

**The Plan:** Please note that all recipes have been altered (increased quantities) to meet the needs of TWO people participating in a OAM Cooking Day. It is indicated on each recipe whether it has been doubled or quadrupled for your convenience. If you are just one person or would like to make less of a particular recipe, you will need to make the adjustments on your own to the recipe and to the grocery shopping list. (Angela's note: I will just cook this all as one person as my family is so big and hungry! The assignments helps me break the tasks up to have the kids help and to help me remember what to do next, so that will be how I use them.)

**Helpful Hint:** Assign one person to be Person A and one Person to be Person B Read through the instructions and be familiar with the tasks that you are responsible for during the day.

Washing dishes as you go will likely be necessary, it is not written into the instructions as everyone has different needs and equipment. It is best to have whoever finished a task wash the dishes they just used before proceeding onto further tasks.

**Instructions:**

*Thaw:* 2 pounds boneless, skinless chicken.

*Night Before:* Bake the gluten free English muffins.

Make the "cheese" sauce you have chosen, either the Cashew Cheesy Sauce or the Mild "Cheese" Sauce. Divide out one cup for the Eggwiches and 2 cups for the Black Beans & Brown Rice. Put in fridge.

Start the presoaking stage of the corn bread or Corn Dog Muffins.

Optional (but **HIGHLY** recommended) – chop up all vegetables, cook 4 pounds of hamburger, cook/steam the 4 cups of dry brown rice. Do not cut pears or apples until needed as they will discolor.

*Day of:*

<b>Person</b>	<b>What to Do</b>
A	Ingredients that need <b>CHOPPED</b> (**indicates usually okay for food processor)In the indicated order for most efficiency:Yellow Onions, diced = 1 2/3 lbs ~5 med (~2 1/2 cups)**Garlic, minced (if not purchased that way) = 20 cloves**Chicken, chopped/diced = 4 lbs (4 cups)**Cilantro, chopped = 2 bunches**
B	Make "cheese" sauce.Preheat oven to 350 degrees.
B	Prepare Corn Dog Muffins for oven. Bake for 15-20 minutes.
A	Start 2 Crock pots cooking:White Chicken Chili
B	While Corn Dog Muffins are cooking, dice 3 med apples (2 c**), mix and ready for oven the Apple Streusel Muffins.

B	When Corn Dog Muffins are done, place them on wire rack for cooling or transfer to a cool cookie sheet for flash freezing.
B	Bake Apple Streusel Muffins for 15-18 minutes.
A	Cook 4 lbs ground beef.
B	While Apple Streusel Muffins are baking, core and slice pears (into rounds =4 pears), prepare Silver Dollar Pear Pancake batter and ready griddle.
B	When Apple Streusel Muffins are done, set on cooling rack.
B	Cook Silver Dollar Pear Pancake. Set on cooling rack or place on cooled cookie sheet for flash freezing when finished.
A	Prepare and assemble Carole's Chili – 4 gallon freezer bags.
B	Once cooled package: Corn Dog Muffins – 4 gallon freezer bags Apple Streusel Muffins – 4 gallon freezer bags Silver Dollar Pear Pancakes – 4 gallon freezer bags
B	Cook eggs and prepare Eggwiches.
B	Wrap and freeze Eggwiches – 4 gallon freezer bags
A	Turn off crock pots and allow contents to cool a bit.
A	Assemble: Black Beans & Brown Rice – 4 8×8 pans.
B	Assemble: Freezer Beef Stew – 4 gallon freezer bags
A	Portion: Easy White Chicken Chili – 4 gallon freezer bags
BOTH	Kitchen Cleanup!
BOTH	Congratulations you are DONE!!!!