Bishop's Storehouse Meal Planner and Cookbook

Breakfast Ideas
Pancakes*
Waffles*
Dry Cereal*
Oatmeal
Eggs (boiled, fried, or scrambled) and toast or cinnamon toast
French Toast
Baking Powder Cinnamon Rolls
Hash Browns
Sausage and Egg Quesadilla

Additional Recipes
Cake Mix Rolls
Banana Bread
Baked Potato

Lunch Ideas
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Soup & Cheese Sandwich
PB&J Sandwich w/Cottage Cheese
Tuna Sandwich w/fruit
Chicken Salad Sandwich
Egg Salad Sandwich
Mac and Cheese*
Canned Beef Stew*
Canned Chili*
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Dinner Ideas**
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Sweet Pork
Lazy Day Beef Stew
Chicken and Rice
Sloppy Joes with Fries
Baked Chicken and Gravy
Meatballs in Gravy
Shepards Pie
Scalloped Potatoes & Ham
Meat Loaf & Potatoes
Hamburgers and Fries
Easy Stroganoff
Goulash
Rice Meatballs
One Pot Ham Dinner
Pot Roast
Sour Cream Chicken Enchiladas

**Follow package directions to prepare*
***Most dinner recipes that make multiple servings; leftovers can easily be stored for lunches or dinners on a later day.*

Meals can be completed with fresh vegetables and fruit.

RECIPES

Oatmeal

1 c. rolled oats
1 ¾ c. water
¼ teas. salt

Add salt to water in a saucepan and bring to a rapid boil. Stir in oats and reduce heat to medium. Boil for 5 minutes, stirring constantly. Cover and let stand until desire consistency. Stir before serving. May pour milk over cooked oatmeal and add brown sugar, syrup, or cinnamon as toppings.

French Toast

2 eggs
½ c. milk
¼ teas. vanilla
½ teas. cinnamon
6 slices bread

Beat eggs in a shallow bowl. Add milk, vanilla, and cinnamon. Beat until frothy. Soak each slice of bread in the egg mixture, first on one side, then on the other. Cook both sides in a greased skillet until golden.

Baking Powder Cinnamon Rolls

2 c. flour
¼ c. sugar
4 teas. baking powder
½ teas. salt
½ c. butter, softened
2/3 c. milk

Filling:
2 Tbsp. butter, melted
½ c. sugar
2 Tbsp. cinnamon

In a large bowl, combine flour, sugar, baking powder, and salt. Using a pastry blender or fork, cut butter into dry ingredients. Add milk, mixing with a fork. Roll out dough onto floured surface in large rectangle. In a separate bowl, combine the filling ingredients and spread over dough. Roll up dough and cut into 16 sections. Place sections in greased muffin tins and bake at 425° for 15 minutes or until light golden in color. Makes 16 small rolls.

Hash Browns

3 potatoes (peeled or unpeeled, based on preference)
¼ c. vegetable oil
Salt and pepper to taste

Shred potatoes with a grater or cut potatoes into very small, cubed pieces. Transfer potatoes into a bowl of cold water. Stir potatoes around in the water to loosen the starch off the potato and drain off the starchy water. Refill the bowl with more cold water and repeat, stirring and draining the water off the potatoes. Drain as much water off as you can, drying them with paper towels or a clean dish towel, if possible. Remove as much water as possible. Heat vegetable oil in a skillet over medium-high heat. Transfer the dried potatoes into the hot pan and spread into an even layer. Season potatoes with salt and pepper and cook without disturbing for 3-4 minutes or until golden brown on the bottom. Use a spatula to flip the potatoes in several sections to cook the other side. Cook for another 3-4 minutes or until golden brown. Remove from heat and serve.

Alternate method: Bake potatoes as directed in “Baked Potatoes” recipe. Allow potatoes to cool completely. Shred potatoes (peeled or unpeeled) and spread in an even layer in a skillet heated to medium-high heat with vegetable oil or butter. Season potatoes with salt and pepper and cook without disturbing for 3-4 minutes or until golden brown on the bottom. Use a spatula to flip the

potatoes in several sections to cook the other side. Cook for another 3-4 minutes or until golden brown. Remove from heat and serve.

Sausage and Egg Quesadilla

8 oz. sausage
6 eggs
¼ teas. salt
¼ teas. pepper
6 oz. cheddar
6 flour tortillas

Add sausage to a skillet and cook over medium heat until sausage is browned and crispy on the edges. When the sausage is cooked, remove it from the skillet using a slotted spoon so the grease stays behind in the skillet. Crack six eggs into a bowl and season with salt and pepper. Whisk the eggs. Shred the cheddar cheese. Add the whisked eggs to the skillet with the sausage grease and continue to cook over medium heat, gently folding them as the eggs set. Cook until the eggs are set but still moist. Remove the skillet from the heat. With the skillet off the heat, add the cooked sausage and shredded cheddar to the skillet with the scrambled eggs. Fold the ingredients together until they are evenly combined. Place about ½ c. of the sausage, egg, and cheese mixture into each tortilla, spreading it out to cover half of the tortilla. Fold the tortilla closed. Wipe the skillet dry and add the quesadilla to the skillet. Cook over medium heat on each side until the tortilla is brown and crispy and the cheese on the inside is melted. Slice the quesadilla into three pieces. Serve with salsa, if desired.

Bean Burrito

2 c. refried beans
Cheddar cheese, shredded
Tortillas

Heat refried beans. Heat tortilla, if desired, in microwave for 20-30 seconds. Place serving of refried beans in center of tortilla. Top with cheddar cheese. Fold up bottom and then roll sides. Serve with salsa, if desired.

Chicken Salad Sandwich

1 can chicken chunks
Mayo, to taste
Mustard (optional)
Celery, chopped (optional)
Bread slices

Drain liquid off chicken and break chunks apart. Stir in mayo, mustard, and chopped celery. Spread chicken mixture on bread slice and top with another slice.

Egg Salad Sandwich

Hard boiled eggs
Mayo
Mustard
Salt and pepper

Let boiled eggs cool; then separate the yolks from the whites. Chop the cooked egg whites and mash the cooked yolk with mayo and mustard. Then mix everything together Season with salt and pepper. Put the mixture onto bread slices. Add lettuce leaves, if desired.

Spaghetti

½ to 1 lb. ground beef (optional)
Spaghetti sauce
Spaghetti noodles

Brown ground beef and boil noodles according to package directions. Heat the sauce in a saucepan. Mix cooked ground beef with heated sauce and put over cooked noodles. May serve with a green salad on the side.

Sweet Pork

1-2 lb. pork roast
1 c. brown sugar
2 c. salsa

Mix sugar and salsa together; pour over pork roast in crock pot. Cook in crock pot for 8 hours on low. When done, shred with two forks and return to juice in the crock pot and allow liquid to absorb. Serve with tortillas, cheese, rice, and beans (black or pinto).

Lazy Day Beef Stew

1 lb. stew meat
1-2 cups chopped carrots
1 ½ c. chopped onion
1 tsp. salt
Dash pepper
1 can tomato soup, thinned with ½ can water
2-4 large potatoes, cut up

Mix all ingredients in crock pot. Cook on low for 8 hours.

Baked Chicken and Rice

1 c. raw rice
1 can undiluted cream of mushroom soup
2 cans undiluted cream of chicken soup
4 large chicken pieces
¼ c. melted butter
Salt and pepper

Dip chicken pieces in butter and season with salt and pepper. Mix rice and soups together and spread in a 9X13 pan. Put chicken pieces on top of mixture. Cover with foil and back at 300° for 2 hours.

Sloppy Joes

1 lb. ground beef
½ c. chopped onion
8 oz. tomato sauce
1/3 c. ketchup
2 T. brown sugar
Hamburger buns

Brown hamburger and onion and drain off excess grease. Add tomato sauce, ketchup and brown sugar. Heat together and serve on hamburger buns.

Baked Chicken and Gravy

Chicken breast pieces or whole chicken cut up
½ c. evaporated milk
1 c. flour
1 ½ teas. salt
1/8 teas. pepper
¼ c. butter, melted
1 can cream of chicken soup
1 c. milk

Dip chicken pieces in evaporated milk. Roll pieces in mixture of flour, salt and pepper to coat. Melt butter in baking dish and place chicken in the dish. Bake uncovered for 30 minutes at 400° - 425°. Turn chicken over. Combine soup and milk and pour over chicken. Bake another 30 minutes until tender. Serve chicken and gravy with mashed potatoes.

Meatballs in Gravy

2 lbs. hamburger
1 c. grated carrot
1 c. grated potatoes
1 onion, chopped
2 eggs
¼ teas. salt and pepper
1 can cream of mushroom soup
½ c. milk

Mix all together into small balls. Brown on medium heat in a small amount of oil. Pour out oil; then 1 can cream of mushroom soup and ½ c. milk. Simmer 20 minutes. Serve with noodles, rice, or potatoes. Can also substitute cream of mushroom soup with tomato soup.

Shepherd's Pie

1 lb. ground beef
½ onion, chopped
1 can green beans
1 can tomato soup
2 cans tomato sauce
Salt and pepper to taste
6-8 cups mashed potatoes
Shredded cheddar cheese

Brown hamburger and onions together. Add the canned ingredients. Put in a baking dish and cover with mashed potatoes and cheese. Bake at 375° for 20 minutes until heated through and cheese melts.

Scalloped Potatoes and Ham

8 cups peeled & thinly sliced potatoes (8-10)
Salt and pepper to taste
1 medium onion, sliced thin (about 1 cup)
1 ½ c. ham, cut in bite-sized pieces
1 c. grated cheddar cheese
1 can cream of mushroom soup

Grease slow cooker. Put half the sliced potatoes in the bottom of your slow cooker, spreading them out evenly. Sprinkle with salt and pepper to taste. Spread evenly half the onion, ham, and cheese over the top of the potatoes. Repeat the layers one more time (potatoes, salt and pepper, onions, ham, cheese). Pour the soup into a small bowl and stir it until it gets nice and creamy (you may want to add a little milk). Spread soup mixture over the top of the ingredients in the slow cooker. Cover and cook on LOW for 6-8 hours or until the potatoes and onions are tender when pierced with a fork.

Meat Loaf

1 lb. ground beef
¼ c. chopped onion
¼ teas. pepper
¾ c. milk
¾ c. uncooked rolled oats
1 ½ teas. salt
1 egg beaten

Sauce:
1/3 c. ketchup
1 Tbsp. mustard
2 Tbsp. brown sugar

Heat oven to 350°. Combine all meat loaf ingredients, mix thoroughly. Pack firmly into a loaf pan or baking dish. Combine all ingredients for the sauce and spread over meat loaf. Bake 1 hour. Let stand 5 minutes before serving. Serve with baked or mashed potatoes.

Hamburgers

1 lb. ground beef
Salt and pepper to taste
Hamburger buns

Divide ground beef into four equal portions. Flatten each portion to a burger size round. Season with salt and pepper, then fry in a fry pan or cook under the broiler in the oven using a broiling pan. If desired, add cheese when cooked and cover pan or place back under the broiler to melt. Serve on hamburger buns with toppings. Suggested toppings: lettuce, tomato, onions, ketchup, mustard, mayo.

Homemade French Fries

4 potatoes
2-3 Tbsp. oil
½ Tbsp. salt

Wash potatoes leaving skin on (you can peel them if you prefer). Cut potatoes into desired size fires. Let potatoes soak in cold water in a bowl for at least 30 minutes to remove starch. Remove from water and dry very well. Toss with oil and salt. Spread evenly in a single layer on a cookie sheet. Bake for 20 minutes at 375°, then turn the oven up to 425° and cook fries until golden, about 20-25 minutes more.

Easy Stroganoff

1 lb. ground beef
½ c. onion, chopped
1 can cream of mushroom soup
½ c. sour cream
Salt and pepper

Brown ground beef with onion. Drain off excess grease. Add cream of mushroom soup, sour cream, and salt and pepper to taste. Cook until warm. Serve over rice or egg noodles.

Goulash

1 lb. ground beef
½ c. onion, chopped
1 c. macaroni
1 can tomato soup
1 can cream of mushroom soup
Grated cheese

Brown ground beef and onion, drain off grease. Cook macaroni according to package directions and drain. Combine hamburger, macaroni, tomato soup, cream of mushroom soup. Bake at 350° for 20 minutes. Remove from oven and top with grated cheese, then bake an additional 8 minutes.

Rice Meatballs

Sauce:
1 can tomato soup
2 cans water

Meatballs:
1 lb. ground beef
½ c. uncooked rice
1 egg
½ c. chopped onion

Combine sauce ingredients in pot and heat. Mix meatball mixture together and shape into walnut sized balls. Drop into heated tomato mixture and simmer for 2-3 hours until done. May serve over potatoes.

One Pot Ham Dinner

1 cooked ham slice (1 – 1 ½ lb.)
4 medium potatoes, sliced
Salt and pepper, to taste
2 can green beans, drained
1 medium onion, thinly sliced
1 can cream of mushroom soup
½ c. water

In a large skillet, brown ham slice over medium heat. Arrange potatoes over ham. Add salt and pepper. Top with beans and onions. Combine soup and water and pour over everything. Cook 2 minutes. Reduce heat, cover and simmer for 45-50 minutes or until potatoes are tender. Makes 4 servings.

Salt and Pepper Pot Roast

1 (3-4 lb.) beef roast
Salt and pepper
1 Tbsp. oil
1 large onion, peeled and cut into thick slices or wedges
3 large potatoes, peeled and cut into 1-inch chunks (optional)
5-6 large carrots, peeled and cut into 2-inch pieces (optional)

Lightly spray or grease the inside of the crock pot. Spread the onion slices across the bottom. Pat the roast with paper towels and season all sides generously with salt and pepper. In a large skillet, heat a tablespoon of oil over medium-high heat. Sear the roast on all sides until well-browned to build flavor. Place the seasoned and seared roast on top of the onions in the crock pot. Scatter the potatoes and carrots around the meat. Cover the crock pot and cook on LOW setting for 8-10 hours or until the meet is completed fork-tender and easily pulls apart. **IMPORTANT:** Avoid lifting the lid during the first 8 hours of cooking to keep the steam and moisture locked in!

Sour Cream Chicken Enchiladas

2 cans cream of chicken soup
1 can diced green chili (not available at Bishop's Storehouse—can be omitted)
16 oz sour cream
1 ½ c. grated cheddar cheese, divided
2-3 c. cooked, shredded chicken
8-10 tortillas

Combine soup and green chilis in saucepan and heat through. Stir in sour cream and 1 cup cheddar cheese, stirring frequently to avoid scorching. Continue stirring until cheese is melted.

Fry tortillas in medium hot oil approximately 5 seconds on each side and drain on paper towel or clean towel to absorb excess oil. Place ¼ c. filling in a tortilla, add some shredded chicken and sprinkle with cheddar cheese. Roll up and place in baking pan. Spread extra filling over top of shells and top with more grated cheese. Bake at 375° for 15-20 minutes.

Cake Mix Rolls

2 ½ c, warm water
2 packages yeast
1 cake mix, white or yellow
5 c. flour

Dissolve yeast in warm water. Add cake mix, then flour. Add more flour if needed. Let rise for one hour. Punch down. Spread dough onto a greased jellyroll pan or large cookie sheet. Cut dough into squares. Cover and let rise until double in size. Bake at 350° for 15-20 minutes or until golden brown.

Banana Bread

3 bananas (ripe & large sized) – approximately
1 1/2 cups of mashed bananas.
½ c. vegetable oil
2 eggs
1c. sugar
2 c. flour
1 teas. vanilla
1 teas. baking soda
1 teas. baking powder
½ teas. salt

Preheat oven to 325°. Mash bananas with a fork. Lightly beat eggs. Mix bananas, vegetable oil, eggs and sugar together in a large mixing bowl. Stir until completely mixed. Mix in the remaining ingredients. Using a large spoon, stir until the batter is fully mixed. Pour the finished batter into a greased bread pan. Smooth out the top of the batter within the bread pan. Bake in the oven at 325° for 65-70 minutes.

Take out of oven and let the banana bread cool down in the bread pan for 10 minutes. Do not remove the banana bread from the bread pan during this 10 minute cool down period. Do not skip this step as the "cool down" completes the baking process. After 10 minutes, remove the banana bread from the bread pan. Place the banana bread on a cooling rack in order to completely cool. This cool down may take 1-2 hours. Gently slide a silicon spatula between the banana bread and the bread pan walls if the banana bread is stuck in the pan.

Baked Potatoes

Wash potatoes and rub lightly with oil. Place on oven rack and bake at 400° for one hour. Serve with toppings of your choice—butter, sour cream, cheese, salt, pepper.