

PUBLISHER'S CORNER

"I find that the harder I work, the more luck I seem to have." ~ Thomas Jefferson

Good morning and welcome to the newest issue of A to Z Recipes Newsletter. I hope all the MOMS out there had a great Mother's Day this past Sunday. Hubby and Trey each gave me a beautiful bouquet of a dozen roses. They are still as gorgeous today as then! Trey treated me to dinner at Olive Garden and my girls sent me their love (and gifts... yay!). I'd say that's the makings for a truly wonderful day!

Since I was out of town during last week's posting I have included a few extra recipes (mine) today. Please join me in thanking the following for their awesome submissions:

Peter P., Canada
Michael G., MI
Judy G., IL
Teresa S., TX
Jessica S., Corfu, Greece
Elyse S., AZ
Lisa H., Belmont, NC
Marilyn M., OH

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?

Searing Meat Over Too-low Heat

Why it's bad: "A good steakhouse sear requires a burst of heat so that the proteins in the meat cook quickly," says Chef Kamoza. If you keep your burner on low to medium, the inside of the steak will be done at the same time as the outside, with very little browning.

Do this instead: Crank the heat up to medium-high or high and let the pan sizzle for a couple of minutes before putting the meat in it. For even better results, use a heavy pan that retains heat, such as a cast-iron skillet.

JUST MAKE ME LAUGH!

15 Exercises We'd be Better off Without!

~Shared by Peter P., Canada

Jumping on the bandwagon
Wading through paperwork
Running around in circles
Pushing your luck
Spinning your wheels
Adding fuel to the fire
Beating your head against the wall
Climbing the walls

Beating your own drum
Dragging your heels
Jumping to conclusions
Grasping at straws
Fishing for compliments
Throwing your weight around
Passing the buck

Source: Mikey's Funnies

TODAY'S RECIPES

Cauliflower Taco Bake (Keto friendly)

~Shared by Michael G., MI via Facebook

The problem with packaged taco seasoning, when you're trying to follow keto rules, is that many of them include sugar. Our easy homemade blend is sugar-free and keto-friendly.

YIELDS: 8 SERVINGS

PREP TIME: 0 HOURS 20 MINS

TOTAL TIME: 1 HOUR 20 MINS

INGREDIENTS

FOR THE BEEF

1 tbsp. extra-virgin olive oil
1/2 yellow onion, diced
2 lb. ground beef
Freshly ground black pepper
2 tbsp. keto taco seasoning mix
4 large eggs, lightly beaten

FOR THE CAULIFLOWER

1 small head cauliflower, cut into small florets
Kosher salt

FOR THE CHEESE SAUCE

4 oz. cream cheese
2/3 c. heavy cream
2 tbsp. butter
1/2 tsp. ground mustard
1/4 tsp. garlic powder
3 c. shredded cheddar, divided
1/4 c. sliced green onions

DIRECTIONS

Preheat oven to 350°.

Make the beef: In a large skillet over medium, heat oil. Add onion and cook until slightly softened, 2 minutes. Add ground beef and season with salt and pepper. Cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain excess fat and sprinkle in taco seasoning, stirring to coat meat. Remove from heat and let cool slightly.

In a medium mixing bowl, whisk eggs, then stir in meat mixture. Spread mixture into an even layer in the bottom of a 9"-x-13" baking dish.

Meanwhile, make the cauliflower:

In a large pot of salted boiling water, blanch cauliflower, 3 minutes. Drain and squeeze cauliflower of water. Arrange cauliflower in an even layer on top of beef in baking dish.

Make the cheese sauce:

In a medium saucepan, combine cream cheese, heavy cream, butter, ground mustard, and garlic powder, and cook over medium, stirring constantly, until melted and smooth. Remove from heat and whisk in 2 cups cheddar until smooth. Season with salt and stir in green onions.

Pour cheese sauce over cauliflower in baking dish and top with remaining 1 cup cheddar. Bake until cauliflower is tender, beef is set, and cheese is melty, about 30 minutes. If desired, broil until golden, about 2 minutes.

Source: Laura Rege - Delish

<https://www.delish.com/cooking/recipe-ideas/a27230971/cauliflower-taco-bake-recipe/>

Do Nothing Cake

~Shared by Judy G., IL via Facebook

Cake:

2 cups flour
2 cups sugar

2 eggs
1 teaspoon vanilla
1 medium can crushed pineapple, undrained
1 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 350. Blend all ingredients and pour into prepared 13x9 pan and bake for 40 minutes.

Topping:

1 stick butter
1/2 cup white sugar
2/3 cup evaporated milk
1/2 cup brown sugar

Combine in medium saucepan and cook for 5 minutes DO NOT BOIL. Remove from heat and stir in:

1 cup coconut
1 cup pecans, chopped

Pour mixture over hot cake. After cooled, keep cake refrigerated.

Texas Sheet Cookies

~Shared by Teresa S., TX via Facebook

Made with a cake mix!

Prep Time 5 minutes
Cook Time 30 minutes
Total Time 35 minutes

Cookie

1 box chocolate cake mix
2 eggs {whisked}
1/3 cup oil
Frosting
1/2 cup butter
2 tbsp cocoa
3 tbsp milk
2 1/2 cups powdered sugar

1.Preheat oven to 350 degrees.

2.Combine cookie ingredients in large bowl and mix until completely incorporated. NOTE: Dough will be thick.

3.Using a medium sized cookie scoop {or heaping tablespoon}, scoop cookies onto a parchment lined cookie sheet.

4.Bake for 7-8 minutes, remove from oven and let cool on cookie sheet for 4-5 minutes before moving them to a cooling rack. Repeat until all of the dough is baked.

Frosting

1.Combine the first 3 frosting ingredients in a small saucepan over medium heat and whisk until the mixture has melted. Remove from heat, add powdered sugar and whisk until smooth.

2.Pour frosting over cookies. Use a knife or spoon to move excess frosting and be sure that each cookie is completely covered.

3.Let frosting set and serve. Keep cookies in an air tight container at room temperature for up to 3 days.

Source: The Homestead

<https://www.facebook.com/ourhomestead2016/>

No Bake Strawberry Cheesecake Tart

~Shared by Jessica S., Corfu, Greece via Facebook

Prep Time 15 mins
Total Time 15 mins

This No Bake Strawberry Cheesecake Tart is super easy to make and perfect for summer. The base is crushed Nilla Wafers, the filling is a simple no bake cheesecake mixture, and the topping is macerated fresh strawberries.

Ingredients

For the base:

2 cups mini Nilla wafers crushed
1 teaspoon sugar
2 tablespoons butter melted

For the filling:

1/2 cup heavy cream
2 teaspoons granulated sugar

8 ounces of cream cheese softened
2 teaspoons of vanilla
For the strawberry topping:
2 cups strawberries chopped into small pieces
1 orange juiced
2 tablespoons granulated sugar

Instructions

For the base:

Crush the nilla wafers in your food processor until they are the texture of graham crumbs. Add the sugar and melted butter and pulse until mixed thoroughly. Spray a 14 inch rectangular quiche pan, with a removable bottom, generously with non stick spray. Then spread the nilla mixture into the bottom. Use the flat edge of a honey dripper to tamp down the crust. They work great for things like this. Set the pan aside.

For the filling:

Place your mixing bowl, beater and measuring cup in the freezer for about 10 minutes to get them cold. Then pour your heavy cream into the cold measuring cup to measure 1/2 cup. Pour that into your cold mixer bowl, and add the sugar. Beat on low speed initially, then increase speed to high and mix until the heavy cream turns into fluffy whipping cream. In a separate bowl whip the cream cheese and vanilla together until the cream cheese is smooth and soft.

Scrape the cream cheese mixture into the whipping cream and mix until combined. Smooth this mixture over the Nilla crust evenly. Place in the fridge for a minimum of an hour, preferably up to 4 hours.

For the strawberry topping:

Chop up the berries into small pieces, smaller than chunks but bigger than a dice. Place them in a bowl. Sprinkle sugar over top of the berries, then mix well with a spoon. Juice the orange over top of the berries, mix again with a spoon.

Place in the fridge to let them soften for about an hour. You can macerate them for up to 4 hours, but not longer than that.

After the berries are macerated and soft you should drain off the excess liquid. Then scoop the berries over top of the cream cheese filling of the tart.

You can serve immediately, or place in the fridge for about an hour. Any more than that and the berries will discolour the cream cheese.

Serve with a big old summer lovin' smile.

Source: Cravings of a Lunatic

<https://www.cravingsofalunatic.com/no-bake-strawberry-cheesecake-tart/>

Wedding Cookies

~Shared by Elyse S., AZ via Facebook

Ingredients

1 cup butter, softened
1/2 cup powdered sugar
1 teaspoon vanilla
2 1/4 cups sifted flour
1/4 teaspoon salt
3/4 cup chopped walnuts
powdered sugar (for rolling baked cookies in)

Directions

Cream together butter and powdered sugar until light and fluffy; stir in vanilla.

Whisk together flour and salt; add gradually to butter mixture; stir in chopped nuts.

Chill dough if it seems too soft.

Form dough into 1 1/4" balls and place onto parchment-lined or ungreased baking sheets.

Bake at 400 for 10-12 minutes or just until the cookies start to turn light golden-brown; remove from oven and allow to cool slightly; while cookies are still warm (but NOT hot) remove them from baking sheets and roll, a few at a time, in powdered sugar until evenly coated; cool cookies completely on wire racks.

Cookies may (optionally) be rolled in powdered sugar a second time once cooled to room temperature.

NOTE: Forming dough into 1" balls will increase yield to 48 cookies.

Delicious Guacamole

~Shared by Lisa H., Belmont, NC via Facebook

Ingredients

4 avocados, scooped out
5 or 6 Roma tomatoes, chopped
1/2 bunch cilantro, chopped

1/4 cup chopped red onion
Juice of half a small lemon (also grate a little of the zest into the bowl)
Fresh jalapeno or cayenne pepper, minced
Sea salt and black pepper

Directions

In a large bowl, combine the avocados, tomatoes, cilantro, lemon juice, jalapeno (if using), and salt and black pepper to taste. I like my guacamole kind of chunky, so I mash it together with a fork. If you like yours smooth, then blend it instead. I'm obsessed with cilantro so there's a lot in my guacamole! If you want to put less cilantro, please do so according to your taste preferences.

Cilantro is a strong chelator, so it's a natural way to pull heavy metals and other toxins out of your bloodstream. Detoxification is one way to help support general health and reduce risk of cardiovascular damage. The avocados contain healthy essential fats as well as glutathione, a strong antioxidant that sweeps away free radicals. For your dipping pleasure, I recommend organic zucchini, celery, carrots and of course, tortilla chips.

Source: Suzy Cohen

<https://suzycohen.com/articles/guacamole/>

Easy Ice Cream Sundae Dessert

~Shared by Marilyn M., OH

2 cups (12 oz) semisweet chocolate chips
1 can (12 oz) evaporated milk
1/2 teaspoon salt
1 package (12 oz) vanilla wafers, crushed
1/2 cup butter, melted
2 quarts vanilla ice cream or flavor of your choice, softened

In a saucepan over medium heat, melt chocolate chips with milk and salt; cook and stir until thickened, about 25 minutes. Remove from heat; set aside.

Combine wafer crumbs and butter; set aside 1 cup.

Press remaining crumbs into a greased 13-in. x 9-in. pan. Chill for 10-15 minutes.

Pour chocolate over crumbs. Cover and freeze for 10-15 minutes or until firm.

Spread ice cream over chocolate. Sprinkle with reserved crumbs.

Freeze at least 2 hours before serving. Enjoy!

Easy Old-Fashioned Tapioca Pudding

~Shared by Marilyn M., OH

8 cups milk, NOT skim
1 cup pearl tapioca
1 cup plus 2 Tbsp sugar
1/8 teaspoon salt
4 large eggs
1-1/2 teaspoons vanilla extract
Sliced fresh strawberries and whipped cream, optional

In a 4- to 5-qt. slow cooker, combine milk, tapioca, sugar and salt.

Cover and cook on low for 4-5 hours.

In a large bowl, beat the eggs; stir in a small amount of hot tapioca mixture.

Return all to the slow cooker, stirring to combine.

Cover and cook 30 minutes longer or until a thermometer reads 160°. Stir in vanilla.

Serve with strawberries and whipped cream, if desired. Enjoy ~ Delicious!

Breakfast in a Pan

~Shared by Marilyn M., OH

1 tube (8 oz) refrigerated crescent rolls
2 cups cubed fully cooked ham
2 cups frozen shredded hash brown potatoes, thawed
5 large eggs
1/2 cup 2% milk
1/2 teaspoon pepper
1/8 teaspoon salt

2 cups shredded cheddar cheese

Preheat oven to 350°.

Unroll crescent dough into one long rectangle; press perforations to seal.

Press onto bottom of a greased 13x9-in. baking pan.

Top with ham and potatoes.

In a large bowl, whisk eggs, milk, pepper and salt until blended; pour over potatoes.

Sprinkle with cheese.

Bake until set and cheese is melted, 25-30 minutes. Serve and Enjoy!

Chewy Coconut Macaroons

~Shared by Marilyn M., OH

2-1/2 cups sweetened shredded coconut

3/4 cup all-purpose flour

1/8 teaspoon salt

1 can (14 oz) sweetened condensed milk

1-1/2 teaspoons almond extract

In a bowl, toss the coconut, flour and salt.

Stir in milk and extract until blended (mixture will be thick and sticky).

Drop by level tablespoonfuls 3 in. apart on lightly greased baking sheets.

Bake at 300° just until golden brown, 18-22 minutes.

Cool for 2 minutes before removing from pans to wire racks.

Easy No-bake Butterfinger Cheesecake Tarts

~Shared by Marilyn M., OH

1 package (8 oz) cream cheese, at room temperature

12 ounces Cool Whip

6 regular-size Butterfinger candy bars, crushed

mini chocolate chips for garnish, if desired

2 (15-count) boxes Mini Fillo Dough Shells

Whip cream cheese until smooth.

Mix in crushed Butterfinger candy bars.

Fold in Cool Whip.

Spoon mixture into Mini Fillo Dough Shells.

Garnish with mini chocolate chips.

Refrigerate 3 to 4 hours before serving.

Baked Coconut Custard

~Shared by Marilyn M., OH

This sweet and simple 5-ingredient bake is a coconut lover's dream!

1 can sweetened condensed milk

3 eggs

1/2 cup coconut milk

1/2 cup milk

2 cups grated coconut

Preheat oven to 350 degrees.

In a bowl, whisk together the sweetened condensed milk, eggs, coconut milk and milk.

Stir in the grated coconut, then pour into a greased baking dish.

Bake for approximately 25 minutes.

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 crumble; set aside.

Steam cauliflower until tender, about 15 to 20 minutes.

Combine 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 the prepared baking dish; top with 1 cup sharp cheddar cheese and remaining bacon.

Cover dish with foil and bake for 20 minutes.

Remove foil and bake another 5-10 minutes or just until cheese is bubbly and beginning to brown.

Garnish casserole with remaining chives.

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

Banana Cobbler Crisp

~Shared by Marilyn M., OH

1 stick butter (1/2 cup or 8 Tbsp), melted
3/4 cup white granulated sugar
1 cup self-rising flour
1 cup milk
3 bananas, peeled and sliced in rounds
1 cup shredded or flaked coconut
Topping:
1 cup quick-cooking oats (could use regular)
1/2 stick (4 Tbsp) butter, melted
1 teaspoon ground cinnamon
1/3 cup self-rising flour
1/4 cup brown sugar
1/2 cup chopped nuts (I used pecans. Use whatever you like)

Spray a 9 x 9 baking dish with cooking spray.

Add melted butter. (I melt mine in the dish in the microwave)

Add sugar, self-rising flour and milk. Mix well with a spoon.

Layer bananas on top. Sprinkle coconut over the bananas.

Combine topping ingredients in a bowl; mix well with spoon.

Sprinkle over the coconut and sprinkle on nuts.

Bake in a preheated 350 degree oven for 50 to 55 minutes.

Makes 8 servings. Enjoy!

Beef Stroganoff Soup

~Shared by Marilyn M., OH

2 Tbsp unsalted butter
1 pound beef sirloin (trimmed of fat), thinly sliced into bite-sized strips
salt and pepper
8 ounces sliced Cremini mushrooms

1 medium sweet onion , diced
3 cloves garlic, minced
2 Tbsp tomato paste
1 Tbsp Worcestershire sauce
5 cups low-sodium chicken or beef stock
1 1/2 cups dried egg noodles
1/2 cup sour cream
2 Tbsp all-purpose flour
chopped fresh parsley

In a large pot or dutch oven, melt butter over medium-high heat.

Sprinkle the meat with some salt and pepper to taste; add to the pot and cook until browned.

Using a slotted spoon, transfer meat to a bowl; keep warm.

Add in the mushrooms, onion, and garlic; saute until the vegetables have softened, about 3 minutes.

Stir in tomato paste and Worcestershire sauce. Pour in stock and bring to a boil ~ Add noodles.

Reduce heat to a simmer and cook for 5-7 minutes until al dente.

In a bowl or large measuring cup, combine the sour cream and flour.

Whisk in 1 cup of the hot soup; pour mixture back into the pot.

Cook and stir for 1-2 minutes to thicken. Add cooked meat back to the pot and heat through.

Taste, and adjust seasoning with a little more salt and pepper, if necessary.

Serve in individual bowls with some fresh chopped parsley.

Yield ~ Serves 6

Nonna's Italian Chicken Noodle Soup

~Shared by Marilyn M., OH

12 cups chicken broth
1 Tbsp extra virgin olive oil
1 cup thinly sliced celery
2-3 cups thinly sliced carrots
1/2 large white onion, roughly chopped
1/3 cup chopped fresh parsley
4 cups chopped rotisserie chicken
1 cup freshly grated Parmesan cheese, plus extra for garnishing
salt and pepper, to taste
1 lb acini di pepe

To a large dutch oven, or other soup pot, add broth, olive oil, celery, carrots, onion, and parsley.

Over high heat, bring the soup to a rolling boil.

Reduce heat to medium and continue boiling for 15-20 minutes, or until the carrots are tender.

While soup cooks, prepare pasta according to package directions JUST until al dente.

Immediately strain and run around cold water, stirring until all pasta is cool to stop cooking process; set aside.

Reduce the heat again, this time to medium low, and stir in chicken, Parmesan, and salt and pepper.

Let soup cook an additional 5-10 minutes, stirring occasionally.

To serve, ladle soup into bowls. Stir in desired amount of pasta into each bowl.

Garnish shreds of freshly grated Parmesan and chopped parsley, if desired.

PUBLISHER'S CHOICE

Creamy Tuscan Garlic Chicken

~Note from Maggie: We double the sauce in this one and serve with rice. A keeper!

Creamy Tuscan Garlic Chicken has the most amazing creamy garlic sauce with spinach and sun dried tomatoes. This meal is a restaurant quality meal ready in 30 minutes!

Ingredients

1½ pounds boneless skinless chicken breasts, thinly sliced
2 Tablespoons olive oil
1 cup heavy cream
½ cup chicken broth
1 teaspoon garlic powder
1 teaspoon italian seasoning
½ cup parmesan cheese
1 cup spinach, chopped
½ cup sun dried tomatoes

Instructions

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate.
2. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

Notes

*If you are serving over pasta and like it saucy, definitely double the sauce.

Apricot Dijon Pork Chops

~Note from Maggie: I'm not a big fan of apricots so I use peach preserves. Delicious!

Prep Time: 5 minutes
Cook Time: 15 minutes
Total Time: 20 minutes
Serving Size: 4

Ingredients

4 pork loin chops, 1 inch thick
2 tablespoons Dijon mustard
1/3 cup Apricot preserves
1/2 teaspoon black pepper
1/2 teaspoon salt or creole seasoning

Instructions

Preheat oven to broil.

Rinse pork chops, pat dry.

Mix seasoning blend and coat pork chops well with seasoning.

Mix Apricot preserves and mustard and set aside.

Place pork chops on an ovenproof pan and broil the first side for 7 minutes.

Flip pork chops, coat with mustard/apricot spread and broil 6-7 minutes on the other side.

Remove from oven, allow to rest about 5 minutes and enjoy.

Source: The Creole Contessa Food Blog

Creamy Tomatillo Jalapeno Ranch Dip

Prep Time 5 minutes
Total Time 5 minutes
Servings 12

Ingredients

1 16 ounce container sour cream or greek yogurt
2 1-ounce packages ranch dressing mix
1/3 cup Herdez Tomatillo Verde Mexican Cooking Sauce
1/2 cup fresh cilantro chopped
1/2 can chopped jalapeños or 2 jalapeño peppers, seeded and chopped (or for more heat leave in the seeds)
2 cloves garlic minced (about 2 teaspoons)
1-1/2 teaspoons lime juice

Instructions

1. Place the Herdez Tomatillo Verde Cooking sauce, cilantro, garlic and jalapeños in a food processor or blender.
2. Blend until smooth and set aside.

3. Add the sour cream and ranch dressing mix and pulse until smooth and creamy.

4. Refrigerate for about two hours to allow for the flavor to develop.

Source: Michele - Flavor Mosaic

<https://flavormosaic.com/creamy-tomatillo-jalapeno-ranch-dip/>

Warm & Hearty Cabbage Beef Soup

YIELD: 6-8 SERVINGS

Prep time: 10 MINS

Cook time: 2 HOURS 10 MINS

Total time: 2 HOURS 20 MINS

A hearty yet light cabbage beef soup that's low on the carbs but loaded with tons of flavor! This soup is warm and cozy but light enough to enjoy if you're looking for something waistline-friendly!

INGREDIENTS:

2 tablespoons olive oil
1 ¼ pounds stew meat
1 cup chopped onions
½ cup EACH: sliced celery AND sliced carrots (see notes)
6 cloves garlic, minced
6 cups beef stock
2 tablespoons white vinegar
1 tablespoon EACH: granulated sugar AND soy sauce (see notes)
1 teaspoon EACH: dried thyme, dried rosemary, garlic powder, AND onion powder
1 bay leaf
½ large cabbage, chopped into bite-sized pieces

DIRECTIONS:

PREP: Heat the oil in a large dutch oven or stock pot over medium-high heat. Sprinkle the beef with salt and pepper and brown in batches for roughly 2-3 minutes per batch. Do not overcrowd the pot as the meat will steam rather than sear. Remove the browned beef to a plate.

COOK: Add the onions, and scrape down the brown bits on the bottom of the pan with a wooden spoon, Cook the onions for 4-6 minutes or until they start to turn translucent. Add the garlic and cook for another 30 seconds. Add the sliced celery, carrots, beef stock, sugar, soy sauce, vinegar, thyme, rosemary, garlic powder, onion powder, and bay leaf.

SIMMER: Bring the stew to a boil before covering, lowering the heat, and allowing it to simmer for 1 ½ - 2 hours or until the beef is tender. Add the cabbage during the last 15-20 minutes of cooking so that it doesn't become too mushy. Taste and adjust with salt and pepper as desired. Serve topped with chopped parsley alongside crackers or crusty bread!

NOTES: When it comes to the carrots and celery, you have two options. You can add the carrots and celery at the beginning, but I found that by the end of the cooking time, they were a little too overcooked for my taste. I like to add the carrots and celery around the last 30 minutes so that they're cooked but not overly mushy! It's totally your call though, you can sauté them with the onions and let them cook down, or add them a few minutes before the cabbage, there's really no right or wrong answer!

Be sure to swap the soy-sauce for gluten-free tamari if you follow a GF diet.

Source: Little Spice Jar

<http://littlespicejar.com/warm-hearty-cabbage-beef-soup/>

Lemon Cake

Simple, easy and delicious! I'm sure that you already know how lemon goes really well with cakes! Give this recipe a shot, you will love it!

Ingredients

You'll Need (for the cake):

1 box of yellow cake mix
1 small box of instant lemon pudding mix
¾ cup of oil
¾ cup of water
4 beaten eggs

You'll Need (for the glaze):

2 cups of powdered sugar
2 tbsps of melted butter
2 tbsps of water
1/3 cup of lemon juice

Directions

Preheat the oven to 350 and grease a 9x13 baking pan.

In a bowl beat the eggs and mix in the cake mix, lemon pudding, oil and water until well combined.

Pour the batter in the pan and bake for 30 to 35 minutes.

While the cake is baking, prepare the glaze. Mix the powdered sugar, lemon juice and water until well combined.

Once baked, poke holes in the cake with a wooden spoon and pour the glaze over it.

Enjoy!

Source: food.com

Chicken Salad Puffs

~Note from Maggie: I have to agree with a reviewer on the website I found this recipe on (AllRecipes) in that these are the perfect puffs. I have tried many choux pastries and this one is easy and always turns out. The ingredients, temperature, and time (30 minutes) are spot on and create perfectly crisp, beautifully golden, nicely shaped puffs. You will feel like a culinary genius when you serve this to friends and family. Try using the puffs for dessert, filled with your favorite dessert filling, garnished with whipped cream.

Prep 20 mins

Cook 40 mins

Ready in 1 hour 30 minutes

Serves 8

Ingredients

1 cup water

1/2 cup butter

1/8 teaspoon salt

1 cup all-purpose flour

4 eggs

1/4 cup red onion, chopped

1 stalk celery, chopped

1 tablespoon raisins (I used chopped dried cranberries)

2 teaspoons Dijon mustard (I used only 1 teaspoon)

1/3 cup mayonnaise

1/4 cup plain yogurt

1/2 teaspoon salt

1/4 teaspoon dried dill weed

2 cups chopped cooked chicken breast

(Optional: I added slivered almonds)

Directions

Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.

Combine the water and butter with 1/8 teaspoon salt in a saucepan. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium, and pour in the flour all at once. Stir vigorously until the mixture forms a semi-translucent ball. Remove from the heat and allow to cool for 10 minutes.

Mix in the eggs into the dough, one at a time, adding the next egg only after the first has been completely incorporated. Drop the dough onto the prepared baking sheet by the heaping tablespoon.

Bake in the preheated oven until puffed and golden brown, 30 to 35 minutes. The puffs should be hollow on the inside, and just browned on the bottom. Remove from the oven, and cool to room temperature on a wire rack.

To prepare the filling, stir together the onion, celery, raisins, mustard, mayonnaise, yogurt, 1/2 teaspoon salt, and dill in a bowl until combined. Fold in the chopped chicken meat until evenly combined. Cut the tops from the puffs, and spoon the chicken filling inside. Replace the tops before serving.

Nutrition Facts

Per Serving: 338 calories; 24.2 g fat; 14.9 g carbohydrates; 15.1 g protein; 154 mg cholesterol; 414 mg sodium.

Source: Allrecipes.com

Baked Cod in Cream Sauce

This baked cod is hands-down my favorite fish dish. It turns out perfectly flaky every time. The flavorful, creamy sauce puts it over the top!

Servings 6

INGREDIENTS

4-6 cod fillets

1 tsp. kosher salt or to taste

4 Tbsp. butter melted

2 cloves garlic minced

1/2 c. breadcrumbs seasoned

For the cream sauce:

3 Tbsp. butter
3 Tbsp. cornstarch
2 c. whipping cream (or half and half)
1 c. milk
3 Tbsp Parmesan cheese grated
kosher salt to taste
black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400-degrees.
2. Prepare cream sauce (see instructions below) and set aside, keeping warm.
3. Spray a 9x13 baking dish with cooking spray and place cod fillets in the dish. Sprinkle with salt.
4. Combine melted butter and garlic and brush over fillets, reserving any leftover butter mixture.
5. Sprinkle seasoned breadcrumbs over fillets and pour remaining butter mixture over the top.
6. Pour cream sauce in the spaces between the cod fillets so it fills up the baking dish and just the tops of the fillets are visible.
7. Place in the preheated oven and bake for 25-30 minutes or until the cream sauce starts bubbling.
8. When the sauce starts bubbling up, set oven to "broil" and broil for about 3-5 minutes or until the fillets start to turn golden brown.
9. Keep a CLOSE eye on it to make sure it doesn't start to burn.
10. Remove from oven and serve with potatoes, rice, or vegetables.

For the cream sauce:

1. Melt butter in a medium sized sauce pan over medium heat.
2. Slowly add the cornstarch and stir for about 1 minute.
3. While whisking constantly, slowly add whipping cream and milk until well combined. Stir in Parmesan cheese.
4. Reduce heat to low and whisk occasionally for about 10 minutes until sauce becomes rich and creamy, adding more milk, if needed. You want it to be the consistency of a thin gravy.
5. Season with salt and pepper, to taste.

Source: Favorite Family Recipes

<https://www.favfamilyrecipes.com/baked-cod-in-cream-sauce/>

BBQ Chicken Tacos

2 boneless skinless chicken breasts or thighs
2/3 cup homemade bbq sauce or store-bought (divided)
1 cup cherry tomatoes (chopped)
1/3 cup chopped red onion
1 can black beans (rinsed and drained)
1 can corn (drained)
1 avocado (peeled, cored and sliced)
12-15 corn or small flour tortillas
Chopped cilantro (for topping)

Creamy cilantro lime sauce:

1/2 cup plain Greek yogurt (or sour cream)
3 Tablespoons chopped cilantro
1 tablespoon lime juice
1/4 teaspoon salt

Add chicken and 1/3 cup bbq sauce to a ziplock bag. Refrigerate for 1-3 hours.

Make the creamy cilantro lime sauce by combining all ingredients until smooth. Refrigerate until ready to serve.

Preheat grill and lightly grease with cooking spray. Add chicken and cook for 4-5 minutes on each side, flipping once, until cooked through (165 degrees F). Remove to a cutting board, baste with more BBQ sauce, and allow to rest for 5 minutes before chopping.

Warm tortillas on grill or in a hot skillet. Add a spoonful of chopped chicken, corn, black beans, tomatoes and avocado to each warm tortilla. Drizzle with extra bbq sauce, and cilantro lime sauce. Garnish with fresh cilantro. Enjoy!

*Makes 12-15 tacos

Spaghetti Squash Au Gratin

Prep 15 m

Cook 30 m
Ready In 45 m

"This recipe is quick to prepare and a great alternative for a lower-carbohydrate, lower-calorie option in place of a potato side dish. My husband is a meat-and-potatoes kind of guy and even he loved this recipe."

Ingredients

1 spaghetti squash, halved and seeded
3 tablespoons light margarine
1 small yellow onion, thinly sliced
1 teaspoon red pepper flakes
1/4 teaspoon garlic powder
Salt and freshly ground black pepper to taste
3/4 cup fat-free sour cream
1 cup shredded light Cheddar cheese
cooking spray

Directions

Place spaghetti squash in a covered dish and add 1/4 inch of water. Microwave for 10 to 12 minutes. Scrape insides of squash with a fork and transfer to a small bowl.

Heat margarine in a medium skillet over medium heat while spaghetti squash is cooking and cook onion, red pepper flakes, garlic powder, salt, and pepper until the onion is browned, 5 to 10 minutes. Preheat the oven to 375 degrees F (190 degrees C). Grease a baking dish with nonstick cooking spray.

Mix spaghetti squash, onion mixture, sour cream, and 1/2 of the Cheddar cheese together. Transfer to the prepared baking dish and top with remaining Cheddar cheese.

Bake in the preheated oven for 20 to 25 minutes. Turn on broiler for the last 2 to 3 minutes and broil until gratin is golden brown on top.

Source: Allrecipes.com

Creamy Cucumber Salad

prep time: 30 mins
cook time:
total time: 30 mins
Serves 6

INGREDIENTS

2 English cucumbers, chilled
1/2 red onion, sliced
1/2 cup sour cream
1/4 cup mayonnaise
2 tablespoons white vinegar
2-3 tablespoons chopped fresh dill
1/2 teaspoon salt
1/2 teaspoon sugar

INSTRUCTIONS

Peel cucumbers then cut into bite-sized pieces. Arrange cucumber slices on paper towels then allow them to rest for 20 minutes (to soak up moisture). Blot the tops of the slices with paper towels then add cucumbers to a mixing bowl. Add onion slices to the bowl as well.

In a separate bowl add remaining ingredients then mix well. When ready to serve salad (or up to two hours before), fold dressing into cucumber and onion slices. Refrigerate in an air-tight container to store.

Notes: You don't have to let the cucumbers 'dry' out on the paper towels but I find that the dressing is much creamier without the extra moisture from the cucumbers).

If you're using large 'slicing cucumbers' (the big ol' waxy numbers most common in the produce section), you may want to cut the cucumbers lengthwise then use a spoon to scrape out the seeds.

Feel free to leave out the onion or use a different variety.

Source: Mandy Rivers | South Your Mouth

Skinny Chicken Tortilla Casserole

Prep 20 MIN
Total 1 HR 15 MIN
Servings 8

Ingredients

1 can (10 1/2 oz) 98% fat free condensed cream of chicken soup
1 can (4.5 oz) chopped green chiles
1 container (8 oz) fat-free sour cream
1/2 cup fat-free (skim) milk

2 1/2 cups shredded cooked chicken breast
8 yellow corn tortillas (6 or 7 inch), torn into bite-size pieces
1 medium green bell pepper, chopped (1 cup)
1 large tomato, chopped (1 cup)
1 1/2 cups shredded sharp Cheddar cheese or Mexican cheese blend (6 oz)

Steps

1 Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortillas and bell pepper. Stir in tomato and 1 cup of the cheese. Spoon and spread mixture in baking dish.

2 Cover with foil. Bake 40 minutes. Uncover; sprinkle with remaining 1/2 cup cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is bubbly. Let stand 5 minutes.

Nutrition Information Serving Size: 1 Serving Calories270 Calories from Fat90 Total Fat10g16% Saturated Fat5g24% Trans Fat0g
Cholesterol60mg20% Sodium530mg22% Potassium310mg9% Total Carbohydrate22g7% Dietary Fiber2g8% Sugars3g Protein21g % Daily
Value*: Vitamin A 15% Vitamin C 15% Calcium 25% Iron 6%
Exchanges: 1 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1/2 Vegetable; 1 Very Lean Meat; 0 Lean
Meat; 1 High-Fat Meat; 0 Fat;
*Percent Daily Values are based on a 2,000 calorie diet.

Source: Betty Crocker

Ooey Goey Chocolate Insanity Cake

Ooey Goey Chocolate Insanity Cake is a cake to lose your mind over! A simple recipe, that is the kind of cake that knowing how good it tastes is almost a curse while you are waiting for the cake to cool. Thus the delicious melty mess of chocolate you see before you.

INGREDIENTS

For the cake

2 cups granulated sugar
2 cups all-purpose flour, plus 1 tablespoon divided
1 teaspoon baking powder
2 teaspoon baking soda, divided
1/2 pound (1 cup) unsalted butter
1/4 cup sweetened cocoa powder (sweet or unsweet will work)
1 cup water
2 large eggs
1/2 teaspoon kosher salt
1/2 cup whole milk
1/2 tablespoon vinegar
1 teaspoon vanilla extract
1 1/2 cups semi sweet chocolate chips

For icing

1/4 cup cocoa powder (sweet or unsweet will work)
1/4 pound unsalted butter
6 tablespoons milk
1 pound powdered sugar
1 teaspoon vanilla extract
1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 375°F. Prepare a 9x13 cake pan by buttering and flouring. Set aside
2. In a small cup add 1/2 cup milk and 1/2 tablespoon vinegar. Set aside.
3. In a medium sized bowl combine 2 cups flour, sugar, salt, 1 teaspoon baking soda, and baking powder, stir with a whisk to combine. Set aside.
4. In a small saucepan combine butter, cocoa and water. Bring to a boil, then add to flour mixture. Beat well.
5. Add 1 teaspoon of baking soda to milk mixture. Set aside. In a small bowl combine chocolate chips and 1 tablespoon of flour. Set aside.
6. Add eggs to flour butter mixture. Then add milk mixture and vanilla. Beat well to combine. Add chocolate chips to mixture and fold in.
7. Pour into prepared cake pan. Bake for 20 minutes or until a toothpick comes out of the center clean.
8. 5 minutes before cake is done, prepare icing.

For icing

1. Bring cocoa, butter and milk to a boil in a large saucepan. Remove from heat and add powdered sugar, salt and vanilla, beat well with mixer. Spread over hot cake. Serve!

Donna Elick The Slow Roasted Italian

<http://www.theslowroasteditalian.com/2013/04/ooey-goey-chocolate-insanity-cake.html>

Espresso Milk Shake

Serves: 2

Ingredients

Shake:

4 cups vanilla ice cream
½ cup marshmallow cream
½ cup room temp espresso -OR- strong coffee
¼ cup milk or light cream
¼ cup chocolate syrup -OR- thin ganache (see NOTES)

Garnish:

Whipped topping
Coarse graham cracker crumbs

Instructions

1. Rub about a teaspoon of marshmallow cream on the rim of a glass. Dip the glass rim in the graham cracker crumbs. Repeat with other glasses.
2. Drizzle the chocolate syrup or ganache down the sides of each glass; set aside.
3. Place all shake ingredients in a blender and process until smooth. Distribute evenly to all glasses.
4. Top with whipped topping.

Notes

How many glasses you get depend on the size of the glass. I got enough to fill 2 large hurricane glasses that were approximately 12-16 oz each.

Ganache - Microwave ½ cup of chocolate chips with 3 tablespoons of heavy cream for 30 seconds. Stir until smooth. If it's not of drizzling consistency, add a little more cream and stir thoroughly. In these, I used ganache made with 70% cacao chocolate.

Source: The Midnight Baker

Sautéed Asparagus with Parmesan

Ingredients

1 lb (or a bunch) fresh Asparagus, cleaned, trimmed and then sliced to about 1 1/2-2 inches length, if preferred
1 Tablespoon, Olive Oil
2 Tablespoon, Butter
4 Garlic cloves, minced
Salt and Pepper, to taste
Grated Parmesan ~ 1/4 cup or to taste

Procedure

In a large frying pan, heat the oil to medium and melt the butter in it.

Once the butter has melted, sauté the garlic just until aromatic, a matter of seconds. Quickly add the sliced Asparagus and then continue to sauté for about a minute or until it's fully coated in the butter. Season with salt and pepper at this point.

Sauté until it's tender crisp perhaps another 3 minutes or so depending on how thick your asparagus are. To speed it up, cover the pan and let it cook for about 2 minutes. Uncover and then stir-fry some more just until it's tender but still retains some bite or crunch (you don't want it mushy!).

Transfer to a serving plate and generously sprinkle with grated Parmesan cheese! Serve immediately.

Source: Manila Spoon

manilaspoon.com/2013/04/sauteed-asparagus-with-parmesan.html

Hominy and Green Chile Casserole

~Note from Maggie: I often sub corn for the hominy depending upon who will be home for supper. Also, I use Uncle Chris' Steak Seasoning in place of other seasonings.

2 (15.5-ounce) cans yellow hominy, drained
1 (4-ounce) can green chilies
4 - 6 slices thick-cut bacon, cut into 1-inch pieces
1 medium yellow onion, chopped
1 1/2 cups sour cream
Salt and black pepper or Red River Ranch Seasoning, to taste
1 cup shredded cheddar cheese

For indoor cooking:

1. Preheat the oven to 350°F. Lightly grease an 8-x-11- inch casserole dish, 10" or 12" Dutch oven.

2. In a large bowl, combine the hominy and green chilies. Set aside.
3. Place the bacon in a medium cast iron skillet and begin cooking over medium heat. When the bacon begins to brown, add the onion and cook until the bacon is three-quarters done, about 5 minutes. Remove the skillet from the heat and spoon out and discard about half of the bacon grease.
4. Pour the contents of the skillet into the hominy mixture and stir together. Stir in the sour cream. Season with salt and pepper to taste.
5. Scrape the mixture into the casserole dish. Bake for 30 to 40 minutes, or until the mixture is bubbly and the hominy softens slightly.
6. About 5 minutes before the casserole is finished cooking, sprinkle on the cheese and continue cooking until the cheese melts. Serve hot.

Source: Cowboy Kent Rollins

A Taste of Cowboy. Available at bookstores nationwide, Amazon <http://amzn.to/2uBl4EM>

Kent Rollins: Chuck Wagon Cook, Grilling, Dutch Oven Cooking, Cowboy, Cast Iron
<http://kentrollins.com>

Strawberry Lemonade

This easy Strawberry Lemonade recipe is my kids favorite fresh summer drink. It's homemade and requires just three basic ingredients!

- 1/2 pound fresh strawberries (, stems removed)
- 1 1/2 cup granulated sugar
- 4 1/2-5 cup water (, divided)
- 1 1/2 cup fresh-squeezed lemon juice

Use a blender or food processor to puree the strawberries. Strain them through a fine mesh sieve, if desired, to remove seeds.

In a small saucepan, over medium heat, stir together sugar and 2 cups water.

Bring to a boil, and stir until sugar is dissolved. Remove from heat and allow to cool to room temperature.

Strain the lemon juice through a fine-mesh sieve into a 2-quart pitcher. Add simple syrup and pureed strawberries and stir to combine. Refrigerate until cold.

When ready to serve, add 2 1/2 cups of cold water and stir. Taste, and add more water if it's too sweet.

Serve with ice.

Source: Lauren Allen, Tastes Better from Scratch

Country-Fried Cauliflower Steaks And Gravy

Total Time 50 min

Prep Time 15 min

Cook Time 35 min

Ingredients for 4 servings

- 3 lb cauliflower
- 5 teaspoons salt, divided, plus more to taste
- 6 tablespoons unsalted butter
- 4 oz medium shallot, minced
- 3 teaspoons garlic, minced
- 8 oz cremini mushroom, including stems, trimmed and minced
- 1 tablespoon fresh sage, minced
- 3 large sprigs fresh thyme, leaves only
- 2 cups all-purpose flour, divided, plus 3 tablespoons
- 2 1/2 cups whole milk, divided
- freshly ground black pepper, to taste
- 1/2 cup cornstarch
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 3 large eggs, beaten
- canola oil, for frying
- fresh parsley, finely chopped, for garnish

Preparation

Remove the outer leaves from the cauliflower and trim the stem so the cauliflower can sit upright on a cutting board. Using a serrated knife, carefully cut the cauliflower into 1-inch (2.5 cm) thick slabs. Reserve any florets that fall off as you are cutting. You should get 3 to 4 "steaks".

Fill a large, shallow pan with 1 1/2-2 inches (4-5 cm) of water. Bring to a gentle boil over medium heat. Add 2 teaspoons salt. Working in batches, gently lower cauliflower steaks into the water. They should be just barely submerged. Cook for 4-5 minutes, until the stems can be pierced easily with a fork but are still slightly firm. Transfer the steaks to paper towels to drain. Repeat with the remaining

steaks. Cook reserved florets for 2-3 minutes, until pierced easily with a fork.

Drain cooking water from the pan and wipe dry. Melt the butter in the same pan over medium heat. Add the shallot and garlic and sauté until softened, about 2 minutes. Add the mushrooms, sage, thyme, and 1 teaspoon of salt and cook until the mushrooms begin to release their juices and brown, about 5 minutes.

Stir in 3 tablespoons flour, mixing well to coat the mushrooms. Cook for 2-3 minutes, until the flour just starts to brown.

Pour in 2 cups (480 ml) milk and stir well to incorporate. Bring to a gentle boil, then reduce the heat to low and simmer for 5 minutes, until the sauce thickens. Season with salt and pepper to taste. Remove from the heat and cover to keep warm until ready to serve.

In a shallow dish, mix together the remaining flour, the cornstarch, garlic powder, onion powder, paprika, and 2 teaspoons salt.

In a separate shallow dish, whisk to combine the eggs with the remaining milk. Working in batches, dip the cauliflower steaks and florets in the flour mixture, turning to coat completely. Dip in the egg mixture, letting any excess egg drip off. Dredge once more in the flour mixture, shaking off any excess flour or clumps. Heat 1½ inches (3 cm) of canola oil in a large, high-sided pan until a deep-fry thermometer reaches 325°F (160°C).

Working in batches, carefully lower 1-2 cauliflower steaks at a time into the hot oil. Cook for 3-4 minutes on one side, then flip and cook for another 2-3 minutes, until deep golden brown. Transfer to paper towels to drain and repeat with the remaining cauliflower steaks and florets.

Pour the gravy over the cauliflower steaks and garnish with parsley and black pepper. Serve the florets with gravy in a small bowl, for dipping.

Source: Alix Traeger and Karlee Rotoly for Tasty.co

Sopapillas

~Note from Maggie: This is the real deal, folks.

Sopapillas are crispy, airy, delicious deep fried pastries, that have been rolled in cinnamon sugar and served with a drizzle of honey.

Prep Time 10 minutes
Cook Time 15 minutes
Resting Time 30 minutes
Total Time 25 minutes
Servings 28 pieces
Calories 91 kcal

Ingredients

Sopapillas:
3 1/3 cups all-purpose flour
3 teaspoons baking powder
2 tablespoons white sugar
1 teaspoon salt
2 tablespoons vegetable shortening
3/4 cup water lukewarm
1/2 cup whole milk lukewarm
Vegetable or canola oil
Cinnamon Sugar:
1 cup white cane sugar
1 tablespoon ground cinnamon

Instructions

Sopapillas:

1. In a large bowl add dry ingredients: 3 cups of flour, baking powder, sugar, and salt. Whisk to combine.
2. Add shortening and using your fingers or a pastry blender, combine it with the flour mix until it is fully rubbed in and the mixture resembles sand.
3. Scoop a well in the center of the flour and shortening mix and add warm water and warm milk.
4. Using a wooden spoon, stir the mixture until well combined.
5. Once combined, use your hands to knead the dough, for about 5 minutes. If the dough is too sticky, add the remaining 1/3 cup of flour a little at a time. The dough should be just lightly sticky, easy to work with, soft and smooth.
6. Knead the dough into a smooth ball. If needed, transfer the dough to a lightly floured surface while you knead it.
7. Once you formed a ball, place the dough on a lightly floured surface and cover with a damp towel. Let it rest for 30 minutes. The dough can also be wrapped in plastic food wrap and refrigerated for 24 hours.

Fry:

1. After 30 minutes, cut the dough in 4, and roll each piece into a small, smooth ball. You can also skip cutting the ball into pieces, and just roll the entire piece, its just harder to work with it this way.

2. One by one, roll out each ball on a floured surface into an imperfect rectangle that is about 1/8-1/4 inch thick. Cut into 3 inch squares and arrange them on a tray that has been covered with parchment paper.
3. Add oil to a deep pan, saucepan or deep-fryer. If using a pan/saucepan, you need to fill it with at least 4 inches of oil.
4. Once the oil is hot, 375 degrees F, add Sopapillas a few at a time and fry until golden brown on both sides.
5. It is important to not add too many at the same time, depends how large is the pan or pot you are using. They should have enough room to puff up. Also, it is very important to move them around. Use chopsticks or two forks, to move them around the pan and turn on the other side.
- 6., Sopapillas have airy centers, they should inflate almost like balloons when added to the hot oil. When moving them around, turning or removing them from the pot, be gentle and careful, to not pierce them.
7. Cook only until golden brown on each side. Remove and place on a cooling rack that has been placed inside a baking dish. This is done to drain any remaining excess oil.

Cinnamon Sugar:

1. Add cinnamon and sugar to a large bowl and whisk to combine. Toss one by one, the still hot Sopapillas into the Cinnamon Sugar mixture or just sprinkle it on top.
2. Serve warm drizzled with honey.

Source: Author Catalina Castravet at Sweet and Savory Meals
<https://sweetandsavorymeals.com/sopapillas-recipe/>

Bacon Egg Salad Sandwiches

Ingredients

4 oz softened reduced fat cream cheese
 3 Tbsp mayonnaise (I use reduced fat)
 ½ tsp salt
 pepper to taste
 6 hard boiled eggs, diced
 2 Tbsp diced chives
 ¼ cup shredded cheddar cheese
 4 strips of cooked bacon, crumbled
 4 large croissants, split

Instructions

In a bowl, mix together the cream cheese, mayo, salt, and pepper until combined and creamy.

Add in the egg, chives, and cheese. Fold until combined. Store in the fridge at this point if needed.

Just before serving, fold in the bacon and serve in croissants.

Makes 4.

Slow Cooker Broccoli Beef

Super easy Slow Cooker Broccoli Beef! The sauce is AMAZING - so much better tasting and healthier than takeout!

PREP TIME 10 MINUTES

COOK TIME 4 HOURS

TOTAL TIME 4 HOURS 10 MINUTES

SERVINGS 4

Ingredients

1 1/2 pounds flank steak, thinly sliced and chopped into 2 inch pieces
 1 cup beef broth
 2/3 cup low sodium soy sauce
 1/3 cup brown sugar
 1 tablespoon sesame oil
 1 tablespoon minced garlic
 1/4 teaspoon red chili flakes (optional)
 4 cups broccoli florets
 2 tablespoons cornstarch
 4 tablespoons cold water

Instructions

Grease the inside of a slow cooker. Add steak, beef broth, soy sauce, brown sugar, sesame oil, garlic, and chili flakes. Cover and cook on high for 2-3 hours or low 4-5 hours.

Minutes before serving, uncover the slow cooker. In a small bowl whisk corn starch and water until dissolved. Add to slow cooker and stir. Cover and allow to cook another 20-25 minutes.

Just before serving, place broccoli in a large tupperware, fill with 1/2 inch of water, and place the lid on in an off-set manner so that the container can vent. Microwave on high for 3 minutes. Drain, stir broccoli into slow cooker, and serve.

Recipe Notes

For a bit of a spicy kick, add a full 1-2 teaspoons of crushed red pepper flakes

Source: Tiffany - Creme de la Crumb

<https://www.lecremedelacrumb.com/slow-cooker-broccoli-beef/>