

PUBLISHER'S CORNER

Never argue with a fool. Onlookers may not be able to tell the difference. ~ Mark Twain

Good morning and welcome to the newest issue of A to Z Recipes Newsletter. It is really good to be back with you. Don and I had a great time away together even though I lost way too much money at the casinos. I always do! But I had fun. He says that counts ;)

The weather has been chilly and rainy for days. Not freezing, thank God, but in the 60's during the day and low 40's at night. Our wind-chill factor (and it has been unusually windy) lowers it during the day but puts it at near freezing at night.

I'd love to see your name here! Why not take a few minutes and send us a recipe? I am grateful to the following who shared goodies in this issue:

Peter P., Canada
Gloria C., Canada
Vicki W., Sarasota, FL
Jessica S., Corfu, Greece
Lisa H., Belmont, NC
Marilyn M., OH

For recipes use [this link](#).

For other postables use [this link](#).

I have embedded the "subject" line so I know you're a friend, not a foe. PLEASE remember to include your name (just your first is fine) and your location (just your state is fine). I thank you so much!

I'm also on Facebook:

<https://www.facebook.com/Maggie.R.Carr>

Want to get to know one another better or share cooking tips? We have a gathering of fellow recipe collectors, cooks, and friends at the "QT". Join in at the A to Z Recipes Quick Talk (QT). Here is the link:

<https://www.quicktopic.com/37/H/a8K9wr7j97nV>

DID YOU KNOW?

Cooking with a cold pan - and cold oil or butter

Why it's bad: If the oil isn't hot enough, those sautéed vegetables will adhere to the pan like glue, giving you a tough scrubbing job later on. A hot pan and oil bond to create a surface that's virtually nonstick. (Want more incentive to preheat your skillet? See .)

Do this instead: Heat an empty pan for at least 1 or 2 minutes. The pan is ready when you can hold your hand about 3 inches above it and feel the heat radiating from the surface. Then add the fat. Oil will shimmer when it's hot; butter should melt and foam. One exception: If you're using a nonstick pan to brown delicate foods, add the oil or butter before turning on the heat, since some nonstick pans release fumes when they're heated up empty for an extended period.

JUST MAKE ME LAUGH!

A Speeding Ticket

~Shared by Peter P., Canada

A lady who was speeding had an officer pull her to the side of the road. She didn't have her seat belt on so as soon as she stopped, she quickly slipped it on before the officer got to her window.

After talking to her about speeding, the officer said, "I see you are wearing your seat belt. Do you believe in wearing it at all times?"

"Yes, I do, officer," she replied.

"Well," asked the officer, "do you always do it up with it looped through your steering wheel?"

TODAY'S RECIPES

Oopsie Bread Rolls - Keto Cloud Bread

~Shared by Gloria C., Canada via Facebook

Prep 10 mins
Cook: 30 mins
Total 40 mins
6 Rolls
85KCAL

A low carb ketogenic diet doesn't have to eliminate bread. These egg fast cloud bread oopsie rolls have only 0.6g total carbs each.

The rolls are more bread-like when the egg whites are beaten until very stiff. The cream of tartar is preferred to help keep them stiff.

INGREDIENTS

3 large eggs
3 ounces cream cheese softened
1 dash salt
1 pinch cream of tartar preferred but not required

INSTRUCTIONS

1. Preheat oven to 300°F. Line baking pan with parchment paper or silicone liner.
2. Separate the eggs into separate bowl.
3. Add the cream cheese and salt to the yolks. Blend well with an electric mixer.
4. Sprinkle cream of tartar on the egg whites if desired. Whip with a clean electric mixer until very stiff.
5. Using a spatula, gradually fold the egg yolk mixture into the white mixture. Try not to break down the egg white, you want it to stay fluffy.
6. Spoon 6 mounds of the mixture onto the prepared baking pan. Flatten each mound slightly.
7. Bake for about 25-30 minutes. Do not over bake or they can become crumbly.
8. Cool on the baking pan for 3-5 minutes, then transfer to a cooling rack.
9. To keep soft, store them in a big zipper bag. Storing in the refrigerator or freezer keeps them fresh longer. It's not recommended to double the batch as the heavier amount of yolks can flatten the egg whites easily. It's best to use only 6 eggs each time. To keep the proper egg fast ratio, you'll want to spread 1/2 tablespoon butter onto each roll.

NUTRITION

Serving: 1roll | Calories: 85kcal | Carbohydrates: 0.6g | Protein: 4.2g | Fat: 7.4g | Saturated Fat: 3.9g | Cholesterol: 109mg | Sodium: 104mg

NOTES

You can find great tips for trouble free Oopsie Rolls here. And, there are tons of recipe variations on Your Lighter Side.

Source: LowCarbYum.com

<https://lowcarbyum.com/egg-fast-cloud-bread-oopsie-rolls/>

Indian Chicken Tacos

~Shared by Vicki W., Sarasota, FL

1 seedless cucumber, thinly sliced
2 tsp garam masala
Kosher salt, freshly ground pepper
1/3 cup Greek yogurt
1/2 cup mango chutney
1 red jalapeno or Fresno Chile pepper (1/2 chopped, 1/2 sliced)
1/2 cup fresh cilantro, plus more for topping
Juice of 1 to 2 fresh limes
1 1/2 pounds skinless, boneless chicken breasts (about 3 medium)
1 tbsp EVOO
4 pieces Naan
1/4 small red onion, thinly sliced

1. Preheat oven to 350. Combine the cuc, 1/4 tsp garam masala, 1/2 tsp salt and a few grinds of pepper, toss to coat in medium size

bowl. Stir in the yogurt and set aside. Combine the chutney, chopped jalapeno, cilantro and lime juice in a small bowl, stir to combine and set that aside too.

2. Season the chicken on both sides w/ the remaining 1 3/4 tsp garam masala and a generous pinch each of salt and pepper. Heat a large skillet over medium-high heat, then add the EVOO. Add the chicken and cook til browned, 4 to 5 minutes. Flip and cook until browned on the other side, 2 to 3 more minutes. Reduce the heat to medium and add 1/4 cup water. Cover and cook until the chicken is cooked thru, 10 to 12 minutes. Transfer to cutting board and let rest 5 minutes.

3. Meanwhile, warm the naan in the oven on a baking sheet. Slice the chicken and divide among the naan. Top with the chutney mixture, red onion and sliced jalapeno and more cilantro. Serve w/ the cucumber mixture.

Source: Food Network Magazine October 2016

Galatopita

~Shared by Jessica S., Corfu, Greece

Milk pie, galatopita, is one of the most elegant, sumptuous, and seductive Greek recipes. Most galatopita recipes hail from the mainland and northern parts of the country.

6 Sheets of thin phyllo
3 tablespoons butter melted
3 1/2 cups whole milk
1/2 cup fine semolina flour
1 heaping tablespoon cornflour
2 large eggs slightly beaten
3/4 cup sugar
60 g / 2 ounces cold butter
1 pinch of salt
1 teaspoon vanilla extract
1 pinch Greek saffron krokos
Finely grated zest of 1 lemon
4 tablespoons Ikarian pine or other Greek honey

For topping:

1 egg
2 tablespoons water
2 tablespoons granulated sugar

1 Preheat oven to 180C / 360F.

2 Heat the milk and sugar together over low heat in a medium saucepan. When the mixture starts to simmer, remove from heat and set aside.

3 In a large mixing bowl, preferably stainless steel, combine the semolina, cornflour, and salt,. Add the eggs to the dry mixture, whisking until smooth, thick and pasty. Whisk in the vanilla, saffron, lemon zest and one cup of the warm milk-sugar mixture to temper the mixture. Add the remaining milk-sugar mixture and place on the stovetop over low heat, whisking continuously, until it thickens. Be careful not to let the mixture burn on the bottom of the pot. When the mixture is thick, add the butter, whisking until it melts.

4 Whisk in the honey.

5 Lightly butter a 12-inch round X 2-inch deep pan. Layer the phyllo, one sheet at a time, brushing each with melted butter. Overlap the sheets concentrically so that the overhanging phyllo looks almost like the points of a star. Pour the filling into the pan over the phyllo. Turn in the overhanging edges to form a ring. Alternatively, layer the phyllo in a rectangular pan, folding in the edges to form a rim once you've poured in the filling.

6 Whisk together all the ingredients for the topping and pour this over the surface of the milk pie. Bake the pie for 40 - 45 minutes. Remove, cool, and sprinkle with confectioner's sugar and cinnamon. Serve.

Source: Diane Kochilas

<https://www.dianekochilas.com/milk-pie-galatopita/>

Blueberry Coffee Cake

~Shared by Lisa H., Belmont, NC

A favorite dessert....

1 cup butter
1 cup sour cream
2 cups plus 2 tbsp. sugar
1 tsp. baking powder
1 tsp. cinnamon
1 1/2 tsp. vanilla
3 eggs
1/2 tsp. salt
2 cups flour
1 cup chopped pecans

1 1/2 cups blueberries (fresh or frozen)

Preheat oven to 350°F.

Grease and flour Bundt pan. Cream butter. Add two cups of sugar. Beat until fluffy. Add one egg at a time, beating after each. Fold in sour cream and vanilla. Combine remaining sugar, pecans, and cinnamon. Place 1/3 of the batter into the Bundt pan. Place a layer of pecans and sugar mixture and one of blueberries. Alternate these layers until all is used up. End with filling on top (pecans and sugar).

Bake 1 hour and 15 minutes or until done.

No-Bake Hershey's Chocolate Bar Pie

~Shared by Marilyn M., OH

1 (9-inch) chocolate crumb pie crust (such as Oreo pie crust)
1 1/2 (8 oz.) containers Cool Whip whipped topping (12 oz. total)*
5 full-size (1.45 oz.) Hershey's Milk Chocolate Bars with Almonds **

Break chocolate bars into pieces and place in a small saucepan over medium-low heat. Heat, stirring constantly, until melted and smooth. (Or, place chocolate bar pieces in a microwave-safe bowl. Microwave at MEDIUM power for one minute or until chocolate is melted and smooth when stirred.) Remove from heat and cool for two minutes. Fold melted chocolate into the Cool Whip until well combined. Spoon into crust. Cover and refrigerate over night, or until set.

* The original recipe calls for 1 (8 oz.) container of Cool Whip, however I use 1 1/2 containers as I prefer a 'fuller' pie.

If you'd like to use just 1 container of Cool Whip, use just 4 Hershey's bars.

Your pie will taste great, it just won't be as full in the pie crust.

** Regular Hershey's Milk Chocolate Bars (without almonds) can be substituted.

Enjoy!

Chicken Salad Casserole

~Shared by Marilyn M., OH

2-3 chicken breasts - shredded

Mix with:
1 large container sour cream;
1 can cream of celery soup;
1 can cheddar cheese soup;
1 can water chestnuts.

Use one sleeve Keebler crackers, crushed and mixed with 1/2 stick melted butter. Layer in bottom of 9x13" pan. Pour chicken mixture over cracker layer. Cover with a second layer of crushed crackers/melted butter. Bake at 350 for one hour. Excellent!

Easy Crockpot Ravioli Casserole

~Shared by Marilyn M., OH

1 lb. ground hamburger or sausage, browned
1 pkg. (25 oz) frozen ravioli
1 (25-28 oz) jar spaghetti sauce
1 small onion, chopped
1 clove garlic, minced
1 (14.5 oz) can Italian-style diced tomatoes
1/2 tsp. Italian seasoning
Salt and pepper, to taste
1/4 cup Parmesan cheese
1 cup shredded mozzarella

Brown meat over medium heat in a medium size skillet. Add onion, garlic and tomatoes and simmer for 5 minutes. Add spaghetti sauce, Italian seasoning, salt and pepper and let simmer another 5 minutes. Place 1 cup sauce on the bottom of 5 to 6 qt. slow cooker. Add half of the frozen ravioli, half the remainder of sauce and then repeat. Sprinkle with cheese. Cook on low 4 hours or until ravioli is tender. Enjoy!

Candied Strawberries

~Shared by Marilyn M., OH

2 cups granulated sugar
2/3 cup water
1/2 cup light corn syrup
Strawberries

Combine first three ingredients in a saucepan over medium heat When sugar is dissolved turn the heat up and simmer

Using a candy thermometer, heat candy to 300-310° * Turn the heat to low (See note below for high altitudes)

Quickly dip strawberries in coating and shake it off,

Place on a cooling rack, parchment paper or silpat mat and let harden (it wont take long).

These are only good the day made, so you can't pre-make these for events.

Tips for making candied strawberries:

-use a candy thermometer

-have all the strawberries (or anything else you plan to dip) prepped and ready to go so you can work quickly when you hit the right temperature

-use both hands and enlist helpers so you can dip everything quickly as the candy will start to cool and harden fast.

-use a silicone mat to keep the candied berries on, or parchment paper, as the sucker candy shell will tend to stick to plates.

-make just before serving as fresh strawberries are effected by heat and will start to shrink and get overly rip and juicy quickly. They won't be good the next day

-*Note: adjust for high altitudes - I'm at 4000 feet so I actually heat candy 20 degrees lower than at sea level

Apple-Cinnamon Monkey Bread

~Shared by Marilyn M., OH

2 cans (13 oz each) Pillsbury Flaky Cinnamon Rolls w/icing

1 tart apple, chopped small (like granny smith, empire, or gala)

1/2 chopped pecans, optional

1/2 cup sugar

1 1/2 teaspoons cinnamon

1/2 tsp. ground cloves, optional

8 Tbsp butter, melted

Heat oven to 350 degrees and spray a bundt-cake pan with cooking spray.

Cut each cinnamon roll (there should be about 8 in a package) into quarters or 4 pieces.

In a small bowl combine the sugar and cinnamon; mix well.

In another small bowl combine chopped apple and pecans; add 1/4 cup cinnamon-sugar mixture; mix.

Layer half the apple mixture into the bottom of the bundt pan.

Dip half of the cut cinnamon roll biscuits into the remaining cinnamon sugar mixture and layer on top of the apples.

Top with the remaining apple mixture.

Take remaining cut cinnamon roll biscuits and dip into the cinnamon sugar and layer on top of the apples.

Drizzle the melted butter over top.

Bake for 35-38 minutes. You might have to cover the bundt pan loosely with tin foil the remaining 10 minutes so top does not burn.

Let cool for a few minutes in the bundt pan and then invert the bundt pan onto the serving plate.

Drizzle the icing that was included in the cinnamon roll cans over warm bread.

If you want pretty lines, put the icing into a Ziploc bag and cut the corner, and then drizzle.

No-bake Strawberry Cheesecake

~Shared by Marilyn M., OH

30 Graham Crackers

5 Tbsp melted Butter

2 Tbsp Sugar Filling:

16 oz softened Cream Cheese

2 Tbsp Sugar

1 lb Strawberries

16 ounce Heavy Whipping Cream Garnish:

5 Strawberries, sliced

Additional Whipped Topping

Crush graham crackers in food processor. Add melted butter and sugar and pulse to incorporate. Press mixture into bottom and partially up the sides of a springform pan. Refrigerate at least 30 minutes to firm. In a large bowl, beat cream cheese and sugar until creamy. Whip heavy cream until stiff peaks form. Fold cream cheese mixture into whipped cream. Puree strawberries in food processor. Fold strawberry puree into mixture until fully blended. Spread evenly into crust ~ Freeze for 2 hours. Allow to thaw 30 minutes before serving. Garnish with sliced strawberries and additional whipped topping, if desired.

Potluck or Church Supper Hot Dish

~Shared by Marilyn M., OH

1 pound ground beef
2 cups sliced peeled potatoes
2 cups finely chopped celery
3/4 cup finely chopped carrots
1/4 cup finely chopped green pepper
1/4 cup finely chopped onion
2 Tbsp butter
1 cup water
2 cans (10-3/4 oz each) condensed cream of mushroom soup, undiluted
1 can (5 oz) chow mein noodles, divided
1 cup shredded cheddar cheese

Preheat oven to 350°. In a large skillet, cook beef over medium heat until no longer pink; drain and set aside.

In same skillet, saute potatoes, celery, carrots, green pepper and onion in butter 5 minutes.

Add water; cover and simmer 10 minutes or until vegetables are tender.

Stir in soup and cooked ground beef until blended.

Sprinkle half of the chow mein noodles into a greased shallow 2-qt. baking dish. Spoon meat mixture over noodles.

Cover and bake 20 minutes. Top with cheese and remaining noodles.

Bake, uncovered, 10 minutes longer or until heated through. Enjoy!

Mrs. Anderson's Russian Tea Cookies

~Shared by Marilyn M., OH

3/4 cup granulated sugar
3/4 cup vegetable oil
2 eggs
2 tsp. vanilla extract
1 tsp lemon extract
1 tsp. grated lemon rind
2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
Jam or jelly to your taste
Powdered sugar

In a big bowl blend sugar and oil together.

Stir in eggs, flavorings and lemon rind.

In a separate bowl blend together flour, baking powder and salt. Make sure they are thoroughly mixed, then slowly add to wet ingredients. Make sure the two mixtures are completely integrated.

On an ungreased cookie sheet place a rounded tablespoon of dough rolled into a ball with the palms of your hands. Press each ball down with an oiled glass that has a smooth bottom. Or use a nonstick cooking spray to oil glass and has been dipped into sugar. Continue to oil glass and dip into sugar each time.

Slightly depress the center of each cookie with your thumb to make a well. Being careful not to press too hard and go through the dough! Fill cookie well with 1/4 to 1/2 tsp jam or jelly, then sprinkle lightly with powdered sugar.

Bake in preheated 400 F oven for 8 minutes until jelly is set.

Cool on wire rack, then store in airtight containers until ready to serve. Enjoy!

Taco Lasagna

~Shared by Marilyn M., OH

1 pound lean ground beef
1 packet taco seasoning
1/4 cup water
1 can Rotel diced tomatoes with chiles, drained
1 can Nacho Cheese Soup
1/4 cup sour cream
1 cup grated cheddar
12 (8-inch) soft tortillas

Guacamole, cilantro, sour cream for topping, as desired

Preheat oven to 350 degrees. Spray a 9x9-inch baking dish with non-stick spray.

Add beef to a large skillet over medium heat and crumble as it cooks. Drain grease when cooked through.

Add taco seasoning and water to the skillet and cook for 2 minutes.

Dump tomatoes, cheese soup, and sour cream into a medium mixing bowl; stir in cooked meat.

Place 3 tortillas in the bottom of the prepared baking dish. Top with 1/3 of the meat mixture. Repeat layers, ending with a layer of tortillas on the top ~ Sprinkle cheese over the top.

Bake for 20 minutes or until hot and cheese melted.

Serve sprinkled with chopped cilantro, guacamole, and extra sour cream, as desired.

Mom's Homemade Noodles

~Shared by Marilyn M., OH

1 egg
2 egg yolks
3 Tbsp cold water
1 tsp salt
2 cups flour

Beat eggs together until light and fluffy.

Add remaining ingredients ~ knead until smooth.

Roll out on a floured surface to about 1/8 thickness.

Cut into strips (I just used a pizza cutter).

You can store them in the fridge for 2-3 days or in the freezer for 1-2 months.

Cook 7-9 minutes in boiling water.

Serve any way you like, but they are fabulous in chicken soup!

PUBLISHER'S CHOICE

Skillet Chicken with Roasted Garlic and Mushroom Gravy

Prep 25 MIN
Total 1 HR 10 MIN
Servings 4

Ingredients
2 garlic bulbs
2 teaspoons olive oil
4 boneless skinless chicken breasts (about 1 1/4 lb)
1/2 cup Gold Medal allpurpose flour
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup butter
8 oz sliced mushrooms
1 1/2 cups Progresso chicken broth (from 32-oz carton)
1/2 cup heavy whipping cream

Steps
1 Heat oven to 350°F.

2 Cut 1/4 to 1/2 inch from top of each garlic bulb to expose cloves. Place each cut side up on 12-inch square of foil. Drizzle each bulb with 1 teaspoon of the oil. Wrap securely in foil. Place in pie plate or shallow baking pan. Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. From root end, squeeze soft cloves out of papery skins, and chop finely. Set aside.

3 Meanwhile, between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. In shallow pan, stir together flour, thyme, salt and pepper. Reserve 3 tablespoons of the seasoned flour for the sauce. Coat both sides of chicken with remaining flour mixture.

4 In 12-inch skillet, heat 2 tablespoons of the butter over medium-high heat. Cook chicken in butter 6 to 8 minutes, turning once, until no longer pink in center (at least 165°F). Transfer chicken to plate; cover to keep warm.

5 In same skillet, heat remaining 2 tablespoons butter over medium heat. Cook mushrooms in butter until lightly browned. Sprinkle the 3 tablespoons reserved seasoned flour over mushrooms. Cook and stir 2 minutes. Stir in chicken broth, cream and roasted garlic. Heat to boiling. Reduce heat to low; simmer about 3 minutes or until slightly thickened.

6 Place chicken back into skillet with sauce about 1 minute or until heated through. Serve with mashed potatoes, if desired.

Source: Betty Crocker
<https://www.bettycrocker.com>

Best Cinnamon Bun Cake

A buttery brown sugar and cinnamon mixture is swirled into a white cake and topped with a glaze in this recipe for Cinnabon roll cake.

Ingredients

Cake:

3 cups flour
1/4 tsp salt
1 cup sugar
4 tsp baking powder
1 1/2 cup milk
2 eggs
2 tsp vanilla
4 T butter, melted

Cinnamon swirl:

2 sticks (1 cup) butter, softened
1 cup brown sugar
2 T flour
1 T cinnamon
2/3 cups nuts (optional)

Glaze:

2 cups powdered sugar
5 T milk
1 tsp vanilla

Directions

With an electric mixer or stand-up mixer, mix flour, sugar, salt, baking powder, milk, eggs, and vanilla.

Once combined well, slowly stir in 4 T melted butter. Pour batter into a greased 9×13 baking pan.

In a large bowl, mix the 2 sticks of softened butter, brown sugar, flour, cinnamon, and nuts until well combined.

Drop evenly over cake batter by the tablespoon and use a knife to marble/swirl through the cake.

Bake at 350 degrees for 25-30 minutes or until toothpick comes out nearly clean from center.

Place powdered sugar, milk, and vanilla in a large bowl. Whisk until smooth. Drizzle over warm cake.

Serve warm (we like it straight out of the oven) or at room temperature.

Source: American Times Food
<https://americantimesfood.com/best-cinnamon-bun-cake/2/>

Stilton, Port and Walnut Paté

Total Time: 1 hour 40 min

Cook Time: 1 hour 15 min

Active Time: 25 min

Servings: 8

INGREDIENTS

1 Pear (firm but ripe), small, diced
1/2 C Port
1/2 C Water
1 Tbsp Sugar
1/2 C Stilton cheese, crumbled
2 Tbsp Cream cheese, softened
1 Tbsp Butter, softened
2 tsp Parsley, minced
2 Tbsp Lemon juice
1/2 C California walnuts, toasted and finely chopped

PREPARATION

1. In a large, dry skillet over medium-high heat, toast walnuts, stirring occasionally, until lightly browned, about 1 to 2 minutes. Set aside.

2. Heat a small heavy bottomed frying pan over medium-high heat. Add pear, port, water and sugar. Bring to a simmer and reduce heat to medium to soften pear, about 10 minutes. Increase to high heat to reduce juices to a syrup, about 5 minutes. Remove from heat and let cool.

3. In a small bowl add stilton, cream cheese, butter, parsley and lemon juice and mix until well combined. Add walnuts. Line a 1 cup ramekin or custard cup with plastic wrap and fill with half of the stilton/walnut mix. Then layer with half of the poached diced pear. Repeat steps with remaining stilton/walnut mix and poached pear. Cover with plastic wrap and refrigerate for at least an hour before serving.

4. Remove plastic wrap; slice paté into wedges and serve with crackers, fresh baguette, grapes and/or as part of a cheese tray

Source: The Healthy, on Toast by California Walnuts

Crock Pot Vegetable Beef Soup

Crock Pot Vegetable Beef Soup is a warm, delightful bowl of comfort food. One of the easiest soups to throw together and always a family favorite!

Prep Time 15 minutes
Cook Time 6 hours
Total Time 6 hours 15 minutes
Servings 6

INGREDIENTS

1 pound ground beef
1 onion chopped
2 cups beef broth
1 quart vegetable/tomato juice, store bought works fine
4 medium potatoes diced (you can peel them if you prefer, but leaving the skin on is good too)
1 cup frozen green beans, canned green beans work well too.
1 cup frozen corn, canned corn works well too.
1 cup frozen peas
2-3 carrots sliced
salt and pepper to taste

INSTRUCTIONS

1. In a skillet cook ground beef with onion until browned and season with salt and pepper.
2. Place cooked ground beef mixture and remaining ingredients in a large slow cooker and cook on high for 2-3 hours or low for 4-6 hours or until potatoes are fork-tender.
3. *If you do not want to use a slow cooker, brown beef and onion in a large pot or Dutch oven and add remaining ingredients. Bring to a boil, then reduce heat and simmer about 20 minutes or until potatoes are fork-tender.

Source: Favorite Family Recipes
<https://www.favfamilyrecipes.com/slow-cooker-vegetable-beef-soup/>

Chicken & Dressing Casserole

Ingredients

3 lbs Boneless Skinless Chicken Breast
1 Cake of Cornbread (recipe follows)
1/2 Stick Butter
1 Onion, diced
2 c Celery, diced
1 6 oz Package Stove Top Stuffing Mix (Chicken)
4 c Chicken Stock
1 10.5 oz Condensed Cream of Chicken Soup
5 Eggs, lightly beaten
1.5 tsp Salt
1 tsp Black Pepper
1 tbs Poultry Seasoning
1.5 tsp Ground Sage
Pinch of Paprika – to sprinkle on top (if desired)

Cornbread Recipe

2 c All Purpose Stone Ground Cornmeal (white)
1 c All Purpose Flour
2 tsp Baking Powder
1.25 c Buttermilk
2 Eggs, beaten
1 tbs Butter, melted

Directions

For cornbread: Preheat oven to 400F. Combine cornmeal, flour and baking powder in a mixing bowl. Add buttermilk and eggs, stir to combine. Pour melted butter into a round baking pan or cast iron skillet and add cornbread batter. Bake 20-25 minutes.

Add chicken breast to a stock pot and cover with water. Bring to a simmer and continue to cook for 15 minutes. Remove cooked chicken and set aside until cool enough to handle. Cut into cubes once cool.

Preheat oven to 350F.

Add a half stick of butter to a small skillet and melt over medium heat. Add diced celery and onion and saute until translucent, 6-7 minutes.

In a large mixing bowl add cubed cornbread and package of Stove Top.

Pour sauteed vegetables and melted butter over bread mixture. Give a quick stir to combine.

Add cubed chicken, chicken stock, cream of chicken soup and seasonings and stir to combine.

Finally, add the beaten eggs and stir to combine with the rest of the ingredients.

Pour mixture into a large casserole dish.

Bake for 45 minutes.

Bang Bang Shrimp Pasta

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Servings 4

Calories 570 kcal

Ingredients

For the Sauce:

8 ounces spaghetti noodles

2 tablespoons butter

10 ounces shrimp, deveined and peeled

3 cloves garlic

1/2 teaspoon paprika

Salt & pepper

1 tablespoon cilantro

Red pepper flakes

Instructions

1/2 cup mayonnaise

1/3 cup sweet thai chili sauce

1/2 lime juice

1 teaspoon sriracha sauce

1. Mix all sauce ingredients together. Set aside.

2. Cook spaghetti noodles according to direction on box and then drain.

3. Meanwhile, season the shrimp with salt, pepper, and paprika. Melt the butter in a 12 inch pan and add the shrimp. Cook 1-2 minutes per side, adding the garlic the last 30 seconds. Turn off the heat and add the pasta and sauce and toss together. Sprinkle with cilantro and chili flakes.

Source: Garnish & Glaze

<https://www.garnishandglaze.com/bang-bang-shrimp-pasta-recipe/>

Lasagna Carbonara

Prep 35 MIN

Total 1 HR 35 MIN

Ingredients 13

Servings 12

Ingredients

9 uncooked lasagna noodles

10 slices bacon, crisply cooked and crumbled

3 tablespoons butter

3 cloves garlic, finely chopped

3 tablespoons all-purpose flour

3/4 teaspoon salt

3/4 teaspoon pepper

2 cups heavy whipping cream

1 1/4 cups Progresso chicken broth (from 32-oz container)

2 cups shredded Italian cheese blend (8 oz)

2 cups chopped cooked chicken

1 1/2 cups frozen sweet peas
Chopped fresh basil leaves, if desired

Steps

1 Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. Cook and drain lasagna noodles as directed on package. Reserve 2 tablespoons crumbled bacon for topping after baking.

2 Meanwhile, in 2-quart saucepan, melt butter over medium heat. Add garlic; cook about 1 minute, stirring occasionally, until golden. Stir in flour, salt and pepper; cook until thickened.

3 Stir in whipping cream and broth; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in 1 cup of the cheese. Remove from heat.

4 Spoon and spread 1/2 cup sauce in bottom of baking dish; top with 3 noodles.

5 Add chicken, remaining crumbled bacon and frozen peas to remaining sauce in saucepan. Spread one-third of the sauce mixture (slightly less than 2 cups) over noodles.

6 Top with 3 noodles. Repeat with one-third of the sauce mixture and remaining 3 noodles. Top with remaining sauce mixture.

7 Cover with foil. Bake 35 minutes; uncover, and sprinkle with remaining 1 cup cheese and reserved bacon. Bake 8 to 10 minutes longer or until heated through and cheese is melted. Let stand 15 minutes before cutting. Sprinkle with chopped basil.

Source: Pillsbury

Beer-Can Cabbage

YIELD Serves 8–12
ACTIVE TIME 15 minutes
TOTAL TIME 1 hour

INGREDIENTS

1 large purple cabbage (about 3 1/2 pounds)
2 tablespoons vegetable oil
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 (12-ounce) can pale lager
2 cups homemade or store-bought barbecue sauce (preferably Kraft Original Barbecue Sauce), divided

PREPARATION

Prepare a grill for medium-high heat. Cut a 3x3" square around core of cabbage at the base. Carefully remove core with knife. Using knife and a spoon, create a 3"-deep cavity in cabbage, big enough to hold beer can. Discard core; reserve leftover cabbage from hollowing out cavity for another use. Using a brush, coat cabbage with oil, then season with salt and pepper.

Pour out (or drink) half of the beer. Place beer can in cavity of cabbage so cabbage sits upright. Transfer to grill. Using brush, generously coat cabbage with 3 Tbsp. barbecue sauce. Cover grill and cook cabbage, brushing with remaining sauce every 15 minutes, until outer leaves are crispy and dark brown and cabbage is cooked through and tender when pierced with a paring knife, 45–50 minutes total.

Remove cabbage from grill and discard can. Let cool slightly. Cut grilled cabbage in half lengthwise, then slice each half crosswise into 3/4" strips. Toss in a medium bowl with remaining 1 1/4 cups barbecue sauce (you should have about 6 cups barbecued cabbage). Serve as a side, or make Beer-Can Cabbage Sandwiches.

Do Ahead

Barbecued cabbage can be made 3 days ahead; cover and chill. Reheat gently in a covered pot on stovetop or in microwave.

Source: Katherine Sacks, Epicurious

Overnight No-Knead "Everything Bagel" Artisan Bread

Prep time 15 mins
Cook time 35 mins
Total time 50 mins
Serves: 1 loaf

The most delicious no-knead, overnight artisan bread with a crunchy "everything bagel" topping of poppy seeds, sesame seeds, coarse salt, dried onion and dried garlic.

Ingredients

3 cups all-purpose or bread flour
1/4 teaspoon instant yeast
1 teaspoon sea or kosher salt
1 + 1/2 cups room temperature water plus 2 tablespoons

Topping:

1 + 1/2 teaspoons poppy seeds
1 + 1/2 teaspoons sesame seeds
1/2 teaspoon dried minced onion

½ teaspoon dried minced garlic
2 teaspoons melted butter
Coarse sea or kosher salt

Instructions

In a large mixing bowl whisk the flour, yeast and salt together. Pour in the water and stir until well combined. Cover the bowl with plastic wrap and let it sit out overnight 10 - 12 hours. Sprinkle a work surface with flour and turn out the dough. Turn it over on itself a few times and then cover with plastic wrap and let it rest 10 - 15 minutes. Line a 3.5 quart Dutch oven with parchment paper and sprinkle cornmeal over the bottom. Shape the dough into a ball and place it in the Dutch oven. The dough will be very soft - use a bench scraper or cake lifter to help. Cover with the lid and let it rise 2 more hours. After 2 hours preheat the oven to 450 degrees F. In a small bowl mix the poppy seeds, sesame seeds, onion and garlic together. Brush the melted butter over the top of the bread and sprinkle the seed mixture over it. Sprinkle the top with coarse salt. Bake with the lid on 20 minutes. Take off the lid and bake until the top is golden brown and makes a hollow sound when tapped 10 - 15 minutes longer. Let it cool in the pan 1 hour then turn out onto a cutting board and cool completely. Slice it into big wedges or cut it in half then slice lengthwise for shorter slices. Store tightly covered in a cool, dry place up to 4 days.

Notes: Adapted from the NY Times

Source: by Reeni Pisano, Cinnamon Spice and Everything Nice
<https://www.cinnamonspiceandeverythingnice.com>

Roasted Potato and Sausage Quiche

Prep 15 MIN
Total 55 MIN
Servings 8

Ingredients

1 Pillsbury refrigerated pie crust, softened as directed on box
1 bag (12 oz) frozen roasted red potatoes, green beans & rosemary butter sauce
8 oz bulk pork sausage
1 1/2 cups sliced fresh mushrooms (4 oz)
1 cup shredded smoked Cheddar or smoked Gouda cheese (4 oz)
4 eggs
1 cup half-and-half
1/4 teaspoon coarse ground black pepper
Chopped fresh Italian (flatleaf) parsley, if desired

Steps

1 Heat oven to 425°F. Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie. Bake 8 to 10 minutes or just until edge begins to brown. If crust puffs up in center, gently push down with back of wooden spoon. Reduce oven temperature to 350°F. Cook frozen vegetables as directed on bag for minimum time. Pour into medium bowl. Cut up large pieces of potatoes.

2 In 10-inch skillet, crumble sausage; add mushrooms. Cook over medium-high heat, stirring occasionally, until sausage is no longer pink; drain. Add sausage-mushroom mixture to vegetables in bowl; stir to combine. Spoon mixture into crust-lined pie plate; sprinkle with cheese.

3 In medium bowl, beat eggs, half-and-half and pepper with whisk until well blended; pour over mixture in crust.

4 Bake 40 to 45 minutes or until eggs are set in center. If necessary, cover edge of crust with strips of foil during last 20 minutes of baking to prevent excessive browning. Sprinkle with parsley.

Source: Betty Crocker