies are baking, combine butter, powdered sugar, orange peel and orange juice in a bowl and mix well. Set aside to put on cooled cookies.
- 06** Place cookies in layers and separate with wax paper after icing is set. Place in the freezer and refrigerate when you get to your destination.

# ENERGY BALLS

Recipe credit: [gimmesomeoven](#)

## INGREDIENTS

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut {sweetened or unsweetened}
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1 Tbsp chia seeds {optional}
- 1 teaspoon vanilla extract

## VARIATIONS

Use a different nut or seed butter if you don't like peanut butter {almond, cashew, sunflower seed, etc.}.

Omit the coconut if you're not a fan, just be sure to add in an extra shake of oats instead.

Add spices: If you would like to give these energy bites some extra flavor, add in a few pinches of ground cinnamon or some pumpkin pie spice.

## PROCEDURE

- 01** Stir all ingredients together in a large mixing bowl until thoroughly combined.
- 02** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. This will help the mixture stick together more easily.
- 03** Roll mixture into 1-inch balls.
- 04** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze up to 3 months!

# CHEX MIX

Recipe credit: [chex](#)

## INGREDIENTS

- 3 cups Corn Chex™ cereal
- 3 cups Rice Chex™ cereal
- 3 cups Wheat Chex™ cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 Tbsp butter or margarine
- 2 Tbsp Worcestershire sauce
- 1 1/2 tsp seasoned salt
- 3/4 tsp garlic powder
- 1/2 tsp onion powder

## PRO TIPS

You can mix and match cereals to suit your taste—just use a total of 9 cups.

To reduce the fat to 2 grams and the calories to 80 per serving, use 3 tablespoons margarine instead of the 6 tablespoons butter, omit mixed nuts and use fat-free bagel chips.

## PROCEDURE

### 01

In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.

### 02

Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

## OR

### 02

Pre-heat oven to 250°. Put cereal and seasoning mixture into ungreased roasting pan and bake for 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes.



# PRETZELS

Recipe credit: [sallysbakingaddiction](#)

## INGREDIENTS

- 1 bag hard pretzels {anywhere from a 12 – 16 oz bag is fine}
- 3/4 cup oil {canola, vegetable, olive}
- 1 1/2 Tbsp lemon pepper
- 2 tsp garlic powder
- 2 tsp dried dill weed
- Optional: additional spices – see pro tips

## PRO TIPS

You can vary this by adding 1 packet of Hidden Valley dry ranch seasoning. If you choose to do this, reduce the spices to as follows: 1 teaspoon lemon pepper, 1/2 teaspoon garlic powder, 1 teaspoon dill weed.

Sometimes I add up to 1/2 teaspoon cayenne pepper for a little heat. Add however much you can stand!

Sometimes I add 1 teaspoon onion powder and reduce garlic powder to 1 teaspoon.

## PROCEDURE

- 01** Preheat oven to 200°F and line large baking sheet with parchment paper or a silicone baking mat. Set aside.
- 02** Break the pretzels into pieces. Place them in a large zipped-top bag. Add the oil and the spices. Shake it all together very well. Sometimes I shake it, let it sit for a minute, and shake it again. You want every piece coated very well. If you find there aren't enough spices coating the pretzels, add more spices to your tastes. Sometimes I add up to 2 full Tbsp of the lemon pepper.
- 03** Spread the pretzels onto the prepared baking sheet. If they don't all fit in a single layer, use two sheets. Bake for 50 minutes, making sure to stir the pretzels around two or three times during baking. Remove from the oven and allow to cool.
- 04** Pretzels stay fresh covered tightly at room temperature for 3 weeks. They won't last that long!

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