

MAKE AHEAD MEAT SAUCE

2 lb (1 kg)	boneless skinless chicken
4	onions, chopped
4 cloves	garlic, minced
4 tsp	each basil, oregano and salt
24	mushrooms, sliced
2 cans	tomato sauce (700 ml)
2 cans	tomato paste (5 1/2 oz/156 mL)
2 cups	water (or wine)
1/4tsp	pepper
2 tsp	sugar

Dice chicken. In a large non-stick skillet, stir cook chicken, onion, garlic, basil, oregano and salt until the chicken is no longer pink. Transfer to a large pot and add mushrooms, tomato sauce, tomato paste, water and pepper. Bring to a boil, then reduce heat and simmer 30 to 45 minutes.

Slow cooker method:

Dice chicken. In a large non-stick skillet, stir cook chicken, onion, garlic, basil, oregano and salt until the chicken is no longer pink. Transfer to a slow cooker and add stir in mushrooms, tomato sauce, tomato paste, water and pepper. Set on low for 8 hours.

Makes enough sauce for:

- 2 pans of lasagna (9X13 size)
- 4 pasta meals for 4-6 people

Getting hot foods ready for the fridge or freezer.

Before you put foods in the fridge or freezer, you need to cool them down enough so they won't increase the temperature inside your fridge. When your fridge warms up foods spoil faster.

Here's a quick way to cool chili, soups, and stews.

- Set the pot in your sink and fill the sink with very cold water till the water is half or three quarters of the way up the side of the pot.
- Stir the contents of the pot for 10-15 minutes until you can't see steam rising anymore. If the water warms up, drain it and replace with cold water.
- Remove the pot from the water and divide the food into meal size portions.
- If you're planning to freeze the food, refrigerate it first until it's well chilled, then put it in the freezer.

Courtesy of Manitoba Chicken Producers

www.chicken.mb.ca