

Smithfield®

Menu Planner

Your recipes and grocery list for the week of:

FEBRUARY 8, 2010

MONDAY

- (A) Spiced Country Fried Steaks and Horseradish Sauce with Brown Rice, Garbanzo Beans and Carrots

TUESDAY

- (B) Easy Pork Stroganoff with Edamame Succotash (Crock-Pot Make-Ahead Meal)

WEDNESDAY

- (C) Spicy Stuffed Peppers

THURSDAY

- (D) Pork Tenderloin with Root Vegetables

FRIDAY

- (E) Lazy Lasagna with Spinach, Raisin and Almond Salad

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MONDAY

(A) Spiced Country Fried Steaks and Horseradish Sauce with Brown Rice, Garbanzo Beans and Carrots

Spiced Country Fried Steaks and Horseradish Sauce- Servings: 4

1 pound (3/4-inch thick) sirloin tip steak
Salt
Pepper
1/2 cup all-purpose flour
2 tablespoons vegetable oil
1/2 cup beef broth
2 tablespoons prepared creamed horseradish

Cut steaks into 4 equal serving pieces. Place between sheets of waxed paper; pound to 1/4-inch thickness. Sprinkle on both sides with salt and pepper; dredge in flour, lightly shaking off excess. Heat 1 tablespoon oil in a large, heavy skillet over medium heat until hot. Place 2 steaks in skillet; cook until beef is medium-rare (145 degrees F.) and browned on both sides, turning once, about 5 minutes. Transfer to a plate; keep warm. Repeat with remaining oil, if needed, and steaks. Add beef broth to skillet; bring to a boil, scraping to loosen clinging particles. Boil, uncovered, 1 minute. Reduce heat to low; stir in creamed horseradish. Add steaks, turning to coat with sauce; simmer 1 minute.

Brown Rice with Garbanzo Beans and Carrots- Servings: 4

1 tablespoon olive oil
2 medium carrots, thinly sliced on the diagonal
2 cloves garlic, finely chopped
2 cups cooked brown rice
1 cup rinsed and drained, canned garbanzo beans
1 teaspoon freshly grated lemon rind
1/2 teaspoon salt
1/4 teaspoon pepper

Heat olive oil in a large, heavy skillet over medium-high heat. Add carrots and cook until tender and golden, stirring frequently, about 4 minutes. Add garlic and cook 1 minute. Add rice, beans, lemon rind, salt, and pepper; cook and stir until hot, about 2 minutes.

T U E S D A Y

(B) Easy Pork Stroganoff with Edamame Succotash

Easy Pork Stroganoff- Servings: 4

1 1/2 to 2 pounds Smithfield Pork Tenderloin cut into strips
2 tablespoons of vegetable oil
2 tablespoons of butter
1/4 cup all-purpose flour
1/2 teaspoon salt
1 medium sweet yellow onion, chopped
1/2 pound fresh mushrooms, sliced
2 cloves garlic, minced
2 beef bouillon cubes or equivalent granules or base
1 cup water
1 cup sour cream

To serve:

1 pound egg noodles, cooked al dente
Garnish with chopped parsley

In a large skillet over medium high heat, heat oil and butter. Roll pork in flour and saute in the hot oil until pork is just browned. Add pork and all the scrapings from the skillet to the slow cooker. Add all remaining ingredients to the slow cooker except for the sour cream. Cover and cook on low setting for 8 hours. Stir sour cream into hot meat mixture about 10 minutes before serving. Serve over hot cooked noodles.

Edamame Succotash- Servings: 4

3 slices Smithfield Naturally Hickory Smoked Bacon, cooked and crumbled
1 2/3 cups frozen corn kernels, thawed
3/4 cup frozen shelled edamame, thawed
1 jarred roasted red bell pepper, diced
1/3 cup chopped green onions
1 tablespoon minced fresh thyme
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Combine corn and edamame in a medium, microwave-proof bowl; cover with water. Microwave on high until very hot, about 3 minutes. Drain. Stir remaining ingredients into hot corn mixture; microwave on high 30 seconds to heat.

(C) Spicy Stuffed Peppers

Spicy Stuffed Peppers- Servings: 6

- 1 pound ground beef
- 5 medium green peppers
- 1 tablespoon olive oil
- 1/2 cup Spanish onion, chopped
- 1/2 teaspoon salt
- 1 box Spanish style rice
- 1 10-ounce can diced tomatoes with green chiles
- 1 5-ounce can yellow corn, drained
- 1 cup Mexican spiced cheese product (such as Velveeta), shredded

Remove and discard seeds and membranes from 1 pepper and chop. Broil remaining 4 peppers on an aluminum foil-lined baking sheet 5 inches from heat 2 to 3 minutes on each side or until peppers are blistered. Cut peppers lengthwise down 1 side, leaving other side intact; remove and discard seeds and membranes. Keep peppers warm. In a 4 quart sauce pan, heat olive oil over medium heat. Add onion, green pepper and salt to pan and saute until tender, about 5 minutes. Add ground beef, another pinch of salt and pepper and cook until meat is crumbly. Add Spanish rice, diced tomatoes, corn and 2 cups of water to sauce pan and increase heat to high. Bring mixture to a boil; stir; reduce heat, cover and simmer over low heat for 20 – 25 minutes or until all liquid is absorbed. Add cheese to cooked rice and stir to combine. Spoon mixture evenly into cavity of each broiled pepper.

THURSDAY

(D) Pork Tenderloin with Root Vegetables

Pork Tenderloin- Servings: 4

1 (1 1/2 to 2-pound) Smithfield Pork Tenderloin

Marinade:

1/4 cup soy sauce

1-2 tablespoons dry red wine

1 tablespoon honey

1 tablespoon brown sugar

2 cloves garlic, minced

1 teaspoon grated ginger

1/2 teaspoon ground cinnamon

2 green onions (green parts only), chopped

Start with a pre-marinated tenderloin, or follow Paula's marinade recipe to make your own. Combine marinade ingredients in a measuring cup and whisk to combine. Pour over pork tenderloin in a plastic bag. Marinate in the refrigerator 1 hour, and up to overnight. When you're ready to cook the tenderloin, preheat oven to 350 degrees F. Bake in an open pan for approximately 40-45 minutes or until internal temperature is 160 degrees F. Allow meat to rest about 10 minutes before cutting into 2-inch serving pieces. Drizzle a small amount of the meat juices from cooking over each piece of meat.

Root Vegetables- Servings: 4

5 parsnips

5 carrots

2 rutabagas

5 turnips (roots only)

Olive oil

House Seasoning (recipe below)

Preheat oven to 350 degrees F. Peel and cut root vegetables into large chunks. Arrange in a roasting pan and season with olive oil and House Seasoning. Roast until tender; first check vegetables for doneness after 25 minutes and then every 10 minutes thereafter. Serve with the pork.

For House Seasoning:

1 cup salt

1/4 cup black pepper

1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

FRIDAY

(E) Lazy Lasagna with a Spinach, Raisin and Almond Salad

Lazy Lasagna- Servings: 4

- 1 pound ground round
- 1 tablespoon minced garlic
- 1 (26-ounce) jar marinara sauce
- 1 (20-ounce) package refrigerated cheese-filled ravioli
- 1 cup ricotta cheese
- 2 cups shredded Italian blend cheese

Preheat oven to 400 degrees F. Cook ground beef and garlic in a large skillet until browned, stirring to crumble beef. Pour off fat. Stir in marinara sauce. Spoon 1/3 cup of the sauce mixture into a lightly greased 9-inch baking dish. Layer with one-third of the ravioli; spoon 1 1/3 cups sauce mixture on ravioli. Spoon 1/2 cup ricotta cheese, by teaspoons, evenly on sauce layer; sprinkle with 3/4 cup cheese. Repeat layers once. Top with layers of the remaining ravioli, sauce, and cheese. Cover with aluminum foil; bake 20 minutes. Uncover and bake 10 minutes or until hot and bubbling.

Spinach, Raisin and Almond Salad- Servings: 4

- 3 tablespoons olive oil
- 1 1/2 tablespoons sherry or red wine vinegar
- 1/4 teaspoon salt
- 1 (5-ounce) package baby spinach leaves
- 1/4 cup raisins
- 3 tablespoons toasted slivered almonds

Combine olive oil, vinegar, and salt in a large bowl; whisk to blend. Add spinach, raisins, and almonds; toss well to coat with dressing. Serve immediately.

GROCERY LIST

These ingredients will prepare the following dishes and their accompanying side dishes:

(A) Spiced Country Fried Steaks and Horseradish Sauce with Brown Rice, Garbanzo Beans and Carrots

(B) Easy Pork Stroganoff with Edamame Succotash

(C) Spicy Stuffed Peppers

(D) Pork Tenderloin with Root Vegetables

(E) Lazy Lasagna with a Spinach, Raisin and Almond Salad

Fresh Produce

2 bunches carrots (A, D)

1 garlic bulb (A, B, D, E)

1 lemon (A)

1 sweet yellow onion (B)

1/2 lb mushrooms (B)

1 bunch parsley (B)

1 bunch green onions (B, D)

1 bunch thyme (B)

1 Spanish onion (C)

5 medium green peppers (C)

1 ginger root (D)

1 bunch turnips (D)

2 rutabagas (D)

5 parsnips (D)

1 bag baby spinach leaves (E)

Meat/Seafood

1 lb sirloin tip steak (A)

2 Smithfield Pork Tenderloins (B, D)

1 lb ground beef (C)

1 lb ground round (E)

Refrigerated Meat

1 package Smithfield Naturally Hickory Smoked Bacon (B)

Dairy

1 carton sour cream (B)

1 package Mexican spiced cheese (C)

1 package refrigerated cheese-filled ravioli (E)

1 carton ricotta cheese (E)

1 package shredded Italian blend cheese (E)

Condiments, Oils, Spices, and Dressings

1 jar prepared creamed horseradish (A)

1 jar beef bouillon cubes (B)

1 jar roasted red bell pepper (B)

1 bottle soy sauce (D)

1 jar ground cinnamon (D)

1 jar garlic powder (D)

1 jar marinara sauce (E)

1 bottle red wine vinegar, or sherry (E)

Dry Goods

1 box brown rice (A)

1 package egg noodles (B)

1 package Spanish-style rice (C)

1 package brown sugar (D)

1 carton raisins (E)

1 package toasted slivered almonds (E)

Canned Goods

1 box beef broth (A)

1 can garbanzo beans (A)

1 can diced tomatoes with green chiles (C)

1 can yellow corn (C)

Frozen Goods

1 package frozen corn kernels (B)

1 package frozen shelled edamame (B)

Beverages

1 bottle dry red wine (B)

Ingredients you'll need but may already have:

Salt

Pepper

Flour

Vegetable Oil

Olive Oil

Butter

Honey