



MEALS *Plus*

# COOK BOOK



## Meals Plus+ Cookbook

Meals Plus is a Victoria County Home Support Services program made possible by Nova Scotia Department of Seniors and Long Term Care. Meals Plus provides a complimentary, fresh, curated bi-weekly grocery delivery to be prepared in the home by a VCHSS Continuing Care Assistant.

The time spent together making a meal can be restorative. Meals Plus is about using good food to make more than a meal.

Bon Appetit!



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# PANTRY STAPLES

Herbs and spices (salt, pepper, garlic, parsley, oregano)

Soya sauce

Maple syrup (low calorie)

Oil based salad dressing

Mayonnaise

Beef broth

Canned diced tomatoes x 4

Canned corn (rinse before using)

Canned peas (rinse before using)

Canned mushrooms (rinse before using)

Canned water chestnuts (rinse before using)

Frozen broccoli

Tomato sauce x 2

Alfredo sauce

Dried linguine

Dried Penne

Rice (long grain white, basmati, or brown rice)

Bread crumbs

Beef bouillon

Aluminum foil

Foil baking sheets and casserole dish

Saran wrap



### **INGREDIENTS:**

- 5 eggs
- ½ cup of milk
- 1 cup broccoli
- 2 cups cheddar Cheese
- 1 onion

## **CRUSTLESS QUICHE**

### **DIRECTIONS:**

Pre-heat oven to 350 degrees.

Cook broccoli in frying pan. Add in onions. Once cooked, put in bottom of a baking dish and cover with grated cheese.

In a separate bowl whisk together eggs and milk. Pour egg mixture over broccoli in the baking dish. Bake in the oven for 35 minutes.

\* Other flavor options: Bacon and Mozzarella, Ham and Potatoes, Spinach & Feta



## EGG SALAD

### INGREDIENTS:

4 eggs  
1/4 cup mayonnaise  
1/2 tsp prepared yellow mustard  
Chopped green onion (optional)  
Salt and pepper to taste (optional)  
Sprinkle of paprika (optional)

### DIRECTIONS:

Place eggs in a saucepan and cover with cold water. Bring water 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.

Place the chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion. Season with salt, pepper and paprika. Stir and serve on your favorite bread or crackers.



## FRENCH TOAST

### INGREDIENTS:

6 Thick slices bread  
2 eggs  
2/3 cup milk  
1/4 tsp ground cinnamon (optional)  
1/4 tsp ground nutmeg (optional)  
1 tsp vanilla extract (optional)

### DIRECTIONS:

Beat together egg, milk, salt, desired spices and vanilla.  
Heat a lightly oiled griddle or skillet over medium-high heat.

Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden.

Serve hot with a side of your favorite fruit!



## SAUSAGE STEW

### **INGREDIENTS:**

4 Sausages  
Onions (diced)  
Potatoes (diced)  
Carrots (diced)  
Canned tomatoes  
Seasoning of choice

### **DIRECTIONS:**

Dice sausages and then cook sausages in a frying pan with some butter.

Add diced onion, potatoes and carrots to sausages and in a large pot, put 1 large can of tomatoes and 3 cups of water. Add in diced vegetables and sausages. Simmer for 30 minutes.

Serve with a biscuit/dinner roll/side of rice.





## SAUSAGE PENNE

### **INGREDIENTS:**

Dried penne  
Sausages  
Tomato Sauce or Spaghetti Sauce

### **DIRECTIONS:**

Bring a large pot of salted water to boil. Drop in the pasta all at once and quickly bring the water back to boil, stirring occasionally. Cook the pasta for 8 to 10 minutes or until al dente. Drain well.

Meanwhile, in a large skillet melt the 2 tbsp of butter over low/medium heat. Dice the sausages and then add to the skillet. Cook for about 8 minutes or until sausages are cooked. Add in tomato sauce. Stir to mix and let it warm up.

Serve over penne noodles and a side of your favorite veggies.



## OVEN BAKED SAUSAGES & HERBED POTATOES

### **INGREDIENTS:**

Sausages  
Potatoes  
Herbs & seasoning for taste

### **DIRECTIONS:**

Heat oven to 350°F  
Place sausages on foil-lined baking sheet. Peel and chop potatoes.  
Spread on another foil lined baking sheet. Lightly brush with oil, salt,  
pepper, and herbs to taste.

Put sausages and potatoes in oven and cook for about 35 minutes  
(or until done).



## CHICKEN FETTUCCHINE ALFREDO

### INGREDIENTS:

Chicken breasts  
Fettuccine  
1 Jar of Alfredo sauce

### DIRECTIONS:

Bring a large pot of salted water to boil. Drop in the pasta all at once and quickly bring the water back to boil, stirring occasionally.

Cook the pasta for 8 to 10 minutes or until al dente. Drain well. Meanwhile, in a large skillet melt the 2 tbsp of butter. Season the chicken with salt and pepper (optional) then add to the saucepan. Cook until slightly golden and cooked through, about 8 minutes. Lower heat and add in Alfredo sauce. Stir to mix and let it warm up.

Serve over fettuccine noodles and a side of your favorite veggies.



## CHICKEN STIR FRY

### INGREDIENTS:

2 cups white rice  
4 cups water  
2/3 cups soy sauce  
1/4 cup brown sugar  
1 Tbsp cornstarch  
Chicken breasts  
1 Tbsp oil  
Canned or fresh mushrooms  
(wash either before use)  
Carrots (sliced thinly)  
Onions (sliced thinly)  
Frozen broccoli

### DIRECTIONS:

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.

Combine soy sauce, brown sugar, and corn starch in a small bowl; stir until smooth. Coat chicken with marinade & refrigerate for at least 15 minutes.

Remove chicken from marinade, reserving liquid. Heat 1 tablespoon oil in skillet over medium-high heat. Cook & stir chicken until just tender and no longer pink. Add vegetables and stir to cover with marinade.

Serve over rice.



## OVEN BAKED CHICKEN BREASTS

### **INGREDIENTS:**

Boneless, skinless chicken breast  
Seasoning  
Oil (or oil based salad dressing i.e. Italian)

### **DIRECTIONS:**

Preheat oven to 450

Place chicken breasts in baking dish. Brush chicken breasts with oil or melted butter.

Season chicken breasts. Cover and bake for 25-30 minutes. Let rest for 5 minutes out of the oven before serving.

Accompany with rice and/or salad



## HAMBURGER SOUP

### INGREDIENTS:

1 pound lean ground beef  
1 cup diced carrots (optional)  
1 cup diced celery (optional)  
1 cup chopped onion (optional)  
6 cubes beef bouillon  
5 cups water  
1 8 oz can tomato sauce  
1 16 oz can diced tomatoes  
1 tsp salt  
1 can corn kernels (optional)  
3 tbsp ketchup

### DIRECTIONS:

In a medium skillet, brown hamburger over medium heat. Drain off fat.

Combine beef, carrots, celery, onions, bouillon, water, tomato sauce, chopped tomatoes, salt, corn, basil, and ketchup in a large stock pot. Bring to a boil.

Reduce heat, and simmer for at least 30 minutes.

Serve with sandwich, biscuit, or crackers.



## MEATBALLS

### **INGREDIENTS:**

- 1 Package ground beef
- 1 Egg, beaten
- 1/3 cup bread crumbs

### **DIRECTIONS:**

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish or cookie sheet with oil (optional).

In a medium bowl, mix together the ground beef, egg, and bread crumbs using your hands. Form the meat into golf ball sized meatballs. Place about 1 inch apart in the baking dish. Slightly press down to flatten the bottom.

Bake for 15 minutes, then turn them over, and continue baking for about 5 more minutes, or until somewhat crispy on the outside.

Serve with pasta and sauce, rice, salad, or as a sandwich.



## SHEPHERD'S PIE

### INGREDIENTS:

4 large potatoes  
(peeled & cubed)  
1 tbsp butter  
1 onion chopped  
Ground beef  
2 tbsp all-purpose flour  
¾ cup beef broth  
1 canned corn or canned peas  
(Option to use fresh turnip,  
carrot or mixed veggies)

### DIRECTIONS:

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter. Season with salt and pepper to taste; set aside.

Preheat oven to 375 degrees F.

Heat a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.

Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of either corn or peas. Top with the mashed potato mixture and sprinkle with shredded cheese (optional). Bake in the preheated oven for 20 minutes, or until golden brown.



