



Chicken Salad

Ingredients

- 2 lb cooked shredded chicken
- 1 cup Mayonnaise
- 1 cup chopped onion
- ½ cup sliced almonds
- 2 Tbsp sweet relish
- 1 cup sliced grapes
- 1.5 Tbsp Dill
- 1.5 Tbsp Tarragon
- 2 tsp Garlic powder
- 1 tsp yellow mustard

1) Mix together

2) Eat alone or on a sandwich with toasted bread



Meat loaf

Ingredients

Loaf

- 1 lb. ground beef
- 1 cup panko bread crumbs
- 1/2 chopped onion
- 1/2 cup milk
- 1 egg
- 2 Tbsp ketchup
- 1 Tbsp

Worcestershire sauce

- 3/4 tsp garlic salt
- 1/4 tsp black pepper

For the Topping:

- 1 tbsp. red wine vinegar
- 1/4 cup ketchup
- 2 tbsp. packed light brown sugar

- 1) Pre-heat oven to 350
- 2) Combine all loaf ingredients, mixing well with hands until ingredients are spread through.
- 3) Place into loaf pan
- 4) In a small bowl, mix together topping ingredients and spread topping onto loaf.
- 5) Bake 55 minutes
- 6) Let sit for 10 mins



Black bean soup

Ingredients

- 3 cans of black beans
- 1 can of black refried beans
- 2 cups chopped onion
- 2 Tbsp diced garlic
- 2 tsp Onion powder
- 2 tsp Garlic salt
- Crushed tortilla chips
- Chicken broth (about 1/2 a cup)
- Optional (sour cream, shredded cheese, cilantro)

1) (optional step) saute onion and garlic in butter or oil

2) Place garlic, onion, 2 cans of black beans (with juice) and 1 can of refried beans into a blender or food processor. Add onion powder and garlic salt and blend. Add chicken broth until it has the consistency you want.

3) Pour into pot and heat. Serve with toppings of your choice.



Enchiladas

Ingredients

- Tortillas
- 1 can black beans
- 1 can green enchilada sauce
- Enchilada or taco seasoning
- Shredded cheese
- Optional additions for inside your enchiladas:
 - cooked shredded chicken
 - chopped onion
 - sour cream
 - refried beans
 - Onion powder
 - Garlic powder

- 1) Preheat oven to 350
- 2) Rinse your beans
- 3) In a bowl, mix beans (plus any additional ingredients you want inside your enchiladas) and seasoning.
- 4) Place this mixture inside a tortilla and wrap it up, placing them side by side in a 8x8 casserole dish
- 5) Pour enchilada sauce on top
- 6) Top with shredded cheese
- 7) Bake for 15 min
- 8) Broil for 3 min



Parmesan chicken

Ingredients

- 2 chicken breasts
- 1/2 cup helmann's
- 1/2 cup parmesan cheese
- Panko bread crumbs
- Salt + pepper
- Optional: onion powder and garlic powder

- 1) Preheat oven to 425
- 2) Cover the top of your cookie sheet with foil
- 3) Mix mayo and parmesan cheese
- 4) Place chicken on cook sheet and sprinkle salt and pepper on top then cover with mayo mixture.
- 5) Sprinkle bread crumbs on top of the chicken, patting lightly to get the bread crumbs to stick
- 6) Bake for 25 mins.
- 7) Let sit for 5 mins



Tuna noodle bake

Ingredients

- 12 oz bag of egg noodles
- 1 8oz can of cream of mushroom soup
- 2 small cans of tuna, drained
- 1 cup frozen peas
- ½ cup milk
- Shredded cheese

- 1) Pre-heat oven to 350
- 2) Salt your water like the ocean and boil egg noodles for 6-8 minutes. Drain and put back in the pot
- 3) Combine the rest of the ingredients except the shredded cheese.
- 4) Mix well (you can heat and eat now or proceed to the next step)
- 5) Place in 8x8 casserole dish and bake 15 mins
- 6) Broil for 3 mins (this makes the cheese burn a little and get crispy)



BBQ ground beef

Ingredients

- 2 lbs ground beef
- $\frac{3}{4}$ cup chopped onion
- 1 cup ketchup
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup white vinegar
- 4 tsp yellow mustard
- 4 tsp Worcestershire sauce
- Salt to taste
- Optional: tortilla chips or hamburger buns

1. Put 2 lbs ground beef and $\frac{3}{4}$ cup chopped onion into a pan and turn on medium high heat until the ground beef is all brown and the grease has evaporated.

2. Add 1 cup ketchup, $\frac{1}{4}$ cup brown sugar, $\frac{1}{4}$ cup white vinegar, 4 tsp yellow mustard, 4 tsp Worcestershire sauce, a few sprinkles of salt.

3. Stir and simmer (on low heat) 20 minutes.

4. Enjoy by itself, with tortilla chips, or with hamburger buns.



Ginger chicken noodle soup

Ingredients

- 1 lb cooked and shredded chicken*
- 4 oz of rice noodles
- 32 oz of chicken broth
- 1 cup water
- Handful of sliced or shredded carrots
- 2 Tbs white vinegar
- 2.5 tsp ginger
- 1 Tbsp soy sauce
- Shake of black pepper

1) Put everything except the noodles into the pot, bring to boil , then turn down to a simmer, cover and cook 20 minutes.

2) Bring the soup to a boil again and add noodles, turn down to a simmer and cook uncovered another 8-10 minutes.



Chicken Spaghetti

Ingredients

- A 13x9 glass or metal pan (13x9 is the big rectangle)
- 16 oz of pasta
- 2 cans of cream of mushroom soup
- 1 can of rotel
- 1 teaspoon of onion powder
- 2 teaspoons of garlic salt
- 1 lb of shredded chicken
- 1 cup of sharp cheddar cheese
- 16 oz of Velveeta

1. Preheat oven to 350
2. Cook and drain your pasta
3. In a big pot, combine all ingredients except cheddar cheese. Turn stove on low and let it all melt together.
4. Put into casserole pan and put shredded cheese on top.
5. Bake 15 min.
6. Broil on high for 3 minutes.



Taco soup

Seasoning

- 1 packet Taco Seasoning Mix
- 1 tsp Garlic salt
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1 packet Ranch Dressing Mix (optional)

Ingredients for soup

- 1-2 lbs Ground Beef
- 1 (10 oz) can Rotel (cilantro and green chile kind)
- 1 (7 oz) can Diced Green Chiles, With juice (optional)
- 4 cups Chicken Broth, low sodium
- 2 (14 oz) can Black Beans, rinsed & drained
- 1 (14 oz) can Red Kidney or Pinto Beans, rinsed & drained
- 1 (14 oz) can Diced or Crushed Tomatoes, with juice
- 1 can of corn

1. Place beef in large pot on medium high.
2. Add the taco seasoning, garlic powder, onion powder, oregano, salt, and pepper. Continue cooking, stirring occasionally, until meat is cooked.
3. Add the Ranch packet, if using, Rotel, green chiles, and chicken broth. Stir, and place a glass lid on the pot to help the broth heat up faster. Once the broth is at a slow simmer, add all of the beans and stir well.
4. Add the can of diced tomatoes, but don't stir. Place the lid on the pot and let cook on medium for 10 mins.
5. Taste and adjust salt, if needed, then add the corn. Stir well and let sit for a few minutes

Ingredients



Breakfast quiche

Ingredients

- 12 eggs
- 1/2 cup heavy cream
- 2 cups shredded cheese
- 4 cups veggies broccoli and cherry tomatos
- 2 cup meat (optional)
- 20 oz (small bag) frozen hashbrowns

1. Pre-heat oven to 375
2. Wipe bottom and sides of cast iron pan with olive oil. Smush hash browns inside to along bottom and sides. Salt and pepper
3. Bake for 45 mins.
4. Mix eggs, heavy cream, cheese, veggies, and cooked meat in a bowl. Add salt and pepper.
5. Pour into hash brown crust.
6. Bake again for 30-35 minutes.



Salmon salsa verde

Ingredients

- 1/2 cup sliced almonds
- 1.5 cups chopped Italian parsley
- 2 Tbsp chopped chives
- 1/2 tsp chopped fresh oregano
- 1/2 tsp chopped fresh thyme
- 3 Tbsp capers
- 3 Tbsp lemon juice
- 2 Tbsp shallot
- 2 Tbsp diced garlic
- 1/2 cup olive oil
- Salt and pepper

2-4 salmon fillets

- 1) Chop all of your herbs and mix together in a bowl
- 2) Lay the salmon out on a foil-lined cookie sheet.
- 3) Brush with a light coat of mayo and liberally salt and pepper. (the mayo is going to make the salmon get crispy on top. Don't worry you won't taste it)
- 4) Place the top rack of the oven on the highest setting and broil salmon 8 minutes.
- 5) Turn off broil and let salmon sit in the hot oven for 3 minutes.
- 6) Top salmon with salad and enjoy.



Chicken tortellini salad

Ingredients

- 1 package cheese tortellini (20 oz)
- Mozzarella cheese
- Sun dried tomatoes
- Parmesan cheese
- 2 cups shredded chicken
- Italian dressing
- optional: prosciutto
- optional: capers

1) Cook pasta

2) Combine all ingredients (cheese and tomatoes to taste)

3) Dress with Italian dressing



Crushed peppercorn steak

Ingredients

- 12 oz skirt steak
- 1 shallot
- 4 Tbsp sour cream
- 1/4 tsp peppercorns
- 1-2 tsp beef stock concentrate
- Salt & pepper

1) Heat skillet to medium-high heat.

2) Season steak with salt and pepper. Add to pan and cook 4-7 minutes per side. Set aside to rest.

3) Heat a drizzle of oil in the pan, add shallot and peppercorns. Cook, tossing until shallot is soft. Stir in stock concentrate and 1/2 cup water, scraping any browned bits on the bottom. Bring to simmer and let bubble until reduced by half, 2-3 minutes.

4) Remove pan from heat and stir in sour cream.



Chicken broccoli pasta

Ingredients

- 6 oz pasta
- 8 oz broccoli florets
- 2 scallions
- 2 cloves garlic
- 1 Tbsp tuscan spice
- 4 Tbsp cream cheese
- 4 oz greek yogurt
- 1/2 cup italian cheese blend
- 1/4 cup parmesan cheese

1) Salt water and bring to boil

2) Cut broccoli into small florets and trim scallions into thin slices, separating the white and green pieces. Mince garlic

3) Boil pasta for 6 minutes then add broccoli. Cook 2 more minutes. Reserve 1 cup of pasta water. Drain.

4) Return empty pot to stove on medium heat. Add drizzle of oil and scallion whites, garlic, and tuscan spice. Cook 30 seconds. Pour in 3/4 of pasta water. Add cream cheese and stir until combined. Remove from heat.

5) Let sauce cool slightly and add yogurt, italian cheeses, 1/2 the parmesan, 2 tbsp butter and salt and pepper. Add pasta and broccoli. Use remaining pasta water to thin sauce if needed.



Dill sauce for chicken

Ingredients

- 1/4 oz fresh dill
- 1 tsp dijon mustard
- 2 chicken breasts
- 2 Tbsp sour cream
- 1 tsp chicken stock concentrate

1) Season chicken with salt and pepper

2) Heat pan over medium high heat. Add a drizzle of oil and cook chicken 4-6 mins on each side or until no longer pink in the center. Set chicken aside.

3) Add sour cream, stock concentrate, 1 tsp dill, 1 tsp mustard, and 2 tbsp water to the pan you used for chicken (off heat). Stir, scraping any browned bits off the pan. Add water to thin if necessary.



Ginger-honey chicken

Ingredients

- 2 chicken breasts
- 1/2 cup greek yogurt (or mayonnaise)
- Weber's Ginger-Honey seasoning
- Panko bread crumbs
- Salt and pepper

1) Pre-heat oven to 425.

2) Season chicken with salt and pepper and place on baking sheet.

2) In a small bowl, mix greek yogurt and a liberal amount of ginger-honey seasoning. Spread onto chicken.

3) Top chicken with panko bread crumbs

4) Bake for 25 mins.



Chicken caesar wraps

- Ingredients*
- 4 whole grain whole grain wraps
 - 3/4 cup Caesar Salad Dressing
 - 1/4 cup parmesan cheese grated
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon pepper
 - 1 Tablespoon lemon juice
 - 2 cups shredded chicken
 - 2 cups romaine lettuce
 - 3/4 cup salad croutons chopped

1) In a medium bowl, combine caesar dressing, parmesan cheese, garlic powder, pepper, and lemon juice. Add the romaine lettuce, chicken and salad croutons. Toss until coated well.

2) Place about 2/3 of the chicken mixture into each wrap and roll up.



Chicken pot pie bake

Ingredients

- 12 oz bag of egg noodles
- 1 8oz can of cream of mushroom soup
- 2 cups shredded chicken
- 1 cup frozen peas
- 1/2 cup chopped carrots
- 1/2 cup milk
- Sleeve ritz crackers

- 1) Pre-heat oven to 350
- 2) Salt your water like the ocean and boil egg noodles for 6-8 minutes. Drain and put back in the pot
- 3) Combine the rest of the ingredients except the ritz crackers.
- 4) Mix well (you can heat and eat now or proceed to the next step)
- 5) Place in 8x8 casserole dish
- 6) Crush ritz crackers and sprinkle on top and bake 15 mins



Chicken picatta

- 4 chicken breasts pounded to about 1/2 inch thick or cut in half crosswise
- 1/2 cup flour
- 1 lemon zested
- 2 tablespoons olive oil more as needed
- salt & pepper to taste

Sauce

- 2 tablespoons fresh parsley chopped
- 1/4 cup butter
- 1 1/2 tablespoons flour
- 1 cup chicken broth
- 1/2 lemon juiced (about 1 1/2 tablespoons)
- 1/2 cup white wine or chicken stock
- 3 tablespoons capers drained

1. Combine the flour, lemon zest, salt and pepper. Dredge the chicken in flour mixture
2. Heat olive oil over medium high heat and cook chicken about 4-5 minutes per side or until just until cooked through. Cook in batches if you cannot fit into pan. Remove from pan and place in a dish to keep warm.
3. In the same pan, melt 1/4 cup butter and add flour to create a roux. Whisk until smooth. Cook 1-2 minutes.
4. Gradually stir in chicken broth whisking after each addition until smooth.
5. Add lemon juice, white wine and capers. Simmer 3 minutes, whisking occasionally.
6. Add chicken back to pan and simmer 2-3 minutes. Stir in parsley and serve over pasta.

Ingredients



Goat cheese orzo

Ingredients

- 1 cup orzo
- 1 clove garlic
- 8 oz zucchini
- 1 lemon
- 3 sprigs thyme
- 6 oz cherry tomatoes
- 1 shallot
- 1/3 grated pecorino cheese
- 2 oz crumbled goat cheese
- salt and pepper
- optional: shredded chicken

1) Mince garlic, chop or grate zucchini, zest lemon, then half. Strip thyme leaves, halve tomatoes, peel shallot and mince.

2) Heat 1 tbsp olive oil in large pot over medium heat, add garlic and orzo. Toast while stirring for 2 minutes.

3) Add 2.5 cups of water and increase heat to high. Bring to boil then reduce to medium and stir frequently for 10 minutes.

4) Add tomatoes and shallot and cook 3-4 minutes until tomatoes are bursting.

5) Add zucchini, lemon zest, juice of 1/2 lemon, thyme, and 1 tbsp olive oil to pot and stir. Cook 1-2 minutes. Remove from heat and add cheeses. Stir to combine and add salt and pepper to taste.



Chicken tortilla soup

Ingredients

- 1.5 tsp minced garlic
- 1 can crushed tomatoes
- 1 yellow onion chopped
- 1 jalapeno, seeded and chopped
- 5.5 cups chicken broth
- 1 lb chicken thighs
- 3 limes
- 1 tsp red wine vinegar
- 1 tsp ground cumin
- 3 bay leaves
- salt and pepper
- 2.5 cups of corn
- tortilla strips
- Optional: sliced avocado and cilantro for garnish

1) In a food processor, blend 1 cup broth, tomatoes, onion, garlic, & jalapeno. Pour into crock pot.

2) Add chicken, remaining broth, juice of 1 lime, vinegar, cumin, bay leaves, 3/4 tsp salt, & several grinds of pepper. Cover and cook on low for 5 hours.

3) Shred chicken and return to crock pot. Add corn and cook 30 more minutes. Remove bay leaves.

4) Garnish with tortilla chips, avocado, and cilantro



Spaghetti and meat sauce

Ingredients

- 1 lb ground beef
- 1 sweet onion, diced
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1 can (14.5 oz) diced tomatoes w/ garlic, oregano, basil
- 1 can (15 oz) crushed tomatoes
- 1 can (8 oz) tomato sauce
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tsp dried basil
- 1/2 tsp dried oregano
- 1 Tbsp granulated sugar

1) Brown ground beef, onion, garlic, and 1/2 teaspoon salt over medium-high heat until the meat is no longer pink and the grease has evaporated. (Crumble beef as you go)

2) Add in the remaining ingredients and stir to combine.

3) Bring to a low boil and then turn heat down to medium low and let it simmer for at least 25 minutes, longer if you can.

4) Serve over cooked spaghetti pasta



Tacos

Ingredients

- 1 pound ground beef, 70-80% lean
- 1 Tbsp chili Powder
- 3/4 tsp cumin
- 1/2 tsp dried Oregano
- 1/2 tsp garlic Salt
- 1/4 tsp onion Powder
- 1/2 cup tomato sauce
- Taco garnishes: pico, cheese, cilantro

1) Heat a large skillet over medium heat. Add the ground beef. Crumble beef while cooking until no longer pink and grease has evaporated.

2) Reduce heat to low. Add the 1/2 cup tomato sauce and seasonings. Stir together until the meat is coated in the sauce.

3) Simmer for 5 minutes.

4) Load tacos and add garnishes



Hamburgers

Ingredients

- 1 lb ground beef
- 2 Tbsp steak sauce
- 2 tsp kosher salt
- 2 tsp paprika
- 1 tsp brown sugar
- 1/2 tsp dried basil
- 3/4 tsp black pepper
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- Sliced cheddar cheese
- Buns

1) Preheat the oven to 425°F. Line a rimmed baking sheet with foil. Then place a cooling rack on top of the foil wrapped pan.

2) Combine the ground beef, steak sauce and seasonings in a bowl. Mix just until combined with your hands and shape into 4 patties about 1/2-inch thick. Make a well in your patties with your thumb to prevent from bulging.

3) Place burgers on the rack and cook for 15 minutes, or until juices run clear and the internal temperature reaches 155°F. Top with cheese slices and serve on buns.



Meatballs

Ingredients

- 1/2 lb ground beef
- 1/2 lb ground Italian sausage
- 1 large egg, beaten
- 1/4 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup finely chopped onion
- 2 tsp minced garlic
- 3/4 tsp kosher salt
- 1/4 tsp black pepper

1) Preheat the oven to 400°F. Line a baking sheet with foil and spray with non-stick spray.

2) Combine the meat, egg, breadcrumbs, cheese, salt, garlic, onion, black pepper and parsley in a bowl. Stir just until combined, do not over mix. Add a Tablespoon or two of water as needed to keep a wet mixture.

3) Then form into 1.5 meatballs and place on the pan.

4) Bake for 10 minutes. Flip then bake 7-10 more minutes.

5) Simmer meatballs with marinara sauce for 10 minutes and serve over noodles if desired.



Lemon caper salmon

Ingredients

- 2 tsp capers
- 4 tsp butter
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1 tsp lemon zest
- 2 lb side of salmon

- 1) Let salmon stand at room temperature for 10 minutes. Heat oven to 375 degrees F. Line a large baking dish with a large piece of aluminum foil.
- 2) Drain and rinse the capers. If they are large, chop them coarsely.
- 3) Melt the butter in a small skillet or sauté pan over low heat. Add the minced garlic, lemon juice, lemon zest, and capers. Bring to a simmer and continue cooking over low heat for about 30 seconds.
- 4) Drizzle the salmon with the olive oil and sprinkle with the salt and pepper.
- 5) Broil the salmon for 8 mins. Turn off broiler and let salmon sit for 3 min in hot oven.
- 6) Top the salmon with the caper sauce.



Salmon burgers

Ingredients

- 1 oz arugula
- 1.5 cups shredded red cabbage
- 2 hamburger buns
- 2 Tbsp mayonnaise
- 1 Tbsp Sriracha
- 4 scallions
- 1 inch ginger
- 12 oz chopped salmon
- 1/3 cup panko breadcrumbs
- 2 Tbsp soy sauce
- 2 tsp rice wine vinegar
- 1 tsp sesame oil
- 1.5 cups shredded carrots

1) Rinse scallions and slice thinly (whites and greens). Trim and discard skin from ginger. Separate egg.

2) Combine salmon, breadcrumbs, 1 Tbsp soy sauce, egg yolk, 1/2 tsp kosher salt, 1/2 scallion whites and light greens, and half of the ginger. Combine well with hands and create two patties about 1 inch thick. Transfer to plate and refrigerate for 10 minutes.

3) Whisk together rice wine vinegar, sesame oil, 1 Tbsp soy sauce, and remaining ginger. Add carrots, arugula, cabbage, and remaining scallion whites and light greens and toss to coat. Add salt and pepper. Combine sriracha and mayo.

4) On medium high heat, sear salmon patties 4-5 minutes each side.



Salmon w/ mom's sauce

- 1 Lemon
- Salmon fillets
- 1 tsp minced garlic
- 1 tsp Worcestershire sauce
- 1/2 c. mayonnaise
- 1 Tbsp chives
- 1/2 Tbsp tarragon
- Pinch black pepper
- 1/2 Tbsp lemon juice

1) Place garlic, Worcestershire, mayo, tarragon, pepper, and chives into food processor and blend.

2) Refrigerate for at least two hours (overnight is best)

2) Line baking sheet with foil. Season salmon with salt and pepper and olive oil. Broil for 8 mins. Turn off oven and let sit inside hot oven for 3 mins.

3) Add lemon juice to sauce.

4) Take salmon out of the oven, squeeze lemon on top. Serve sauce on the side.

Ingredients



Grilled cheese & tomato soup

Ingredients

- 2 slices of cheddar cheese
- 2 slices of muenster cheese
- 4 slices of bread
- butter
- campbell's tomato soup
- 8 oz of milk
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp Italian seasoning
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1/4 tsp black pepper
- Parmesan cheese
- Fresh basil

1) Sandwich 2 slices of cheese between 2 slices of bread. Preheat a skillet over medium-low heat.

2) Spread or brush the outside of the sandwich with 1 tablespoon of butter and cook until lightly browned, 3 to 4 minutes. Flip the sandwich, and continue cooking until browned and the cheese is melted, 3 to 4 minutes more.

3) In a medium pot, combine soup, milk, and seasonings. Stir until combined and warm up on medium. Top with parmesan cheese.



Hot ham & cheese sandwiches

Ingredients

- 1 lb sliced ham
- 4 Large Hamburger Buns
- 2 Tbsp Butter
- 8 slices of swiss cheese
- Mayonnaise
- Dijon Mustard

1) Preheat your oven's broiler to high. Place hamburger buns open on a baking sheet.

2) Spread butter on the buns and toast in the oven for 1-2 minutes.

3) Turn on the broiler and pre-heat the oven to 375.

4) Layer ham and cheese onto buns. Spread condiments on top buns and place the top buns on. Bake 7-10 minutes.



French dip

Ingredients

- 1 pound thinly sliced deli roast beef
- 1 (10.5 ounce) can beef broth
- 1 cup water
- 8 slices provolone cheese
- 4 hoagie rolls, split lengthwise
- Horseradish sauce

1) Preheat oven to 350 degrees F. Open the hoagie rolls and lay out on a baking sheet.

2) Heat beef broth and water in a medium saucepan over medium-high heat to make a rich beef broth. Place the roast beef in the broth and warm for 3 minutes.

3) Arrange the meat on the hoagie rolls and top each roll with 2 slices of provolone.

4) Bake the sandwiches in the preheated oven for 5 minutes, or until the cheese just begins to melt. Serve the sandwiches with small bowls of the warm broth for dipping and a side of horseradish sauce.



French onion soup

Ingredients

- 4 pounds yellow onions, peeled and thinly sliced (approximately 5–6 large onions)
- 3 tablespoons butter
- 4 cloves garlic, minced
- 3 tablespoons flour
- 1/2 cup dry white wine
- 6 cups of beef stock
- 1 teaspoon Worcestershire sauce
- 3 sprigs fresh thyme (or 1 teaspoon dried thyme)
- fine sea salt and freshly-cracked black pepper, to taste
- 1 bay leaf
- baguette
- grated or sliced gruyere cheese

1) In a large pot, melt the butter over medium-high heat. Add the onions and sauté until well for about 30 minutes until caramelized, initially stirring every 3-5 minutes, then about once a minute near the end of caramelization to prevent burning. Add garlic and sauté for 2 minutes.

2) Stir in the flour and cook for an additional 1 minute. Stir in the wine to deglaze the pan, using a wooden spoon to scrape up any browned bits on the bottom of the pan.

3) Simmer the soup. Add the stock, Worcestershire, bay leaf, and thyme and stir to combine. Bring to simmer. Then reduce heat to medium-low, cover and simmer for 10 minutes. Discard the bay leaf and sprigs of thyme. season with salt and pepper as needed.

4) Preheat oven to 400°F. Slice the baguette into 1-inch thick pieces and arrange them in single layer on baking sheet. Bake for 6-8 minutes.

5) Put soup into oven-safe bowls on a thick baking sheet. Top with toast and cheese and broil for 2-4 minutes.



Tuna steak

- Ingredients*
- 1/2 c. olive oil
 - 1/4 c. unsweetened apple juice
 - 2 Tbsp lemon juice
 - 2 Tbsp lime juice
 - 1/2 Tbsp sesame seed oil
 - 3/4 oz fresh garlic (weight)
 - 1 oz chopped ginger
 - 1 Tbsp sugar
 - 1 Tbsp Dijon mustard
 - 1/4 c. Vegetable oil
 - 1/4 c. chopped cilantro
 - 2 Tbsp green onion
 - Black pepper
 - 2 Ahi tuna yellowfin steaks

1) Add first 9 ingredients to food processor

2) Slowly over pour in vegetable oil while processor is running

3) Add cilantro, green onion, and pepper

4) Heat non-stick skillet on medium high (approx 1 min). Add 1 tbsp oil to pan. Sear tuna for 2 minutes on each side. Let rest for 3 minutes.

5) Top tuna with dressing.



Ham & beans

- 1 lb smoked ham or 1 lb ham hock
- 1 lb dried great northern beans (mixed if desired) or 1 lb other dried beans (mixed if desired)
- 3 garlic cloves, peeled and sliced
- 1 large sweet onion, chopped coarsely
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/4 tsp ground cloves
- 6 cups water or 6 cups broth

1) Sort beans and soak in enough water to cover overnight. Or you may sort them and place in a saucepan with 2-inches of water to cover. Bring them to a boil, boil for 3 minutes, then cover and remove from heat. Allow to sit for one hour after boiling (don't lift the lid). Whichever method you use, rinse and drain the beans before placing them in the crock pot.

2) Put the rinsed beans, garlic, onion, salt, pepper, cloves, ham (chopped into large chunks) or ham hocks into the crock pot along with 6 cups water or broth.

3) Cover crock, and cook on low for about 8 hours, or until beans are tender and creamy. Skim any excess fat, if necessary, before serving.

Ingredients



Sauerkraut & potatoes

Ingredients

- Sauerkraut
- Small gold potatoes
- Ham, diced
- Salt and pepper to taste

1) Dice ham small and place all ingredients together in a large pot. 1/3 sauerkraut, 1/3 ham, and 1/3 potatoes. Add liquid from sauerkraut and then water until just covering ingredients.

2) Bring to a boil. Then simmer until potatoes are done.

3) Add salt and pepper to taste.



Corn on the cob

Ingredients

- 6 ears of corn, husks and silks removed
- 1 cup milk
- 1 stick salted butter

1) Fill a large pot about halfway with water. Bring water to a boil.

2) Add milk and butter. Add corn and reduce heat.

3) Simmer corn for 6 to 8 minutes. Remove corn from cooking liquid and its ready to serve.



Roasted vegetables

Ingredients

- Broccoli florets, chopped small
- Sweet potato, cubed small
- Olive oil
- Lawrey's seasoning salt.

1) Pre-heat oven to 425

2) Cube and chop veggies. toss with olive oil and place on baking sheet.

3) Bake for 15-20 minutes or until broccoli is getting slightly crispy



Beef and broccoli

- Ingredients*
- 1 pound skirt/flank steak, cut into thin 1-inch pieces
 - 2 Tbsp vegetable oil, divided
 - 1/2 c sliced white onions
 - 3 Tbsp cornstarch, divided
 - 4 c broccoli florets
 - 1/2 c soy sauce
 - 3 Tbsp brown sugar
 - 1 Tbsp minced garlic
 - 2 tsp grated fresh ginger

1. Whisk together 2 tablespoons cornstarch with 3 tablespoons water. Toss with the beef.
2. In a separate small bowl, whisk together the remaining 1 tablespoon cornstarch with the soy sauce, brown sugar, garlic and ginger.
3. Heat a large pan over medium heat. Add 1 tablespoon of the oil, add the beef and cook, stirring constantly until the beef is almost cooked through. Place beef aside and return pan to heat.
4. Add the remaining 1 tablespoon of vegetable oil to the pan. Add the broccoli florets and sliced onions and cook, stirring occasionally for 5 minutes.
5. Return the beef to the pan then add the sauce. Bring the mixture to a boil and cook 1 minute (be sure to stir) or until the sauce thickens.



Ingredients

