Noreen's Kitchen

Dinner In A Dash!!

Pasta * Skillet Suppers * Slow Cooker * Bakes

A Collection of Recipes To Help You Get Dinner On the Table, No Matter How Busy You Are!

By Noreen Lambert

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Dedication

This cookbook is dedicated to all of the families who are just trying hard to get to tomorrow. I am here to tell you we understand. The daily struggles of raising children, dealing with work, getting to practice, appointments and rehearsals. Sometimes leae you feeling like you are on a non stop treadmill. I wrote this collection for you, because the last thing you need is the additional burden of stressing out over what you are going to prepare. Life is hectic enough!

To my Husband Rick and my daughters Molly and Micah for putting up with this crazy life we have. Seemingly every meal is turned into a fun and entertaining video opportunity. You seldom eat the same thing more than once every six months. Please remember this is all for you!

I would also like to mention some amazing women I have met through the YouTube community. To Heather, Diane, Liza and Bev. Thank you for being my sounding boards, cheerleaders, idea bouncers, and suggestion makers and last but not least, my inspiration!

Helpful Conversion Charts

Recipe Measurements		
Imperial	**Metric (UK)**	**Metric (AU)**
1/4 tsp.	1 ml.	1 ml.
1/2 tsp.	2 ml.	2 ml.
1 tsp.	5 ml.	5 ml.
1 tbsp.	15 ml.	20 ml.
1/4 cup	50 ml.	50 ml.
1/3 cup	75 ml.	75 ml.
1/2 cup	125 ml.	125 ml.
2/3 cup	150 ml.	150 ml.
3/4 cup	175 ml.	175 ml.
1 cup	250 ml.	250 ml.
1 pint	500 ml.	625 ml.
1 quart	1 liter	1 liter

Liquid Conversions		
1/2 fl. oz.	15 ml.	1 tbsp.
1 fl. oz.	30 ml.	1/8 cup
2 fl. oz.	60 ml.	1/4 cup
4 fl. oz.	120 ml.	1/2 cup
8 fl. oz.	240 ml.	1 cup
16 fl. oz.	480 ml.	1 pint *

Weight Conversions	
Imperial	**Metric**
1 ounce	28 grams
2 ounces	55 grams
3 ounces	85 grams
4 ounces	115 grams
8 ounces	225 grams
16 ounces	455 grams

Temperature Conversions			
Fahrenheit	**Celsius**	**Gas Mark**	**Description**
32	0		
212	100		
250	120	1/2	
275	140	1	Cool
300	150	2	
325	160	3	Very Moderate
350	180	4	Moderate
375	190	5	
400	200	6	Moderately Hot
425	220	7	Hot
450	230	8	
475	240	9	Very Hot
500	260		

Common Ingredients Substitutions

1 cup all-purpose flour	=	1 cup plus 2 tablespoon cake flour
1 cup cake flour	=	1 cup minus 2 tablespoons all-purpose flour
1 cup self-rising flour	=	1 cup all-purpose flour, 1 1/2 teaspoons baking powder, and 1/2 teaspoon salt.
1 teaspoon baking powder	=	1 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
1 tablespoon cornstarch	=	2 tablespoons all-purpose flour.
1 tablespoon tapioca	=	1 1/2 tablespoons all-purpose flour.
1 package active dry yeast	=	2 1/4 teaspoons dry or 1 package compressed yeast.
1 cup packed brown sugar	=	1 cup granulated sugar or 2 cups powdered sugar, plus 1 tablespoon molasses.
1 cup honey	=	1 1/4 cups sugar plus 1/4 cup liquid or 1 cup corn syrup or molasses.
1 cup milk	=	1/2 cup evaporated milk plus 1/2 cup water
1 cup buttermilk or sour milk	=	1 tablespoon vinegar or lemon juice plus sweet milk to equal 1 cup.
1 cup heavy cream	=	3/4 cup skim milk plus 1/3 cup butter.
1 cup sour cream	=	7/8 cup sour milk plus 3 tablespoons butter.
1 cup yogurt	=	1 cup buttermilk or sour milk.
1 cup whipping cream, whipped	=	2 cups whipped dessert topping.
2 large eggs	=	3 small eggs.
1 egg	=	2 egg yolks (for custards).
1 egg	=	2 egg yolks plus 1 tablespoon water (for cookies).
1 ounce unsweetened chocolate	=	3 tablespoons baking cocoa plus 1 tablespoon shortening, butter or margarine.
1 ounce semisweet chocolate	=	1 ounce unsweetened chocolate plus 1 tablespoon sugar.
1 tsp. lemon juice	=	1 teaspoon vinegar.

Quick & Easy Oven Baked Recipies

Amish Ham & Noodle Casserole

Ingredients
Serves 6 to 8

16 ounces medium egg noodles
1 pound ham steak cut into cubes
24 ounce bag frozen baby leaf spinach
2 cups cottage cheese
2 cups shredded cheddar cheese
2 cups sour cream
1 cup milk
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon dried parsley
2 tablespoons butter, melted
1 cup dry bread crumbs

Step by Step Instructions

Preheat oven to 350 degrees

Coat a 9- x 13-inch baking dish with cooking spray.

In a large pot of boiling salted water, cook noodles to desired doneness; drain.

While noodles are draining combine, spinach, cottage cheese, sour cream, milk, cheese, salt, pepper and parsley in the pot you cooked the noodles in.

Stir in noodles, then spoon mixture into prepared baking dish.

Combine melted butter and bread crumbs. Sprinkle over noodles.

Cover and bake 45 minutes, or until bubbly and heated through.

Remove from oven and allow to sit for 10 minutes before serving.

Leftovers may be kept in an airtight container for up to one week.

NOTE: This will easily make two casseroles if using foil casserole pans. Don't fill them up to the brim. Fill them 2/3 full. Freeze one, without the breadcrumb. Place the breadcrumb on before baking. Cook one tonight then freezer bank one for dinner another night!

To cook the frozen casserole, bake covered in a 350 degree oven for 45 minutes. Remove the cover and bake for an additional 15 minutes or until browned and bubbly. Remove from oven and allow to cool for 10 minutes before serving. Write these instructions on the frozen casserole so you will remember what to do!

Baked Shrimp Scampi

Ingredients
Serves 4

2 pounds fresh shrimp, peeled & de-veined
1 stick butter
6 cloves garlic, minced
Juice of two lemons
1 tablespoon Old Bay seasoning
1 teaspoon paprika

Step by Step Instructions

Preheat oven to 350 degrees.

Place butter in a baking pan and place the pan in the oven and allow the butter to melt. This should take no more than five minutes.

Remove from oven and allow to cool for five minutes.

Place shrimp, garlic, lemon juice and seasonings in the butter and stir well.

Bake for 10 to 15 minutes until shrimp are pink and opaque. Being careful not to over cook.

Remove from oven and allow to sit for five minutes before serving.

Serve with rice or noodles or your favorite seafood sides!

This dish is not really a good leftover, so when you make it, please be sure to only cook what your family will eat. Leftover shrimp is like eating little garlic flavored erasers.

Broccoli, Ham & Cheese Egg Casserole

Ingredients
Serves 6 to 8

8 large eggs
1 cup milk
1 cup pimento cheese (optional)
1-16 ounce bag frozen broccoli florets
2 cups ham, cubed
2 cups shredded cheddar cheese
1/2 cup grated parmesan cheese

Step by Step Instructions

Preheat oven to 350 degrees.

Butter a 9 x 13 inch baking dish very well.

Layer broccoli, ham and cheese into the baking dish and set aside.

Place milk, eggs and optional pimento cheese into blender and blend on high for 1 minute.

Pour egg mixture over the broccoli, ham and cheese slowly, making sure to evenly distribute.

Sprinkle the parmesan cheese evenly over the top.

Bake for 1 hour to 1 hour and 15 minutes or until a knife inserted in the center comes out clean and mostly dry.

Remove from oven and allow to cool for 10 minutes before serving.

Any leftovers can be stored in an airtight container and refrigerated.

Serve hot or at room temperature.

Ravioli & Eggplant Bake

Ingredients
Serves 4 to 6

1, 16 ounce bag frozen cheese ravioli
1 quart pasta sauce
1 large or 2 small eggplants, washed & sliced
2 cups shredded mozzarella cheese

Step by Step Instructions

Prepare eggplant by washing and slicing into 1/2 inch slices. Lay slices on a baking sheet lined with parchment or foil and salt both sides of each slice. Cover and allow to rest for at least 2 hours. After resting the eggplant should be slightly soft and a bit of water should have wicked out. Rinse well under cold running water and dry on paper towel.

Preheat oven to 350 degrees.

Place eggplant slices in the bottom of a 9 x 13 casserole or baking pan.

Top with 2 cups of pasta sauce.

Place frozen ravioli on top of the eggplant layer, spreading out evenly.

Top ravioli with remaining pasta sauce.

Sprinkle mozzarella cheese on top of the casserole.

Cover with a sheet of parchment and then with foil. This will help the dish cook properly and avoid the tomato sauce from coming into contact with the foil which can cause pitting.

Bake for 1 hour.

Remove from oven and uncover. Allow to rest for 10 minutes before serving.

Leftovers should be stored in an airtight container in the refrigerator for up to three days.

Chicken Deluxe

Ingredients
Serves 4

4 Boneless Skinless Chicken Breasts
4 slices smoked deli ham
4 slices Muenster Cheese
2 cups bread crumb
1 teaspoon poultry seasoning
1 teaspoon Herbs De Provence
1 teaspoon Garlic powder
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
2 tablespoons Dijon mustard

Step by Step Instructions

Preheat oven to 350 degrees

Combine bread crumbs with seasonings, set aside.

Wash chicken breasts and pat dry.

Brush chicken with mustard on one or both sides.

Dredge the chicken in the bread crumb mixture coating well on all sides.

Place chicken on a baking sheet lined with aluminum foil.

Bake for 25 to 30 minutes or until chicken is cooked through and there is no sign of pink.

Remove chicken from oven and turn oven off.

Place a slice of ham on top of each chicken filet.

Place a piece of cheese on top of each filet.

Return to oven for five minutes to allow cheese to melt.

Remove from oven and serve.

Chicken Noodle Casserole

Ingredients
Serves 6 to 8

12 ounces medium egg noodles, uncooked
1/2 cup butter
1/2 cup all-purpose flour
2 cups chicken broth
1 cup milk
2 teaspoons salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon celery seed
1/2 cup green onion chopped
1/2 teaspoon black pepper
2 cups chopped cooked rotisserie chicken
1 small can sliced mushrooms, drained
1/3 cup grated Parmesan cheese

Step by Step Instructions

Preheat oven to 350 degrees

Coat a 9- x 13-inch baking dish with cooking spray.

In a large pot of boiling salted water, cook noodles to desired doneness; drain.

Melt butter in medium saucepan over low heat; gradually add flour, stirring until smooth. Cook 1 minute, stirring constantly.

Gradually add chicken broth and milk; cook over medium heat, stirring constantly, until mixture is slightly thickened and bubbly.

Stir in salt, pepper and seasonings and set aside.

Combine noodles, chicken, green onions and mushrooms in large bowl; stir in sauce.

Spoon mixture into a lightly greased 9- x 13- inch baking dish.

Sprinkle with Parmesan.

Bake uncovered, 20 minutes or until thoroughly heated.

Stuffed Shells & Spinach Bake

Ingredients
Serves 4 to 6

1 bag of frozen stuffed shell pasta
1, 10 ounce bag fresh baby spinach
1 - 28 ounce jar of your favorite pasta sauce
2 cups shredded mozzarella cheese

Step by Step Instructions

Preheat oven to 350 degrees

Pour 1/2 cup of sauce in the bottom of a baking pan.

Place entire bag of spinach on top of the sauce. This will cook down considerably.

Place the frozen stuffed shells, seam side down on top of the spinach.

Spoon the remaining sauce over each individual shell spreading it all on the top evenly.

Sprinkle the cheese on top of the shells and sauce.

Cover with parchment paper and then a layer of foil.

Bake for 30 to 45 minutes, taking off the foil and parchment during the last 10 minutes of cooking to encourage browning.

Remove from oven and allow to cool for 10 minutes before serving.

Half Time Stuffed Peppers

Ingredients
Serves 6 to 8

3 to 6 large bell peppers
2 pounds lean ground beef
2 tablespoons olive oil
4 cups cooked rice
1 large onion, chopped
2 to 3 cloves garlic, minced
1, 14 ounce can diced tomatoes with juice
1 28 ounce can crushed tomatoes or sauce
2 cups tomato juice
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder

Step by Step Instructions

Pre-heat oven to 350 degrees.

Wash bell peppers, cut in half while the pepper is standing up. Remove the stem, seeds and white ribs from the inside of the pepper.

Place the pepper halves in a large, microwave safe bowl with 1/4 cup of water and cover with a plate or plastic wrap. Microwave on high for 3 minutes. Allow to steam while you are cooking the filling. Alternatively you can briefly steam the pepper halves in a vegetable steamer over boiling water for 5 to 7 minutes until just beginning to soften.

Heat oil in a large skillet and brown ground beef until almost cooked through.

Add onion and garlic and sauté until translucent.

Add in rice, seasonings and herbs and mix well.

Pour in 1 cup of tomato juice along with the diced tomatoes and 1 cup of tomato sauce/crushed tomatoes incorporate completely and taste for seasoning.

Pour 1 cup of tomato sauce into the bottom of a baking dish large enough to fit the number of peppers *this recipe will make enough for 2 casseroles of 6 pepper cups each.

Place the pepper halves in the baking dish and fill with a generous amount of the ground meat and rice filling.

Spoon the remaining tomato sauce/crushed tomatoes over the top of each pepper cup.

Cover the dish with a layer of parchment paper and then foil.

Bake for 30 to 45 minutes until hot and bubbly.

Oktoberfest Supper Bake

Ingredients
Serves 6 to 8

2 pounds Smoked Sausage
2 large baking potatoes, cut in chunks
4 cups sauerkraut
2 medium onions, cut in wedges
4 large carrots cut in chunks
2 seasonal apples, sliced
1 bottle hard cider or 2 cups apple cider
1/4 teaspoon celery seed
1/2 teaspoon cracked black pepper
1/2 teaspoon poultry seasoning

Step by Step Instructions

Pre heat oven to 325 degrees.

Cut smoked sausage into chunks.

Place sauerkraut into a baking dish large enough to accommodate all of the ingredients.

Add all the seasonings to the sauerkraut and stir through.

Arrange potatoes, carrots and onion around the sauerkraut.

Place apples and sausage on top of the sauerkraut evenly.

Pour cider over everything.

Cover with parchment and foil and seal well.

Bake for 3 to 3 1/2 hours or until potatoes and carrots are easily pierced with a fork and tender.

Remove from oven and allow to cool for 10 minutes before serving.

NOTE You can sub out the cider for chicken stock, apple juice or water or any combination thereof.

You can also cook this in the crock pot, throw everything in and put the lid on. Set to low for 6 to 8 hours or until done!

American Style Cottage Pie

Ingredients
Serves 6 to 8

2 pounds lean ground beef
1 medium onion, chopped
3 cloves garlic, chopped
2 stalks celery, chopped
1 pound mushrooms, sliced
1, 14 ounce can diced tomatoes
1 pound bag mixed frozen vegetables
1 packet onion soup mix
1 ½ cups water
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon dried marjoram
2 tablespoon dried parsley
1 teaspoon Worcestershire sauce
¼ cup Wondra flour or all purpose flour
4 cups prepared mashed potatoes
1 cup shredded cheddar cheese

Step by Step Instructions

Brown ground beef thoroughly over medium heat with salt and pepper in a deep skillet.

Add mushrooms, onion, garlic, celery and marjoram and sauté' until the onions are translucent and the mushrooms have softened.

Add in tomatoes, parsley and frozen vegetables stirring well to combine.

Add in onion soup mix and water making sure to combine all the dry mix. Add in Worcestershire sauce along with the Kitchen Bouquet and stir well.

Add in Wondra or regular flour and turn the heat to medium high to allow the gravy to thicken.

Remove from heat and transfer the meat filling mixture into a 9 x 13 casserole or baking pan.

Top meat mixture with warm, prepared mashed potatoes, spreading evenly to cover.

Top the potatoes with shredded cheddar cheese.

Place pan under a preheated broiler for 5 to 7 minutes until the cheese is melted and the edges are bubbly.

Remove from oven and allow to cool for 10 minutes before serving.

Ham & Asparagus Frittata

Ingredients
Serves 4 to 6

8 whole eggs
1 cup cottage cheese
1 cup ham, chopped
1 cup asparagus, cooked & diced
1/2 cup shallots or onion, thinly sliced
2 tablespoons lemon juice
1 teaspoon hot sauce
1 teaspoon Herbs De Provence
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
1/4 cup Parmesan cheese
2 cups Gouda Cheese, shredded

Step by Step Instructions

Preheat oven to 350 degrees

Crack eggs into a bowl and beat well with a whisk.

Add cottage cheese and blend well.

Add lemon juice, hot sauce, salt, pepper and Herbs de Provence and whisk to combine.

Melt butter in an oven safe skillet or chef's pan.

Sautee shallots or onions briefly just to heat through, adding in asparagus and ham and toss gently to combine. Allow to come to a sizzle.

Pour egg mixture over the ham and vegetables in the pan.

Gently stir to distribute the fillings evenly.

Cook slowly until the curds are somewhat set, but the mixture will still seem a bit loose.

Sprinkle Parmesan and Gouda cheeses over the top of the Frittata.

Transfer pan to oven and bake for 15 to 20 minutes until bubbly and completely set and a knife inserted in the center comes out clean.

Remove from oven and allow to sit for 10 minutes before cutting into wedges.

Serve with salad or grilled vegetables for a complete meal.

Savory Honey Lemon Chicken

Ingredients
Serves 4 to 6

3 pounds chicken pieces, skin on
1 1/2 pounds potatoes cut into wedges
3 medium onions, peeled and cut in wedges
6 cloves garlic, chopped
1 teaspoon all purpose seasoning
1/2 cup honey
1/2 cup lemon juice
1/2 cup butter, melted
1 lemon, thinly sliced

Step by Step Instructions

Preheat oven to 375 degrees.

In a bowl large enough to accommodate all the ingredients, mix the butter, honey lemon and garlic. Whisk well to incorporate.

Add seasoning, chicken, potatoes, onions and lemons and using your hands, toss everything in the glaze to coat evenly.

Place the chicken and vegetables on to a rimmed baking sheet that has been lined with foil and/or parchment paper.

Bake for 45 minutes to an hour or until a meat thermometer reads at least 160 degrees and the juices run clear.

Remove from oven and allow to sit for 10 minutes before serving.

Serve with a large salad and/or steamed veggies.

Easy Baked Chicken Parmesan

Ingredients

Serves 4 to 6

2 pounds chicken breast cutlets
4 tablespoons, butter, melted
2 cup dry bread crumb
1 cup prepared tomato sauce
1 cup Mozzerella Cheese, shredded
1/2 cup Parmesan cheese, grated

Step by Step Instructions

Preheat oven to 350 degrees.

Dry each piece of chicken on a paper towel then dip into the butter, making sure to get both sides.

Dip into bread crumb and coat thoroughly.

Place chicken pieces on a baking sheet lined with aluminum foil.

Bake in oven for 20 to 25 minutes until cooked through and no pink remains.

Remove chicken from oven and top each piece with some of the tomato sauce and a portion of each of the cheeses.

Return to oven, and turn the oven off. Leave chicken in the oven for 5 to 7 minutes or until cheese has melted completely.

Serve along with some dressed pasta and a green salad or vegetable of your choice.

Asian BBQ Pork Tenderloin

Ingredients
Serves 6 to 8

1 Package pork tenderloin (usually two)
1 jar Hoisin Sauce
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground ginger
1 teaspoon ground mustard powder
1 teaspoon cracked black pepper
1 teaspoon dried cilantro (optional)
1/2 teaspoon red pepper flakes
1/4 cup brown sugar

Step by Step Instructions

Preheat oven to 350 degrees.

Remove tenderloins from their package, wash and pat dry with paper towel.

Mix dry spices together with brown sugar.

Rub spice mixture onto the tenderloin on all sides.

Place tenderloins in a baking pan.

Pour Hoisin sauce evenly over both of the tenderloins and spread lightly to coat.

Roast in oven for approximately 30 minutes or until a meat thermometer reads between 155 and 165.

Allow meat to rest for at least 15 minutes to allow juices to settle.

Slice meat and serve.

Iron Skillet Chicken Burgers

Ingredients
Serves 6

2 pounds ground chicken
1/2 to 3/4 cup of Panko bread crumb
1 tablespoon of your favorite chicken seasoning
2 tablespoons olive oil
1 tablespoon vegetable oil for frying
Cheese slices of your choice
Your favorite burger fixins

Step by Step Instructions

Preheat oven to 375 degrees

Heat a large iron skillet on the stove over medium high heat.

Mix chicken, bread crumb, olive oil and seasoning together until they are well blended.

Divide meat into 6 portions and form into patties.

Pour vegetable oil into the skillet to coat the bottom evenly.

Place as many patties in the skillet as will fit without touching. Cook the burgers in batches if necessary.

Cook patties for 4 minutes per side. Flipping when they are nicely browned.

Remove from pan and cook remaining patties if necessary.

Place all the patties in the skillet and place in the hot oven for 10 minutes. This will ensure they are cooked all the way through.

Remove from oven and top each burger with your favorite cheese and serve with your favorite burger fixins!

Monte Cristo Sandwich Bake

Ingredients
Serves 6 to 8

8 slices bread, toasted
4 eggs
1 cup milk
1/2 cup heavy cream
8 slices deli ham
8 slices deli turkey or chicken
1 cup Mozzarella cheese, shredded
several dashes of hot sauce (optional)
1/2 cup mayonnaise
2 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
1 tablespoon prepared horseradish
1 teaspoon all purpose seasoning
1/2 teaspoon dry mustard powder
1/4 cup grated Parmesan cheese

Step by Step Instructions

Mix together mayonnaise, mustard, Worcestershire, horseradish, 2 tablespoons of parmesan cheese & Mozzarella cheese. Blend together well and set aside.

Build the custard by beating together the eggs, milk, cream, mustard powder, all purpose seasoning and several dashes of hot sauce.

Spread about a tablespoon of the sandwich spread on each slice of bread.

Lay on 2 slices of ham and 2 slices of turkey or chicken on 4 of the slices.

Top the meat with the remaining slices of bread to form four sandwiches.

Slice each sandwich in half diagonally to form two triangles.

Place the sandwich halves, cut side down into a buttered baking dish so that the points are facing upward.

Pour the custard mixture over the sandwiches and sprinkle with the remaining Parmesan cheese.

Cover and refrigerate at least 2 hours, but overnight is best.

Preheat oven to 350 degrees.

Bake casserole, uncovered for 45 to 60 minutes, or until the custard is set and not longer looks liquid. If your bread begins to get too browned, cover with aluminum foil, to prevent burning.

Remove from oven and allow to sit for 10 minutes before serving.

Oven Baked Tilapia

Ingredients
Serves 4 to 6

2 Pounds Tilapia Fillets or about 8 fillets
1 Cup Dry Bread Crumb
1 Cup Corn Meal
1 Teaspoon Salt
1 Teaspoon Cracked Black Pepper
1 Teaspoon Old Bay Seasoning
1 Teaspoon Lemon Pepper Seasoning
1 Cup Buttermilk

Step by Step Instructions

Preheat oven to 350 degrees.

Rinse and dry fish fillets and set aside

Place bread crumb, cornmeal, salt, pepper, old bay and lemon pepper in a shallow dish and mix well.

Place buttermilk in another shallow dish

Dip each fish fillet first in the buttermilk, then into the crumb mixture, making sure to coat completely.

Place breaded fillets on a baking sheet lined with aluminum foil or parchment paper that has been sprayed with cooking oil spray.

Spray each fillet with cooking oil spray. This will help you get a nice crispy coating and simulate the frying process without all the extra work.

Bake for 20 to 25 minutes or until fish is flaky and opaque. You may need to adjust your cooking time depending on the thickness of your fish.

Remove from oven and serve.

Roasted Garden Vegetable Ratatouille

Ingredients
Serves 4 to 6

1 small eggplant, cut into cubes
2 medium zucchini, sliced
1 large onion peeled and cut into wedges
1 large bell pepper cut into chunks
8 ounces Crimini mushrooms, cleaned
4 cloves garlic, chopped
1 tablespoon fresh rosemary, chopped
1/4 cup fresh basil, chopped
1 teaspoon salt
1 teaspoon cracked black pepper
1/2 teaspoon red pepper flakes (optional)
1/4 cup olive oil
2 1/2 cups fresh or jarred tomato sauce
1/4 cup grated Parmesan cheese

Step by Step Instructions

Preheat oven to 350 degrees.

Combine all vegetables, garlic, basil and rosemary together in a large bowl or directly on a large baking sheet.

Sprinkle with salt and pepper.

Pour olive oil over everything and give a good toss with your hands.

Bake for 20 minutes or until vegetables are somewhat soft and some have browned.

While vegetables are roasting, place tomato sauce in a large skillet over medium heat.

When vegetables are done roasting, remove from the oven and place them into the skillet with the warm tomato sauce. Stir well to combine.

Sprinkle over parmesan cheese and give it another good stir.

Serve alone or with pasta, rice or anything you love!

Easy Enchilada Bake

Ingredients
Serves 6 to 8

1 pound ground beef
2 tablespoons or 1 packet of taco seasoning
24 taco sized corn tortillas
1, 28 ounce can red chili enchilada sauce
1 medium onion, chopped
2, 4 ounce cans chopped green chilies
2, 4 ounce cans sliced black olives (optional)
4 cups shredded cheddar cheese
Sour cream for serving
Shredded iceberg lettuce for serving

Step by Step Instructions

Preheat oven to 350 degrees.

Prepare a 9 x 13 baking dish with cooking oil spray.

Brown ground beef in a skillet. Do not drain. Add taco seasoning to the browned ground beef. Stir to combine.

Pour 1/2 cup of enchilada sauce in the bottom of the baking dish.

Lay 6 tortillas, overlapping on the bottom of the dish. Top with 1/3 of the meat mixture.

Sprinkle over 1/3 of the onion, green chili, olive and cheese. Pour 1/2 cup of enchilada sauce over the layer.

Top with 6 more tortillas, overlapping.

Repeat with 1/3 of the meat, onion, green chili, olives, cheese and 1/2 cup of sauce. Top with 6 more tortillas, overlapping.

Top with remaining, meat, onion, green chili, olives and cheese and 1/2 cup of sauce. Top with remaining tortillas, overlapping.

Pour remaining enchilada sauce over the top. Sprinkle with remaining shredded cheese.

Cover with parchment paper and aluminum foil so the foil does not touch the casserole.

Bake for 30 minutes. Remove foil and parchment and return to oven and bake for another 15 minutes until top is browned and casserole is bubbly.

Remove from oven and allow to rest for 10 minutes before slicing into squares and serving.

Serve with shredded lettuce and a dollop of sour cream on top

Baked Pizza Burgers

Ingredients
Serves 6

2 pounds lean ground beef
2 eggs
1 cup dry bread crumb
2 tablespoons Parmesan cheese
3 cloves garlic, chopped
1 tablespoon onion powder
1 tablespoon Italian seasoning
1 tablespoon pizza seasoning (optional)
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon cracked black pepper
2 cups jarred pasta sauce
2 cups mozzarella cheese, shredded
1 tablespoon olive oil

Step by Step Instructions

Preheat oven to 375 degrees.

Mix ground beef, eggs, bread crumb, Parmesan and seasonings together in a large bowl.

Divide meat mixture into 6 equally sized patties.

Make a small hole in the center of each patty.

Lay the burgers on a baking sheet that has been lined with aluminum foil

Bake burgers for 25 to 30 minutes until they are nicely browned on the outside and the internal temperature is no less than 145 degrees.

Remove pan from the oven and evenly top the burgers with the pasta sauce.

Sprinkle the burgers evenly with the mozzarella cheese.

Return the burgers to the oven for 4 to 5 minutes just to melt the cheese and heat the sauce through.

Remove from oven and allow to rest for 10 minutes before serving.

Serve with your favorite salad and or pasta side dish.

Stove Top Skillet Recipies

Super Cheesy Skillet Chicken

Ingredients
Serves 6 to 8

2 pounds boneless, skinless chicken cutlets
2 tablespoons vegetable oil
1 tablespoon chicken seasoning blend
1 cup barbecue sauce (your favorite)
8 slices cooked bacon
1 cup shredded cheddar cheese

Step by Step Instructions

Rinse and pat chicken cutlets dry with a paper towel.

Sprinkle cutlets with seasoning on both sides.

Heat oil in a large, heavy bottomed skillet.

Cook chicken cutlets in the hot skillet for 4 minutes on each side. You may need to do this in batches. Don't crowd the pan.

Place cooked cutlets on a clean plate until all of them are done. Cover to keep warm.

When all the cutlets have been cooked, add barbecue sauce to the pan and heat until it just begins to simmer.

Add chicken back into the pan, turning in the sauce to coat.

Break each slice of bacon in two and place both halves on top of one chicken cutlet. Do this for all the bacon slices.

Sprinkle cheddar cheese on top of each cutlet.

Place a lid on the pan and turn off the heat. This will allow the cheese to melt while you prepare your sides.

Serve right from the pan for a delicious and quick meal!

Rotini, Sausage & Broccoli Skillet

Ingredients
Serves 6 to 8

1 pound (6 links) Italian Sausage
1 pound Rotini or other short cut pasta
1 pound frozen broccoli florets
6 cloves garlic, sliced super thin
1 cup grated parmesan cheese
2 tablespoons olive oil
2 tablespoons butter
1/2 teaspoon red pepper flake
1 teaspoon cracked black pepper

Step by Step Instructions

Cook pasta in boiling water according to box directions.

Heat olive oil in a large, heavy bottomed skillet over medium heat.

Remove the casings from the sausage by slicing the side of the sausage, removing the meat and discarding the casing.

Place sausage in skillet and break up and brown well as if you were cooking ground beef.

When sausage is nearly cooked and just a bit browned, add garlic and red pepper flakes to the pan and stir well.

Allow to cook for a few minutes for the garlic to soften.

About three minutes before the pasta is done, add the frozen broccoli to the pot to heat through.

Drain pasta and broccoli keeping about 2 cups of the cooking liquid for the finished dish.

Add 1 cup of the pasta water to the skillet with the sausage. Stir well.

Add pasta and broccoli to the skillet along with the parmesan cheese.

Stir well, and incorporate everything fully. If you find that you need extra liquid add it at this time.

Add black pepper and serve with more parmesan cheese to top off this amazing meal.

Leftovers can be stored in an airtight container and should be eaten within 1 week.

Maple Dijon Pan Glazed Pork Chops

Ingredients
Serves 4 to 6

6 boneless pork loin chops approx 1 inch thick
1 tablespoon vegetable oil
1 teaspoon Herbs De Provence
1 teaspoon poultry seasoning
1 teaspoon salt
1 teaspoon cracked black pepper
2 cloves garlic, minced
1/2 cup maple syrup
2 tablespoons Dijon mustard
2 cups chicken stock

Step by Step Instructions

Heat oil in a large skillet over medium heat.

Mix together dry spices and sprinkle over each side of the pork chops.

Place chops in skillet and allow to cook for 7 minutes per side until they are nicely browned and reach an internal temperature of 145 degrees.

Remove chops from skillet and allow to rest while you build the sauce.

Add garlic to the pan and allow to cook, just until you smell it, but do not allow it to brown.

Add in chicken stock, maple syrup and Dijon mustard and whisk to combine.

Allow sauce to simmer until reduced by approximately half. About 10 minutes.

Return chops to the sauce and turn to coat.

Allow chops to simmer in sauce for 5 minutes.

Balsamic Glazed Chicken & Vegetables

Ingredients
Serves 4 to 6

Chicken
2 pounds boneless skinless chicken breast
2 tablespoons olive oil
2 tablespoons butter
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon Italian Seasoning
1 tablespoon chicken rub (optional)
2 tablespoons balsamic vinegar

Vegetables
2 tablespoons olive oil
1 pint red grape tomatoes
1 pint orange grape tomatoes
2 medium zucchini cut into chunks
8 ounces Crimini mushrooms, sliced
1 can artichoke hearts, drained and halved
4 cloves garlic, minced

Step by Step Instructions

Wash and pat dry the chicken breasts.

Sprinkle seasoning over both sides of chicken evenly.

Melt butter and olive oil over medium heat, in a large, heavy bottomed skillet.

Place chicken top side down into the skillet and cook 3 to 5 minutes per side, moving around the pan to promote even browning.

When chicken is completely cooked and browned on both sides. Pour balsamic vinegar over them. Turn the meat over in the vinegar to coat well on all sides. You will see that the vinegar will begin to thicken and glaze the meat perfectly.

Remove the chicken from the pan and cover with foil to keep warm.

Add remaining two tablespoons of olive oil to pan and allow to come to heat.

Place garlic in pan and sauté just until you can smell it.

Add mushrooms and coat well with the oil.

Add remaining vegetables and stir well.

Cook until the tomatoes burst and the zucchini is tender crisp

Easy Cajun Skillet Dinner

Ingredients
Serves 4 to 6

1 tablespoon olive oil
1 tablespoon butter
1 pound smoked sausage, Sliced
1 pound chicken breast, cubed
1 pound fresh shrimp, peeled
1 cup bell pepper, diced
1 cup sweet onion, diced
3 cloves garlic, minced
1 quart or 2, 14 ounce cans stewed tomatoes
1 tablespoon chili powder
1 tablespoon sweet paprika
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon dried marjoram
1 teaspoon salt
1 teaspoon cracked black pepper

Step by Step Instructions

Melt butter and oil together in a large skillet.

Sautee smoked sausage and chicken until chicken is no longer pink inside.

Add onions, peppers and garlic and stir well to combine.

Sprinkle over seasonings and combine well.

Pour over stewed tomatoes and stir.

Allow to simmer for 5 minutes.

Add shrimp and cover and simmer for an additional 5 minutes.

Serve over rice.

Spicy Thai Beef Lettuce Wraps

Ingredients
Serves 4 to 6

2 pounds lean ground beef
1 teaspoon salt
1/2 teaspoon cracked black pepper
1 medium onion chopped
6 cloves garlic, minced
2 large carrots, shredded or chopped fine
1 can bamboo shoots, chopped
1 can water chestnuts, chopped
2 tablespoons ginger root, chopped
2 tablespoons lemon grass, minced
4 green onions, sliced
1/4 cup Cilantro, chopped
1 large Jalapeno pepper, chopped
1 teaspoon toasted sesame oil

Sauce:

1/4 cup soy sauce
1/4 cup plain rice vinegar
2 tablespoons fish sauce
2 tablespoons Thai sweet chili sauce
2 tablespoons sugar

Step by Step Instructions

Brown and drain ground beef in a large skillet until no pink remains.

Add salt and pepper and stir to combine.

Add onion, garlic, ginger and lemon grass and sauté until you can smell their aroma.

Add in carrots, water chestnuts and bamboo shoots and stir to combine. Allow to sauté for a few minutes while you prepare the sauce.

Combine all sauce ingredients in a small bowl and whisk together well.

Pour sauce over meat mixture and stir well. Get ready for the amazing smell!

Turn off heat and add green onion, cilantro and chopped jalapeno. Stir to combine.

Drizzle over toasted sesame oil and stir in.

Serve with rice and fresh, washed lettuce leaves and cucumber spears. Alternatively you can use small flour tortillas for an interesting twist on a classic.

Ham & Asparagus Frittata

Ingredients
Serves 4 to 6

8 whole eggs
1 cup cottage cheese
1 cup ham, chopped
1 cup asparagus, cooked & diced
1/2 cup shallots, thinly sliced
2 tablespoons lemon juice
1 teaspoon hot sauce
1 teaspoon Herbs De Provence
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
1/4 cup Parmesan cheese
2 cups Gouda Cheese, shredded

Step by Step Instructions

Preheat oven to 350 degrees

Crack eggs into a bowl and beat well with a whisk.

Add cottage cheese and blend well.

Add lemon juice, hot sauce, salt, pepper and Herbs de Provence and whisk to combine.

Melt butter in an oven safe skillet or chef's pan.

Sautee shallots briefly just to heat through, adding in asparagus and ham and toss gently to combine. Allow to come to a sizzle.

Pour egg mixture over the ham and vegetables in the pan.

Gently stir to distribute the fillings evenly.

Cook slowly until the curds are somewhat set, but the mixture will still seem a bit loose.

Sprinkle Parmesan and Gouda cheeses over the top of the Frittata.

Transfer pan to oven and bake for 15 to 20 minutes until bubbly and completely set and a knife inserted in the center comes out clean.

Remove from oven and allow to sit for 10 minutes before cutting into wedges.

Serve with salad or grilled vegetables for a complete meal.

Fish with Tomatoes and Green Chilies

Ingredients
Serves 4 to 6

2 pounds white fish filets I used Tilapia 4 cups Tomatoes with Green Chilies*

Step by Step Instructions

Pour tomatoes with green chilies into a large, deep skillet.

Place thawed fish filets into the tomato mixture.

Place skillet over medium heat and cook covered for 10 minutes or until the fish is opaque and flaky.

Serve as desired. We love this with rice and steamed veggies.

If you don't have any of the tomatoes with green chilies or don't like them, try this using your favorite stewed tomato or even your favorite pasta sauce.

Smothered Chicken

Ingredients
Serves 4 to 6

2 pounds boneless skinless chicken breast
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt free seasoning
1 teaspoon paprika
1 1/2 Tablespoons olive oil or vegetable oil
1 large onion, peeled, quartered and sliced
3 cloves garlic, minced
1 pound sliced Crimini mushrooms
1 bag (4 cups) fresh baby spinach
8 ounces sliced Provolone Cheese

Step by Step Instructions

Spray a large, heavy bottomed skillet with cooking oil spray.

Pre-heat skillet over medium high heat.

Wash and dry chicken and trim off any unnecessary fat.

Blend onion powder, garlic powder, salt free seasoning and paprika together and sprinkle over both sides of chicken.

Sear chicken in hot skillet cooking for 7 minutes on each side or until the juices run clear when pierced with a fork or knife.

Remove chicken from skillet to a warm plate and set aside while you prepare the rest of the dish.

Reduce heat to medium and add oil.

Sautee onion, garlic and mushrooms until the onion is translucent and the mushrooms are softened. That will take about 7 minutes. Make sure that you stir occasionally to avoid burning.

Add spinach to the pan and place a lid on top. Allow spinach to steam until wilted. This will take about 5 minutes.

Give all the veggies a good toss to combine. Push the veggies to the sides of the pan.

Add the chicken pieces back to the pan and cover them with the vegetable mixture.

Place slices of Provolone cheese on top of the chicken pieces and veggies. You may just want to arrange the cheese all over the top of the pan.

Turn off heat and cover pan with a lid. Allow the cheese to melt with the residual heat from the pan.

Smoked Sausage Gumbo

Ingredients
Serves 4

1/2 cup vegetable oil
1/2 cup all-purpose flour
1 cup bell pepper, chopped
1 cup celery, chopped
1 cup onion, chopped
4 cloves garlic, minced
2 cups diced tomatoes
4 cups chicken broth
1 teaspoon thyme
1 teaspoon garlic powder
1 teaspoon onion powder
1 bay leaf
1 teaspoon salt
1 teaspoon cracked black pepper
1/4 teaspoon cayenne pepper
1 pound smoked sausage

Step by Step Instructions

In a soup pot over medium heat, heat oil.

Add flour and cook 6 to 8 minutes, or until roux is a golden caramel color, stirring constantly.

Add the green pepper, celery, and onion to the roux and cook 4 to 5 minutes, or until tender, stirring occasionally.

Add remaining ingredients and bring to a boil.

Reduce heat to low and cook 25 to 30 minutes, stirring occasionally.

Serve over prepared grits or steamed rice.

Shakshouka: Tunisian Style Baked Eggs

Ingredients
Serves 6 to 8

1, 28 ounce can petite diced tomatoes
1 medium onion, chopped
2 green bell pepper, chopped & seeded
1 red bell pepper, chopped & seeded
1 jalapeno pepper, seeded
2 stalks celery, diced
2 cloves garlic, minced
2 carrots, diced
3 tablespoons olive oil
8 eggs
1/2 teaspoon Salt
1/2 teaspoon cracked black pepper
1 tablespoon smoked paprika
1/2 teaspoon red pepper flake
1 teaspoon, cumin
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme

Step by Step Instructions

Place olive oil in a large heavy bottomed skillet over medium high heat.

Add onion, garlic, peppers, celery and carrots and cook until onions are translucent and carrots are tender.

Add diced tomatoes and bring to a simmer.

Add all of the spices and blend well. Simmer for 5 minutes until slightly thickened.

Make 8 wells in the vegetable mixture and crack an egg into each one.

Cover and simmer for 3 to 4 minutes or until your eggs are cooked to your liking.

Serve by scooping out the eggs and some of the sauce along with some warm pita bread.

Bruschetta Chicken

Ingredients

Serves 4

4 boneless, skinless, chicken breasts
4 tablespoons olive oil, divided
1 teaspoon chicken seasoning blend
1 teaspoon pizza seasoning
1 teaspoon Italian seasoning
1 pint grape tomatoes, halved
2-3 cloves garlic, minced
2 tablespoons fresh basil, shredded
1 teaspoon balsamic vinegar
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
1/2 teaspoon Italian seasoning
Cooked angel hair pasta
Parmesan cheese (optional)

Step by Step Instructions

Heat a large, heavy bottomed skillet over medium high heat.

Filet chicken breasts, if they are very large into two pieces each, running your knife through them as they lay flat on the board.

Place chicken pieces into a gallon sized plastic bag and add seasonings as well as 2 tablespoons of olive oil. Seal bag and mix well, massaging the oil and spices into the chicken.

Mix together the grape tomatoes, chopped garlic, basil, olive oil, vinegar, salt and pepper and Italian seasoning and blend well. Allow this to sit while you cook the chicken.

Pan sear the chicken until cooked through and golden on both sides. Remove from pan and set aside.

Place a serving of angel hair pasta on a plate, top with one chicken breast and then spoon over some of the tomato mixture.

Top with more shredded basil and parmesan cheese if desired.

One Skillet Chili Mac

Ingredients

Serves 4

2 cups dry macaroni pasta
2 cups water
1 quart or 4 cups prepared chili
1 cup shredded cheddar cheese
1/2 teaspoon salt

Step by Step Instructions

Place macaroni, salt and water in a large, deep skillet over medium high heat.

Cook until water is nearly absorbed completely and pasta is cooked through but not mushy.

Add chili and stir well to combine. Heat to a simmer.

Sprinkle cheese over the chili mac and turn off the heat.

Cover and allow the cheese to melt for about five minutes.

Serve with a salad for a complete meal.

Pasta Fagioli

Ingredients
Serves 6 to 8

1 Pound Ground Beef
1 Medium Onion, Chopped
2 Cloves Garlic, Minced
1 Large Can Crushed Tomatoes
1 small Can Diced Tomatoes
1 Can Red Kidney Beans
1 Can White Cannellini Beans
4 Cups Beef Stock
1 Teaspoon Italian Seasoning
1 Teaspoon Oregano
1/2 Teaspoon Crushed Red Pepper
Salt & Pepper to taste
1/2 Pound Dry Ditallini or Elbow Macaroni Pasta

Directions

In a stock pot, brown the ground beef well, do not drain.

When browned, add the onion and garlic and cook until they are soft and translucent, about 5 minutes.

Add both types of tomatoes,

Add Beef Stock and stir well.

Add Kidney and Cannellini beans.

Add Italian Seasoning, Oregano, Crushed Red Pepper as well as Salt and Pepper and Stir well to incorporate.

Bring to a gentle boil.

Add the pasta and cook until done, about 15 to 20 minutes. Stir occasionally so it does not stick to the bottom.

Serve with garlic bread and a salad for a complete meal.

Quick and Easy Bean and Bacon Soup

Ingredients
Serves 6 to 8

1 pound bacon cut into pieces
1 large onion, chopped
1 cup chopped celery
1 cup chopped carrot
4 cloves garlic, chopped
1teaspoon dried thyme
1 teaspoon dried marjoram
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon cracked black pepper
1 teaspoon salt
3 cans Great Northern Beans (14 ounces) with juice
1quart chicken stock

Step by Step Instructions

Fry bacon in a large stockpot until it is browned and has rendered it's fat.

Remove bacon from stockpot.

Remove all but 2 tablespoons of bacon fat from stockpot, reserving it for later use.

Add, onion, carrot, celery and garlic to the pot and sauté for 5 minutes over medium heat.

Add thyme, marjoram, onion, powder, garlic powder, salt and pepper. Blending well.

Pour in beans with their liquid as well as chicken stock, stir well.

Stir in reserved bacon.

Lightly mash some of the beans with a potato masher. This will allow the soup to thicken.

Simmer over medium heat for 20 minutes.

Chicken and Dumplings

Ingredients
Serves 4 to 6

2 tablespoons butter
2 pounds, chicken tenders
1 medium onion chopped roughly
4 stalks celery, chopped
1 cup matchstick or shredded carrot
4 cups chicken stock
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon poultry seasoning
1 teaspoon celery seed
2 teaspoons dried parsley
1 teaspoon salt
1 teaspoon cracked black pepper
1/4 cup Wondra flour or all purpose flour

Dumplings

2 cups all purpose flour
1 tablespoon baking powder
6 tablespoons cold butter, cut into cubes
1 tablespoon dried parsley
1 to 1 1/2 cups buttermilk

Step by Step Instructions

Mix all ingredients for dumplings together in a bowl and set aside.

Heat butter in a large, deep skillet.

Add onion, celery and carrots and sautee. Place lid on pan for about 5 minutes to allow veggies to steam.

Add chicken stock and chicken tenders and give everything a good stir. Cover and allow to cook for five minutes.

Sprinkle in Wondra flour and whisk well to combine. Allow to thicken to desired consistency adding more flour if needed.

Drop dumpling mixture by scoops or tablespoons full across the top of the simmering chicken mixture. Give them some room to expand.

Cover and simmer approximately 10 minutes, until the dumplings have steamed and doubled or more in size.

Quick, Stove Top, Chili Verde

Ingredients
Serves 6 to 8

2 pounds ground pork
1, 28 ounce can green chilies, chopped
1, 14 ounce can diced tomatoes
2 medium onions, chopped
6 cloves garlic, minced
1 can green chili enchilada sauce
1 jalapeno, chopped (optional)
1 tablespoon apple cider vinegar
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon dried oregano

Toppings

Chopped white onions
Pickled jalapenos
Sour Cream
Cotija Crumbles or
Shredded Monterey Jack Cheese
Chopped fresh tomatoes
Warm tortillas

Step by Step Instructions

In a large, heavy bottomed stock pot, brown ground pork until no longer pink.

Add in onion, jalapeno and garlic and sauté until onions are tender.

Add in diced green chili and stir to combine.

Add spices and stir well.

Add enchilada sauce and vinegar. Stir well.

Taste for seasoning and adjust to your liking.

Simmer uncovered, over medium heat for 15 minutes.

Serve with toppings of your choice and warm flour or corn tortillas.

This is also a great sauce to top homemade burritos or chimichangas.

Tuna Romanoff Skillet

Ingredients
Serves 6 to 8

8 ounces egg noodles.
3 cans tuna in water
1 medium onion, minced
2 stalks celery, minced
1 red bell pepper, chopped
4 tablespoons butter
1/4 cup all purpose flour
2 cups milk
1 cup chicken stock
1 cup parmesan cheese
1 cup frozen green peas
1/2 teaspoon salt
1/2 teaspoon cracked black pepper

Step by Step Instructions

Cook egg noodles in boiling water until al dente. Drain and set aside.

Melt butter in a large skillet over medium heat.

Add onion, celery and bell pepper. Sauté until tender.

Sprinkle flour over the vegetables in the skillet and stir to combine. You are beginning a roux. Cook over medium heat for a few minutes until the flour is just slightly a light brown.

Turn heat down and slowly pour milk and stock into the pan. Whisking the the whole time to avoid lumps.

Continue to whisk until the mixture has thickened and large bubble will begin to rise to the surface. Do not boil.

Add parmesan cheese and stir well.

Season with salt and pepper.

Flake the tuna and add it to the sauce along with it's juice. Stir well to distribute.

Add cooked egg noodles to the skillet and stir well to coat.

Add frozen peas and stir to combine.

Remove from heat and cover. Allow to rest for 5 minutes to allow peas to heat through.

Hot Dog Stew

Ingredients
Serves 6 to 8

1 pound Kosher, all beef hot dogs, sliced
2, 14 ounce cans stewed tomatoes
8 ounces frozen, cut green beans
1 medium onion, sliced
2 cloves garlic, minced
1 green or red bell pepper, cut in strips.
1 tablespoon olive oil
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
Rice or cooked elbow macaroni for serving

Step by Step Instructions

Heat oil in a skillet over medium high heat.

Add onion, garlic and bell pepper and sauté until tender.

Add sliced hot dogs and cook until just a bit browned.

Add tomatoes and green beans along with the salt and pepper. Stir to combine.

Simmer for 5 minutes.

Taste for seasoning adjust if needed.

Serve over rice or elbow macaroni.

NOTE: This is one of my first "favorite" meals that my mother made when I was a child. No, it is not a culinary feat. It is a meal thrown together by a tired mom who needed to get dinner on the table, most likely with limited resources. This is said to be a throwback to a very old Sicilian dish, however, I have never come across anything like it.

Homemade Sloppy Joes

Ingredients
Serves 6 to 8

2 Pounds lean ground beef
1 large onion, chopped
1 bell pepper, chopped
2 stalks celery, chopped
1, 14 ounce can mushrooms with liquid
1, 10 ounce can, diced tomatoes & green chilies
2 cloves garlic, minced
1/4 cup yellow mustard
2 tablespoons Worcestershire sauce
1 1/2 cups ketchup
2 tablespoons paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon cracked black pepper

Step by Step Instructions

Brown ground beef in a large, heavy bottomed, skillet over medium high heat.

Add onion, bell pepper, celery and garlic and stir to incorporate. Cook until vegetables are tender, about 5 to 7 minutes.

Add mushrooms and their liquid along with the diced tomatoes and green chilies.

Add remaining ingredients to the skillet and stir well to combine.

Reduce heat to medium low and cover loosely.

Simmer for 10 minutes, stirring once to make sure the bottom is not scorching.

Serve with buns for a loose meat sandwich or as a stuffing for a baked potato topped with shredded cheddar cheese.

Quick Pasta Recipes

Skillet Chicken Spaghetti

Ingredients
Serves 6 to 8

4 Cups cooked chicken, diced
1 pound bag frozen broccoli florets, thawed
1 medium onion chopped
3 cloves garlic minced
2 cups prepared Italian dressing
1 teaspoon dried basil
1 teaspoon dried oregano
2 Tablespoons olive oil
1 cup Parmesan cheese
1 pound cooked angel hair pasta

Step by Step Instructions

Heat olive oil in a large deep skillet, over medium heat.

Sauté onions and garlic until translucent.

Add in dried herbs and allow to, cook for about 2 minutes to release their essential oils into the dish.

Add in broccoli and chicken and stir to combine.

Add in Italian dressing and combine well.

Lower heat to medium low and simmer for 5 minutes.

Add in drained, cooked pasta and toss to combine.

Add Parmesan cheese and stir well.

Shrimp Margherita

Ingredients
Serves 6 to 8

2 pounds shrimp, peeled & de-veined
2 tablespoons olive oil
4 cloves garlic, minced
1 teaspoon red pepper flakes
1 teaspoon salt
1 teaspoon cracked black pepper
4 cups diced tomatoes, fresh or canned
2 tablespoons fresh basil, shredded
Parmesan cheese for serving
1 pound cooked, angel hair pasta
1 cup reserved pasta water

Step by Step Instructions

Heat olive oil in a large deep skillet, over medium heat.

Sautee' garlic and red pepper flakes just until you can smell the garlic.

Add tomatoes, salt, pepper and basil and stir to combine. Simmer for 5 minutes.

Add shrimp to the skillet and arrange evenly. Turn off heat and cover. Allow shrimp to steam for 5 minutes until opaque and pink.

Place cooked angel into the skillet with the sauce and shrimp and toss to evenly distribute.

Add some of the reserved pasta water if necessary to loosen up the sauce if desired.

Serve sprinkled with Parmesan cheese.

Fancy Stove-Top Macaroni & Cheese

Ingredients
Serves 6 to 8

4 cups macaroni, cooked
1/2 cup butter
1/2 cup flour
4 cups milk
1 cup sour cream
1 tablespoon Worcestershire
1 teaspoon hot sauce
4 cups shredded cheddar cheese
1/2 cup crumbled blue cheese
1/2 cup grated Parmesan cheese
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon cracked black pepper

Step by Step Instructions

Cook and drain macaroni and set aside.

In the same pot as you cooked the macaroni, melt butter.

Add flour and whisk together to form a roux. Cook for a few minutes but do not brown.

Slowly add milk and whisk to combine. Continue whisking over medium heat until mixture thickens.

Add all of the cheeses and stir until melted.

Add sour cream, Worcestershire sauce, hot sauce, garlic powder, onion powder, salt and pepper and stir to combine. At this point, taste for seasoning and adjust to your liking.

Add macaroni to the sauce and stir well.

You may serve at this point or you can pour this into a buttered casserole dish and top with buttered bread crumb or more shredded cheese and bake at 350 degrees for 30 to 45 minutes or until bubbly and a bit brown around the edges.

Bachelor Stew Skillet Pasta

Ingredients
Serves 6 to 8

2 pounds ground beef
1 cup onion, chopped
1 cup green bell pepper, chopped
2 cups fresh sliced mushrooms
1 cup carrots, shredded
1 cup celery, chopped
4 cloves garlic, minced
4 cups pasta sauce
4 cups water
1 pound Rotini pasta
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1 teaspoon basil
1 teaspoon oregano
1/2 cup parmesan cheese

Step by Step Instructions

Place a large, deep skillet over medium heat and brown ground beef until no longer pink. Drain if necessary.

Add vegetables to the ground beef and stir to combine. Sautee' over medium heat until the vegetables are soft.

Add seasonings to the pan and stir to distribute.

Add dry pasta to the ground beef mixture and combine.

Pour pasta sauce and water into the pan. Stir well and cover. Allow to cook over medium heat for 10 to 15 minutes or until pasta is cooked to the proper texture.

Add parmesan cheese over the top and serve.

**This is called Bachelor Stew because my step-father created it when he lived by himself and allegedly ate off of it for days. He made it for my brother and I when we were kids and now my family enjoys this when we want a quick pasta fix.*

One Pot Chili Mac

Ingredients
Serves 6 to 8

2 pounds ground beef
1 cup onion, chopped
1 cup green bell pepper, chopped
4 cloves garlic, minced
4 cups diced tomatoes
4 cups tomato juice
1 pound, elbow macaroni
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
2 tablespoons chili powder
1 tablespoon ground cumin
1 tablespoon oregano
1/2 teaspoon Cayenne pepper
2 cups shredded cheddar cheese

Step by Step Instructions

Place a Dutch oven or stock pot over medium heat and brown ground beef until no longer pink. Drain if necessary.

Add onion, garlic and bell pepper to the ground beef and cook until softened.

Add all of the seasonings to the pan

Add dry macaroni to the pan and stir to combine.

Pour tomatoes and tomato juice into the pan and stir well. Cover and allow to cook 10 to 15 minutes or until macaroni is properly cooked.

Sprinkle with cheddar cheese and allow to melt.

Serve and enjoy!

Leftovers can be stored in an airtight container in the refrigerator for up to 1 week.

Beef Ragout Over Rigatoni

Ingredients
4 to 6

2 cups leftover beef roast, shredded
1 large onion, diced
3 cloves garlic, minced
8 ounces fresh sliced mushrooms
1/2 cup Calamata olives, chopped
1/2 cup roasted red pepper, chopped
1/4 cup capers, chopped
2 tablespoons olive oil
1 teaspoon Anchovy paste
1/4 cup fresh basil leaves
4 cups prepared marinara sauce
Prepared Rigatoni pasta

Step by Step Instructions

Place a large, deep skillet over medium heat.

Heat olive oil and add anchovy paste, onion, mushrooms and garlic. Sautee until onion is translucent.

Add in olives, peppers and capers and stir well to combine.

Pour prepared marinara sauce into the pan and stir well.

Add shredded beef roast and stir well. Cover and simmer over medium heat for 15 minutes allowing the flavors to marry.

Add basil to the pan and stir.

Serve over prepared rigatoni noodles and sprinkle with Parmesan cheese if desired.

*NOTE - leftover chicken or pork roast could easily be substituted for the beef in this recipe.

Bohemian Spaghetti

Ingredients
Serves 4 to 6

1 pound of bacon, diced
1 pound fresh, sliced mushrooms
1 pound fresh spinach, washed
1 large onion, diced
4 cloves garlic, minced
4 cups diced tomatoes in juice
1 teaspoon Italian seasoning
1 teaspoon cracked black pepper
1 pound cooked angel hair pasta
Parmesan Cheese for serving

Step by Step Instructions

Place a large deep skillet over medium heat.

Cook bacon until most of the drippings have been rendered and the bacon is slightly browned.

Add bacon, garlic and mushrooms and continue to cook until the onion is translucent and the mushrooms are soft.

Add tomatoes and stir well.

Allow sauce to simmer for 5 minutes.

Add fresh spinach to the pan and stir to combine. Allow to spinach to wilt down, stirring until it is incorporated.

Add seasonings and mix well.

Place drained pasta into the pan and toss with tongs to combine.

Serve sprinkled with Parmesan cheese and more black pepper if desired.

Garlic Shrimp Alfredo

Ingredients
Serves 4 to 6

1 stick of butter
2 cups heavy cream or half and half
2 cups grated Parmesan cheese
2 cloves garlic, chopped
Black pepper to taste
¼ teaspoon ground nutmeg
1 pound of cooked and peeled shrimp
1 pound of cooked fettuccine

Step by Step Instructions

Prepare 1 pound of 16-20 shrimp. You can purchase this pre-cooked or raw and steam it yourself. Remove the shells and the tails. Set aside.

Melt butter in heavy bottomed skillet.

Add chopped garlic and sauté briefly, just until you can begin to smell the aroma.

Add cream and whisk to combing

Add in the Parmesan cheese and whisk until the cheese has melted and incorporated into the sauce.

If the sauce seems to be thicker than you like at this point, add a bit of the reserved pasta water to the pan and stir until the sauce reaches the consistency you desire.
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Add in black pepper and nutmeg and stir well.

Add cooked pasta directly to the pan and using tongs, turn in the sauce to distribute evenly.

Add shrimp to the pasta and turn again to distribute.

Top with another sprinkle of Parmesan cheese and serve.

Lighter Fettuccini Alfredo

Ingredients
Serves 4 to 6

1/4 cup olive oil
4 tablespoons butter
3 cloves garlic, minced
1/2 cup flour
4 cups milk
2 cups grated Parmesan cheese
1 pound cooked Fettuccini

Step by Step Instructions

Place a large deep skillet over medium heat.

Melt butter with olive oil.

Add garlic and sauté until you can smell it's aroma.

Add flour and whisk to combine. Cook for a few minutes to create a roux. Cooking the flour will remove the "raw" flavor of the flour, however you should not allow the roux to turn brown.

Pour milk into the pan, whisking the whole time. Continue to cook over medium heat, stirring/whisking until the sauce thickens.

Add Parmesan cheese and stir until the cheese is melted.

You may ladle this sauce over the cooked pasta or you can add the pasta to the sauce and toss everything together prior to serving.

Add cooked chicken, shrimp or sliced and cooked Italian sausage for a heartier main course.

Red Clam Sauce

Ingredients
Serves 4 to 6

2-5 ounce cans baby clams, reserve juice
2 cups diced tomatoes
2 cups plain tomato sauce or marinara
1/2 cup chopped parsley
1/2 cup extra virgin olive oil
4 cloves garlic, minced
1 tablespoon anchovy paste
1/2 teaspoon red pepper flakes
1 pound cooked spaghetti

Step by Step Instructions

Heat olive oil in a large skillet over medium heat.

Add garlic, parsley, anchovy paste and red pepper flakes and sauté until you can smell the garlic. Do not allow the garlic to brown or it will become bitter.

Add in tomatoes and tomato sauce as well as the clams and clam liquor.

Bring to a simmer and allow to simmer on low heat for five minutes.

Serve over hot pasta.

White Clam Sauce

Ingredients
Serves 4 to 6

2-5 ounce cans baby clams, reserve juice
1 cup white wine
1 cup clam juice
6 cloves garlic, minced
1 tablespoon anchovy paste
1/2 teaspoon red pepper flakes
1/2 cup chopped parsley
1 tablespoon fresh oregano
1/2 cup extra virgin olive oil
1/4 cup butter
1 teaspoon cracked black pepper
1 pound cooked spaghetti

Step by Step Instructions

Heat olive oil in a large skillet over medium heat.

Add garlic, parsley, anchovy paste and red pepper flakes and sauté until you can smell the garlic. Do not allow the garlic to brown or it will become bitter.

Add in white wine, clam juice, as well as the clams and clam liquor.

Bring to a simmer and allow to simmer on low heat for five minutes.

Add parsley, oregano, black pepper and stir well.

Allow butter to melt into sauce to finish and give a velvety smoothness. Stir well to combine.

Add cooked spaghetti to the pan and toss with tongs to coat.

Serve in bowls with crusty bread to soak up the delicious broth.

Chicken Scampi

Ingredients
Serves 4 to 6

8 Chicken breast cutlets
6 cloves garlic, minced
1/2 cup lemon juice
1 stick butter, divided
1/4 cup olive oil
1 cup all purpose flour
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon Italian Seasoning
1 teaspoon sweet paprika
1 pound cooked pasta
1/4 cup pasta water

Step by Step Instructions

Heat 4 tablespoons of butter along with the olive oil in a large, heavy bottomed skillet over medium heat.

Combine flour along with dried herbs and spices in a plastic, zip top bag.

Drop each chicken cutlet, individually, into the flour mixture and coat both sides.

Place cutlets into the butter/olive oil and cook for 3 to 4 minutes per side until cooked through and no longer pink in the middle. Remember not to crowd the pan or you will essentially steam your chicken instead of browning it.

Remove the chicken from the pan and set aside and cover while you build the sauce.

Add remaining 4 tablespoons of butter to the pan along with the lemon juice, pasta water and garlic. Stir well, making sure to bring up all of the brown bits from the bottom of the pan. Your sauce should be smooth and slightly thickened.

Return the chicken cutlets back to the pan and turn them in the sauce to coat. Allow to simmer for 5 minutes on low heat before serving.

Spinach Basil Pesto Farfalle

Ingredients
Serves 6 to 8

1 cup fresh basil leaves
2 to 3 cups fresh baby spinach
1/2 cup grated parmesan cheese
1/2 cup walnuts, toasted
4 cloves garlic, peeled
1/2 cup extra virgin olive oil
1 teaspoon sea salt
1 pound cooked Farfalle (bow tie) Pasta

Step by Step Instructions

Place basil, spinach, walnuts, garlic and Parmesan cheese in the bowl of your food processor.

Pulse to break down the leaves, then turn on full to begin making into a sauce.

While food processor is running, stream in olive oil and allow to blend.

Remove pesto from food processor and measure out one cup for coating your pasta.

Serve sprinkled with more Parmesan cheese, toasted walnuts and shredded basil if desired.

NOTE This recipe makes more pesto than you will need for 1 pound of pasta. Remaining pesto can be stored in an airtight container with a layer of olive oil on top to prevent drying. You can also freeze remaining pesto for up to three months

Hamburger Stroganoff

Ingredients
Serves 6 to 8

1 1/2 to 2 pounds ground beef
1 pound sliced mushrooms
2 medium onions sliced
3 to 4 cloves garlic minced
1/4 cup ketchup
2 tablespoons Worcestershire
2 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon dried thyme
1 packet onion soup mix
4 cups good quality beef stock
2 (1 pint) sour cream
1/4 cup granulated flour (Wondra)
12 ounce bag egg noodles, cooked

Step by Step Instructions

Brown ground beef in a large skillet until no longer pink over medium high heat.

Add salt, pepper and time and stir to combine.

Add onions, garlic and mushrooms and allow to sautee until onions are translucent and mushrooms have softened, about 10 minutes.

Add beef stock and onion soup mix, ketchup and Worcestershire sauce and stir well.

Allow mixture to come to a simmer over medium heat.

Place sour cream in a bowl or large measuring cup. Add two cups of simmering stock to the sour cream and whisk until smooth. This will temper the sour cream and prevent it from curdling once you put it in the pan.

Add tempered sour cream to pan and stir to combine.

Add Wondra flour and whisk in well.

Turn heat on medium low and allow Stroganoff to come to a mild simmer, stirring frequently until it reaches desired thickness.

Serve over egg noodles.

Turkey Tetrazzini

Ingredients
Serves 6 to 8

8 ounces spaghetti, cooked
2 cups chicken stock
3 cups fresh, sliced mushrooms
2 cups milk
3 tablespoons cornstarch
1/2 teaspoon salt
1/2 teaspoon black pepper
3 cups leftover turkey breast, diced
1 cup frozen petite peas
1/2 cup bread crumb

Step by Step Instructions

Preheat oven to 375 degrees.

Coat a 9- x 13-inch baking dish with cooking spray.

Bring broth to a boil over medium-high heat.

Stir in mushrooms then reduce heat and simmer until mushrooms are tender. Stir in milk.

In a small cup, combine cornstarch with 1/2 cup water, and stir until smooth; slowly pour into mushroom mixture. Increase heat to medium and bring to a boil, stirring constantly.

Remove from heat and stir in salt, pepper, and turkey. Add spaghetti and peas and toss to combine, until well coated.

Pour spaghetti mixture into prepared baking dish and sprinkle evenly with bread crumbs.

Bake 20 to 25 minutes, or until golden brown and bubbly.

Pasta Con Pepi Con Parma

Ingredients
Serves 6 to 8

1 pound of spaghetti or fettuccine pasta
1 cup Parmesan cheese
1 tablespoon freshly cracked black pepper
1/4 cup olive oil
1/4 cup butter, melted
1 teaspoon red pepper flakes (optional)

Step by Step Instructions

Cook pasta in boiling salted water until cooked to desired doneness.

Drain and return empty pot to the burner.

Add butter and olive oil to the pot and stir well.

Add black pepper and red pepper to the butter, oil mixture.

Add cooked pasta back to the pot and toss to coat in the seasoned butter and oil.

Add Parmesan to the pasta and toss to distribute.

Taste for seasoning and adjust to your taste by adding more salt and black or red pepper.

Pepperoni Rigatoni Pasta Bake

Ingredients
Serves 6 to 8

1 pound ground beef
1 tablespoon olive oil
8 ounces sliced Crimini mushrooms
1 medium onion, chopped
2 cloves fresh garlic, minced
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
1 teaspoon Italian seasoning
3 cups of your favorite pasta sauce
4 ounces thin sliced pepperoni
1 cup Ricotta cheese
1 egg
3 cups shredded Mozzarella cheese
1/2 cup grated parmesan cheese
1/2 teaspoon dried basil
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
4 cups cooked Rigatoni pasta (2 cups dry)

Step by Step Instructions

Preheat oven to 350 degrees.

Brown ground beef and ground pork until cooked. Be sure to break the meat up so it is fine and not too chunky. Add onions, garlic, mushrooms salt, pepper and Italian seasoning and continue to cook until the mushrooms have softened.

Add sauce to the meat mixture and stir well. Simmer for 10 minutes.

Prepare the cheese mixture by combining ricotta, eggs, dried basil, onion powder, garlic powder and 1 cup of mozzarella cheese and 1/2 cup of grated parmesan. Stir well. Set aside.

Cook pasta a couple of minutes underdone. This will finish cooking in the oven.

Remove 1 cup of meat sauce from the pan and allow it to cool slightly while the pasta cooks.

Drain pasta and allow to sit in the colander while you build the casserole.

Using the pot the pasta was cooked in, combine the cheese mixture and the reserved meat sauce. Stir well. Add pasta and stir to coat.

Add the sliced pepperoni and stir to combine.

Pour mixture into a 9 x 13 baking dish. Top with the meat sauce and then with remaining mozzarella and parmesan cheeses.

Cover pan with a piece of parchment paper and the cover tightly with aluminum foilPlace on a baking sheet for stability and bake in a 350 degree oven for 30 to 45 minutes until bubbly. Remove from oven and allow to cool for 10 minutes before serving.

Cold Sesame Zucchini Noodle Salad

Ingredients
Serves 6 to 8

Dressing

1/2 cup creamy peanut butter
1/3 cup soy sauce
2 tablespoons honey
1 tablespoon toasted sesame oil
1 tablespoon rice wine vinegar
1 tablespoon Mirin
1 teaspoon fish sauce
2 cloves garlic, minced
1 tablespoon ginger paste
1 tablespoon lemongrass paste
1 tablespoon Sriracha or chili paste
1/4 cup water (only to thin if needed)

Salad

10 small zucchini spiralized or shaved
2 large carrots, spiralized or shaved

Garnish

1 cup red bell pepper cut in strips
1/2 cup green onion, sliced
1 cup cucumber, diced
1 tablespoon sesame seeds

Alternatively you can use 1 pound of cooked Angel hair or Spaghetti pasta.

Step by Step Instructions

Combine all dressing ingredients except water in a large bowl and whisk together well. Keep whisking until the mixture becomes smooth and creamy.

If mixture is too thick, add a tablespoon of water at a time until it reaches desired consistency. The mixture should be somewhat thick, like white sauce but not as thick as pancake batter. If mixture is too thin, add a bit more peanut butter. Set aside.

Combine shredded zucchini and carrots in a large bowl.

To prepare individual servings place some of the shredded zucchini and carrots or pasta or a combination of the two in a serving bowl.

Add a 1/4 to a 1/2 cup of the dressing on top of the veggies/pasta and toss together to coat and incorporate.

Add garnish of bell pepper, green onion, diced cucmber and sesame seed if desired.

Herbed Lemon Garlic Orzo Pasta

Ingredients
Serves 4 to 6

1 pound of orzo pasta
1/2 cup olive oil
2 tablespoons lemon juice
2 tablespoons fresh dill, chopped
2 tablespoons fresh parsley, chopped
1/2 teaspoon salt
1/2 teaspoon cracked black pepper

Step by Step Instructions

Cook and drain orzo pasta.

While pasta is still hot, return to cooking pot and add remaining ingredients and stir well to coat.

You can add parmesan cheese if you desire prior to serving.

This pasta can be served warm or cold. It would make an excellent salad the next day with the addition of chopped vegetable.

Stuffed Shells & Spinach Bake

Ingredients
Serves 4 to 6

1 bag of frozen stuffed shell pasta
1, 10 ounce bag fresh baby spinach
1 jar of your favorite pasta sauce
2 cups shredded mozzarella cheese

Step by Step Instructions

Preheat oven to 350 degrees

Pour 1/2 cup of sauce in the bottom of a baking pan.

Place entire bag of spinach on top of the sauce. This will cook down considerably.

Place the frozen stuffed shells, seam side down on top of the spinach.

Spoon the remaining sauce over each individual shell spreading it all on the top evenly.

Sprinkle the cheese on top of the shells and sauce.

Cover with parchment paper and then a layer of foil.

Bake for 30 to 45 minutes, taking off the foil and parchment during the last 10 minutes of cooking to encourage browning.

Remove from oven and allow to cool for 10 minutes before serving.

Slow Cooker Recipes

Pork Tenderloin in Tomato Gravy

Ingredients
Serves 6 to 8

2 pound pork tenderloin
1, 28 ounce can crushed tomatoes
1 medium sweet onion, chopped
4 cloves garlic, minced
1 tablespoon Italian seasoning
1 teaspoon dry basil
1 teaspoon dry oregano
1 teaspoon dry thyme
1 teaspoon salt
1 teaspoon cracked black pepper
1 tablespoon olive oil
1 tablespoon balsamic vinegar
2 tablespoons parmesan cheese

Step by Step Instructions

Place everything except the pork tenderloin into the bottom of your slow cooker crock and stir well to combine.

Place pork tenderloin into the sauce and turn to coat.

Place lid on slow cooker and set to low for 6 to 8 hours. High for 4 to 5 hours.

When meat is tender when pierced with a fork and will easily shred, pull meat apart and even distribute in the sauce.

Serve as an open faced sandwich with mozzarella and parmesan sprinkled on top or use this as an amazing topping for cooked Rigatoni pasta.

Smoked Sausage Hot Pot

Ingredients
Serves 6 to 8

1 pound potatoes, cut into chunks
1 medium sweet onion. sliced
2, 14 ounce cans diced tomatoes, with juice
1, 12 ounce can diced tomatoes and green chilies
2 cups tomato juice
2 cups chicken stock
1, 8 ounce bag frozen green beans
4 stalks celery, cut in 1 inch chunks
2, 1 pound links of smoked sausage

Step by Step Instructions

Layer potatoes, onion, tomatoes, green beans and celery in the crock of your slow cooker.

Cut sausage into manageable pieces and place on top.

Pour over tomato juice and chicken stock.

Place lid on top and put crock into the cooking sleeve.

Set and cook on low for 6 to 8 hours or on high for 4 to 6 hours.

Serve with crusty bread to soak up all that delicious broth.

Chicken & Chops Cassoulet

Ingredients
Serves 6 to 8

1 pound chicken thighs, skinless
1 center cut pork chops, bone in
1 ham hock
1 pound dry white beans, rinsed and picked
1 large onion, sliced
2-3 cloves garlic, minced
1 cup fresh carrots, sliced
1 cup celery, sliced
1, 14 ounce can tomatoes
2 cups chicken stock
2 cups ham stock
4 sprigs of fresh thyme
6 fresh sage leaves
4 bay leaves
1/2 teaspoon cracked black pepper

Step by Step Instructions

Place beans in the bottom of the slow cooker, crock.

Layer chicken, pork chops, ham hock and vegetables on top of beans.

Pour tomato juice and stock into the crock and give everything a gentle nudge with a spoon.

Sprinkle over the pepper and stir in gently.

Add in the herbs and just place on top. They will cook along with the dish and you can remove the stems before serving. If you prefer, you can place them inside of a piece of cheesecloth.

Cover with the lid and place inside the cooking sleeve.

Cook on low for 6 to 8 hours or on high for 5 to 6 hours. Be sure the beans are fully cooked prior to serving.

I like to serve this with sauteed greens like kale or chard as well as a crusty loaf of bread.

Cube Steaks With Mushrooms & Onions

Ingredients
Serves 6 to 8

2 pounds cube steak
1 pound button mushrooms, sliced
2 large onions, sliced
4 cups beef stock
2 tablespoons Worcestershire sauce
1/4 cup tomato Ketchup
1 cup all purpose flour
1 tablespoon steak seasoning

Step by Step Instructions

Place flour and steak seasoning into a gallon sized zip top bag. Mix well.

Place cube steaks, one at a time into the bag with the seasoned flour and dredge to coat completely. Place floured steaks into the crock of your slow cooker.

Layer in the mushrooms and onions.

Mix Worcestershire sauce and ketchup into the beef stock and stir well to combine.

Pour the stock mixture over the contents of the crock.

Cover crock and place into the cooking sleeve.

Cook on high 4 to 5 hours or on low 5 to 7 hours.

Serve with rice, noodles or mashed potatoes or even cooked quinoa or couscous if you prefer.

New England Boiled Dinner

Ingredients
Serves 6 to 8

2 pound corned beef (flat cut preferred)
1 cup baby carrots
1 cup celery cut into 1 inch chunks
1 pound red potatoes, quartered
1 small cabbage cut into wedges
2 medium onions, cut into wedges
2 tablespoons brown sugar
2 tablespoons pickling spice
4 cloves
4 allspice berries
10 peppercorns
1 cinnamon stick, broken
3 bay leaves
1 tablespoon mustard seed
2 cups water

Step by Step Instructions

Rinse corned beef and rub with the brown sugar to coat. Set aside

Make a spice bag using some cheese cloth and place the seasoning packet that came with the corned beef along with all the other spices listed. Tie with kitchen twine and toss in the pressure vessel with the meat.

Layer vegetables into the bottom of the slow cooker crock and toss in the spice bag.

Place the corned beef on top of the vegetables and pour over water.

Cover with lid and place crock inside the cooking sleeve.

Cook on high for 4 to 5 hours or on low 6 to 8 hours. Check periodically to see if the meat is cooked to the desired doneness. You can hold on warm until ready to serve.

Alternatively, you can choose to use a ham or a chuck roast instead of the corned beef. Even a pork roast will work. New England Boiled Dinner is really about using what you have available to you and making it work.

Pork Tenderloin Harvest Hot Pot

Ingredients
Serves 6 to 8

2 pounds pork tenderloin
1 cup carrots, sliced
1 cup celery, cut into 1 inch chunks
2 Granny Smith apples, wedged & cored
1 small head of cabbage, cut into wedges
1 onion, sliced
2 cloves garlic, minced
1 tablespoon fresh grated ginger
2 cups chicken stock
1 cup apple juice or apple cider
1/4 cup soy sauce
2 tablespoons brown sugar
2 tablespoons rice wine or cider vinegar
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon poultry seasoning
1 teaspoon celery seed
1/2 teaspoon cracked black pepper

Step by Step Instructions

Mix chicken stock, soy sauce, vinegar, garlic, ginger and spices together in a large jug. Set aside.

Place cabbage in the bottom of your slow cooker crock. Layer carrots, onions, celery and apples on top.

Place pork tenderloin on top of the vegetables in the crock and pour over the sauce mixture evenly.

Place lid on the crock, place crock in the cooking sleeve.

Cook for 4 to 6 hours on high or 6 to 8 hours on low or until tenderloin is tender and easily shreds when pierced with a fork and given a bit of a twist.

Remove meat from the pot and cut into serving sized portions.

Serve with egg noodles or mashed sweet potatoes.

Classic Slow Cooked Pot Roast

Ingredients
Serves 4 to 6

3 to 4 pound bottom round roast
6 carrots, scrubbed and cut in chunks
4 stalks of celery cut into chunks
1 large yellow onion, sliced thickly
2 cloves of garlic, minced
4 cups water
4 teaspoons beef base or bullion powder
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1 tablespoon dried marjoram
1 teaspoon garlic powder
1 tablespoon steak seasoning

Step by Step Instructions

Mix water, bullion powder or base, soy and Worcestershire sauce, marjoram, garlic powder, steak seasoning and minced garlic in the bottom of your slow cooker vessel.

Place roast in the vessel and arrange the raw veggies around the meat.

Place the lid on the cooker and put the vessel into the heating sleeve.

I have cooked my roast from frozen and set the cooker on high for 8 hours. If your meat is thawed you can cook it on low for 6 to 8 hours or on high for 4 to 5 hours.

When roast is cooked to your liking remove it from the crock along with the veggies to a separate bowl for serving. You can use the cooking liquid to make a gravy or serve as is.

Slow Cooked Roast Chicken

Ingredients
Serves 4 to 6

2 to 3 pound whole chicken, thawed
4 carrots, peeled
4 stalks celery, cut in half
2 medium onions, sliced
1 Granny Smith Apple sliced
4 cloves of garlic, peeled
1 teaspoon poultry seasoning
1 teaspoon chicken seasoning blend
1 cup chicken stock

Step by Step Instructions

Place carrots and celery in the bottom of the slow cooker crock.

Place chicken on top of the carrots and celery. Those vegetable will act as a cooking rack.

Tuck remaining vegetables around the outside of the chicken and be sure to tuck some of them inside the cavity to infuse great flavor during the cooking process.

Add chicken stock to the crock.

Sprinkle seasonings over the top of the chicken.

Cover and place crock in the cooking sleeve.

Cook on high for 3 to 4 hours or on low 5 to 6 hours. Be sure to check the chicken for doneness. When juices run clear when pierced and no pink remains, the chicken is done. Test to an internal temperature of 160 degrees.

Serve with your favorite roast chicken dinner side dishes.

Slow Cooker Ravioli Lasagna

Ingredients
Serves 4 to 6

2 pound bag frozen cheese ravioli
32 ounce jar pasta sauce
2 cans sliced mushrooms, drained (optional)
2 cups shredded Mozzarella cheese

Step by Step Instructions

Pour 1 cup of sauce into the bottom of the slow cooker crock.

Place frozen ravioli into the crock.

Pour remaining sauce over the ravioli and give everything a good toss to coat.

Put lid on crock and place in cooking sleeve.

Cook on high for 2 to 3 hours.

When ravioli is cooked through, sprinkle with Mozzarella cheese and cover for a few minutes until melted.

Voila'! Lasagna in a hurry and you didn't have any of the work!

Slow Cooker Pepper Steak

Ingredients
Serves 4 to 6

2 pounds cubed beef steak
4 large green bell peppers, sliced
1 large sweet onion, quartered and sliced thin
8 ounces fresh mushrooms, sliced
4 cloves garlic, minced
2 cups water
2 tablespoons beef bullion powder
2 cups tomato sauce
1/2 cup brown sugar
1/2 cup tomato ketchup
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried marjoram
2 teaspoon salt
2 teaspoon cracked black pepper
1 cup all purpose flour

Step by Step Instructions

Whisk together, water, bullion powder, tomato sauce, brown sugar, ketchup, onion powder, garlic powder, marjoram and 1 teaspoon each, salt and pepper in the bottom of your crock pot sleeve.

Place flour, 1 teaspoon each of salt and pepper in a large zip top bag.

Place each piece of meat into the bag with the flour and coat completely on both sides.

Place the coated meat into the Crock pot with the sauce.

Add bell peppers, onion, mushrooms and garlic to the Crock Pot and stir everything to combine and get the veggies and the meat down into the sauce.

Place cover on the crock and set to high for at least 2 hours, then turn to low or even warm if you find that the meat is tender and the vegetables are cooked through.

Serve with egg noodles, mashed potatoes or rice and a veggie or side salad for a complete meal!

Succulent Slow Cooked Kalua Pork

Ingredients
Serves 12 to 15

5 to 6 pound pork shoulder
2 large bananas with peel on
2 tablespoons Hawaiian Red Salt or Kosher salt
2 tablespoons liquid smoke

Step by Step Instructions

Line crock pot with aluminum foil so that it generously hangs over the sides. You are going to seal your meat up in the foil later, so you want to make sure you have enough now.

Rub pork shoulder with salt and place inside crock pot.

Evenly add liquid smoke to top of meat.

Place the unpeeled bananas on top of the pork shoulder. These will mimic the banana leaves that traditionally line a ground pit when they roast a pig in the islands.

Wrap pork shoulder up in foil so that all edges are sealed and the meat is secured inside of what effectively is a pouch.

Place lid on crock pot and set to low. Cook for 6 to 8 hours.

I like to do mine overnight and then do the next step.

Check that meat is done and soft enough to shred, then removed the foil, by sliding it out gently from the crock pot. This should be fairly easy.

Shred the meat with two forks and test for flavorings. You may want to add more salt or smoke or both to suit your personal taste.

Keep the meat on warm until ready to serve.

Serve as is, or with rolls for sandwiches. Fresh pineapple slices or pineapple salsa is a wonderful accompaniment to this rich and delicious meat!

Salsa Chicken and Rice

Ingredients
Serves 4 to 6

3 pounds boneless, skinless chicken breasts
1, 14 ounce can peach chunks in juice
1, 20 ounce can pineapple tidbits, in juice
2 cups chicken stock
1, 28 ounce jar spicy salsa
1 prepared chipoltle pepper, chopped fine
2 cups uncooked, converted rice

Step by Step Instructions

Place peaches, pineapple, chipoltle stock and salsa in the bottom of the slow cooker, crock and stir well to combine.

Place chicken down into the salsa mixture.

Cover and set cooker to high for 4 to 6 hour or on low for 6 to 8 hours.

Approximately 1 hour before serving, remove chicken from slow cooker, cover and set aside to stay warm.

Add rice to the salsa mixture. Stir well, add chicken back to slow cooker, cover and allow to cook for 45 minutes to an hour until rice is cooked through.

You may use regular rice, or any other type of rice you prefer, you will just need to make the proper adjustments for liquid and length of cooking time

Slow Cooker Country Captain

Ingredients
Serves 6 to 8

3 to 5 pounds chicken thighs with skin
2 cups yellow onion, chopped
2 cups celery, chopped
2 cups bell pepper, chopped
2 cups carrots, chopped
4 cloves garlic, minced
1 - 28 ounce can crushed tomatoes
2 to 3 cups chicken stock
1/4 cup curry powder
1/2 cup raisins or currents
Chopped green apple for garnish

Step by Step Instructions

Brown chicken thighs in a skillet then transfer to crock pot/slow cooker.

Add all remaining ingredients with the exception of the apples, stirring well to combine.

Set crock pot to High and cook for 2 hours, reduce heat to low setting and cook for an additional 2 hours or until chicken is cooked through and falling off bone.

Serve over cooked rice and sprinkle with chopped green apple.

Green Chili Pulled Pork

Ingredients
Serves 10 to 12

5 to 6 pound pork shoulder, trimmed
2 large white onions, sliced
8 to 10 garlic cloves, peeled
1 bunch cilantro, roughly chopped
1, 28 ounce can verde enchilada sauce
1 cup chicken stock
1 tablespoon salt
1 cup chopped green chilies
1 tablespoon cracked black pepper
1 tablespoon dried oregano
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon cumin
1 teaspoon cayenne pepper (optional)

Step by Step Instructions

Trim pork shoulder and place in slow cooker vessel.

Mix dried spices together and sprinkle on top of the roast.

Arrange onion, garlic and cilantro around the roast.

Add chopped green chilies

Pour over enchilada sauce and chicken stock.

Place vessel into the slow cooker sleeve and cover.

Set on high for 6 to 8 hours or until meat is tender and shreds easily.

Remove any bones from the mixture and serve shredded meat in tacos, enchiladas, tostada or burritos. This can also be served as a chili style soup by adding cooked black, white or pinto beans and serving over rice with crumbled Cotija cheese.

Leftovers can be frozen in an airtight container for up to three months.

Turkey Noodle Stew

Ingredients
Serves 4 to 6

2 pounds cooked, leftover turkey, skin and bones removed
4 carrots, peeled and sliced
4 stalks celery, sliced
1 large onion, sliced
3 cloves garlic, minced
6 cups turkey or chicken stock
1 cup heavy cream or half and half
8 ounces broad egg noodles, uncooked
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon poultry seasoning
1 teaspoon dried parsley
4 tablespoons butter, softened
4 tablespoons flour

Step by Step Instructions

Place turkey, vegetables and stock in crock of slow coker and stir to combine.

Add seasonings and stir.

Cover and place crock in cooking sleeve.

Cook on low for 6 to 8 hours or on high for 4 to 6 hours.

When vegetables are tender and turkey has slightly shredded, you may move on to the next step.

Place uncooked egg noodles into the crock. Stir well.

Cook for 30 minutes or until noodles are cooked to desired consistency. Stir well.

Make a paste with the butter and flour. Add half of this mixture to the crock and stir well. This will thicken the mixture to a gravy like consistency. Allow a few minutes for the mixture to thicken. If you like it thicker, add the remaining paste and cook another 5 minutes.

Add the cream or half and half and stir well.

Serve with a sprinkle of parsley and a dollop of sour cream to finish

Beef Barley Soup

Ingredients
Serves 6 to 8

2 pounds beef stew meat cut into 1 inch dice
1 cup celery, diced
1 cup carrot, diced
1 cup onion, diced
1 cup parsnips, diced
2 cloves garlic, minced
2, 14 ounce cans, petite diced tomatoes
8 cups beef stock
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon marjoram
1/2 teaspoon celery seed
1/2 teaspoon thyme
1 teaspoon salt
1/2 teaspoon cracked black pepper
1 cup pearl barley

Step by Step Instructions

Place all ingredients into the crock of the slow cooker.

Cover and place the crock into the cooking sleeve.

Cook on low for 6 to 8 hours or on high for 5 to 6 hours.

You will want to make sure the barley is cooked completely by testing to see if it is soft.

If you prefer to use quick cooking barley, simple omit the pearl barley and cook the soup without barley. When the meat and veggies are tender, you may add 1 cup of quick cooking barley to the crock and stir. Cook for at least 30 minutes or until the barley is done before serving.

Sweet Pepper & Orange Chicken

Ingredients
Serves 4 to 6

3 pounds boneless skinless chicken breast
1, 14 ounce can Mandarin Oranges w/juice
1 cup orange marmalade
1/2 Green bell pepper cut into strips
1/2 Red bell pepper cut into strips
1/2 Yellow bell pepper cut into strips
3 large carrots, cut into coins
1 large onion peeled, and sliced
3 to 4 cloves garlic, minced
1 teaspoon chicken rub or seasoning blend
2 tablespoons Soy sauce
1 cup cold water
3 tablespoons tapioca or corn starch

Step by Step Instructions

Mix oranges with juice, orange marmalade and soy sauce in the bottom of the slow cooker crock and stir well.

Add onion, garlic peppers, carrots and seasoning rub and stir well to combine.

Add chicken, being sure to nestle it down into the sauce and giving a turn with tongs to coat.

Cover and place crock into the cooking sleeve.

Cook on low for 6 to 8 hours or on low for 4 to 6 hours.

Once the chicken and the vegetables are tender add the slurry to thicken.

Prepare a slurry using 3 tablespoons of tapioca or corn starch and 1 cup of cold water either stirring or shaking well inside a sealed jar.

Pour slurry into the and stir until the cloudy appearance subsides and the sauce is lightly thickened.

Serve with noodles, rice, quinoa or couscous.

Un-Stuffed Cabbage

Ingredients
Serves 4 to 6

1 pound lean ground beef
1 pound ground pork
1 cup uncooked long grain rice
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
4 cups shredded cabbage
1-28 ounce can crushed tomatoes
1-14 ounce can diced tomatoes
1-16 ounce package sauerkraut
4 cups tomato juice

Step by Step Instructions

Mix ground beef, ground pork, rice, salt, pepper, onion powder, garlic powder and 1 cup of tomato juice in a large bowl until well combined.

Roll meat mixture into small balls and set aside.

Pour 1 cup of tomato juice in the bottom of your crock pot then layer half of the cabbage, sauerkraut, crushed tomatoes and diced tomatoes on top.

Place the meatballs in a layer on top of the cabbage mixture.

Top the meatballs with the remaining cabbage, sauerkraut, crushed and diced tomatoes.

Place lid on crock pot, set to high for 1 hour then set to low for 3 hours.

After 3 hours, this will be ready to eat. If you need to hold it longer before you eat, place the setting to warm.

Slow Cooker Pork Roast

Ingredients
Serves 4 to 6

3 to 3 1/2 pound pork loin roast
2 large onions cut into wedges
2 Granny Smith apples, cored and sliced
1 cup baby carrots
6 stalks celery, cut in half
15 to 20 garlic cloves, peeled
2 tablespoons brown sugar
1 tablespoon poultry seasoning
2 cups chicken stock
2 pounds red skin potatoes quartered

Step by Step Instructions

Place carrots, celery, onion, apple and garlic in the bottom of the slow cooker crock.

Place pork loin roast on top of the veggies.

Sprinkle the roast with brown sugar and then with poultry seasoning, being sure to evenly coat.

Pour chicken stock around the roast on top of the veggies.

Place the crock into the outer sleeve and place the lid on the cooker.

Set on high and cook for 5 to hours or until the meat is tender and cooked through.

Place quartered potatoes around the roast and cook for an additional 60 to 90 minutes until the potatoes are tender but not mushy.

Remove roast and slice. Arrange on a platter surrounded with the veggies and potatoes.

Italian Style Meatballs

Ingredients
Serves 4 to 6

1 to 1 ½ pounds lean ground beef
1 pound ground pork or bulk sweet sausage
1 cup fresh breadcrumb or
dry breadcrumb soaked in ½ cup milk
½ cup grated parmesan cheese
2 eggs, beaten
½ cup milk
½ teaspoon of nutmeg
48 ounce jar of preferred pasta sauce

1 teaspoon each of:
salt
pepper
garlic powder
onion powder
oregano
thyme
Italian seasoning

Step by Step Instructions

Preheat oven to 350 degrees.

Line a baking sheet with foil and parchment paper.

In the bowl of a stand mixer combine beef, pork, bread crumbs, Parmesan cheese, eggs and milk along with all of the seasonings and spices.

Mix with paddle attachment until well blended. Try not to over mix or your meatballs will be tough.

Use a 2 ounce scoop to make meatballs and place them in rows on baking sheet.

Bake meatballs for approximately 20 minutes until browned.

Transfer meatballs to a heated crock pot.

Cover with your favorite spaghetti sauce and cook on love 4 to 6 hours.

Serve with rolls for meatball subs or next to pasta for a wonderful meal.

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Notes

Meet The Author

Noreen Lambert is passionate about cooking. She is a dedicated wife to her husband Rick, and mother to two beautiful daughters, Molly and Micah. She spent a lot of time figuring out what she really wanted out of life. When it was in front of her all the time.

Her cooking journey began at an early age. At the knee of her mother who was a professional pastry chef as well as two old world grandmothers who were instrumental in helping her develop her love of old fashioned, European cooking with emphasis on German, Italian, and eastern European cuisines.

Noreen believes that everyone should know how to make a meal for themselves and/or their families. Cooking is the ultimate expression of love. What better way to tell someone they are important in your life, than to prepare and share a meal that will satisfy and sustain them? A firm believer that homemade is always better, she demonstrates and shares how easy it is to make delicious, nutritious meals at home, with ease and on a budget!

Noreen is a YouTube personality and host of Noreen's Kitchen. She cooks wholesome, stick to your ribs comfort food. She also takes the mystery out of cooking recipes that may otherwise look difficult and confusing. She is always in the kitchen sharing quick tips and easy ways to do things. She is always joined by her husband, and often by her two daughters Molly and Micah.

She has authored two self published cookbooks both focusing on the Holiday season, her first released in 2011 entitled "Noreen's Kitchen Holiday Helper" focuses on holiday menus and preparation of the holiday meal without pulling your hair out. Her follow up cookbook released in 2014, entitled "Noreen's Kitchen Cocoas Cookies and more Galore" is filled with easy recipes for homemade cocoa mixes, cookies and other decadent holiday treats suitable for gift giving and sharing. Now she brings you "Dinner in a Dash", a collection of recipes to help you get dinner on the table, no matter how busy you are!

Noreen's mantra is "real food for real people, real easy". It is her goal to help people get out of the drive through and into the kitchen and back to the table with their families. Slow,down, sit down and share a meal! It will mean all the difference to your family.