

Planover Recipe Ideas

Roast Beef

1. **Hot Beef Sandwiches** (meat slices and gravy over French bread)
2. **Beef Salad Sandwiches** (diced beef, celery, low-fat mayonnaise)
3. **Beef Slices in Pita Bread** (tomatoes, romaine, cucumber slices)
4. **Beef & Peas on Baked Potatoes** (beef, gravy, English peas, tomato sauce)
5. **Chili Con Carne on Rice** (beef, chili hot beans, tomato, onions)
6. **Enchiladas** (diced beef & cheese in corn tortillas topped w/ tomato sauce & enchilada sauce mix)
7. **Beef Stir Fry** (slivers of beef, gravy, soy sauce, sliced vegetables)
8. **Beef Chunks & Gravy over Egg Noodles**
9. **Beef Barbecue on Whole Wheat Buns** (BBQ sauce and onions with beef pieces)
10. **Beef Stew** (beef, potatoes carrots, green beans, corn, onions, tomato sauce)
11. **Beef Stroganoff** (beef chunks, gravy, sour cream, onions, mushrooms, cream of mushroom soup)
12. **Beef Hash** (diced beef, diced potatoes, diced carrots, peas, serve with catsup)

Chicken

1. **Chicken Salad** (diced chicken, salad dressing, pineapple, almonds)
2. **Hot Chicken Salad** (diced chicken, celery, nuts, salad dressing)
3. **Chicken Almond Curry on Rice** (slivered chicken, almonds, pimento, white sauce, dash of curry spice)
4. **Creamy Chicken** (chicken, sour cream, onions, white sauce or cream of mushroom soup)
5. **Pepper Chicken on Rice** (chicken, green peppers, onions, whole green beans, gravy, soy sauce)
6. **Chicken Stir-fry** (chicken, gravy, soy sauce, sliced vegetables)
7. **Mexican Chicken** (layer chicken, cheese, corn tortillas, with sauce of onions, tomato sauce, cream of chicken soup, chili, and broth)
8. **Chicken Paprika** (chicken, onion, broth, paprika, sour cream)
9. **Chicken Bog** (chicken, broth, rice, pepper, polska kielbasa)
10. **Chicken-n-Dumplin's** (chicken, gravy, dumplings, mixed vegetables)
11. **Chicken Enchiladas** (chicken, onion, 1 minced jalapeño pepper, shredded cheese wrapped in corn tortilla and then topped with enchilada sauce and tomato sauce mixture)
12. **Broiled Oriental Chicken** (chicken, soy sauce, garlic salt, black pepper)
13. **Teriyaki Chicken** (chicken, soy sauce, brown sugar, ginger powder, garlic, onions, broth)
14. **Chicken Pie** (diced chicken, gravy, peas and carrots, pie crust)
15. **Chicken Barbecue** (chicken, barbecue sauce)

Ham

1. **Ham Omelet** (eggs, diced ham, onions, cheese, vegetables)
2. **Ham Salad** (diced ham, celery [or relish], salad dressing)
3. **Split Pea Soup** (split peas, ham chunks, water, grated carrots and onions)
4. **Pinto Beans** (pinto beans, ham chunks, water, garlic salt)
5. **Quiche** (pie shell, skim evaporated milk, diced ham, Swiss cheese, eggs, cooked chopped broccoli)
6. **Pasta Salad** (diced ham, spiral tri-colored pasta, green pepper, Italian dressing, grated cheese)
7. **Swedish Ham Rolls** (rolls, ham slices, Swiss cheese slices topped with butter, mustard, onion flakes and Worcestershire sauce mixture)
8. **Chicken Cordon Bleu** (ham and Swiss cheese wrapped inside boneless chicken breast, dipped in egg mix & coated with seasoned bread crumbs, then spritzed with canola oil)
9. **Ham Croquettes** (chopped ham, thick white sauce, onion chilled formed into cones then rolled in bread crumbs and baked)
10. **Ham Patties** (chopped ham, whole wheat bread crumbs, onion, milk, egg)

Baked Potatoes

1. **Country Fried Potatoes** (slice and fry on sprayed skillet with sliced onions)
2. **Potato Salad** (potatoes, hard-cooked eggs, celery [or relish], salad dressing, mustard)
3. **Broiled Potato Wedges** (wedged potatoes, canola oil spray, herbs)
4. **Spanish Omelet** (eggs, with diced potato, onion, cooked bacon)
5. **German Potato Salad** (potatoes, green pepper, onion, cooked bacon, vinegar dressing)

Hamburger

1. **Spaghetti** (hamburger, spaghetti sauce, spaghetti noodles)
2. **Lasagna** (hamburger, spaghetti sauce, lasagna noodles, mozzarella, ricotta, Parmesan, egg—cover with plastic wrap and bake in the oven for 22 minutes)
3. **Chili** (hamburger, chili hot beans, onion, chili powder, catsup)
4. **Sloppy Joes** (hamburger, catsup, Worcestershire sauce, mustard, brown sugar)
5. **Stuffed Peppers** (hamburger, rice, tomato sauce, green peppers, cheese)
6. **Tamale Pie** (hamburger, sliced canned tamales, torn corn tortillas, corn, cheese)
7. **Hamburger Stew** (hamburger, potatoes, crushed tomatoes, corn, carrots, green beans, spices)
8. **Hamburger Cheese & Mac** (hamburger, cooked elbow macaroni, cheese sauce)
9. **Hungarian Goulash** (hamburger, macaroni, tomato sauce, diced peppers, diced onion, cheese)
10. **Baked Bean Savory on Rice** (hamburger, baked beans, sage, catsup)
11. **Hamburger Maindish** (hamburger, cream cheese, catsup, cream of mushroom soup, and topped with biscuits)
12. **Haystacks** (hamburger, baked beans, tomato sauce, chili layered on plate over rice, corn chips, and place romaine, tomatoes, and green peppers on top)