

## **PUBLISHER'S CORNER**

*An Old Irish Blessing*

~Shared by Marilyn M., OH

*"May love and laughter light your days, and warm your heart and home.  
May good and faithful friends be yours, wherever you may roam.  
May peace and plenty bless your world with joy that long endures.  
May all life's passing seasons bring the best to you and yours!"*

**Top o' the mornin' to ya** and welcome to the newest issue of A to Z Recipes Newsletter. Don't you just love how Americans celebrate St. Patrick's Day? Most of us haven't the foggiest idea of what is real (or not) Irish but its fun to try, lol. I think I had enough green beer in my youth to know that real Irish people can't possibly do that! But the food along with the beer is quite hearty and delicious. I know because I've prepared and eaten a lot of it (with or without green beer or a bottle of Killan's alongside). A few of you are Irish and have shared some Irish-bedazzled goodies with me along the years. I have been blessed by the shared memories of your travels to the 'Isle". Even though I was green with envy (!! ) it was wonderful to travel with you through your photos. Years ago my mother, who had saved up for years, went to Ireland on a pilgrimage and she brought me back a bottle of holy water, which I bless myself with daily, in her memory.

Speaking of the Irish... we have found the pot of gold at the end of the recipe rainbow today. Some of your fellow a2z'ers listed below have shared. I threw in a few of my own which gives us some delicious meals to prepare for friends and family. With or without green beer!

**Marilyn M., OH**  
**Peter P., Canada**  
**Jessica S., Corfu, Greece**  
**Michael G., MI**  
**Deb M., TX**  
**Judy G., IL**  
**Vicki W., Sarasota, FL**  
**Gloria C., Canada**

I'd love to see your name here! Why not take a few minutes and send us a recipe?

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?**

Using a non-stick pan for everything

Why it's bad: "Unlike cast-iron and stainless-steel pans, nonstick pans transfer heat slowly, so you get less browning on the meat," says Tom Brenna, a professor of nutrition at Cornell University. And what little browning does occur will take longer, which puts you at risk of overcooking dinner.

Do this instead: Pull out a nonstick skillet when you need to cook delicate foods, such as fish or breaded items, or particularly sticky foods, such as eggs. Otherwise opt for a regular stainless-steel or cast-iron pan.

## **JUST MAKE ME LAUGH!**

## Cake Disaster

~Shared by Peter P., Canada

Many years ago my just married young cousin moved into an upstairs apartment and invited some of her women friends over for the evening. She put out snacks and then came out with a cake that looked like a disaster.

She apologized and said she didn't know what happened to the cake because, she explained, "I even used the high altitude directions because I live upstairs."

## TODAY'S RECIPES

### For St. Patrick's Day

#### Bailey's Chocolate Cheesecake Pots

~Shared by Jessica S., Corfu, Greece

8 (+-140g / 0.59cups) double chocolate Digestive biscuits (in the US Graham crackers are a good equivalent)  
360g / 1.5 cups full fat cream cheese, chilled  
60ml / 2 fl oz double cream  
60ml / 2 fl oz Bailey's Irish Cream liqueur  
100g / 0.42 cups caster sugar  
30g / 0.12 cups cocoa powder

To serve  
125ml / 4.2 fl oz double cream  
½ tsp caster sugar  
½ tsp vanilla extract  
Chocolate sprinkles

Roughly chop the biscuits with a sharp knife. Tip: We prefer doing this so that you don't end up with fine crumbs and powder as you get when you crush them.

Spoon the crumbs into 4x 250ml preserve jars. Set aside. Tip: If you don't have preserve jars, you could also just use small bowls or drinking glasses.

Place the remaining cheesecake ingredients into a medium-sized bowl. Using an electric mixer beat on low speed just until dry ingredients are combined. Scrape down the sides of the bowl then beat again on high speed until the color is uniform and mixture is smooth and has thickened slightly for 1-2 minutes.

Spoon the cheesecake mixture into the preserve jars on top of the biscuit crumbs, close the lids onto each jar, then refrigerate until serving time.

Tip: The quickest and neatest way of filling your cheesecake pots is to use a piping bag. Fill a large piping bag with the cheesecake mixture, cut the end of the piping bag off, and then squeeze the mixture into your preserve jars. Each dessert gets +- 140g of the mixture.

To serve, pour double cream into a medium-sized bowl with sugar and vanilla extract. Whisk just until thick enough to spoon.

Spoon generous dollops of the whipped cream on top of each cheesecake pot, then decorate with chocolate sprinkles.

Cheesecake pots can be kept in the fridge for up to 3 days, but the biscuit crumb base will lose its crunch after the first day. Still tasty, though!

Source: Irish Central

<https://www.irishcentral.com/culture/food-drink/baileys-recipe-st-patricks-day>

#### Irish Soda Bread

~Shared by Jessica S., Corfu, Greece

2 cups all-purpose flour  
2 cups whole wheat flour  
1 1/2 teaspoons baking soda  
3/4 teaspoon salt  
2 cups low-fat buttermilk  
Cooking spray

Preheat oven to 450F.

Combine the flours, baking soda and salt in a large bowl.

Mix thoroughly.

Make a well in the center of mixture.

Add buttermilk to flour mixture; stir until blended (dough will be sticky).

Turn dough out onto a generously floured surface. Knead lightly 4 to 5 times.

Shape dough into an 8-inch round loaf; place on a baking sheet coated with cooking spray.

Bake at 450 for 15 minutes.

Reduce oven temperature to 400 and continue to bake for another 15 minutes, or until loaf sounds hollow when tapped underneath.

Cool on a wire rack.

Source: Irish Central

<https://www.irishcentral.com/culture/how-to-make-irish-soda-bread-st-patricks-day>

### Delicious Baileys Irish Cream Cheesecake

~Shared by Jessica S., Corfu, Greece

Try this Chocolate Baileys Irish Cream Cheesecake for an Irish-themed dessert that is sure to wow.

6 graham crackers  
2 tablespoons all-purpose flour  
1/4 cup unsalted butter; melted  
24 oz cream cheese at room temperature  
7 tablespoons of sugar  
2 eggs  
1/4 cup plus 2 tablespoons sour cream  
1/4 cup plus 2 tablespoons Baileys Irish Cream liqueur  
1 teaspoon vanilla extract  
1/2 cup whipping cream  
9 oz semisweet chocolate; chopped  
chocolate curls; (optional)

To make the crust, first preheat oven to 350°F. Grind the graham crackers to a fine crumb, using your food processor. Add the butter and continue blending until this is combined. Press this mixture into the bottom of a 9-inch diameter spring form pan. Do not put crumb mixture on the sides of the pan. Bake the crust about eight minutes and remove from oven.

Do not turn off oven.

To make the filling, beat the cream cheese and sugar until smooth. Beat in the flour. Add the eggs, one at a time. Beat until just combined. Do not overheat. Mix in the remaining ingredients EXCEPT for the whipping cream and the chocolate. Pour this filling into the crust and bake for ten minutes. Then reduce heat to 250°F and bake for an additional 40 minutes. Remove from oven and cool cake on a rack for ten minutes. Then, loosen cake and cool. Chill overnight.

To make the glaze, heat the cream in a saucepan until it simmers. Reduce the heat to low and added the chopped chocolate. Stir until the chocolate is melted and smooth. Cool the glaze to lukewarm then pour the glaze over the cake after you have released the cake from the pan. Refrigerate for about thirty minutes.

Sprinkle the top with chocolate curls if desired.

This Chocolate Baileys Irish Cream Cheesecake serves 12 lucky people

Source: Irish Central

<https://www.irishcentral.com/culture/food-drink/chocolate-baileys-irish-cream-cheesecake-84428072-237763371>

### Slow Cooker Buffalo Chicken Chili

~Shared by Michael G., MI via Facebook

Slow Cooker Buffalo Chicken Chili has the perfect amount of spice, a smooth creamy base, lots of tender chicken, and takes 10 minutes to prepare.

Prep Time 10 minutes  
Cook Time 8 hours  
Total Time 8 hours 10 minutes  
Servings 6 1 cup servings  
Calories 324 kcal

#### Ingredients

1 1/2 pounds boneless chicken breasts  
14.5 ounce can Great Northern beans, drained  
14.5 ounce can fire roasted diced tomatoes, drained (can substitute regular diced tomatoes)

14.5 ounce can chicken broth (read label to make sure it's gluten free)  
1/4-1/2 cup buffalo wing sauce\*, I used Frank's Red Hot  
1 package ranch dressing mix envelope (Hidden Valley brand is gluten free)  
14.5 ounce can sweet corn kernels, drained  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon celery salt  
1/2 teaspoon dried cilantro  
1/4 teaspoon salt  
8 ounce cream cheese,\*\* softened  
Toppings: tortilla chips, fresh cilantro, blue cheese crumbles, additional hot sauce

#### Instructions

##### Slow Cooker Directions:

1. In a 5 quart slow cooker combine all the ingredients except the cream cheese and toppings.
2. Cook on high for 4 hours or low for 8 hours.
3. Shred the chicken in the slow cooker using two forks. You can also use a slotted spoon to remove the chicken to a cutting board, shred it, and then return to the pot.
4. Add the cream cheese and stir until it is incorporated. Serve with desired toppings.

##### Instant Pot Directions:

1. Place all the ingredients in the instant pot EXCEPT beans and cream cheese. Cook on HIGH PRESSURE for 15 minutes. Naturally release for 10 minutes and then quick release remaining pressure.
2. Use two forks to shred chicken in instant pot or remove chicken to cutting board to shred. Add chicken back to pot.
3. Add drained beans and cream cheese to instant pot. Stir until chili is creamy and smooth. Serve with desired toppings.

#### Recipe Notes

- \*Start with 1/4 cup buffalo sauce, especially if making for kids. I often use 1/2 cup, though, and I feel like it gives a great spice level.
- \*\*I've made this with light cream cheese and regular. Both work great!

Recipe adapted from Slow Cooker Gourmet

Source: Mama Gourmand  
<http://www.mamagourmand.com>

#### Taco Casserole

~Shared by Deb M., TX via Facebook

This delicious Taco Casserole is like a taco salad in casserole form! With a ground beef and biscuit base, plus layers of sour cream, lettuce, tomatoes, cheese, and olives, this casserole is the perfect way to switch up your dinner routine.

Prep Time 5 minutes  
Cook Time 35 minutes  
Total Time 40 minutes  
Servings 8  
Calories 562 kcal

#### Ingredients

2 lbs ground beef  
2 packets taco seasoning  
4 large eggs  
3/4 cups milk  
1 1/4 cups biscuit/baking mix  
dash pepper  
1/2 cup sour cream  
2 cups chopped lettuce  
3/4 - 1 cup chopped tomato  
2 cups shredded cheddar cheese  
olives

#### Instructions

1. Preheat oven to 400.
2. Cook beef over medium heat in a large skillet until no longer pink. Drain meat and add taco seasoning and prepare according to package directions.
3. Add meat to a greased 9x13 pan and set aside.
4. Beat eggs and milk in a large bowl. Stir in biscuit mix and pepper and mix until combined well. Pour over meat and bake until golden brown (about 20-25 minutes).

5. Let cool for a few minutes and then spread on sour cream.
6. Top with lettuce, tomato, cheese and olives. Serve warm and ENJOY!

Source: Lil' Luna  
<https://lilluna.com/taco-casserole/>

### German Chocolate Cake

~Shared by Judy G., IL via Facebook

#### Ingredients

1/2 cup boiling water  
4 ounces sweet cooking German chocolate  
2 cups sugar  
1 cup butter, softened  
4 egg yolks  
1 teaspoon vanilla  
2 1/2 cups cake flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup buttermilk  
4 egg whites, stiffly beaten

#### Coconut Pecan Frosting

1 cup sugar (1 1/2 cups)  
1/2 cup butter (3/4 cups)  
1 cup evaporated milk (12 oz. can)  
1 teaspoon vanilla (1 1/2 tsp)  
3 egg yolks (4 egg yolks)  
1 1/3 cups flaked coconut (2 cups)  
1 cup chopped pecans (1 1/2 cups)

#### Directions

Heat oven to 350 degrees F.

Grease 2 9-inch square pans or 3 8-inch round pans.

Pour boiling water on chocolate, stirring until chocolate is melted; cool.

Mix sugar and butter in large mixing bowl until light and fluffy.

Beat in eggs yolk, one at a time. Beat in chocolate and vanilla on low speed. Mix in flour, baking soda and salt alternately with buttermilk, beating after each addition until batter is smooth. Fold in egg whites. Divide batter among pans.

Bake square pans 40-45 minutes or round pans 35-40 minutes.

Check for doneness with toothpick in center.

Cool and top with Coconut-Pecan Frosting.

#### Coconut Pecan Frosting:

Mix sugar, butter, milk, vanilla and egg yolks in saucepan. Cook over medium heat, stirring occasionally, until thick, about 12 minutes. Take off heat. Stir in coconut and pecans. Beat until spreading consistency.

Allow to cool & thicken before icing cake. ABSOLUTELY DELICIOUS!!

### Key Lime Pie with Gingersnap Crust

~Shared by Vicki W., Sarasota, FL

Makes 1 pie

#### Gingersnap Crust

1 -1/2 cups gingersnap cookies, finely ground  
1 -1/2 cups graham cracker crumbs  
1/2 cup macadamia nuts, finely ground  
1/2 cup Butter Flavor Crisco all-vegetable shortening or 1/2 Butter Flavor Crisco stick, melted

#### Key Lime Pie

2 teaspoons unflavored gelatin  
1 cup Key Lime juice, divided  
6 eggs  
2 -1/4 cups sugar  
2 teaspoons lime zest  
2/3 cup Butter Flavor Crisco or 2/3 Butter Flavor Crisco stick, melted  
Whipped cream  
3 tablespoons plus 1 teaspoon coconut, toasted, for garnish

3 tablespoons plus 1 teaspoon lime zest

#### Whipped Cream

1 cup heavy cream

2 tablespoons powdered sugar

#### Gingersnap Crust

Combine ingredients in a mixing bowl and mix well.

Press crumbs into the bottom of a 9-inch springform pan and 2 inches high along the sides.

Bake in a 300°F oven for 5 minutes. Cool.

#### Key Lime Pie

Place gelatin and 1/4 cup of Key lime juice in a bowl and let stand for 5 minutes.

Whisk eggs and sugar until smooth and pale in a medium bowl.

Stir in gelatin and lime juice mixture, remaining lime juice and lime zest.

Cook until mixture is thick, using a double boiler. Remove from heat and immediately stir in Butter Flavor Crisco.

Pour into pre-baked pie shell.

#### Whipped Cream

Whip cream until stiff. Thoroughly mix in sugar.

Cool overnight in refrigerator. Chill for 24 hours before cutting.

Top pie with whipped cream, toasted coconut and lime zest.

#### Ground Philly Cheesesteak Grilled Cheese

~Shared by Gloria C., Canada via Facebook

Yield: 4 sandwiches

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Ground Philly Cheesesteak Grilled Cheese made with bell peppers, onions and American or Provolone Cheese. All the flavor of a cheese steak for half the price.

#### INGREDIENTS

1 pound ground beef

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoons Worcestershire sauce

2 tablespoons butter

1 onion, chopped

1/2 green bell pepper, chopped

salt and pepper to taste

8 slices American or Provolone Cheese

8 slices white bread

4 tablespoons butter

#### INSTRUCTIONS

Start by browning the beef in the skillet. Try to brown without breaking up the meat too much. Get a nice brown sear on the beef, then break apart as little as possible. You want the meat to resemble a pea in size [you want to avoid taco meat consistency]. Add the salt, pepper and Worcestershire sauce. Stir gently, then remove from pan.

Add 2 tbsp. of butter in the pan and add the chopped onions and green bell pepper, cooking until browned and caramelized. Add salt and pepper to taste. If you like mushrooms in your cheesesteaks, go ahead and add some chopped mushrooms here too. Once browned, add the meat back in and combine together.

Spread the butter on one side of each of the 8 slices of bread.

Butter side down on the cutting board.

Add a slice of provolone to each of the slices.

Top four slices with the meat mixture and close the sandwiches pressing down lightly.

In a cast iron pan or griddle on medium high add the sandwiches and cook for 3-5 minutes on each side.

#### NUTRITION INFORMATION

Yield: 4 sandwiches, Amount per serving: 589 calories, Calories: 589g, Carbohydrates: 28g, Protein: 24g, Fat: 41g, Saturated Fat: 19g, Cholesterol: 125mg, Sodium: 805mg, Potassium: 463mg, Fiber: 2g, Sugar: 4g, Vitamin A: 11.6g, Vitamin C: 17.6g, Calcium: 16.5g, Iron: 24g

Source: Sabrina @ Dinner, then Dessert

#### Paddy's Reuben Dip

~Shared by Marilyn M., OH

4 packages (2 oz each) thinly sliced deli corned beef, finely chopped

1 package (8 oz) cream cheese, cubed  
1 can (8 oz) sauerkraut, rinsed and drained  
1 cup sour cream  
1 cup shredded Swiss cheese  
Rye bread or crackers

In a 1-1/2-qt. slow cooker, combine the first five ingredients.

Cover and cook on low for 2 hours or until cheese is melted; stir until blended.

Serve warm with bread or crackers.

#### Irish Chicken

~Shared by Marilyn M., OH

1 whole chicken - cut into parts  
1/2 head of cabbage  
1 medium onion  
4 potatoes  
4 slices thick bacon  
1/4 cup water

#### Rub

1/2 teaspoon onion powder  
1 1/2 teaspoons thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon garlic powder  
1 teaspoon sweet paprika

Preheat oven to 375 degrees.

Mix together rub ingredients. Roll the chicken pieces in the spices and set aside.

Fry bacon ~ When cooked put on a paper towel to drain.

Drain most of the bacon grease from the pan, leaving enough to brown the chicken in. (you can also use olive oil if desired)

Quickly brown the chicken pieces. When browned set aside on a plate.

While the chicken is browning, roughly chop the cabbage ~ Then slice the onion into thin slices.

Next peel the potatoes and slice into rounds.

When the chicken is browned, add cabbage to the pan with 1/4 cup water, after a few minutes mix in the potatoes and onions.

Take off of the heat.

Cut the bacon into pieces and sprinkle over the cabbage mixture.

Add the chicken pieces on top of cabbage mixture.

Place the pan in the oven and cook until the chicken is done, about 45 - 50 minutes for all to cook.

The juices from the chicken will help to cook the cabbage and potatoes. Enjoy!

#### Easy Grasshopper Pie

~Shared by Marilyn M., OH

2 packages (3 ounces each) cream cheese, softened  
1 can (14 ounces) sweetened condensed milk  
15 drops green food coloring  
24 chocolate-covered mint cookies, divided  
2 cups whipped topping  
1 chocolate crumb crust (8 inches)

In a large bowl, beat the cream cheese until fluffy.

Gradually beat in milk until smooth. Beat in the food coloring.

Coarsely crush 16 cookies; stir into the cream cheese mixture.

Fold in whipped topping. Spoon into the crust.

Cover and freeze overnight.

Remove from the freezer 15 minutes before serving.

Garnish with remaining cookies. Enjoy!

Yield: 8 servings.

#### Mounds Candy Bar Brownies

~Shared by Marilyn M., OH via Facebook

##### Ingredients:

1 Family Size (9×13) pan of brownies, prepared  
5 1/3 Cups shredded coconut  
14oz Can sweetened condensed milk  
1 1/2 Cups powdered sugar  
1 Can of chocolate frosting

##### Directions:

1. Prepare brownies and let cool completely.
2. In the bowl of your mixer combine coconut, sweetened condensed milk, and powdered sugar until all ingredients are incorporated.
3. Spread coconut mixture over brownies.
4. Place can of frosting in the microwave for 10 seconds (please be sure to remove foil liner and lid) until pourable.
5. Pour frosting over the coconut mixture. Let cool and set up.

Source: RecipesCool

<http://recipescool.com/mounds-candy-bar-brownies/>

#### Marlene's Texas Black Bean Salsa

~Shared by Marilyn M., OH

2 (15 oz.) cans black beans, drained and rinsed  
1 (17 oz.) can corn, drained and rinsed  
2 large tomatoes, chopped  
1 purple onion, chopped (approx. 1/4 cup)  
1/4 cup cilantro, chopped  
2 Fresh limes, juiced  
1 Tbsp. Olive Oil  
1 Tbsp. Red Wine Vinegar  
1 tsp. salt  
1/2 tsp. pepper  
1 tsp. garlic powder  
2 large avocados, chopped

Combine ingredients in large bowl; add avocados just before serving.

#### Kay's Peach Dumplings

~Shared by Marilyn M., OH

2 whole large ripe peaches, peeled and pitted  
2 (8 oz) cans crescent rolls  
2 sticks butter  
1 1/2 cup sugar  
1 tsp vanilla  
cinnamon, to taste  
1 (12 oz) can Mountain Dew

Cut both peaches into 8 slices. Roll each peach slice in a crescent roll. Place in a 9 x 13 buttered pan.

Melt butter, then add sugar and barely stir. Add vanilla, stir, and pour entire mixture over peaches.

Pour Mountain Dew around the edges of the pan and s sprinkle with cinnamon.

Bake at 350 degrees for 40 minutes.

Serve with ice cream, and spoon some of the sweet sauces from the pan over the top!

#### Homemade Dry Ranch Seasoning

~Shared by Marilyn M., OH

1/2 cup dry buttermilk  
2 Tbsp dried parsley  
1 Tbsp dried chives  
2 teaspoons garlic powder  
2 teaspoons onion powder  
1 teaspoon dried dill  
1 teaspoon kosher salt  
1 teaspoon ground black pepper

Mix all ingredients together.

Store in a jar until ready to use.

Cook's Note:

To make dressing, mix this recipe with 1 cup mayonnaise and 1 cup buttermilk.  
For dip, mix this recipe with 1 3/4 cups sour cream and 1/4 cup of buttermilk.  
Use in place of one packet of Ranch dressing mix in recipes.

### Cheesy Cauliflower Casserole

~Shared by Marilyn M., OH

8 slices bacon, fried crispy  
1 large head cauliflower, cut into florets  
1/2 cup sour cream  
1/2 cup mayonnaise  
1 Tbsp ranch seasoning  
1/4 teaspoon black pepper  
2 cups shredded sharp cheddar cheese, divided  
6 Tbsp fresh chives, divided

Preheat oven to 350 degrees. Spray a 1 1/2 to 2 quart baking dish with non-stick cooking spray.

Fry bacon in a large skillet until crispy and then crumble; set aside.

Steam cauliflower until tender, about 15 to 20 minutes.

Combine your sour cream, mayonnaise, ranch seasoning, black pepper in a large bowl.

Add steamed cauliflower florets, 1/2 the bacon, 1 cup sharp cheddar cheese and 3 Tbsp chives; mix well.

Transfer mixture to prepared baking dish and top with 1 cup sharp cheddar cheese and remaining bacon.

Bake until cheese becomes golden brown, about 20 minutes.

TIP:

This recipe works nicely in a 1.5-quart or 2-quart baking dish, however, you can certainly use a 9x13 dish as long as you don't mind it being a bit shallow.

### Sweet Pecan Bread (9x13)

~Shared by Marilyn M., OH

2 cups pecans, finely chopped  
1 1/2 cups self-rising flour  
1 cup sugar  
1 cup brown sugar  
1 cup vegetable oil  
4 large eggs, beaten  
1 teaspoon vanilla extract  
1/4 teaspoon salt

Preheat oven to 350° F and lightly grease a 9x13-inch baking dish with butter or non-stick spray.

In a large bowl, use a wooden spoon to stir together both sugars, eggs and oil until fully incorporated.

Stir in flour and salt until incorporated, then mix in vanilla and fold in pecans.

Pour batter into greased baking dish, then place in oven.

Bake for 30-35 minutes, or until toothpick inserted in center comes out mostly clean.

Remove dish from oven and let cool at least 15 minutes before slicing and serving.

### Philly Cheesesteak Sloppy Joes

~Shared by Marilyn M., OH

1 pound lean ground beef  
2 Tbsp butter  
1 small yellow onion, diced  
1 small green bell pepper, diced  
8 ounces brown mushrooms, minced  
2 Tbsp ketchup  
1 Tbsp Worcestershire sauce  
1/2 teaspoon Kosher salt  
1/2 teaspoon fresh ground black pepper  
1 Tbsp cornstarch  
1 cup beef broth  
8 ounces Provolone cheese slices, chopped  
6 brioche hamburger buns

Add ground beef to a large cast iron skillet (this browns very well) and brown until a deep brown crust appears before breaking the beef apart.

Stir the ground beef and brown until a deep crust appears on about 50 or so percent of the beef.

Remove beef (you can leave the fat) and add butter and onions and bell peppers and mushrooms.

Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again.

Add the beef back into the pan.

In a small cup mix the beef broth and cornstarch together

Add the ketchup, Worcestershire sauce, salt, black pepper, beef broth/cornstarch mixture into the pan.

Cook until the mixture is only slightly liquidy (about 75% of the mixture is above liquid), 3-5 minutes.

Turn off the heat, add in the provolone cheese.

Served on toasted brioche buns. Enjoy!

WANT TO MAKE THESE PHILLY CHEESE STEAK SLOPPY JOES IN THE SLOW COOKER?

Add ingredients (minus cheese and buns) to the slow cooker and cook on low for 4 hours.

Use half the amount of beef broth.

If the sauce is not thick add in another Tbsp cornstarch mixed with 1 Tbsp room temperature water.

Cook for an additional 30 minutes on low.

PHILLY CHEESE STEAK HAMBURGER HELPER SKILLET?

Cook exactly as described except double the broth (leave the cornstarch the same).

Do not rinse macaroni, the starch will keep the sauce thickened.

At the step where you'd add the cheese, instead add the macaroni.

Stir it well together and cook for 30 seconds or until thickened.

Add in the Provolone Cheese and stir for just a couple of seconds and serve immediately.

Moist Lemon Chiffon Cake

~Shared by Marilyn M., OH

1/2 cup evaporated milk  
1/2 cup sour cream  
1/4 cup lemon juice  
2 Tbsp canola oil  
2 teaspoons vanilla extract  
1 teaspoon grated lemon zest  
1 teaspoon lemon extract  
2 cups cake flour  
1-1/2 cups sugar  
1 Tbsp baking powder  
1/2 teaspoon salt  
1 cup large egg whites (about 7)  
1/2 teaspoon cream of tartar

LEMON GLAZE:

1-3/4 cups confectioners' sugar  
3 Tbsp lemon juice

In a large bowl, combine the first seven ingredients.

Sift together flour, sugar, baking powder and salt; gradually beat into lemon mixture until smooth.

In a small bowl, beat egg whites until foamy. Add cream of tartar; beat until stiff peaks form.

Gently fold into the lemon mixture. Pour into an ungreased 10-in. tube pan.

Bake at 325° for 45-55 minutes or until cake springs back when lightly touched. Immediately invert pan; cool completely.

Remove cake to a serving platter. Combine glaze ingredients; drizzle over cake.

#### Easy Crockpot Ranch Pork Chops

~Shared by Marilyn M., OH

1 can cream of chicken soup  
1 pkg ranch dressing mix (dry)  
1 pkg pork chops (any type)

In large crock-pot, layer pork chops.

Add can of cream of chicken soup (stirred until smooth).

Sprinkle Ranch mix over all other ingredients.

Cover and cook on HIGH for 4 hours or LOW for 6 hours.

#### Oven Baked Fajitas

~Shared by Marilyn M., OH via Facebook

##### Ingredients:

1 pound boneless, skinless chicken breasts, cut into strips  
2 Tbsp vegetable oil  
2 tsp chili powder  
1 1/2 tsp cumin  
1/2 tsp garlic powder  
1/2 tsp dried oregano  
1/4 tsp seasoned salt  
1 (15 oz) can diced tomatoes with green chilies (Rotel)  
1 medium onion, sliced  
1/2 red bell pepper, cut into strips  
1/2 green bell pepper, cut into strips

##### Directions:

Preheat the oven to 400 degrees. Place chicken strips in a greased 13×9 baking dish.

In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt.

Drizzle the spice mixture over the chicken and stir to coat.

Next add the tomatoes, peppers, and onions to the dish and stir to combine.

Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.

Source: Gabby's Skinny Friends

[www.facebook.com/groups/GabysSkinnyFriends/](http://www.facebook.com/groups/GabysSkinnyFriends/)

### **PUBLISHER'S CHOICE**

#### Irish Stew

##### Ingredients

1 Tbsp olive oil  
1 lb. chuck roast, trimmed and cut into cubes  
1 diced onion  
4 large carrots, chopped  
2 cloves minced garlic  
1 tsp salt  
freshly ground black pepper to taste  
1 tsp thyme  
1 tsp crushed rosemary  
2 bay leaves  
2 cups beef broth  
2 Tbsp butter, softened  
2 Tbsp flour  
1/2 cup frozen peas  
Hot mashed potatoes for serving

## Instructions

In large pot over medium heat, add olive oil. Add chuck roast and cook until browned on all sides.

Add in the onion, carrots, garlic, salt, pepper, thyme, rosemary and bay leaves. Cook for 5 minutes. Pour in beef broth in and stir to combine. Cover and simmer about 2-3 hours, until meat and vegetables are tender.

Remove bay leaves from pot. In a small bowl, stir softened butter and flour together until smooth. Stir butter mixture into the stew then mix in the frozen peas. Cook until gravy thickens. Serve ladled over hot over mashed potatoes. Serves 4-5.

Recipe adapted from The Comfort of Cooking.

Source: Real Mom Cooking

<https://www.realmomkitchen.com/23349/irish-stew/>

## Leprechaun Dessert Shooters

*This was shared with me by a friend a couple of years ago. Looks and tastes awesome and not just for St. Patty's Day, either. Change the color for other holidays!*

1 package instant vanilla pudding - prepared to package directions  
3-6 drops green food coloring  
4-6 Oreo cookies (per glass)  
Whipped cream  
Rainbow sprinkles  
Mini-chocolate chips

1. Prepare your pudding & stir in your food coloring until you reach the desired shade of green you would like.
2. Layer in your glasses by starting with 1-2 broken Oreo cookies in the bottom.
3. Followed by a couple tablespoons of prepared pudding.
4. Continue until you fill the glass.
5. Top with whipped cream & sprinkles/mini-chocolate chips if desired.

Source: Dwell Beautiful

<https://www.dwellbeautiful.com/25-delicious-st-patricks-day-treats/>

## Peppermint Patties

3/4 cup sweetened condensed milk  
1 & 1/2 teaspoons peppermint extract  
4 cups confectioners' sugar  
3 cups semisweet chocolate chips  
2 teaspoons shortening OR (unmelted coconut oil)

In a large mixing bowl, combine condensed milk and peppermint extract. Beat in enough confectioners' sugar, a little at a time, to form a stiff dough that is no longer sticky.

Form into 1 inch balls, then place on waxed paper and flatten with fingers to form patties.

Place patties in the freezer until they are frozen solid.

In a medium saucepan over low heat, melt chocolate with shortening, stirring often. Remove from heat. Dip patties, one at a time, into chocolate by laying them on the tines of a fork and lowering the fork into the liquid.

Let cool on waxed paper until set.

Makes 28 patties

## Low Carb Chicken Fajita Soup {Keto Friendly}

Serves 8  
306kcal

## Ingredients

2 lbs boneless skinless chicken breasts  
1 cup chicken broth this is to pour over chicken in slow cooker  
1 onion chopped  
1 green pepper chopped  
3 garlic cloves minced  
1 tablespoon of butter  
6 oz cream cheese  
2 10 oz cans diced tomatoes with green chiles  
2 1/2 cups chicken broth 1/2 cup heavy whipping cream

2 1/2 tablespoons of homemade taco seasoning or 1 packet of taco seasoning  
salt and pepper to taste

#### Instructions

1. Cook boneless skinless chicken breasts in a slow cooker for 3 hours on high or 6 hours on low in a cup of chicken broth. Season with salt/pepper.
2. When chicken is cooked through, remove from slow cooker and shred. (You can strain the leftover broth for the soup.)
3. In a large saucepan saute green pepper, onion, and garlic in 1 tablespoon of butter until they are translucent.
4. With a spoon mash the cream cheese into the veggies so that it will combine smoothly as it melts.
5. Add the canned tomatoes, chicken broth, heavy whipping cream, and taco seasoning.
6. Simmer on low uncovered for 20 minutes.
7. Add chicken, cover and simmer for 10 minutes.
8. Add salt and pepper to taste.
9. Enjoy!
10. Optional: Top each bowl with shredded cheese, cilantro, and/or sour cream.

#### Nutrition

Calories: 306kcal | Carbohydrates: 8.2g | Protein: 26g | Fat: 17g | Saturated Fat: 9g | Cholesterol: 120mg | Sodium: 880mg | Potassium: 757mg | Fiber: 1.6g | Sugar: 3g | Vitamin A: 12.7% | Vitamin C: 26.5% | Calcium: 4.9% | Iron: 4.4%

Source: Kasey Trenum

<https://kaseytrenum.com/low-carb-chicken-fajita-soup-keto-friendly/>

#### Chocolate Chip Cake

Prep 35 MIN

Total 2 HR 20 MIN

Servings 12

#### Ingredients

##### Cake

- 1 box Betty Crocker Super Moist white cake mix
- 1 1/4 cups milk
- 1/3 cup butter, melted
- 3 whole eggs
- 1/2 cup shaved semisweet chocolate baking bar

##### Frosting

- 1 jar (7 oz) Kraft Jet-Puffed marshmallow crème (1 1/2 cups)
- 1 cup butter, softened
- 1/2 teaspoon vanilla
- 1 to 2 tablespoons milk
- 2 1/4 cups powdered sugar
- 1/4 cup shaved semisweet chocolate baking bar

##### Decoration

- 3 tablespoons shaved semisweet chocolate baking bar

#### Steps

- 1 Heat oven to 350°F (325°F for dark or nonstick pans). Spray bottoms and sides of 2 (8-inch) round cake pans with cooking spray.
- 2 In large bowl, beat cake mix, 1 1/4 cups milk, 1/3 cup melted butter and the whole eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Stir in 1/2 cup shaved chocolate until just blended. Divide evenly between pans.
- 3 Bake 28 to 32 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; run metal spatula around edge of pans to loosen cakes. Remove from pans to cooling rack. Cool completely, about 1 hour.
- 4 In large bowl, beat marshmallow creme, 1 cup softened butter, the vanilla and 1 tablespoon of the milk with electric mixer on medium speed until blended. Beat in powdered sugar until fluffy. If necessary, beat in more milk, a few drops at a time, until thin enough to spread. Stir in 1/4 cup shaved chocolate until just blended.
- 5 Place one cake layer on serving plate. Spread 3/4 cup frosting on top layer; top with second cake layer. Frost side and top of cake with remaining frosting. Sprinkle on top of cake, and press up side of cake the remaining 3 tablespoons shaved chocolate.
- 6 Store loosely covered in refrigerator.

#### Expert Tips

For this recipe, you will need about 4 oz from a 9.7-oz 62% cacao semisweet chocolate baking bar. Use a vegetable peeler to shave chocolate easily.

To keep your serving plate clean while frosting and decorating the cake, place strips of waxed paper around edge of plate. Remove after decorating is complete.

Source: Betty Crocker

### Stuffed Churro Cookies

*I got this from a Pillsbury recipe in a magazine some time back. While it is a great easy dessert after a Mexican meal, this makes my guys happy most anytime!*

Prep 40 MIN

Total 2 HR 20 MIN

Ingredients 8

Servings 20

#### Ingredients

4 oz (half of 8-oz package) cream cheese, softened  
1/4 cup sugar  
1 1/2 teaspoons ground cinnamon  
1 box Pillsbury refrigerated pie crusts, softened as directed on box  
1 egg, beaten  
2 tablespoons butter, melted  
1 cup semisweet chocolate chips  
1 tablespoon vegetable oil

#### Steps

- 1 Heat oven to 375°F. Line large cookie sheets with cooking parchment paper.
- 2 In small bowl, beat cream cheese, 2 tablespoons of the sugar and 1 teaspoon of the cinnamon until well blended. Spoon cream cheese mixture into small resealable food-storage plastic bag; partially seal bag. Cut off corner of bag; set aside.
- 3 Unroll 1 pie crust on lightly floured work surface. Using rolling pin, roll pie crust into 12-inch round. Using 2 1/2-inch round cookie cutter, cut out 20 rounds from pie crust, rerolling scraps if needed. Repeat rolling and cutting with second pie crust.
- 4 Place 10 rounds on each cookie sheet. Pipe slightly less than 1 teaspoon cream cheese mixture in center of each round. Brush edge of rounds with beaten egg. Top each with another dough round, pressing down on outer edges with fork to seal.
- 5 Brush tops of cookies with melted butter. In small bowl, mix remaining 2 tablespoons sugar and 1/2 teaspoon cinnamon. Sprinkle on tops of cookies.
- 6 Bake 16 to 18 minutes or until golden brown around edges. Remove to cooling rack to cool completely, about 30 minutes.
- 7 In small microwavable bowl, microwave chocolate chips and oil uncovered on High 1 to 2 minutes, stirring every 30 seconds, until mixture can be stirred smooth. Pick up cookie by edges, and carefully dip halfway into chocolate; gently shake off excess. Place on cooking parchment paper or waxed paper. Repeat with remaining cookies. Refrigerate dipped cookies 20 to 30 minutes or until chocolate is set. Store covered in refrigerator.

### Chicken Enchilada Quinoa Bake

Prep 15 MIN

Total 35 MIN

Servings 4

#### Ingredients

2 tablespoons olive oil  
1 small onion, finely chopped  
2 1/2 cups cooked quinoa (white or red)  
1 1/2 cups shredded cooked chicken breast  
1 can (15 oz) Progresso black beans  
1 can (4.5 oz) Old El Paso chopped green chiles  
1 tablespoon chili powder  
2 cups Old El Paso enchilada sauce (from 19-oz can)  
1/2 cup shredded sharp Cheddar cheese (2 oz)  
1 cup shredded pepper Jack cheese (4 oz)  
Sour cream or plain Greek yogurt  
Sliced avocado  
Fresh cilantro  
Crumbled cotija (white Mexican) cheese, if desired

#### Steps

- 1 Heat oven to 350°F. Spray 8-inch square (2-quart) or 13x9-inch (3-quart) ceramic or broiler-proof baking dish with cooking spray.
- 2 Heat 10- or 12-inch skillet over medium-high heat. Add oil and onion; cook 5 minutes or until onion is soft.
- 3 Reduce heat to low. Add quinoa, chicken, black beans, green chiles, chili powder and 2 cups of the enchilada sauce; stir to combine. Remove from heat.
- 4 Stir in Cheddar cheese. Transfer quinoa mixture to baking dish. Top evenly with pepper Jack cheese.

5 Bake 10 to 15 minutes.

6 Turn oven control to broil. Place baking dish about 5 inches from broiler; broil 1 to 2 minutes or until cheese is golden and bubbly. Remove from broiler. Top with sour cream, avocado, cilantro and cotija cheese. Serve immediately.

Source: Betty Crocker

#### Bacon Double Cheeseburger Bite Size Puffs

Bite Size Bacon Double Cheeseburger Puffs tastes just like a burger in a bite size puff. They are soft, tender and a little buttery just like a hamburger bun. Loaded with makings of our favorite burgers: beef, bacon and cheese. This recipe is a complete hit game day or any day!

#### INGREDIENTS

2 cups all-purpose flour  
2 teaspoons baking powder  
2 teaspoons sugar  
2 teaspoons kosher salt  
4 tablespoons unsalted butter, melted  
2 cups whole milk  
2 eggs, beaten  
2 cup shredded Mild Cheddar cheese  
1 pound ground beef, cooked  
12 ounces thick cut bacon, cooked

#### INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine flour, baking powder, sugar and salt. Whisk to combine. Add butter, egg and milk. Whisk until combined. Add cheese, beef and bacon. Stir together until combined. Set aside.
3. Spray (2) 24 cup mini-muffin pans with cooking spray.
4. Mix batter and add 1 heaping tablespoon scoop to each muffin cup. Each cup should be filled just over the top. Bake until golden brown, approximately 20-22 minutes.
5. Allow to cool for 5 minutes, remove from muffin tin and serve with favorite burger toppings (ketchup, mustard, mayo, etc).
6. Enjoy!

Source: Donna Elick, The Slow Roasted Italian

<https://www.theslowroasteditalian.com/2013/08/bite-size-bacon-double-cheeseburger-puffsrecipe.html>

#### Duckie's Greek Walnut Salsa

Serving Size: 8

1 & 1/4 cups tomatoes -- finely chopped  
1/2 cup cucumbers -- finely chopped  
2 tablespoon olives -- finely chopped  
2 tablespoon red onions -- finely chopped  
1 tablespoon lemon juice  
1 teaspoon olive oil  
1 teaspoon parsley -- chopped  
1/4 teaspoon garlic -- minced  
1 pinch oregano -- dried  
1/4 cup walnuts -- chopped, toasted

Mix together all salsa ingredients except walnuts until well combined. Season with salt and pepper; stir in walnuts just before serving.

Makes 2 cups (8 one-quarter cup servings)

Per Serving (excluding unknown items): 40 Calories; 3g Fat (64.7% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 21mg Sodium.

Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

#### Fuji Apple Chicken Salad

##### Ingredients

1 1/2 lb chicken tenders  
1 tsp of olive oil  
1/2 cup vinegarette or Italian dressing  
1 1/2 tablespoon of local organic honey  
1 fuji apple chopped (I soaked in lemon juice first)  
1/2 red onion sliced

cucumber chopped  
1 orange chopped  
1 carrot grated  
1 green pepper sliced (I was out)  
a handful of cherry tomatoes cut in half  
1 cup crisp dried fuji apples  
1/2 cup pecans optional  
1 bag of romaine prewashed lettuce and spring mix lettuce

Instructions

1. Add 1 tsp of olive oil to skillet.
2. Add chicken tenders, vinaigrette, and local honey to skillet. Cover with lid and cook on low to medium for 8 minutes.
3. Turn chicken over and cook until done. I use a meat thermometer to test doneness.
4. Wash and chop veggies.
5. Once the chicken is done, slice then add lettuce to a large platter.
6. Add fruits, veggies, chicken to the salad and serve with your favorite dressing.

Source: Kasey Trenum

<https://kaseytrenum.com/fuji-apple-chicken-salad-easy-healthy/>