



# Field Meals

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**SUNDAY:** Cheesy Chicken Enchilada Soup, French Bread, Melting Moments

**MONDAY:** Pepperoni Pizza Sliders, Broccoli Salad, Lemon Icebox Cake

**TUESDAY:** Philly-Cheesesteak Casserole, Chili Lime Fried Corn, PB Cookies

**WEDNESDAY:** Ham & Swiss Sliders, Veggies w/ Dip, Apple Roll-Ups

**THURSDAY:** Roast Beef Wraps, Baked Potato Salad, Pumpkin Bars

**FRIDAY:** Corn Casserole with Chicken & Rice, No-Bake Cookies

**SATURDAY:** Chicken Bacon Ranch Sandwiches, Roasted Squash, Brownies

**SNACK:** Peanut Butter Balls & Cinnamon Sugar Snack Mix

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# Enchilada Soup

PREP: 5 mins

COOK: 25 mins

SERVES: 8

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## INGREDIENTS

- 1 Tbsp. olive oil
- 1 large onion (*chopped*)
- 1 green bell pepper (*seeded & chopped*)
- 10 oz. enchilada sauce
- 8 oz. cream cheese
- 14 oz. diced tomatoes
- 1 cup black beans (*drained & rinsed*)
- 1 cup frozen corn kernels (*drained*)
- 2 cups chicken breast (*cooked & chopped*)
- 1 cup chicken broth
- 2 green onions (*chopped*)
- 1 cup mozzarella cheese (*shredded*)

## DIRECTIONS

- 1.Heat the olive oil in a Dutch oven or soup pot, over medium heat. Add the onion and bell pepper and cook for about 5 minutes until the onion is soft and translucent.
- 2.Add the enchilada sauce and cream cheese. Break down the cream cheese with a wooden spoon and cook until the cheese has completely melted.
- 3.Add the diced tomatoes, black beans, frozen corn and stir.
- 4.Add the chopped chicken breast and chicken broth. Stir and cook for about 10-15 minutes, stirring occasionally, just until the soup is really hot. You don't really want to boil this soup for too long because the cream cheese could curdle. If you find the soup is too thick, add a bit more chicken broth.
- 5.Remove from heat and top with green onions and mozzarella cheese before serving.





# Melting Moments

PREP: 20 mins

COOK: 20 mins

SERVES: 8-12

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## INGREDIENTS

- 1 cup unsalted butter (*partly melted*)
- 2 tsp. vanilla extract
- 3/4 cup icing/powdered sugar
- 1 1/2 cup cornflour/cornstarch
- 1 cup plain/all-purpose flour
- 1/4 tsp. salt

## DIRECTIONS

1. Preheat the oven to 325 degrees Fahrenheit. Line a baking tray with parchment paper or silicone mat, and set aside.
2. In a large mixing bowl, whisk together the butter, vanilla, and sugar until creamy and combined.
3. Add the cornflour, flour, and salt, and mix to form a smooth, soft dough.
4. Roll the dough into small 0.7 oz. balls, and place them onto the prepared baking tray. Press them down with the tines of a fork. Freeze until solid - about 10-20 minutes.
5. Bake for 15-20 minutes or until firm and just starting to color around the edges (they'll still be very pale). Allow to cool for 5-10 minutes before transferring them to a wire rack to cool completely.





# Pizza Sliders

PREP: 10 mins

COOK: 20 mins

SERVES: 6-12

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## INGREDIENTS

### FOR THE SLIDERS

- 24 Dinner Roles
- 16 oz. Pizza Sauce
- 12 oz. Pepperoni
- 48 slices mozzarella cheese (*or grated*)

### FOR THE TOPPING

- 0.5 cup butter
- 2 clove garlic (*minced*)
- 4 Tbsp. Parmesan cheese
- 2 dash sea salt

## DIRECTIONS

### TO MAKE SLIDERS

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut rolls in half. Set bottom halves in a greased baking pan.
3. Spread pizza, or marinara sauce on the rolls in the pan.
4. Sprinkle a layer of grated cheese or slices of cheese over marinara.
5. Layer pepperoni slices over cheese.
6. Add another layer of cheese.
7. Set the top parts of the rolls back on sliders.

### TO MAKE TOPPING

1. Melt Butter. Add garlic, Italian Seasoning, Parmesan cheese, and a little salt. Stir to combine.
2. Brush over the top of the sliders.
3. Refrigerate or bake.

### BAKING INSTRUCTIONS

1. If you bake immediately, bake for 10-15 minutes. If the rolls get too brown, cover with aluminum foil and continue baking until inside is melted.
2. If you are baking later, cover sliders with foil and bake for 10 minutes. Remove foil and continue baking for about 10 more minutes.

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# Broccoli Salad

PREP: 10 mins

CHILL: 1 hour

SERVES: 8

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## INGREDIENTS

### SALAD

- 5-6 cups broccoli florets
- 1 cup sharp cheddar cheese
- 2/3 cup dried cranberries
- 1/2 cup crumbled bacon
- 1/2 cup salted sunflower seeds
- 1/3 cup red onion (*diced*)

### DRESSING

- 3/4 cup mayo
- 1/4 cup sour cream
- 3 Tbsp. white wine vinegar
- 1/4 tsp. salt
- 1/4 tsp. pepper

## DIRECTIONS

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.





# Lemon Icebox Cake

PREP: 20 mins

CHILL: 4 hour

SERVES: 24

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## INGREDIENTS

- 8 oz. cream cheese (*softened*)
- 6.8 oz. instant lemon pudding mix (2 boxes of 3.4 oz. mix)
- 1/2 cup freshly squeezed lemon juice (3 large lemons)
- 2 tsp. vanilla extract
- 2 1/2 cups milk
- 8 oz. package Cool Whip
- 14.4 oz. box graham crackers

## DIRECTIONS

1. Using a hand mixer, beat the softened cream cheese in a large mixing bowl until light and fluffy, about 2 minutes.
2. To the same bowl add instant lemon pudding powder, vanilla extract, and lemon juice. Use a hand mixer again to blend until uniform in consistency and bright yellow.
3. Slowly pour in the milk and mix until minimal lumps are left.
4. Add the cool whip and fold in with a rubber spatula.
5. Using 9x13-inch dish, spread 1/2 cup of pudding mixture onto the bottom. Layer the crackers as best you can, in one layer. You may need to break pieces of graham crackers to fit the shape and close in the spaces of your dish.
6. Pour 1/3 of the remaining pudding mixture on top of the graham crackers and spread evenly.
7. Repeat" graham crackers, pudding mixture, graham crackers, pudding mixture.
8. Freeze for 4 hours or refrigerate overnight.
9. Remove from freezer and allow to sit for 15-20 minutes before cutting.





# Philly Casserole

PREP: 15 mins

COOK: 20 mins

SERVES: 6

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## INGREDIENTS

- 2 lbs. ground beef
- 1 green bell pepper (*chopped*)
- 1 sweet yellow onion (*chopped*)
- 6 oz. provolone cheese (*thinly sliced*)
- 4 oz. cream cheese (*softened*)
- 2 Tbsp. milk
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. salt
- 1/2 tsp. ground pepper
- 1/2 tsp. onion powder
- Fresh parsley (*chopped*) - OPTIONAL

## DIRECTIONS

1. In a large skillet over high heat, brown the ground beef, onions, and bell pepper until the beef is cooked through and the onion and peppers are soft. Drain the fat and juices from the meat.
2. Dice 4 oz. (about 2/3) of the provolone cheese. Mix the diced provolone, softened cream cheese, milk, garlic powder, onion powder, salt, and pepper into the ground beef mixture.
3. Transfer to a casserole dish and cover the top of the meat mixture with the remaining thinly sliced provolone cheese.
4. Bake at 350 degrees Fahrenheit for 10-15 minutes, or until the cheese is melted. Optional: turn the oven to broil for 2-3 minutes or until the cheese gets slightly browned and bubbly on top. Watch carefully so as not to burn the cheese!
5. Garnish with freshly chopped parsley if desired. Serve warm.





# Chili-Lime Fried Corn

PREP: 2 mins

COOK: 3 mins

SERVES: 4

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## INGREDIENTS

- 1 Tbsp. butter
- 1 can corn
- 1 Tbsp. chili powder
- 1 lime (*juiced*)
- Salt and pepper (*to taste*)

## DIRECTIONS

1. Melt butter in a medium size non stick skillet on medium heat.
2. Drain corn and add to the pan. Fry until heated through about 2 minutes.
3. Add chili powder and lime juice, fry for an additional minute. Top with salt and pepper.







# Peanut Butter Cookies

PREP: 20 mins

COOK: 18 min

SERVES: 6-12

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## INGREDIENTS

- 1 1/3 cup all-purpose flour
- 3/4 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup unsalted butter (*softened*)
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 3/4 cup creamy peanut butter
- 1 large egg
- 1 1/2 tsp. vanilla extract

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Line two 18x13-inch baking sheet with silicone baking liners or parchment paper.
2. In a medium mixing bowl whisk together flour, baking soda, baking powder, and salt. Set aside.
3. In the bowl cream together butter, granulated sugar, and brown sugar until combined.
4. Mix in peanut butter then blend in egg and vanilla. With mixer set on low speed slowly add in flour mixture and mix just until combined.
5. Scoop dough out and shape into balls, then place on baking sheets spacing them 2-inches apart.
6. Using a long pronged fork flatten cookies slightly then turn fork going opposite direction and flatten just slightly again.
7. Bake cookies in preheated oven, for about 9 minutes.
8. Let cool on baking sheet 5 minutes then transfer to a wire rack to cool completely.





# Ham & Swiss Slider

PREP: 10 mins

COOK: 20 mins

SERVES: 12

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## INGREDIENTS

- 24 slices of deli honey ham
- 6 slices of swiss cheese (*cut into fourths*)
- 1/3 cup mayonnaise
- 1 Tbsp. poppy seeds
- 1 1/2 Tbsp. Dijon mustard
- 1/2 cup butter (*melted*)
- 1 Tbsp. onion powder
- 1/2 tsp. Worcestershire sauce
- 2 packages (*12 count*) Hawaiian Rolls

## DIRECTIONS

1. Cut Hawaiian Rolls in half and spread mayo onto 1 side of the rolls. Place a slice or two of ham and slice of swiss cheese in roll. Replace the top of the rolls and bunch them closely together into a baking dish.
2. In a medium bowl, whisk together poppy seeds, Dijon mustard, melted butter, onion powder, and Worcestershire sauce.
3. Pour sauce over the rolls, just covering the tops. Cover with foil and let sit for 10 minutes.
4. Bake at 350 degrees Fahrenheit for 10 minutes or until cheese is melted. Uncover and cook for additional 2 minutes until tops are slightly browned and crisp. Serve warm.





# Apple Roll-Ups

PREP: 10 mins

COOK: 15 mins

SERVES: 10

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## INGREDIENTS

- 10 slices white bread
- 1 can apple pie filling (*or homemade*)
- 1/3 cup melted butter
- 1/2 cup sugar
- 1 tsp. cinnamon

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut the crusts off your bread and roll each slice flat with a rolling pin. Combine cinnamon and sugar on a small plate.
3. Pour the apple pie filling onto a plate and chop it so the pieces are smaller. Place 2 teaspoons apple pie filling on each slice of bread and roll up.
4. Dip each roll into melted butter and then roll in the cinnamon sugar.
5. Place seam side down on a parchment lined pan and bake 15 minutes or until browned and crispy. Serve warm.





# Roast Beef Wraps

PREP: 20 mins

COOK: 20 mins

SERVES: 8

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## INGREDIENTS

- 8 (10-inch) flour tortillas (*warmed*)
- 1 cup blue cheese or ranch salad dressing
- 1 lb. deli roast beef (*thinly sliced*)
- 1/2 cup chopped onions
- 2 cups chopped tomato
- 4 cups torn mixed salad greens
- 16 slices of cheese of your choice

## DIRECTIONS

1. Spread 1 warm tortilla with 2 Tbsp. salad dressing; layer with 2 slices roast beef, 1 Tbsp. onion, 1/4 cup tomato, 1/2 cup salad greens and 2 slices cheese.
2. Fold two opposite edges of tortilla toward center over filling. Roll up open end of tortilla toward opposite edge.
3. Repeat with remaining ingredients.





# Potato Salad

PREP: 20 mins

COOK: 45 mins

SERVES: 16-20

## INGREDIENTS

- 4.5 lbs. potatoes, peeled and cut into 3/4 inch chunks
- 1/4 cup olive oil
- 2 envelopes Italian salad dressing mix
- 1 medium green pepper (*chopped*)
- 1 medium sweet red pepper (*chopped*)
- 1 bunch green onions (*chopped*)
- 2 large tomatoes (*chopped*)
- 4 hard-boiled large eggs (*chopped*)
- 5 bacon strips, cooked and crumbled
- 1 1/2 cups mayonnaise
- 1 Tbsp. white vinegar
- 1 Tbsp. lemon juice
- 2 tsp. dried basil
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. garlic powder

## DIRECTIONS

1. In a large bowl, toss the potatoes with oil and dressing mixes. Place in two greased 9x13-inch baking dishes. Bake, uncovered, at 400 degrees Fahrenheit for 45 minutes or until tender. Cool. Transfer to a large bowl: add peppers, onions, tomatoes, eggs, and bacon. Toss gently.
2. In a small bowl, combine the remaining ingredients. Pour over salad and stir gently. Cover and refrigerate for at least 1 hour.





# Pumpkin Bars

PREP: 20 mins

COOK: 25 mins

SERVES: 6-8

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## INGREDIENTS

### PUMPKIN BARS

- 4 large eggs (*room temperature*)
- 1 2/3 cups sugar
- 1 cup canola oil
- 15 oz. pumpkin
- 2 cups all-purpose flour
- 2 tsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt

### ICING

- 6 oz. cream cheese (*softened*)
- 2 cups confectioners' sugar
- 1/4 cup butter (*softened*)
- 1 tsp. vanilla extract
- 1-2 Tbsp. 2% milk

## DIRECTIONS

### PUMPKIN BARS

1. In a bowl, beat the eggs, sugar, oil, and pumpkin until well blended.
2. Combine the flour, cinnamon, baking powder, baking soda, and salt; gradually add to pumpkin mixture and mix well.
3. Pour into an ungreased 15x10x1 in. baking pan. Bake at 30 degrees Fahrenheit for 25-30 minutes or until set. Cool completely.

### ICING

1. Beat the cream cheese, confectioners' sugar, butter, and vanilla in a small bowl. Add enough milk to achieve spreading consistency.
2. Spread icing over bars. Store in refrigerator.





# Corn Chicken Casserole

PREP: 10 mins

COOK: 25 mins

SERVES: 6

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## INGREDIENTS

- 1 cup uncooked brown rice
- 1 Tbsp. olive oil
- 1/2 medium sweet onion (*chopped*)
- 3 cloves garlic (*minced*)
- 2 tsp. chili powder
- 1 tsp. ancho chili powder
- 2-3 cups frozen corn (*thawed*) or fresh corn right off the cob
- 2 cups cooked chicken (*shredded or chopped*)
- 1-2 cups shredded Mexican cheese
- 14.5 oz. can fire-roasted diced tomatoes (*undrained*)
- 8 oz. can tomato sauce
- 1/2 tsp. salt and pepper
- 1/2 cup cilantro (*chopped*)
- 2 green onions (*chopped*)
- Sour cream (*topping*)

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Cook rice according to package directions.
3. Meanwhile, heat oil in a skillet over medium heat. Add chopped onion and cook, stirring occasionally, until onions start to soften, about 5 minutes. Add garlic and both chili powders; cook about 1 more minute.
4. Add corn, chicken, 1/2 of the cheese, fire-roasted tomatoes, tomato sauce, rice, and onion mixture to greased casserole dish; mix well then add salt and pepper to taste. Sprinkle with remaining cheese. Baked uncovered for 20 minutes. Garnish with cilantro, chopped green onions, and sour cream on the side.

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# No-Bake Cookies

PREP: 10 mins

CHILL: 30 mins

SERVES: 12

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## INGREDIENTS

- 2 cups sugar
- 1/2 cup milk
- 1/2 stick unsalted butter
- 1/4 cup unsweetened cocoa powder
- 3 cups old-fashioned rolled oats
- 1 cup smooth peanut butter
- 1 Tbsp. pure vanilla extract
- Large pinch salt

## DIRECTIONS

1. Line baking sheet with wax paper or parchment.
2. Bring the sugar, milk, butter, and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute. Remove from the heat. Add the oats, peanut butter, vanilla and salt, and stir to combine.
3. Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let sit at room temperature until cooled and hardened, about 30 minutes. Refrigerate in an airtight container for up to 3 days.







# Chicken Bacon Ranch Sandwich

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PREP: 5 mins

COOK: 3 hours

SERVES: 8

## INGREDIENTS

- 3 chicken breasts (*boneless & skinless*)
- 16 oz. cream cheese (*2 boxes*)
- 1 packet ranch seasoning
- 1 cup cheddar cheese
- 1 tsp. garlic powder
- 8 slices bacon crumbled
- 8 slices cheddar cheese
- 8 hoagie rolls

## DIRECTIONS

1. Add the chicken, cream cheese, ranch seasoning, cheddar cheese, and garlic powder to a slow cooker and cook on low for 7-8 hours or on high for 3-4 hours.
2. Toast the hoagie rolls, scoop on the chicken and top with cheddar slice and crumbled bacon.





# Roasted Squash

PREP: 10 mins

COOK: 30 mins

SERVES: 5

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## INGREDIENTS

- 1 large butternut squash, peeled and seeded and cut in 1-inch chunks
- 3 Tbsp. good olive oil
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper

## DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Place the squash on a sheet pan and drizzle with olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25–30 minutes, until the squash is tender, turning once with a metal spatula.





# Peanut Butter Balls

PREP: 15 mins

COOK: 0 min

SERVES: 5

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## INGREDIENTS

- 2 cups Old Fashioned rolled oats
- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1/4 tsp. kosher salt
- 1/4 tsp. cinnamon
- 1/4 cup vanilla or chocolate protein powder (*optional*)
- 3 Tbsp. mini chocolate chips

## DIRECTIONS

1. Mix all ingredients together in a bowl. Freeze the bowl for 5 minutes.
2. Roll the dough into 20 small balls, pressing the dough together with your hands. We used a 1 1/2-inch cookie scoop to make uniform balls. You can also make smaller balls if desired.
3. (If the texture of your nut butter makes the dough very dry, add a little more honey or a few tablespoons milk of choice until you can press it together in a ball shape.)
4. Refrigerate for up to 2 weeks.





# Cinnamon Snack Mix

PREP: 5 mins

COOK: 20 min

SERVES: 8

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## INGREDIENTS

- 4 cups mini pretzel twists
- 3 cups Cinnamon Cereal (*such as Chex*)
- 1/4 cup unsalted butter (*melted*)
- 1/2 cup granulated sugar
- 2 tsp. ground cinnamon
- 1 cup M&M's
- 16 oz. Blue Diamond Honey Roasted Cinnamon Almonds

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Line a cookie sheet with parchment paper or silicone baking mat.
2. Place melted butter in a large bowl. Add pretzels and cereal, toss to coat. Add sugar and cinnamon, toss again to coat. Pour onto prepared cookie sheet. Bake for 18-20 minutes, stirring after 10. Let cool.
3. Once the mix is cool, toss with M&M's and almonds. Store in an airtight container for up to 7 days.

