

DINNER DEPLOYED

★ meals for the military family ★

14
DAYS
of
DINNER

for military families by military families

compiled by Betsy Ramirez, MEd, RDN, USAF spouse

www.betsyramirez.com





DINNER DEPLOYED

★ meals for the military family ★

This cookbook contains recipes from Registered Dietitian Nutritionists who are military spouses in the various branches of the US Military.

Special Thanks

Diane Norwood, RDN

www.thewanderingrd.com

Melanie Flinn, RDN

www.nutritiouseats.com

Gretchen Brown, RDN

www.kumquatblog.com

Betsy Ramirez, RDN

www.betsyramirez.com



30-MINUTE CHICKEN FAJITAS

INGREDIENTS

2 lbs. chicken tenderloins (10-12 per pack)

3 large limes

1 red bell pepper

1 yellow onion

2 garlic cloves

1 tablespoon oregano

½ teaspoon chili powder

1 teaspoon garlic powder

2 teaspoons cumin

1 teaspoon salt

Olive oil

Cilantro for garnish

DIRECTIONS

1. Juice 2 limes and place in a casserole dish.
2. Combine spices: oregano, chili powder, cumin, garlic powder, salt, and fresh garlic.
3. Set aside 1 tablespoon of spice mixture for the vegetables.
4. Season chicken tenderloins with remaining spices and place in casserole dish with lime juice.
5. Cover and marinate 15 minutes in the refrigerator. After 15 minutes, flip chicken over for a full marinade.
6. Preheat oven to 350 degrees.
7. While chicken is marinating slice vegetables and place them on a sheet pan covered in parchment paper.
8. With remaining tablespoon of spice mixture, season the vegetables.
9. Lightly drizzle olive oil over the vegetables and toss to lightly coat.
10. Remove chicken from marinade and place next to the vegetables on the sheet pan.
11. Bake for 30 minutes.
12. Remove from oven and squeeze half a lime over sheet pan and garnish with fresh cilantro.
13. Serve with tortillas, rice, avocado, and fresh fruit.

**PREP TIME: 45MINS
COOK TIME: 30MINS
TOTAL TIME: 1HR 15MINS**

Recipe by Betsy Ramirez, USAF spouse
www.betsyrerez.com



SHEET PAN ASIAN SALMON

INGREDIENTS

- 1 lb salmon
- 8 ounces green beans, cut
- ¼ of red cabbage, cut into chunks
- 1 large zucchini, cut into chunks
- 1 tablespoon olive oil
- salt and pepper
- Marinade:
 - 2 tablespoons soy sauce
 - 1 tablespoon agave, brown sugar or honey
 - 1 tablespoon rice wine vinegar
 - 1 tablespoon sesame oil
 - ½ tablespoon minced ginger
 - 1 clove garlic, minced
 - 1½ tablespoon lime juice

DIRECTIONS

1. Preheat oven to 400°.
2. Mix all marinade ingredients in a small bowl.
3. Marinate salmon while your prepping the vegetables (longer if you have time).
4. Line a baking tray with foil. Place veggies along the sides and salmon in the middle.
5. Drizzle veggies with the olive oil and a pinch of salt and pepper.
6. Pour remaining marinade over fish and veggies.
7. Bake for ~14 minutes (for a 2 inch thick piece of salmon), then turn oven to broil for 2-4 minutes.

SERVES: 3-4

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS

Recipe by Melanie Flinn, Army spouse
www.nutritiouseats.com



ONE PAN PORK DINNER

INGREDIENTS

olive oil
pork tenderloin
salt
pepper
stone ground mustard
3-4 slices bacon
carrots, peeled
Yukon Gold potatoes
broccoli
onion

DIRECTIONS

1. Preheat oven to 425°.
2. Drizzle olive oil sparingly onto a large jelly roll pan (or a pan with short edges).
3. Sprinkle pork tenderloin evenly with salt and pepper.
4. Smear top of pork with stone ground mustard just enough to coat.
5. Carefully wrap pork with bacon.
6. Place pork in the center of the prepared pan.
7. Cut carrots and potatoes into 2-inch pieces, or roughly the same size. Place on pan.
8. Cut broccoli into stalks roughly the same size. Place on pan.
9. Cut onion into chunks. Drizzle all of the food lightly with olive oil. Place on pan. Be sure to allow the food to be in a single layer. If food is crowded, it will not roast correctly.
10. Roast at 425° for 30 minutes, gently stirring vegetables half-way through, or until pork is cooked to 165° when tested with an instant read thermometer.
11. Allow to sit for 5-10 minutes. Slice pork into 1/4-inch slices to serve. And don't forget the pan drippings as sauce!

SERVES 4 TO 6.

PREP TIME: 15 MINS
COOK TIME: 30MINS
TOTAL TIME: 55 MINS

Recipe by Gretchen Brown, Army spouse
www.kumquatblog.com



EASY CLASSIC CHILI

INGREDIENTS

1 pound of lean ground beef

1 onion, finely diced

2 cloves garlic, minced

2 (15 ounce) cans dark red kidney beans

2 (15 ounce) cans crushed tomatoes

1 teaspoon salt

¼ teaspoon black pepper

1 teaspoon ground cumin

¼ teaspoon garlic powder

1 tablespoon chili powder

Optional sides:

avocado

corn chips

sour cream

shredded cheese

DIRECTIONS

1. Brown ground beef in a large pot on medium heat.
2. Remove from the heat and drain excess grease.
3. Return to heat and add diced onion & garlic.
4. Saute until fragrant and translucent.
5. Add beans, tomatoes, and spices.
6. Simmer on the stove on medium low for 20-30 minutes.
7. Serve with desired sides: avocado, corn chips, cornbread, sour cream, and/or cheese.

SERVES 6 TO 8.

PREP TIME: 10 MINS
COOK TIME: 30 MINS
TOTAL TIME: 40 MINS

Recipe by Betsy Ramirez, Air Force spouse

www.betsyrerez.com



MOM'S MEATLOAF

INGREDIENTS

1.5 pounds ground beef
1.5 tablespoons dried minced onion
2 eggs
1 (15 ounce) can tomato sauce
1/4 cup ketchup
1 teaspoon salt
1/2 teaspoon black pepper
1 cup old-fashioned oatmeal

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Beat eggs in a large bowl.
3. Add 1/2 can of the tomato sauce, salt, pepper, minced onion, ketchup, oatmeal, and then beef.
4. Use your hands to combine well.
5. Place in a 9 x 9 dish.
6. In the tomato sauce can with remaining sauce, add 1/4 cup brown sugar.
7. Pour sauce/sugar mixture over the beef in the dish.
8. Bake for 45 - 50 minutes.
9. Remove from oven and let cool 10 minutes.
10. Enjoy!

SERVES 6.

PREP TIME: 10 MINS
COOK TIME: 50 MINS
TOTAL TIME: 1 HOUR

Recipe by Betsy Ramirez, Air Force spouse
www.betsyramirez.com



INSIDE OUT EGG ROLLS

INGREDIENTS

2 tablespoons sesame (or coconut) oil
1 medium onion, diced
6 cloves garlic, crushed
1 teaspoon fresh ginger, minced
2 pounds ground pork (or chicken)
2 (or more) tablespoons garlic chili
paste, to taste (like Sriracha sauce, but
without added sugar)
 $\frac{1}{4}$ cup soy sauce
2 tablespoons rice wine vinegar
2 (14 oz.) bags of cole slaw mix
About 6 to 8 green onions, chopped
salt and pepper, to taste

DIRECTIONS

1. Heat oil in a large stir fry pan.
2. Cook the onion, garlic and ginger a few minutes until transparent and fragrant.
3. Add meat, chili paste, soy sauce, and rice wine vinegar and stir until meat is cooked.
4. Add coleslaw mix and stir a few minutes more until it is wilted.
5. Stir in the green onions.
6. Serve as complete meal or along with brown rice, if you prefer.

SERVES 4 -6.

PREP TIME: 10 MINS
COOK TIME: 30 MINS
TOTAL TIME: 40 MINS

Recipe by Diane Norwood, Navy spouse
www.thewanderingrd.com



INSTANT POT CHICKEN SOUP

INGREDIENTS

2 T. good-quality olive oil

1 cup onion, chopped (1 small)

1 cup celery, chopped (2 stalks)

1 cup carrots, chopped (4 large carrots)

4 cloves garlic, crushed

12 cups water

3 t. salt

1/4 t. pepper

2 T. coconut aminos or soy sauce

(optional, but adds great flavor)

2 split chicken breasts, raw

leftover carcass of a rotisserie chicken

(optional, I just happened to have one)

about 6 oz. egg noodles, uncooked

(optional, you can leave them out or

substitute cooked rice)

DIRECTIONS

1. Select the saute function on Instant Pot. Heat olive oil. Add onion, celery, and carrots; cook until tender. Add garlic and cook 1 to 2 minutes more.
2. Add water, salt, pepper, coconut aminos, chicken breasts and carcass of a rotisserie chicken (if using).
3. Set Instant Pot on manual setting, high pressure, and cook for 20 minutes. Release steam vent carefully when done.
4. Remove chicken from soup; cool. Remove chicken from bone. Discard bones and return chicken meat to the soup.
5. On saute setting, bring soup to a simmer. Add noodles, if using (or cooked rice if you prefer) and cook as package directs (or until heated through).

SERVES 8 TO 10.

PREP TIME: 20 MINS

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

Recipe by Diane Norwood, Navy spouse

www.thewanderingrd.com



SLOW COOKER CHICKEN CHILI

INGREDIENTS

1 small onion, diced

1 (14.5 ounce) can diced tomatoes with basil, oregano & garlic, no added salt, slightly drained

1 (14.5 ounce) can diced tomatoes with green chili, slightly drained

1 (15 ounce) can black beans, low sodium, drained and rinsed

1 (15 ounce) can chili beans, drained slightly

1 cup water

1 cup frozen corn

½ teaspoon cumin

¼ teaspoon chipotle chili powder

½ package taco seasoning

1 lb thinly sliced chicken breasts

Toppings: shredded cheese, avocado, chopped cilantro, low fat sour cream, pico de gallo

DIRECTIONS

1. Mix all ingredients in slow cooker (onion through taco seasoning).
2. Place chicken breasts on top, covering slightly with chili mixture.
3. Cook for 6 hours on low.
4. Remove chicken breasts, shred. Add chicken back to slow cooker and keep on warm until ready to serve.
5. Ladle into bowls and serve with cheese, avocado, pico de gallo, sour cream and/or cilantro.

SERVES 6.

PREP TIME: 10 MINS
COOK TIME: 6 HRS
TOTAL TIME: 6 HRS 10 MIN

Recipe by Melanie Flinn, Army spouse
www.nutritiouseats.com



SLOW COOKER CHICKEN BURRITO BOWLS

INGREDIENTS

4 split chicken breasts, or about 2 pounds chicken breasts
1 (26.46 oz) box of chopped tomatoes
1 tablespoon chili powder
1 1/2 teaspoon cumin
2 teaspoons salt
1 (15 oz) can black beans, drained and rinsed
1 cup brown rice

Optional:

shredded lettuce
chopped tomatoes
shredded cheese
sour cream
guacamole
salsa

DIRECTIONS

1. Place chicken breasts into large (6 quart) slow cooker. (Split chicken breasts provide more flavor and liquid than boneless; you may need to add a small amount of chicken broth if you use boneless.)
2. Pour tomatoes, spices, and beans over chicken.
3. Cook on low 3 to 4 hours.
4. Add brown rice, stir and cook another 3 hours on low, or until chicken and rice is done.
5. Serve meat mixture in a bowl over shredded lettuce and add desired optional toppings.

SERVES 8 TO 10.

PREP TIME: 20 MINS
COOK TIME: 6-7 HOURS
TOTAL TIME: AROUND 7 HRS

Recipe by Diane Norwood, Navy spouse
www.thewanderingrd.com



SLOW COOKER/INSTANT POT MEATBALLS WITH ZOODLES

INGREDIENTS

3 tablespoons olive oil
3/4 cup chopped onion
4 cloves garlic, minced
2 (28 oz) cans Cento Italian peeled whole tomatoes, puréed in blender (or others that don't contain sugar)
2 tsp oregano, divided (1 t. in sauce, 1 t. in meatballs)
2 dried bay leaves
salt and pepper to taste (1 t. salt in sauce, 1 t. salt in meatballs)
2 pounds ground beef
1 cup ground whole oats or almond flour (I prefer almond flour)
1 t. parsley
4 eggs, lightly beaten
1 cup grated Parmesan cheese
1 (16 ounce) package uncooked spaghetti or 6 zucchini for zoodles

DIRECTIONS

1. Heat the olive oil in a large saucepan over medium heat, and cook the onion until lightly brown.
2. Mix in 2 cloves garlic, and cook 1 minute.
3. Stir in blended tomatoes, 1/2 the oregano, and bay leaves.
4. Season with 1 t. salt and pepper to taste. Pour in slow cooker and set to low while preparing meatballs.
5. In a bowl, mix the ground beef, oats, remaining oregano, remaining garlic, parsley, eggs, and cheese. Season with 1 t. salt and pepper. Roll into 1- inch balls, and drop into the sauce.
6. Cook meatballs on low until done, about 5 to 7 hours. (My slow cooker always cooks faster than recipes suggest; it took 5 hours.). Instant Pot, select manual, high pressure, and cook for 10 minutes., then Natural Press Release 15 minutes.
7. About 20 minutes before dinner, put zucchini through spiralizer. Cut long strands into 10-inch pieces, roughly.
8. Saute in 2 batches, in 1 T. Olive oil for about 5 minutes. Drain in colander, patting with paper towels (can be watery.)
9. Serve the meatballs and sauce over the zoodles (or spaghetti if you prefer).

PREP TIME: 10 MINS

COOK TIME: 6 HRS SC / 25 MIN IP

TOTAL TIME: 6 HRS / 10 MIN

SERVES 6



INSTANT POT CARNITAS

INGREDIENTS

2.5 to 3 pounds pork shoulder

(Boston butt)

1 cup water

1 T. oregano

1 T. cumin

1 T. coriander

1 t. salt

1/4 t. pepper

2 small onions, chopped

4 cloves garlic, peeled and pressed

or minced

1 orange, halved

1/2 lime

DIRECTIONS

1. Cut pork shoulder into 4 or 5 large pieces.
2. Pour water into bottom of Instant Pot insert. Combine spices and salt and rub onto pieces of meat evenly. Place meat in Instant Pot.
3. Top meat with chopped onion and garlic.
4. Cut orange in half and place cut-side down on top of meat (do not squeeze juice out first).
5. Press Manual to set Instant Pot to High Pressure and increase time to 80 minutes. NPR (Natural Pressure Release) for at least 15 minutes.
6. Separate meat with a fork. Remove meat from Instant Pot and place on a foil-lined sheet pan, sprinkle with juice of half a lime.
7. Cook in 400-degree oven for 10 minutes to brown and crisp.
8. Serve over salad or in a tortilla. Top with guacamole, fast fresh salsa, shredded cheese, and sour cream if desired.

SERVES 12.

Recipe by Diane Norwood, Navy spouse
www.thewanderingrd.com

PREP TIME: 10 MINS

COOK TIME: 120 MINS

TOTAL TIME: 130 MINS



ROTISSEURIE CHICKEN BROCCOLI PESTO PASTA

INGREDIENTS

2 cups of store bought shredded rotisserie chicken

1 bag of steamable broccoli flowerets

10 ounces bow tie pasta

1 - 2 Tablespoons of store bought pesto

Parmesan cheese, shredded

DIRECTIONS

1. Prepare pasta per package directions.
2. Microwave broccoli per package directions.
3. Combine pesto, noodles, broccoli, and shredded chicken in a large bowl.
4. Top with shredded Parmesan.

SERVES 4 to 6.

PREP TIME: 10 MINS
COOK TIME: 10 MINS
TOTAL TIME: 20 MINS

Recipe by Betsy Ramirez, Air Force spouse
www.betsyramirez.com



CHEESE & BACON QUICHE

INGREDIENTS

1 - 9 inch store bought deep dish pie crust
4 eggs
1 1/2 cups milk
1 teaspoon salt
1/2 teaspoon black pepper
1 cup shredded mild cheddar
1 cup shredded mozzarella
1/2 - 1 cup real crumbled bacon pieces

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Remove pie crust from packaging and set out on the counter.
3. In a large bowl, combine eggs, milk, salt, and pepper.
4. Place cheese in the bottom of the quiche and top with bacon.
5. Pour egg mixture over the cheese and bacon.
6. Bake for 35-45 minutes.
7. Remove from oven and let cool for 20 minutes before serving.
8. Serve with fruit.

SERVES 6.

PREP TIME: 10 MINS
COOK TIME: 45 MINS
TOTAL TIME: 55 MINS

Recipe by Betsy Ramirez, Air Force spouse
www.betsyrerez.com