

## RECIPE CALCULATIONS INDEX

Recipe	Times it will be made in my plan	
<b>CHICKEN</b>		
1	Chicken Cacciatore with Herbed Polenta	5
2	Chicken & Broccoli Italian Cannelloni	5
3	Chicken Pot Pie	5
4	Arroz con Pollo	4
5	Creamy Chicken Enchiladas w/Mexican Rice	4
6	Chicken Stuffed Shells	4
7	Chicken Homemade Ravioli	4
8	Chicken Stove Top Dressing Casserole	4
9	Creamy Chicken Parmesan	4
10	Bourbon Chicken over rice	4
11	Italian Chicken	4
12	Chicken Tetrazzini	4
13	Sweet and Sour Chicken	3
14	Potato Chicken Bake	3
15	Chicken & Rice Italiano	4
16	Rice a Roni Chicken	3
17	Chicken a la King	4
18	Red Chicken Enchiladas	3
19	Sun Dried Tomato Pasta	4
20	Cheesy Chicken	4
21	Chicken and Veggie Filled Biscuits	4
22	Chicken Broccoli Casserole	1
23	Hawaiian Haystacks	4

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## SOUP

1	Barley Soup	3
2	Tomato Basil Soup	4
3	Potato Soup (family favorite recipe)	4
4	Lemon Chicken Soup	4
5	Chicken Tortellini Soup	4
6	Beef and Barley Soup	4
7	Quinoa Teff Chicken Corn Soup	4
8	Kamut Chili	4
9	Lasagna Soup	4
10	Beef Stew	4
11	Wheat Chili	4
12	Salmon Chowder	4
13	Savory Grain Chicken Soup	3
14	Potato Soup w/ diced ham	3
15	Beef Barley Stew	3
16	Cream of Quinoa & Cauliflower Soup	3

17	Clam Chowder	3
18	Chef Brad's Savory Stew	3
19	Autumn Stew	2
20	Basil Tomato Soup	2
21	Fall Stew	2
22	Potato Grain Bisque	2
23	Broccoli Soup w/ ham and cheese toast	3
24	Farro Chicken Stew	2
25	Quinoa Spaetzle Dumpling Soup	2
26	All Seasons Soup	2
27	Hearty Potato Cheese Soup	2
28	Chef Brad's Chicken Noodle Soup	2

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## SEAFOOD

2	Shrimp Linguini	10
3	Crab and Ricotta Cannelloni	10
4	Salmon cakes w/ dilly lemon rice	9

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## BEEF

1	Spaghetti w/ meat sauce	8
2	Cheeseburger Pasta	8
3	Swedish Beef over Rice	8
4	Beef & Sour Cream	6
5	Roast Beef Dinner	7
6	Shepherd's Pie	7
7	Kids Love It Casserole	7
8	Beef Stroganoff	7
9	Extra Easy Lasagna	6
10	Tamale Pie	5
11	Beef Homemade Ravioli	6
12	Roast Beef Soft Tacos w/ Spanish Rice	6
13	Ground Beef Stroganoff	6

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## PORK

1	Pizza	28
2	Hot Ham Rolls	6
3	Chili Verde	6
4	Prosciutto with Pasta, Olives and Tomatoes	6
5	Skillet Lasagna	6
6	Italian Stromboli	5

## VEGETARIAN

1	Italian Cannelloni	9
2	Corn Casserole	8
3	Lemon Parmesan Penne	8
4	Sweet Potato and Pineapple Bake	8
5	Pasta Tossed with Broccoli Pesto Sauce	8
6	Tomato Couscous	8
7	Cheesy Orzo	8
8	German Spaetzle w/ Garlic Cream Sauce	8
9	Tex-Mex Millet w/ Homemade Chips	6
10	Cajun Red Beans 'n' Rice	7
11	Italiano Marinara	7