

# Sara's Casita Cookbook

Two pot meals that are  
quick and easy

## Tuna Jubilee

5 oz pasta  
1/4 C butter  
6 oz grated cheese  
2 T parmesan  
1 can Tuna  
1/4 C sliced green stuffed olives

- 1) Cook pasta
- 2) Melt butter in pot
- 3) Add noodles and toss
- 4) Add cheese and tuna and toss until cheese melts
- 5) Add olives and stir
- 6) Serve

## Pad Thai

Takes about ½ hour

4 oz dried rice noodles

¼ # tofu (optional)

½ C chicken broth

1 ½ T fish sauce

1 ½ T catsup

1 T lime juice

1/8 tsp cayenne

½ T olive oil

2 cloves minced garlic

6-8 oz chicken or turkey thinly sliced

1 large egg, beaten to blend

3 green onions, cut in 2 inch pieces

3/8 # bean sprouts

2 T minced peanuts or almonds

2 T fresh cilantro

- 1) Soak noodles in hot water to cover until pliable.
- 2) Cut tofu into ½ inch cubes
- 3) Mix broth, fish sauce, catsup, lime juice and cayenne
- 4) In a hot wok add ½ T oil to coat. Add tofu, cook until browned about 5 minutes. Put aside.
- 5) Add garlic, onions and chicken. Stir fry 2 minutes. Push aside and add egg. Cook until egg begins to firm then stir to break apart. Add broth mixture, tofu and drained noodles. Stir-fry until noodles are hot, 2 to 3 minutes. Add ½ bean sprouts. Stir and mix until sprouts barely wilt, about 30 seconds.
- 6) Spoon noodle mixture equally onto plates and top with nuts and cilantro.

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## Casita Meals

### Salads (7)

Nectarine Pasta Salad (summer)

Tuna Pasta Salad

Szechuan Pasta salad

Spinach Salad

Broccoli Pasta Salad

Mediterranean Salad Roll-ups

Chef Salad

### Soups (3)

Freezer Soup

Canned Soup

Dinty Moore and noodles (use spelt noodles)

### Light Meals (7)

Omelet

Refried Beans Burritos

Eggy Cheesy Burritos

Fried Rice

Monte Cristos

Picnic Deli Sandwiches

Italian Fusili (use all spelt pasta)

Pasta with artichokes and olives

Penne with Tomatoes and Basil (summer only)

### Beef (10)

Hamburgers

Hot Hummus Salad

Beef with Stir Fry

Korean Beef Rice Bowl

Beef With Oyster Sauce

Citrus Beef Stir Fry

Chili

Spaghetti (use spelt spaghetti)

Stroganoff (use spelt noodles)

Goulash (use spelt noodles)

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no recipe

no recipe

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no recipe

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## Kung Pao Turkey

Takes about ½ hour

### Ingredients:

2 cloves minced garlic

½# turkey strips

¼ tsp chili flakes

3 green onions

pre-made sauce

¼ C almonds or peanuts

½ C rice

pea pods for stir frying

### Sauce

½ C chicken broth

2 T soy sauce

2 T sherry

1 tsp cornstarch

1 tsp sesame oil

- 1) Mix 2 gloves garlic with ½# turkey strips and ¼ tsp chili flakes
- 2) Cut 3 green onions into 1 ½" pieces
- 3) Stir Fry turkey and onions
- 4) Stir in pre-made sauce
- 5) Stir until thick and bubbly
- 6) Sprinkle with chopped peanuts or almonds
- 7) Serve over rice with pea pods

White Chili  
 Takes about 45 min.  
 ½ # ground turkey  
 ¼ C chopped onion  
 1 clove minced garlic  
 1 C water  
 1 15 oz can of Cannellini beans, rinsed and drained  
 1 4oz can diced green chili peppers  
 1 tsp chicken bouillon granules (you can leave this out and be okay)  
 1/2 tsp ground cumin  
 2 T water  
 1 T flour  
 2 oz shredded Monterey Jack cheese

- 1) In a large saucepan cook ground turkey, onion and garlic until the turkey is no longer pink and the onion is tender. Drain fat from pan if necessary.
- 2) Stir in 1 C water, beans, undrained chili peppers, chicken bouillon granules, and cumin. Bring to boil. Reduce heat and simmer, covered for 30 minutes.
- 3) Mix 2 T water and 1 T flour together in a small bowl. Add to chili mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute more.
- 4) Top servings with shredded cheese.

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### Spiced Chicken with Raisins and Nuts

Takes about ½ hour

¼ C peanuts or almonds

1 ½ T olive oil

¼ C raisins

½ # chicken or turkey breast cut into chunks

1 large onion, thinly sliced

1 tsp ground cumin

1 tsp ground coriander

½ tsp ground turmeric

½ tsp ground ginger

½ C water

½ C rice to cook

1 cucumber, sliced to serve on the side

- 1) Put on rice to cook for 20 minutes.
- 2) Cook raisins on medium heat for 1 or 2 minutes-until puffy. Put aside.
- 3) On medium high heat, cook chicken to brown. Remove.
- 4) Cook onion until very soft. Add spices and stir 1 minute.
- 5) Add water and chicken. Cover and simmer 15 minutes.

Serve chicken and sauce over rice topped with nuts and raisins and cucumber on side.

## Thai Curry Rice Bowl

Takes about ½ hour

½ Red bell pepper

½ # chicken or turkey breast

7 oz (1/2 can) coconut milk

½ T Thai red curry paste

½ C frozen corn kernels

½ T lemon juice

½ T fish sauce

1 C rice to be cooked

- 1) Put rice on to cook for 20 minutes
- 2) Stem bell pepper and cut into ¼ inch strips about 3 inches long.
- 3) Rinse chicken and cut cross-wise into ¼ inch slices
- 4) Place wok on burner at high heat. Put 1 T coconut milk, peppers and ¼ C water in pan. Stir often until pepper is limp, 3 to 5 minutes.
- 5) Add coconut milk and curry paste. Stir to blend smoothly. Stir until boiling add chicken and corn. Reduce heat to medium and stir often until chicken is done, about 3 minutes. Add lemon juice and fish sauce.
- 6) Scoop rice into bowls and top with curry mixture.

## Salads

### Nectarine Pasta Salad

Make in morning to allow to chill. Takes about ½ hour.

¼ C olive oil

¼ C white wine vinegar

1 ½ T chives

¾ tsp dry mustard

½ tsp savory

½ C turkey or chicken

4 oz cooked pasta

2 nectarines

½ small cucumber

- 1) Make dressing by whisking together first 5 ingredients
- 2) Mix together turkey, pasta, nectarines and cucumber
- 3) Add dressing and toss gently.
- 4) Serve

### Tuna Pasta Salad

Takes ½ hour

2 C Romaine lettuce, torn

1 T pickle relish (dill)

4 oz cooked pasta

½ tsp Dijon mustard

2 T rice vinegar

1 tsp soy sauce

1 tsp sesame oil

6 T olive oil

2 T sesame seeds

1 6/5 oz can water packed albacore tuna

- 1) Place lettuce, pickle relish, pasta, tuna and sesame seeds in bowls.
- 2) Make dressing with mustard, vinegar, soy sauce and sesame oil.
- 3) Pour dressing on salad and toss.

### Szechuan Pasta Salad

Takes about ½ hour—can be made in morning and chilled.

1 T olive oil

1 T sesame oil

1 T + 1 tsp red wine vinegar

¾ tsp sesame seeds

1 clove minced garlic

3/8 tsp chili oil (I usually use 3 to 4 shakes)

¾ tsp fresh grated ginger

¾ C fresh broccoli florets

½ C snow peas

½ C cooked chicken or turkey

4 oz cooked pasta

½ red or yellow pepper cut in strips

¼ C carrots cut in rounds

2 T chopped fresh cilantro

- 1) Make dressing by combining first 7 ingredients
- 2) Wash and trim broccoli and steam for 1 minute then add pea pods for another minute.
- 3) Drain and rinse in cold water.
- 4) Rinse and slice pepper and carrots
- 5) Combine all ingredients and toss.

### Spinach Salad

Spinach

2 hard boiled eggs

Bacon bits

Shredded cheese

Ranch Dressing

- 1) Place spinach in bowl.
- 2) Slice or grate egg on top.
- 3) Sprinkle bacon bits and cheese on top.
- 4) Serve with Ranch Dressing.

### Turkey Stir-Fry

Takes about ½ hour

½ # Turkey

Stir-Fry Sauce

½ C rice

Veggies for stir-fry

1. Put rice on to cook for 20 minutes.
2. Slice turkey into small bite-sized pieces or strips.
3. Stir fry veggies and set aside.
4. Stir-fry turkey.
5. Add stir-fry sauce.
6. Serve beef and veggies over rice.

### Japanese Chicken Donburi

Takes about 20 minutes

1 tsp olive oil

½ onion

1 T minced fresh ginger

½ C chicken broth

2 T soy sauce

¼-½ # chicken or turkey breast cut into ¼ inch strips

3 C (3 oz) baby spinach

2 eggs

1 C rice to be cooked

2 T diced Roma tomato

- 1) Put rice on to cook for 20 minutes.
- 2) In frying pan, heat oil and add onion and ginger. Cook about 2 minutes.
- 3) Add broth, soy sauce and chicken. Bring to boil.
- 4) Add spinach, cover and cook until wilted about 1 minute.
- 5) Beat eggs to blend. Reduce heat to low, evenly distribute mixture in pan and pour in eggs. With spatula, push vegetables aside slightly so egg mixture can flow down through sauce. Cover and cook until eggs are softly set, 2-2 ½ minutes.
- 6) Spoon rice into bowls and top with equal amounts of stir-fry mixture. Top with tomato.



### Linguine with Turkey in Orange Sauce (use spelt spaghetti)

Takes about ½ hour

1 T olive oil

½ # chicken or turkey, in chunks or medallions

½ tsp minced garlic

1 8 oz can tomato sauce

¼ C white wine

½ T orange flavored liqueur

¾ T grated orange peel (about ½ orange)

½ tsp dried basil

¼ tsp dried oregano

¼ tsp dried marjoram

¼ can sliced ripe olives, drained

4 oz linguine

Parmesan

1. Bring water to boil and cook pasta for 6 minutes.
2. Heat oil in frying pan and cook chicken and garlic until lightly browned.
3. Add tomato sauce, wine, liqueur, orange peel, basil, oregano, marjoram and sliced olives. Bring to boil. Reduce heat and cover and cook until chicken is no longer pink (5 minutes).
4. Cook linguine as chicken cooks. Drain and place on plates. Pour sauce with chicken onto pasta. Pass Parmesan.

### Broccoli Pasta Salad

Takes about ½ hour

4 oz pasta shells

1 T olive oil

1 ½ C broccoli florets

½ C sliced mushrooms (2 oz)

3 T chopped parsley

½ C chopped onion

1-2 T white vinegar

¼ C Mayonaise

¼ tsp Dijon mustard

¼ C tasted unsalted almonds

- 1) Cook pasta al dente, rinse with cold water, drain and set aside
- 2) Sauté onions and broccoli for about 10 minutes.
- 3) Add mushrooms and sauté for 5 minutes more.
- 4) Stir in parsley and sauté for another minutes
- 5) Make dressing by whisking together the vinegar, mayonaise and mustard.
- 6) Stir in the vegetables and pasta
- 7) Just before serving, stir in almonds
- 8) Serve hot or cold

Note: you can add ½ C chopped or sliced turkey or chicken to this and it works very nicely.

### Mediterranean Salad Roll-up

Do ahead! Cook rice: takes 45 min. Make ahead about 1 ½ hours.

Assembly takes less than ½ hour.

4 Flour Tortillas

1 C cooked Brown Rice (start with ½ C)

¼ C diced cucumber

1 large tomato

1 T olive oil

1 tsp lemon juice

2 T coarsely chopped mint

- 1) Combine all ingredients but flour tortillas in a large bowl.
- 2) Mix well and refrigerate for 1 hour
- 3) Divide evenly between tortillas, fold ends and roll up.

## Turkey or Chicken

Turkey Chili Burritos

Takes about 20 minutes

1 Can Turkey Chili

1 thick slice smoked turkey breast, cut into chunks

sliced olives

grated cheese

4 tortillas

- 1) Heat Turkey chili, with turkey and olives.
- 2) Spoon equal amounts of chili mix onto tortillas.
- 3) Top with cheese and roll. Hold closed with toothpick.

Santa Fe Turkey Wraps

Takes less than 20 minutes

1 Can (15 oz) any style S&W Beans

½ Can (14.4oz) S&W Tomatoes (drain and reserve 2 T liquid)

1/2 # cooked chicken or turkey breast

¾ C cooked rice (start with 3/8 C raw rice)

1 T olive oil

½ red bell pepper, cut into strips

½ yellow onion, chopped

½ Pkg. Taco seasoning

¾ C grated Monterey Jack cheese

2-3 tortillas

- 1) Heat oil in frying pan. Saute bell pepper and onion with taco seasonings for 5 minutes. Add reserved liquid, tomatoes, cooked, diced chicken and beans, and heat through.
- 2) Place 1/3 to ½ mixture in each tortilla and top with ¼ C cheese. Roll up tortilla and serve.

## Goulash

Takes about 3 hours

1 ½ T butter

1 large onion, sliced thin

1 T paprika

1 clove garlic, minced

½ # beef stew meat

1 can tomatoes, drained

2 T sour cream at room temp

4 oz noodles

- 1) Melt butter in pan with lid. Add onion and cook gently for 10 min.
- 2) Stir in paprika and garlic and cook 2 minutes more.
- 3) Remove onions with slotted spoon and set aside.
- 4) Turn up heat and brown beef in pan oils.
- 5) Return onions to pot and add tomatoes.
- 6) Cover and simmer for 2 ½ hours.
- 7) In last ½ hour start water boiling for noodles. Cook noodles.
- 8) When goulash is done remove from heat and stir in sour cream.
- 9) Serve over cooked noodles.

## Light Meals

### Fried Rice

Takes about ½ hour

1 C raw rice

2 T tamari sauce

2 T wine vinegar

2 slices of fresh ginger

1 clove garlic, crushed

1 T olive oil

½ T sesame seeds

½ tsp minced fresh ginger

1 small celery stalk, chopped

1 carrot, sliced

1 stalk broccoli, chopped

½ C pea pods or bean sprouts

1/8-1/4 C white wine

1 beaten egg

Ham or turkey chopped

- 1) Put on rice to cook for 20 minutes
- 2) Make marinade with tamari, vinegar, ginger and garlic
- 3) Slice veggies.
- 4) In a separate pan, cook egg to form a pancake. When done, chop into small pieces.
- 5) Heat wok with oil. Saute sesame seeds, garlic and ginger for a minute or two.
- 6) Add vegetables and stir-fry. Add wine and stir fry until veggies are tender.
- 7) Add rice, meat and cooked egg and stir fry to mix well with veggies. Add marinade (remove ginger slices and garlic) and mix well.

### Monte Cristos

Takes less than 20 minutes

2 eggs

2 T water

4 slices sour dough bread

2 slices ham

2 slices Swiss cheese

Butter

1. Beat eggs and water together in pie pan.
2. Assemble sandwiches with bread, ham and cheese.
3. Melt butter in pan on medium heat.
4. Dip each sandwich in egg mixture coating both sides.
5. Cook each side of sandwich until golden brown.
6. Cut sandwich in half and serve.

### Picnic Deli Sandwich

Do ahead! Takes about ½ hour

2 Hard Deli Rolls, preferably sour dough

3 T vinaigrette salad dressing

3 T finely chopped cucumber

3 T finely chopped tomato

1 T chopped chives

1 oz thin sliced Swiss cheese

2 to 3 oz thin-sliced cooked turkey breast

4 slices thin-sliced salami

- 1) Cut the rolls horizontally to slice off the top 1 inch. Pull out the soft center from the bottom portion of the roll leaving ½-inch thick walls.
- 2) Mix vinaigrette, cucumber, tomato and chives. Brush ½ of this on the inside of the hollow rolls with a bit on the top slice.
- 3) Layer cheese, turkey and salami then drizzle rest of the dressing over filling. Put top over filling.
- 4) Wrap sandwich in foil or plastic wrap and refrigerate at least 3 hours or up to 1 day.

### Chili

Takes about 1 hour

½ C chopped onion

1 clove minced garlic

½# ground beef

2 8 oz cans tomato sauce

2 Tb+ chili powder

1 2# can beans

- 1) Heat oil and brown garlic and onion
- 2) Add beef and brown, drain if needed
- 3) Add tomato sauce and chili powder
- 4) Cook for 20 minutes covered.
- 5) Add beans
- 6) Cook 20-25 min. uncovered

### Beef Stroganoff

Takes about ½ hour

½ good steak

1/2 T butter

3/8 T grated onion

1 T butter

3/8 # mushrooms

dash of nutmeg

¼ tsp basil (optional)

2 T white wine

½ warm sour cream

noodles

- 1) Cut beef into 1 inch wide strips
- 2) Sauté onion in ½ T butter for about 2 min.
- 3) Add beef and sauté for about 5 min. and remove when done.
- 4) Add mushrooms to pan and 1 T butter and sauté.
- 5) Add beef, nutmeg, ¼ tsp basil (optional)
- 6) Add wine and sour cream and heat but do not boil
- 7) Serve over noodles

### Citrus Beef Stir-fry

Takes about 20 minutes

1 large orange

1 ½ T dry sherry

1 ½ T soy sauce

1 T minced fresh ginger

½ # lean beef

1 tsp corn starch

1 T olive oil

1 ½ stalks celery, thinly sliced

½ C bean sprouts

½ C pea pods

½ C rice to cook

- 1) Put rice on to cook for 20 minutes.
- 2) Grate peel from ½ orange. Squeeze juice from orange into bowl. Mix in peel, sherry, soy and ginger.
- 3) Slice meat 1/8 inch thick across grain. Stir into bowl. Let stand at least 5 minutes or cover and chill for up to the next day. Drain marinade and mix with cornstarch.
- 4) Place wok on high heat. When pan is hot add 2 tsp oil and the meat. Stir-fry until meat is tinged with brown. Remove from pan.
- 5) Heat 1 tsp oil and add celery, sprouts and peas. Stir until peas turn bright green about 1 minute.
- 6) Add marinade and bring to boiling. Mix in meat.
- 7) Serve over rice.

### Italian Fusilli

Takes about ½ hour

6 oz dried fusilli pasta

¼ # turkey Italian sausage

1 can (14 oz) sliced stewed Italian-style tomatoes

1 tsp fennel seed, crushed

½ C chopped fresh basil leaves

Grated Parmesan cheese

- 1) Cook pasta for 6 minutes
- 2) While pasta cooks, squeeze sausage meat from casings into nonstick 8-10 inch frying pan. Stir sausage over medium high heat breaking into chunks about 6 minutes. Stir in tomatoes and fennel. Simmer uncovered for 5 minutes. Stir in basil.
- 3) Drain pasta and return to pan. Add tomato mixture and toss to coat.
- 4) Serve with Parmesan

### Penne with Artichokes and Olives

Takes about 20 minutes

½ jar marinated artichoke hearts

½ can sliced olives

4 oz Penne Pasta

Parmesan

Olive Oil

1. Cook pasta in boiling water for 6 minutes.
2. Meanwhile, slice artichokes into large chunks and drain olives.
3. Drain pasta, place in individual bowls and drizzle with olive oil. Toss. Sprinkle with Parmesan and toss again.
4. Top pasta with artichoke hearts and olives and more Parmesan.

### Penne with Basil and Tomatoes

Takes about ½ hour

¼ C green onions

1 T olive oil

1 # Roma-type tomatoes, cored and chopped

¾ C lightly packed chopped fresh basil

4 oz Penne

½ C Parmesan cheese

- 1) Cook pasta for 6 minutes.
- 2) Stir onions in olive oil in 8-10 inch pan for 5 min.
- 3) Add tomatoes and stir until just hot.
- 4) Stir in basil leaves.
- 5) Drain pasta and pour into individual dishes. Add ½ T oil to each bowl and toss. Add 2 T parmesan to each bowl and toss.
- 6) Pour tomato mixture over hot pasta
- 7) Offer Parmesan with individual servings.

### Beef with Oyster Sauce

Takes about ½ hour

½ # Beef for Stir-fry

Oyster Sauce

½ C rice

Veggies for stir-fry

- 6) Put rice on to cook for 20 minutes.
- 7) Slice beef into small bite-sized pieces or strips.
- 8) Stir fry veggies and set aside.
- 9) Stir-fry beef.
- 10) Add Oyster sauce.
- 11) Serve beef and veggies over rice.

## Korean Beef Rice Bowl

Takes about ½ hour

½ # beef flank steak (or any other steak)

3 T soy sauce

½ T minced garlic

½ T minced fresh ginger

½ T sesame oil

3/8 # green beans

½ carrot peeled

1 T rice vinegar

½ T sesame oil

Olive oil

¼ C beef broth

1 C rice to be cooked

½ T sesame seed

- 1) Put rice on to cook for 20 minutes
- 2) Mix soy sauce, garlic, ginger, and sesame oil together.
- 3) Rinse beef, cut across grain into 1/8 inch thick slices about 3 inches long. Mix in ½ of mixture from #2.
- 4) String beans and cut into 3 inch lengths. Cut carrot into matchstick-size pieces 3 inches long.
- 5) In a wok over high heat, mix ½ C water, beans and carrot. Cover and stir occasionally until just tender to bite, about 3 minutes. Drain, immerse in cold water. Drain when cool. In a bowl, mix with vinegar and sesame oil.
- 6) Place wok over high heat. When hot add oil. Add beef with liquid in bowl. Stir until meat is no longer pink, about 2 minutes. Add remaining marinate and broth to pan. Stir until boiling.
- 7) Scoop rice into bowls, add beef and sauce then vegetables and seasonings. Top with sesame seed.

## Beef

Hamburgers

Takes about ½ hour

½ # ground beef formed into 2 patties

2 buns

Lettuce

Tomato

Mayonnaise

Mustard

- 1) Form patties. Cook on barbeque or in fry pan
- 2) Assemble rest of ingredients.
- 3) Serve with salad of some sort

### Hot Hummus Salad

Takes a little over ½ hour

½ Red or yellow bell pepper

¼ onion, chopped

¾ tsp minced garlic

¼ tsp olive oil

½ # ground lean beef

2 T chopped olives

2 T chopped parsley

¼ tsp oregano

¾ tsp lemon pepper

½ C hummus

½ chopped tomato

2 T chopped cucumber

2 Pocket bread

- 1) Rinse pepper, trim and chop.
- 2) In a nonstick frying pan over high heat, combine bell peppers, onion, garlic and oil. Stir often until browned, about 10 minutes.
- 3) Add beef and cook until meat is crumbled and browned about 15 minutes.
- 4) Add olives, parsley, oregano, lemon pepper and hummus. Stir until mixture is hot, 2 to 3 minutes longer.
- 5) Spoon mixture into pocket bread and top with tomatoes and cucumbers.

### Beef with Stir-Fry

Takes about ½ hour

½ # Beef for Stir-fry

Stir Fry Sauce

½ C rice

Veggies for stir-fry

- 1) Put rice on to cook for 20 minutes.
- 2) Slice beef into small bite-sized pieces or strips.
- 3) Stir fry veggies and set aside.
- 4) Stir-fry beef.
- 5) Add Stir-Fry sauce.
- 6) Serve beef and veggies over rice.