

Recipes using jam or jelly on a budget!

SAUSAGE & APPLE SKILLET

14oz kielbasa (or smoked sausage)
1 onion (sliced)
2 apples (cut into wedges)
1/2 cup apple butter
1 tsp rosemary
2 tbsp vinegar
1/2 cup water

1. Slice kielbasa into rounds about 1/2 inch thick. In a large skillet, brown the kielbasa rounds for about 3-4 minutes. Remove from skillet, and set aside.
2. Add in sliced onions & apples and saute over medium heat until softened. (about 5-7 minutes)
3. In a small bowl, combine apple butter, rosemary, vinegar, and water until smooth.
4. Add kielbasa back to the pan and pour sauce on top.
5. Simmer over medium heat for about 2-3 minutes to let sauce thicken a little.

SWEET JAM PORK CHOPS

4 pork chops
1/4 cup strawberry jam (can use raspberry, blackberry, or plum jam)
2 tbsp vinegar
1 tbsp Dijon mustard

1. In a large skillet, brown pork chops in oil over medium heat for about 2-3 minutes.
2. Reduce heat and cook uncovered for about 10-15 minutes until full cooked.
3. Remove pork chops from the pan and set aside.
4. Add strawberry jam, vinegar, and mustard to the pan and stir until combined and smooth.
5. Serve the sauce over the pork chops or add chops back to the pan and coat well.

MUSTARD APRICOT CHICKEN

1.5lbs chicken breasts (or
boneless thighs)
salt/pepper
1 cup flour
1/2 cup water
1 cup apricot preserves
2tbsp Dijon mustard
1 tbsp soy sauce

1. Season chicken with salt and pepper, and then dredge in flour until lightly coated.
2. In a large pan, sear the chicken in oil. Once they are nice and golden brown remove them from the pan and set aside.
3. Add water to the pan and scrape any bits that are in the pan. Add in apricot preserves, dijon mustard, and soy sauce.
4. Stir well and whisk until smooth. Add chicken back to the pan and cook over medium heat until chicken is fully cooked.

SWEET ONION CHICKEN

1 onion (sliced)
1.5 lbs chicken breasts (or
boneless thighs)
1/2 cup raspberry jam
(seedless)
1 tbsp vinegar
1 tbsp soy sauce
1 tsp ground ginger
1 tsp rosemary

1. Saute sliced onion in oil in a large pan. Once tender, add your chicken to the pan.
2. Cook over medium high heat for about 8 minutes until chicken is fully cooked. Remove onion and chicken from pan and set aside.
3. To the hot pan, add jam, vinegar, soy sauce, ginger and rosemary. Stir with a whisk and cook over medium heat for 2 minutes.
4. Add chicken and onions back to the pan, and cook another 4 minutes!

SWEET & SPICY SHRIMP SKEWERS

1/2 cup orange marmalade (or apricot, pineapple, or mango preserves)

1/4 cup orange juice

1 tbsp honey

1-2 jalapenos (sliced)

12oz raw shrimp (peeled)

1. On the stovetop, combine orange marmalade, orange juice, honey, and sliced jalapeno. Let simmer over medium heat for 5-10 minutes. Remove from heat and let cool.
2. Pour the mixture into a food processor or blender, and process until smooth.
3. Thread shrimp onto skewers and lightly spray them with oil.
4. Place your skewers on the grill and brush on the spicy orange sauce. Grill for about 1-2 minutes on each side until shrimp turns pink. I like to keep brushing on more sauce.

CHEDDAR BACON CHICKEN

1.5lbs chicken breasts (or boneless thighs)

salt/pepper

1 onion (chopped)

3/4 cup chicken broth

2/3 cup apple butter

1.5 tbsp vinegar

1/2 cup shredded cheddar cheese

4 tbsp chopped cooked bacon

1. This works better with very thin chicken pieces. Season chicken with salt & pepper, then saute over medium heat in large skillet (about 3 minutes each side). Remove chicken from pan and set aside.
2. Cook diced onion over medium heat until tender.
3. Stir in chicken broth, apple butter, and bacon. Bring to simmer over medium heat.
4. Add chicken back to the pan, and coat with the sauce. Cover the pan and cook for about 5 minutes. Turn off heat.
5. Top each chicken piece with shredded cheddar and chopped bacon. Cover and let sit 5 minutes to melt cheese.

CATALINA CHICKEN

- 1.5 lbs chicken breasts (or chicken thighs)
- 1 pack dry onion soup mix
- 1 cup peach jam (can also use apricot or pineapple jam)
- 1 cup Catalina salad dressing
- 1/2 tsp vinegar

1. Start by seasoning your chicken with 1/2 pack of onion soup mix. Pat the seasoning to stick to the chick,
2. Sear chicken in a large pan until each side is golden brown (about 2 minutes each side). Place the chicken in a greased baking dish.
3. In a bowl, combine peach jam, catalina dressing, vinegar, and 1/2 a pack of onion soup mix. Stir well.
4. Pour sauce over the chicken, and then bake the chicken in 350 degree oven for about 20-30 minutes.
5. Once chicken is fully cooked, pull from oven, and let the chicken sit for about 10-15 minutes before serving.

PINEAPPLE STICKY RIBS

- 3 lbs Pork Ribs
- 1.5 cups Pineapple Tidbits (drained)
- 1 cup apricot preserves
- 1/4 cup soy sauce
- 2 tbsp vinegar
- 2 tbsp brown sugar
- 1 tsp ground ginger

1. Lay ribs in single layer in a greased large baking dish or casserole/lasagna pan.
2. In a small bowl, combine pineapple, preserves, soy sauce, vinegar, brown sugar, and ginger.
3. Pour this mixture over the ribs as evenly as possible.
4. Bake at 350 degrees for about 1.5 hours. Check on it and baste it with a spoon about every 20 minutes. (I tend to flip them over as well, so they stay well coated in the sauce.)
5. Ribs should be tender and pull apart.