



River Recipes

All the ingredients found in these delicious recipes can be found at your local Weis Market – Where Freshness Matters.



Cook Once—Eat All Week

As you are cooking in large quantities, you will need to think of packaging your dinners to create your very own “hungry man” meals. Purchase some plastic containers that will freeze well and hold the portions that you would like.

For your little ones, they will require smaller portions-therefore smaller containers. Friends of mine will portion snack size pasta and sauce for an after school treat for the kids until they get home for the family meal. Also a good idea if you are taking food to work to economize. It’s well worth the effort!

Lasagna Roll ups

If you have a lot of tomatoes from your summer harvest this is a great time to make use of them. There are as many varieties of sauce as there are stars---find a few you like and have fun.

Basic Tomato Sauce

Olive oil to sauté

3-4 cloves of garlic, minced

¾ cup onion, chopped

1 (28oz) can of crushed tomatoes or

4 large fresh tomatoes, crush and measure 28oz in a glass measuring cup

2 (6oz) cans tomato paste

2 (6.5 oz) cans tomato sauce

1 handful of fresh basil, finely chopped (added at the end of cooking)

1 ½ tsp Italian seasoning

½ tsp fennel seeds-toast and crush them before adding them to the sauce

Salt and pepper to taste

¾ cups of water or chicken stock

In a large sauce pot sauté the onions until they appear translucent. Add the garlic, sauté until you can start to smell it...don't burn the garlic! Add all of your tomatoes, dry seasonings, and water or stock. Cook for about 1 hour. Taste and then adjust seasonings. Add fresh basil and fresh parsley. Cook for another 10 minutes and then enjoy. (make the lasagna noodles while the sauce cooks)

Lasagna Filling

1 box Lasagna Noodles, cooked and cooled

1 pound Spinach, Chopped

1 ½ cups of Ricotta Cheese

½ cup Fresh Parsley, Chopped

½ cup Pecorino Cheese, Grated

2 Eggs

1 cup mozzarella cheese (to cover the top of the lasagna)

A dash of nutmeg

Salt and Pepper to taste

Mix together cheese (except mozzarella), spinach, parsley, eggs, salt, pepper and nutmeg. Roll out each noodle and spread mixture (about 3 or 4 TBSP) to cover end to end. Roll up and place in a baking dish on its end. Do the same with each noodle until you are finished and they are stacked against each other.

Preheat oven to 375F. Cover the baking dish with your tomato sauce , sprinkle with mozzarella and bake in the oven for about 25 minutes covered with foil. Remove foil and bake another 15 minutes.

To Freeze: Cool roll ups until easy to handle. 2 or 3 roll ups per container. You may use additional sauce to cover them. Snap on lid. Label each container with the date that you made your “hungry man dinner”.

Hoppin' John, Chef Kate Style

16oz of dried black-eyed peas
1 large ham hock-with some meat attached
4 Slices of Bacon
½ pound Andouille Sausage-cut into rings and sauté in a separate skillet
1 large onion, cut in half. Dice one half- keep other half intact
1 red bell pepper, diced
1 green bell pepper, diced
4 ribs celery, diced
4 garlic cloves, 2 chopped, keep other two whole
1 can of dice tomatoes or use 2 large fresh tomatoes-diced
1 ½ cups long-grained white rice cooked in 2 ¼ cups of water
1 Serrano Chile Pepper, diced
1 Tbsp Cajun seasoning, (Creole may be substituted)
1/2 teaspoon dried thyme leaves
1 tsp Ground Cumin (toast seeds then grind if you can)
Salt and Pepper to taste

In a large stock pot, combine the black-eyed peas, ham hock, and about 6 cups water. Cut the onion in half and place in the peas with two garlic cloves, and bay leaves. Bring to a boil, reduce and simmer until beans are tender- 2 to 2 ½ hours.

While the peas are cooking, in a separate sauce pan- mix rice and water together. Cover with lid and cook until tender.

When the peas are done- take out the ham hock and remove as much meat as possible. Dice the meat and set it aside. Drain the peas in a colander and remove the garlic, bay leaves and the large onion.

In the same stock pot, sauté bacon, onions, red and green peppers, and celery, until bacon is crisp and vegetables are tender. Then add Serrano Chile pepper, Cajun seasoning, thyme and cumin, rice, peas, tomatoes, ham, and sausage. Mix well and heat thoroughly. Adjust seasonings with salt and pepper.

If you would like to garnish this with green onions or fresh chives – feel free. It is tradition to serve with Corn Bread.