THE ST.GEORGE NIGHT KITCHEN

Favorite Recipes!



Turkey & Cheese Grilled Sandwiches

Makes 4 sandwiches (4 servings)

Ingredients:

- 8 slices of sandwich bread
- 8 oz sliced turkey (about 2 oz per sandwich)
- 4 slices cheese (any kind you like: cheddar, Swiss, provolone, etc.)
- 4 tsp mayonnaise
- 4 tsp mustard (optional)
- 2 tbsp butter, softened

Instructions:

1. **Assemble Sandwiches:**
    - Lay out 8 slices of bread.
    - Spread 1 tsp of mayo on one side of each of 4 slices, and 1 tsp of mustard (if using) on 4 other slices.
    - On the mayo side, layer 2 oz of sliced turkey and 1 slice of cheese.
    - Top with the mustard-coated slice to make a sandwich.
2. **Grill:**
    - Spread butter on the outside of each sandwich (both top and bottom).
    - Heat a skillet or griddle over medium heat.
    - Cook sandwiches for 3–4 minutes per side, or until golden brown and the cheese is melted.
3. **Serve hot** or let cool and refrigerate.

Chicken Dinner – Serves 4

Ingredients

- 4 pieces frozen chicken (breast, thigh, or drumstick)
- 2 tsp cooking oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp paprika
- A pinch of dried thyme (optional)
- ¾ cup chicken broth
- 2 tbsp butter (plus extra for potatoes)
- ½ cup mashed potatoes (pre-cooked, if using prepared)
- 2 tbsp milk
- 2 tsp flour
- 1–2 tbsp chopped onion
- Dash garlic powder
- Salt & pepper to taste
- ¾ lb carrots, peeled & sliced
- ½ lb frozen peas
- 1 tsp oil
- Pinch of salt & pepper
- ½ tsp honey or brown sugar (optional)

Instructions

Chicken:

1. Preheat oven to 375°F.

2. Place frozen chicken on a baking sheet. Drizzle with oil and rub in salt, pepper, garlic powder, paprika, and thyme.

3. Bake uncovered for 35–45 minutes, flipping halfway through. Ensure internal temp is 165°F.

4. Let rest 5 minutes before serving.

Gravy:

1. Melt 2 tbsp butter in a small pan. Sauté chopped onion until soft.

2. Whisk in flour and cook 1 min.
3. Slowly whisk in broth. Add garlic powder, salt, and pepper.
4. Simmer 5–10 minutes until thick.

Carrots & Peas:

1. Preheat oven to 400°F.
2. Toss carrots with oil, salt, pepper, and honey (if using). Roast 20–25 minutes.
3. Stir in peas; residual heat will warm them.

Mashed Potatoes:

1. Place in a pot with 2 tbsp milk and butter to taste.
2. Heat over low, stirring until warmed through.

Pork Chili – Serves 4

Ingredients

- 1 lb seasoned pork taco meat
- ½ onion, diced
- ½ bell pepper, diced
- 1 cup crushed tomatoes
- ½ cup black beans (drained)
- ½ cup kidney beans (drained)
- 1 cup vegetable or chicken broth
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp smoked paprika

Instructions

1. In a large pot, cook pork and onion for 5–7 minutes until onions soften.
2. Add bell pepper and cook another 2–3 minutes.
3. Add tomatoes, broth, beans, and all spices. Stir to combine.
4. Bring to boil, reduce to simmer for 30 minutes, stirring occasionally.
5. Let rest 10 minutes before serving or packaging.

Whiting Fish Chowder – Serves 4

Ingredients

- 1 tbsp oil or butter
- ¾ cup diced onion
- ½ cup diced celery
- ½ cup diced carrot
- 2 tbsp flour
- 3½ cups broth
- ¾ cup peeled, diced potatoes
- ½ lb whiting fillets, cut into bite-size pieces
- ¾ cup milk
- ½ cup cream

Seasoning:

- ½ tsp garlic powder
- Pinch of thyme
- ¼ tsp salt (adjust to taste)
- Pinch of black pepper
- ¼ tsp lemon juice

Instructions

1. In a large pot, heat oil or butter over medium heat.
2. Sauté onion, celery, and carrot for about 10 minutes until soft.
3. Stir in flour; cook for 2–3 minutes, stirring constantly.
4. Gradually add broth, whisking to prevent lumps.
5. Add potatoes and simmer 15–20 minutes until tender. Stir regularly.
6. Add whiting and simmer gently until fish is opaque (5–8 minutes).
7. Stir in milk and cream. Heat gently (do not boil).
8. Season with garlic powder, thyme, salt, pepper, and lemon juice. Adjust to taste.

Turkey Fried Rice – Serves 4

Ingredients

- 1¼ cups cooked diced turkey
- 4 eggs, scrambled
- 2½ cups cooked rice
- 2 tbsp oil
- ½ cup diced onion
- 1 cup mixed vegetables (carrots, peas, corn, etc., fresh or canned)
- 1–2 tbsp soy sauce
- Optional: splash of sesame oil, pinch of garlic powder or ginger

Instructions

1. **Cook Turkey:** If raw, roast diced turkey at 375°F for 15–20 min until internal temp hits 165°F.

2. **Scramble Eggs:** In a separate pan, scramble eggs and set aside.

3. **Stir-Fry Veggies:** In a large skillet or wok, heat oil. Sauté onion until fragrant, then add veggies and stir-fry until hot.

4. **Combine:** Add scrambled eggs and cooked turkey. Stir to combine.

5. Add rice in portions, mixing thoroughly after each addition.

6. Drizzle soy sauce (and optional sesame oil, garlic, or ginger). Stir-fry everything together until heated through.

Shepherd’s Pie – Serves 4

Ingredients

- ¾ lb ground beef
- ½ medium onion, diced
- 1 tbsp tomato paste
- ½ tsp Worcestershire sauce
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp soy sauce (optional)
- Salt & pepper to taste
- 1 tsp flour
- ½ cup beef broth
- 1½ cups mixed vegetables (canned or frozen, drained if canned)
- 1½ cups mashed potatoes (use garlic mashed if available)

Instructions

1. **Cook Filling:**
   In a skillet, cook ground beef until browned. Drain fat if needed.
   Add diced onion and sauté until soft.
   Stir in tomato paste, Worcestershire, garlic powder, onion powder, soy sauce, salt, and pepper.
   Sprinkle in flour and stir to combine. Pour in broth and simmer until slightly thickened (5–10 min).
   Add mixed vegetables and stir to combine.

2. **Assemble & Bake:**
   Spread beef mixture into an 8"x8" baking dish.
   Top with mashed potatoes and smooth flat.
   Bake at 375°F for 25–30 minutes until hot and lightly golden.
   Broil for 2–3 minutes to brown the top, if desired.

Southwest Pork & Vegetable Soup – Serves 4

Ingredients

- ¾ lb taco-seasoned pork, cooked and crumbled
- ½ medium onion, diced
- 1 clove garlic, minced
- ½ tsp cumin
- ¼ tsp oregano
- ¼ tsp paprika
- Salt & pepper to taste
- 1½ cups diced tomatoes (canned, with juice)
- 4 cups broth (chicken or vegetable)
- 2 cups mixed vegetables (canned or frozen, drained if canned)
- 1 tbsp lime juice
- Optional: ½ cup cooked rice or small pasta

Instructions

1. **Make Soup Base:**
   In a stockpot, sauté onion and garlic until fragrant.
   Add pork, cumin, oregano, paprika, salt, and pepper. Stir to coat.

2. **Add Liquids & Simmer:**
   Stir in tomatoes (with juice), broth, and mixed vegetables.
   Bring to a boil, then reduce to a simmer for 30 minutes. Stir occasionally.

3. **Finish & Serve:**
   Stir in lime juice at the end.
   Optionally add cooked rice or pasta just before serving.

Taco Salad (Serves 4)

Ingredients:

- Cooked & seasoned pork taco meat: **2/3 lb**
- Chopped iceberg or romaine lettuce: **10 oz (about 2 cups)**
- Diced tomatoes: **1/2 lb (1 large tomato)**
- Canned corn: **2/3 cup (about ½ of a 15 oz can)**, drained
- Canned black beans: **2/3 cup (about ½ of a 15 oz can)**, rinsed & drained
- Shredded cheddar or Monterey Jack cheese: **2/3 cup (about 4 oz)**
- Lightly crushed tortilla chips: **2 cups**
- Sour cream: **1/3 cup**
- Salsa or taco sauce: **1/3 cup**
- Optional: diced red onion, jalapeños, avocado

Instructions:

1. Reheat the pork taco meat to an internal temperature of 165°F.

2. In a large bowl or serving container, layer: lettuce, taco meat, corn, beans, tomatoes, cheese, and chips.

3. Top with a dollop of sour cream and spoonful of salsa, or serve them on the side.

4. To prevent sogginess, mix salad ingredients just before serving and add chips/sauces last.

Mac & Cheese (Serves 4)

Ingredients:

- Dry Kraft Dinner noodles (cheese packet discarded): **4 cups (about 2.5 boxes)**
- Butter: **3 tablespoons**
- All-purpose flour: **1/4 cup**
- Milk: **2.5 cups**
- Shredded cheddar or cheese blend: **1.5 cups (about 6 oz)**
- Salt: **1/2 teaspoon (adjust to taste)**
- Black pepper: **1/4 teaspoon**

Optional but recommended:

- Mustard powder: **1 teaspoon**
- Paprika or smoked paprika: **3/4 teaspoon**
- Garlic powder: **1/4 teaspoon**

Instructions:

1. Cook pasta until al dente. Drain and toss with a little butter or oil if needed to prevent sticking.

2. In a large pot, melt butter over medium heat. Stir in flour and cook 2–3 minutes, whisking constantly.

3. Slowly whisk in milk and cook until thickened.

4. Add salt, pepper, and optional seasonings.

5. Stir in shredded cheese until melted and smooth.

6. Combine pasta and cheese sauce. Mix well and serve hot (about 1.5 cups per person).

Classic Meatloaf (Serves 4)

Ingredients:

- Ground beef (80/20): **2 lbs**
- Breadcrumbs: **½ cup**
- Eggs: **2 large**
- Milk: **½ cup**
- Finely chopped onions: **2/3 cup**
- Minced garlic: **1 tablespoon**
- Ketchup: **½ cup (plus extra for topping)**
- Worcestershire sauce: **1 tablespoon**
- Salt: **1/2 tablespoon (1½ teaspoons)**
- Black pepper: **3/4 teaspoon**
- Dried thyme or Italian seasoning (optional): **3/4 teaspoon**
- Fresh parsley (optional): **2½ tablespoons**

Topping:

- Ketchup: **1/3 cup**
- Brown sugar: **1½ tablespoons**
- Mustard (yellow or Dijon): **1 tablespoon**

Instructions:

1. Preheat oven to 350°F. Grease a loaf pan or small baking dish.
2. In a large bowl, whisk eggs, milk, ketchup, Worcestershire, and seasonings.
3. Add breadcrumbs and let soak briefly.
4. Mix in beef, onions, garlic, and parsley with clean hands until just combined.
5. Shape into a loaf in your prepared pan.
6. Mix topping ingredients and spread over the loaf.
7. Bake for 60–75 minutes, or until internal temperature reaches 160°F.
8. Let rest for 10–15 minutes before slicing.

Stuffed Peppers (Serves 4)

Ingredients:

- Bell peppers: **2 large**, halved and seeded (4 halves total)
- Ground turkey: **1 lb**
- Cooked rice: **1½ cups (about 2/3 cup dry rice)**
- Finely diced onions: **½ cup**
- Minced garlic: **1 tablespoon**
- Diced tomatoes (with juice): **1 cup (from a 28 oz can)**
- Tomato sauce: **1 cup**, plus extra for topping
- Shredded cheese (optional): **¾ cup**
- Worcestershire sauce: **1 tablespoon**
- Salt: **1½ teaspoons**
- Black pepper: **½ teaspoon**
- Dried oregano or Italian seasoning: **½ teaspoon**
- Olive oil: for sautéing
- Fresh parsley (optional): **2½ tablespoons**, chopped

Instructions:

1. Preheat oven to 375°F.

2. Prep the peppers: Cut in half, remove seeds/membranes, place cut-side up in a baking dish. Par-bake 10 minutes if desired.

3. Make the filling:

    - Sauté onions and garlic in oil until soft.

    - Add turkey, cook until browned, drain fat.

    - Stir in tomatoes, tomato sauce, rice, Worcestershire, salt, pepper, herbs. Simmer 10 minutes.

    - Adjust seasoning and stir in parsley if using.

4. Fill each pepper with the meat mixture.

5. Top with a spoonful of tomato sauce and cheese if using.

6. Cover with foil and bake 30 minutes; uncover and bake 15 more minutes until tender and heated to 160°F internally.

Pasta Salad (Serves 4)

Ingredients:

- Dry pasta: **2/3 lb** (about ⅔ of a standard 1-lb box)
- Cherry tomatoes, halved: **1⅓ cups**
- English cucumber, diced: **2/3 of one large cucumber**
- Red onion, finely diced: **1/3 large onion**
- Pitted Kalamata olives, halved: **½ cup**
- Crumbled cheese (like feta): **5 oz (about ⅔ cup**
- Dressing: **1/2 cup**

Instructions

1. **Cook pasta** in salted water until al dente. Drain and rinse under cold water.

2. **Chop** cucumbers, tomatoes, onion, and olives while pasta cooks.

3. **Combine** pasta and vegetables in a large bowl. Add dressing and toss well.

4. **Fold in** crumbled cheese gently. Taste and adjust seasoning if needed.

Bean Salad (with Chips) – (Serves 4)

Ingredients:

- Seasoned taco meat: **2/3 lb**
- Mixed canned beans: **2 lbs** (about 1½ standard 15 oz cans)
- Canned corn: **2/3 cup** (about half a 15 oz can)
- Diced yellow onion: **1/4 cup**
- Diced bell pepper: **2/3 cup**
- Mexican-style dressing: **1/3 cup**
- Tortilla chips: **for serving**

Instructions:

1. Cook the taco meat; drain excess fat.

2. In a large bowl, combine meat, beans, corn, onions, and peppers.

3. Pour dressing over mixture and stir well to coat evenly.

4. Let cool completely before serving or storing. Serve with tortilla chips.