



The Gourmet Cupboard

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Meals of the Month Club Recipes *- May, 2018 -*

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

Chicken Enchilada Soup

South of the Border Soup

Southwest Chicken Soup using Tortilla Soup

Chicken and Rice Stew using Bean Soup Seasoning

Honey Pecan Chicken

Jalapeno Parmesan Encrusted Fish

Slow Cooker Chicken Parmesan

Chicken Enchilada Soup

Yields 10 cups.

3-4 chicken breasts

1 (10oz) can of enchilada sauce

1 pound Velveeta cheese

pico de gallo (optional)

Slow Cooker Chicken Parmesan

Requires:

1 egg

4 chicken breasts (about 1 ¼ lb)

26 oz of your favorite pasta sauce

Mozzarella or Italian cheese blend

South of the Border Soup

Requires:

2-3 chicken breasts, cooked and cut into bite-size pieces

1/4 cup Rotel (diced tomatoes with green chilies)

8oz of shredded cheddar cheese

tortilla chips

Honey Pecan Chicken

Requires:

4 cups of buttermilk
4-6 chicken breasts
peanut oil
3/4 cup honey
3/4 cup melted butter

Southwest Chicken Soup

Requires:

1 pkg. Tortilla Soup mix
1 can rinsed and drained black beans
1 cup shredded cooked chicken (optional)
1 (14 oz) can corn
½ can drained Rotel (chopped tomatoes with green chilies) (optional)
Optional toppings- tortilla chips, sour cream, grated cheese

Prepare 1 pkg. of Tortilla Soup as directed, but first add in 1 can black beans, chicken, corn, and Rotel. Serve over a bowl of tortilla chips. Top with a sprinkle of shredded Cheddar cheese and/or sour cream.

Jalapeno Parmesan Encrusted Fish

Requires:

6 large fish fillets
Butter

Chicken and Rice Stew

Ingredients:

5 cups water
1 pkg Bean Soup Seasoning
2 cups regular rice (not instant)
3 large chicken breast
1 10 oz can black beans
1 green onion diced
1 (4 oz) can green chilis
1 (10 oz) can of enchilada sauce
2 cups shredded cheddar cheese

Directions:

In a large pot, combine the water and bean soup seasoning. Add in the chicken and boil for 15 minutes or until chicken is done. Remove chicken and shred it when cool enough to handle. Toss with jar of enchilada sauce. In a medium pan, add the rice and 2 cups of the bean soup water. Bring to a boil and let simmer according to instructions on your rice box. In a bowl combine the black beans, green onion, and green chilies.

To plate, place cooked rice on platter, then top with black bean mixture and then top with shredded chicken. Sprinkle with shredded cheddar cheese and let melt in oven for 3 minutes.

Recipe donated by: Roberta Whalen from Wallingford, CT