



The Gourmet Cupboard

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Meals of the Month Club Recipes *- February, 2019 -*

Below are the recipes that come with this month's Meals of the Month Club buy for you to enjoy!

Slow Cooker BBQ Ribs

Cheese and Broccoli Soup

Cajun Gumbo

Slow Cooker Tamale Soup

Etouffee

Chicken Pasta

Shrimp/Chicken and Rice Casserole

Slow Cooker BBQ Ribs

Required:

1 ½ cups ketchup

2-3 lbs of baby back ribs

Cajun Gumbo

Yields 6 cups.

Requires:

desired amount of your choice of cooked meat (chicken, seafood, or sausage)

rice, prepared

Cheese and Broccoli Soup

Makes 6 cups of soup

Requires:

1 lb Velveeta cheese (cut up into bite sized pieces)

1 cup of half and half

1 cup milk

Shrimp/Chicken and Rice Casserole

Yields: 9x13 pan

Requires:

1 (10.5oz) can of cream of celery soup
1 (10.5oz) can of cream of chicken soup
1 cup grated cheddar cheese
3-4 cooked and diced chicken breasts or 1 lb cooked shrimp

Slow Cooker Tamale Soup

Yields 10 cups:

Ingredients Needed:

1 (15 oz) cans black beans
1 (15 oz) can diced tomatoes
1 (6 oz) can tomato sauce
4 cups water
10 -12 tamales (chicken, pork, or beef)
Colby-Monterrey jack cheese, shredded (approximately 1 cup)

Chicken Pasta

Yields 9x13 pan.

Requires:

2 large chicken breasts (cut into small pieces)
1 (11oz) can of cream of celery soup
1 (11oz) can of cream of chicken soup
2 cups grated cheddar cheese

Etoufee (Serve over rice. Serving suggestion: Serve with a salad)

Makes 4 cups.

Requires:

1 lb of your choice meat (shrimp, crawfish, or ground sausage)
1/2 cup margarine
1 chopped celery stalk
1 (8oz) can tomato sauce