

mighty meals

JUNIOR LEAGUE OF TALLAHASSEE

Official Cookbook



LET'S COOK!

BREAKFAST

Egg & Sausage Bake
French Toast Sticks

LUNCH

Squash & Corn Pasta Soup
Squash & Zucchini Delight
Beef & Veggie Soup

DINNER

Chicken Spaghetti Casserole
Sheet Pan Chicken & Veggies
Garlic Zucchini Spaghetti
Veggie Stirfry
Sweet Potato and White Bean Stew

DESSERT

Apple Crumble

EGG & SAUSAGE BAKE

INGREDIENTS

6 eggs
1 teaspoon salt
1 teaspoon dry mustard
2 cups milk
1 pound breakfast sausage
6 slices bread, cubed
1 cup cheddar cheese

DIRECTIONS

1. In a skillet, brown 1 pound of breakfast sausage, drain, and set aside.
2. Line an 11x7-inch baking dish with cubed bread
3. Top with crumbled cooked sausage.
4. Top with shredded cheddar cheese.
5. Blend eggs, salt, dry mustard, and milk in a blender.
6. Pour the mixture over the sausage and bread cubes into the baking dish.
7. Bake in an oven at 350 for 30-45 minutes.

FRENCH TOAST STICKS

INGREDIENTS

- 6 slices of bread (try whole grain for a heartier breakfast!)
- 2 eggs whole
- 2 egg whites
- 1/3 cup milk or non-dairy milk alternative
- 1 tablespoon orange juice
- 1 teaspoon vanilla extract
- 1/3 teaspoon ground cinnamon

DIRECTIONS

1. Cut bread into half and then each half into half again to form 4 long sticks for a total of 24 pieces.
2. In a shallow bowl, beat eggs, egg whites, milk, orange juice, vanilla, and cinnamon together, using a fork or whisk.
3. Carefully add the bread sticks to egg and milk mixture to soak, turn to coat all sides. Then carefully remove egg-soaked bread pieces, gently shaking off extra liquid.
4. Lightly spray a skillet with nonstick cooking spray and heat over medium heat. Lay soaked bread pieces in a single layer on the skillet. Cook until brown, about 2 minutes. Flip sticks over with a spatula.
5. Repeat Step 4 until all French Toast Sticks have been cooked.

SQUASH & CORN PASTA SOUP

INGREDIENTS

3 cups chicken broth, low-sodium
4 zucchini, diced small, or summer squash
1/2 onion, small, chopped
1 clove garlic, large, minced
32 ounces corn, canned, rinsed, and drained
10 ounces angel hair pasta, or spaghetti, broken into
2 or 3 inch pieces
8 ounces tomato sauce
Olive oil

DIRECTIONS

1. Coat the bottom of a large skillet with a little bit of olive oil. Add broken pasta and mix well to coat. Toast pasta over medium heat, stirring and turning constantly until golden. Pasta will burn easily.
2. In a 2-quart saucepan, heat chicken broth to a boil. Add zucchini or squash, onion, and garlic. Cook, covered, until zucchini or squash is soft.
3. Stir in corn and remove from heat.
4. Carefully stir toasted spaghetti into saucepan with vegetables; add tomato sauce.
5. Heat to boiling; reduce heat and simmer 8 to 10 minutes until spaghetti is tender.
6. To serve, ladle into shallow bowls.

SQUASH & ZUCCHINI DELIGHT

INGREDIENTS

- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1/2 small head cabbage, sliced
- 1 large onion, sliced
- 1 (14.5 ounce) can chicken broth

DIRECTIONS

1. In a large pot place zucchini, yellow squash, cabbage, and onion.
2. Pour broth over vegetables and bring to a boil over medium heat.
3. Reduce heat to low, cover, and simmer for 20 to 30 minutes.
4. Season to taste.



BEEF & VEGGIE SOUP

INGREDIENTS

2 pounds lean ground beef

4 (15 oz.) cans mixed vegetables or various chopped fresh vegetables (ex. carrots, potatoes, green beans)

4 (16 oz.) cans diced tomatoes

1 onion, chopped

Salt and pepper to taste

DIRECTIONS

1. In a large soup pot, cook ground meat over medium heat until browned. Drain grease from the pot.
2. Add chopped onion, mixed vegetables, and tomatoes. Give it a stir.
3. Bring to a boil, and then reduce heat to a low simmer for about 15-20 minutes.
4. Season to taste with salt and pepper.



CHICKEN SPAGHETTI CASSEROLE



INGREDIENTS

- 2 cups spaghetti, broken into 2 inch pieces
- 2 cups chicken, cooked and diced
- 1 can cream of chicken or mushroom soup
- 16 oz shredded cheddar cheese
- 1 pkg broccoli - fresh or frozen
- 1 cup milk

DIRECTIONS

1. Cook the spaghetti pieces until done according to the instructions on their package.
2. In a saucepan, mix the soup, milk, and cheese and heat through, until the cheese is melted.
3. In a baking dish, place the spaghetti, chicken, and broccoli and pour the soup mixture over top.
4. Bake in a 325 degree oven for 45 – 60 minutes.

SHEET PAN CHICKEN & VEGGIES

INGREDIENTS

4 pieces of chicken

1 pound carrots, peeled and diced

2 pounds potatoes, chopped into 1-inch pieces

3 tablespoons olive oil

Salt and pepper to taste

Optional seasonings: garlic powder, dried basil, parmesan cheese

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Arrange potatoes in a single layer on one third of a greased sheet pan, chicken on one third of the pan, and carrots on the remaining third.
3. Drizzle oil over the potatoes, chicken, and carrots. Season potatoes, chicken, and carrots with salt and pepper to taste.
4. Bake for 20-25 minutes until chicken is cooked through (165 F) and carrots and potatoes are tender.





SPAGHETTI WITH ZUCCHINI & GARLIC

INGREDIENTS

3 small zucchinis

1/4 cup olive oil

4 garlic cloves minced

1 pound spaghetti cooked al dente

1 cup shredded parmesan cheese

Salt and pepper to taste

DIRECTIONS

1. Using a box grater, shred the zucchini, then squeeze out the juices using your hands.
2. Heat the olive oil in a pan over medium heat, then add the minced garlic. Stir until the garlic gives off an aroma and begins to sizzle.
3. Add the shredded zucchini and season with salt and pepper. Sauté for about 5-7 minutes. Cook the pasta al dente and add the hot, drained pasta to the pan.
4. Toss the pasta and zucchini with the shredded cheese and add additional salt if needed.

VEGGIE STIRFRY

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 package of frozen vegetables
- 3 large eggs, beaten
- Salt and pepper, to taste
- 3 cups cooked and cooled brown rice
- 1/4 cup low-sodium soy sauce (optional)

DIRECTIONS

1. Cook the veggies according to the directions on the package.
2. Transfer them to a plate and set aside.
3. Cook the brown rice, according to the directions on the package.
4. Heat 1 tablespoon of oil in the same wok or skillet over high heat.
5. Add the beaten eggs and scramble quickly, just about 1 minute.
6. When they are cooked through, add onto the plate with the vegetables.
7. Return the skillet to the burner over high heat, add 1 tablespoon of oil, then add the cooked rice.
8. Cook, stirring occasionally, until it is lightly browned in spots, about 5 minutes.
9. Return the vegetables and eggs to the wok with rice.
10. Cook, stirring often, until everything is combined and hot and the vegetables are tender, about 3 minutes.

ONE POT SWEET POTATO & WHITE BEAN STEW

INGREDIENTS

- 1 pound sweet potatoes (3-4 sweet potatoes)
- 1 onion, thinly sliced
- 1 can (15 oz) Great Northern Beans, drained
- 1 can (14 oz) crushed tomatoes
- 1 garlic clove, chopped
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 1 pinch ground nutmeg
- 1 pinch hot chili powder
- 2 tablespoons olive oil
- 1 cup water
- Salt and pepper to taste

DIRECTIONS

1. Put all the ingredients in a large pot. Cover and cook for approximately 30 minutes over medium heat.



APPLE CRUMBLE

INGREDIENTS

Crumble Topping

10.5 ounces plain flour, sieved + pinch of salt

6 ounces brown sugar

7 ounces unsalted butter at room temperature, cubed, plus a little for greasing

Filling Ingredients

1 pound apples, peeled, cored and cut into 1/2 inch pieces

2 ounces brown sugar

1 tbsp plain flour

1 pinch ground cinnamon

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Place the flour, salt, and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs and all the butter is incorporated.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour, and cinnamon. Stir well, being careful not to break up the fruit.
4. Butter a 9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake for 40–45 minutes until the crumble is browned and the fruit mixture bubbling. Serve with ice cream!



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