



*Comfort and Joy*  
**COOKBOOK**

*November, 2020*

# TIMELESS TUNA NOODLE CASSEROLE

Serves 6-8

## Topping

1 ¼ c. Panko breadcrumbs

1 T. butter

1 T. olive oil

¼ c. Parmesan

¼ c. shredded cheddar

## Sauce

1-1/2 c. milk

1 c. sour cream

1 onion

1 c. shredded cheddar

1 T. Dijon mustard

1 t. Worcestershire sauce

½ t. pepper

½ t. salt

## Casserole

1 can (12 oz.) Albacore tuna

8 oz. wide egg noodles

1 c. frozen petite pois

## TIMELESS TUNA NOODLE CASSEROLE, continued

Prepare topping:

Melt butter and olive oil. Brown panko crumbs until golden.

Toss with Parmesan cheese.

Set aside.

Cook noodles for 2 minutes LESS than package directions. Drain, rinse in cold water. Set aside.

Make Sauce:

Heat milk on LOW heat, adding cheddar to melt

Add mustard, Worcestershire, salt, pepper.

Mix in sour cream.

In large bowl, mix tuna, onion, and peas.

Add sauce, and mix (being careful to not overmix and break down tuna)

Add noodles. Toss to coat evenly

Put in greased 2 qt. casserole

Top with  $\frac{1}{4}$  c. cheddar, then prepared crumb mix.

Bake uncovered 350 for 35 minutes.

If frozen, defrost in refrigerator 24-48 hours. Bake uncovered 350 for 40 minutes.

## PARTY POPPYSEED CHICKEN

1 rotisserie chicken, about 8 c. chopped meat

3 tablespoons butter

1 teaspoon minced garlic

3 tablespoons flour

1 cup milk

1 cup chicken broth

4 ounces cream cheese

8 ounces sour cream

1 ½ teaspoons salt

½ teaspoon ground pepper

1 tablespoon poppy seeds

½ cup shredded Parmesan cheese

1 sleeve Ritz crackers, crushed into crumbs

4 tablespoons butter, melted

Preheat the oven to 350 degrees. Grease a casserole dish.

Shred the chicken from the rotisserie chicken. Reserve.

Melt the butter in a large saucepan over medium heat. Add the garlic and sauté for one minute until fragrant. Whisk in the flour and stir for about a minute.

## **PARTY POPPYSEED CHICKEN, continued**

Gradually whisk the milk into the saucepan. Add the chicken broth, sour cream, cream cheese, salt and pepper. Simmer 5-10 minutes until the cream cheese melts, stirring.

Add the shredded chicken and poppy seeds to the sauce and stir. Transfer to the casserole dish. Sprinkle with Parmesan cheese. Top with cracker crumbs and drizzle the melted butter over the top.

Bake at 350 degrees for 20-30 minutes; make sure the cracker crumbs don't get too brown.

This dish freezes well. To cook from frozen, defrost in a refrigerator for 24-48 hours, then bake as above for 20-30 minutes at 350 degrees.

## BAKED ZITI

1 pound ziti pasta

Extra Virgin Olive Oil

1 pound bulk Italian sausage

1 medium onion chopped

3-4 garlic cloves chopped

1 tablespoon fresh rosemary minced

1 tablespoon Italian seasoning

½ teaspoon red pepper flakes

1 36 oz jar of marinara sauce

Salt and pepper to taste

½ pound mozzarella cheese grated

1 heaping cup ricotta cheese

1 cup grated parmesan cheese

Preheat oven to 350 degrees. Cook pasta in salted water according to package directions. Drain, add a little olive oil to prevent pasta sticking together.

Brown meat: heat a small amount of oil in large sauté pan, add bulk sausage.

Break up large chunks, brown well.

## **BAKED ZITI, continued**

When meat is mostly browned add onions, stir well to combine sauté until the onions are translucent.

Add garlic, rosemary, Italian seasoning and red pepper flakes. Stir to combine, cook 1 minute, add marinara sauce, stir well. Bring to simmer.

Layer in casserole dish: spread a thin layer of sauce in bottom of 9x13 casserole dish, dot surface with half of ricotta cheese. Ladle small amount of sauce into pasta stir well and add to casserole pan.

Pour rest of sauce over the pasta, dot with remaining ricotta cheese over the sauce and sprinkle top with both the mozzarella and parmesan cheese.

Bake at 350 degrees for 25-30 minutes until the cheese is brown and bubbly.

This dish freezes well. To cook from frozen, defrost in a refrigerator for 24-48 hours, then bake as above for 20-30 minutes at 350 degrees.

## CLASSIC IRISH SHEPHERD'S PIE

Prep time - 30 minutes

Serves 4 - 6

### Ingredients

1 Tbsp olive oil

1 tsp. black pepper

1 lb. ground beef

1 large onion, diced

3 - 4 large carrots, diced

1 cup frozen peas

3 - 4 sprigs fresh thyme or 1/2 tsp dried thyme

2 Tbsp flour

1 Tbsp butter

1 glass red wine

2 Tbsp tomato paste

2 Tbsp Worcestershire sauce

1 cup chicken stock

6 cups of mashed potatoes - this amount can vary according to taste

1 egg beaten (omit if freezing - add before cooking)

Parmesan cheese (again, omit if freezing and add just before cooking)

**1)** Preheat oven to 400 degrees F.

**2)** Sauté carrots in olive oil until starting to get tender.

**3)** Add onions and sauté for a minute or two. Then, add meat.

## CLASSIC IRISH SHEPHERD'S PIE, continued

- 4)** Season with black pepper and thyme.
  - 5)** Brown meat and drain fat.
  - 6)** Add butter and peas.
  - 7)** Sprinkle with flour and stir through.
  - 8)** Add tomato paste, wine and Worcestershire sauce.
  - 9)** Let this reduce slightly - then add stock. Allow to reduce down until you have a thick, meaty gravy. Season to taste.
  - 10)** Remove from heat. Grease an oven proof dish. (9 X 13 works well or an oval baker) with butter and spoon in sauce.
  - 11)** Spoon or pipe the mashed potatoes over top. Brush with egg and sprinkle with parmesan cheese.
  - 12)** Bake for 20 minutes or until potato is slightly browned on top.
- If freezing, at #11, omit egg and cheese. Cover tightly with foil and freeze. After thawing to room temperature, brush beaten egg over potatoes and add cheese prior to baking.

## ENCHILADA CASSEROLE

### Ingredients:

#### Small:

4 oz frozen or fresh onions and peppers  
peppers

1/3 fresh jalapeno

2.5 oz. fresh sliced mushrooms

1/2 tsp minced garlic

1/2 tsp. cumin

1/2 tsp. chili powder

1 can vegetarian refried beans

1 can low sodium black beans

~5-6 oz corn

½ small can sliced black olives

½ cup enchilada sauce

½ cup salsa

~5-6 corn tortillas

#### Large:

8 oz frozen or fresh onions and

2/3 fresh jalapeno

5 oz fresh slice mushrooms

1 tsp. minced garlic

1 tsp. cumin

1 tsp. chili powder

2 cans vegetarian refried beans

2 cans low sodium black beans

10-12 oz corn

1 small can sliced black olives

1 cup enchilada sauce

1 cup salsa

~10-12 corn tortillas

### Preparation:

1. Dice any whole veggies (jalapeno, garlic, onions, peppers) and slice mushrooms.
2. Open all cans (enchilada sauce, beans, olives). Drain and rinse black beans and drain olives.

## ENCHILADA CASSEROLE, continued

3. In a large pan, sauté jalapeno, garlic, onions, peppers, cumin, and chili powder for just a few minutes until softening, then add in sliced mushrooms. Sauté all veggies and seasoning until veggies are soft. (note: if using fresh onion and pepper, add water or olive oil to sauté pan.)
4. Combine drained black beans and corn in a separate bowl and stir until combined.
5. Combine enchilada sauce and salsa in a separate bowl or large measuring cup and stir until combined.
6. Cover the bottom of each baking dish with an even layer of enchilada/salsa. Layer tortillas on top of the sauce. Tortillas may be cut to fit the pans as needed.
7. Top tortillas with refried beans.
8. Add ½ of the veggie mix.
9. Add ½ of the corn/bean mix.
10. Repeat each layer...enchilada/salsa, tortillas, refried beans, veggie mix, corn/bean mix.
11. Cover the dish with enchilada/salsa.
12. Add black olives to the top; cover tightly with foil if you're freezing it.

### **To Bake:**

1. Defrost casserole (if frozen) and heat oven to 400 degrees.
2. Leaving the dish covered with foil, bake for 15 minutes.
3. Remove the foil. If desired add dairy or non-dairy cheese. Bake an additional 5-10 minutes.
4. Allow to cool for 3-5 minutes before cutting.

## ENCHILADA CASSEROLE, continued

5. Garnish with your choice of toppings such as guacamole, dairy/non-dairy sour cream, lettuce, or tomato

**Prefer meat?** Substitute mushrooms for fried ground beef or rotisserie chicken