



FAMILY DINNER @ HOME RECIPE SUGGESTIONS



Appetizers

Sausage Balls

INGREDIENTS:

1 lb sausage (hot is preferred)
1 lb shredded sharp cheddar cheese
2 1/2 C Bisquick

DIRECTIONS:

Combine all ingredients by hand in a bowl until you have one large sausage ball. Roll mixture in to 1/2 inch balls and place on a pan. Bake at 325 degrees for 13-15 minutes. Baking time varies depending on the pan. When the bottoms are golden brown they are done. Can be made ahead of time and stored in the refrigerator and reheated in the microwave.

Ritz Party Crackers

INGREDIENTS:

1 box Ritz crackers
1 stick of melted butter
1 package of ranch mix
1/4 cup grated parmesan cheese
1 tbsp crushed red pepper flakes
1 tsp garlic powder

DIRECTIONS:

Preheat oven to 300 degrees
Ritz crackers on baking sheet
Cover with melted butter, ranch mix, cheese, garlic, and red pepper flakes
Toss together gently
Bake for 15 minutes

Breads

Banana Bread

INGREDIENTS:

3 ripe bananas mashed
1/2 cup oil
2 eggs-beaten
2 cups flour
3/4 cups sugar
1 tsp salt
1 tsp baking soda
1/2 cup walnuts (optional)

DIRECTIONS:

Preheat oven to 350 degrees
Prep one loaf pan with non stick cooking spray
mix all ingredients together
Bake for one hour
Remove from pan to rack to cool

Homemade Bread:

INGREDIENTS:

3 cups of self-rising flour
1 can room temperature beer
5 tablespoons sugar
1/2 stick butter (melted)

DIRECTIONS:

Mix first three ingredients well - cover bowl with a cup towel and let rise 45 minutes
pour into greased loaf pan and bake 40 minutes in a 375 degree oven
pour 1/2 stick melted butter on top and bake 10 minutes more
Serve warm or cut cold bread with a serrated knife and toast in toaster

Dessert

Easy Cookies & Cream Brownies

INGREDIENTS:

OREO BROWNIE LAYER

- 3/4 cup (168g) unsalted butter
- 2 oz semi-sweet chocolate, coarsely chopped
- 2 cups (414g) sugar
- 3 large eggs, room temperature
- 2 tsp vanilla extract
- 1 cup (114g) Hershey's Special Dark cocoa powder OR natural unsweetened cocoa powder
- 1 cup (130g) all-purpose flour
- 1 tsp salt
- 2 cups (153g) chopped Oreos (about 13-14 Oreos)

COOKIES AND CREAM LAYER

- 12 oz (about 2 cups) white chocolate chips
- 6 tbsp (90ml) heavy whipping cream
- 3 1/2 tbsp (26g) powdered sugar
- 1 3/4 cups (138g) chopped Oreos (12 Oreos)

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease a 9×13 inch pan or line it with parchment paper that sticks up above the sides, which can be used to lift the finished brownies out of the pan and make cutting easier. Set pan aside.
2. Combine the butter and chocolate in a microwave safe bowl and heat in 20-30 second increments, stirring well after each, until melted and smooth.
3. Add the sugar and whisk until combined.
4. Add the eggs and vanilla extract and whisk together to combine.
5. Add the cocoa, flour and salt and stir with a rubber or wooden spatula until well combined. Batter will be very thick.
6. Stir in the chopped Oreos.
7. Spread the batter evenly into the prepared pan, then bake for 25-30 minutes. To test the brownies for being done, insert a toothpick into the center. If it comes out with just a few moist crumbs, they're done.
8. Set the brownies aside to cool. When mostly cool, make the cookies and cream layer.
9. Add the white chocolate chips and heavy whipping cream to a large microwave safe bowl and heat in 20-30 second increments, stirring well after each, until melted and smooth. Mixture will be thick.
10. Stir in the powdered sugar and chopped Oreos, then spread evenly on top of the brownies. The mixture will be thick, just use your spatula to help spread it.
11. Allow the brownies to cool completely, then cut into squares. The cookies and cream layer will be quite firm to the touch, but great on top of the brownies.

Main Course

Creamy Chicken and Buttermilk Dumplings

INGREDIENTS:

1 1/4 pounds boneless, skinless chicken thighs
1 teaspoon coarse sea salt
1 teaspoon black pepper
2 tablespoons olive oil
4 tablespoons unsalted butter
1 sweet onion, diced
1/2 cup sliced carrots
1/3 cup sliced celery
4 garlic cloves, minced
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh thyme
1/4 cup all-purpose flour
6 cups low-sodium chicken stock
1/3 cup heavy cream

DUMPLING

2 1/2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
2 large eggs, lightly beaten
1 cup buttermilk

DIRECTIONS:

Season the chicken with salt and pepper. Heat a large pot over medium-high heat and add olive oil and 2 tablespoons of butter. Once sizzling, add the chicken to the skillet and cook it on both sides until deeply golden brown and cooked through, about 5 to 6 minutes per side. Remove the chicken and set aside to a bowl, shredding once cool. I actually throw it in the bowl of my mixer and shred it with the paddle attachment!

Reduce the heat to medium and add the other 2 tablespoons of butter. Add the onions, carrots, celery, garlic, rosemary and thyme. Toss in another pinch of salt and pepper, stirring well. Cook until softened, about 5 minutes.

While the vegetables cook, mix up the dumplings. Whisk together the flour, baking powder and salt in a large bowl. Combine the milk and the eggs, then stir into the flour until just mixed. Set aside for a few minutes.

Stir the 1/4 cup flour into the veggies with a wooden spoon until it coats the vegetables, then continue to stir until the flour cooks and turns golden, about 5 more minutes. Slowly stream in the chicken stock 1 cup at a time, stirring well the entire time so the mixture thickens. Add the chicken back into the pot. Increase the heat a bit and bring the mixture to a simmer, then cook while it bubbles for about 10 minutes. You want it to thicken up well! Stream in the heavy cream and stir well. Drop large spoonfuls of dough all around the top of the pot. I don't worry about crowding the pot and cover the entire top of the "soup" mixture. You want the mixture to be bubbling for 10 to 15 minutes so it cooks the dumplings – after 10 minutes I usually gently flip the dumplings over. Top the entire pot with fresh chopped parsley

Spaghetti Pie:

INGREDIENTS:

6 ounces uncooked spaghetti
1 pound lean ground beef (90% lean)
1/2 cup finely chopped onion
1/4 cup chopped green pepper
1 cup undrained canned diced tomatoes
1 can (6 ounces) tomato paste
1 teaspoon dried oregano
3/4 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/4 teaspoon sugar
2 large egg whites, lightly beaten
1 tablespoon butter, melted
1/4 cup grated Parmesan cheese
1 cup Daisy fat-free cottage cheese

DIRECTIONS:

Preheat oven to 350°. Cook spaghetti according to package directions for al dente; drain.

In a large skillet, cook beef, onion and green pepper over medium heat 5-7 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in tomatoes, tomato paste, seasonings and sugar.

In a large bowl, whisk egg whites, melted butter and Parmesan cheese until blended. Add spaghetti and toss to coat. Press spaghetti mixture onto bottom and up sides of a 9-in. deep-dish pie plate coated with cooking spray, forming a crust. Spread cottage cheese onto bottom; top with beef mixture.

Bake, uncovered, 20 minutes. Sprinkle with mozzarella cheese. Bake 5-10 minutes longer or until heated through. Let stand 5 minutes before serving.

Crockpot Stuffed Peppers:

FOR THE PEPPERS:

INGREDIENTS:

6-8 large bell peppers — any colors you like
1 pound ground chicken — or turkey or lean ground beef
1 can reduced-sodium black beans — (14 ounces), rinsed and drained
1 can fire-roasted diced tomatoes — (14 ounces), with juices
1 cup uncooked quinoa — or swap 3 cups COOKED brown rice or 3 cups raw cauliflower rice
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon kosher salt
1 1/4 cup shredded pepper jack cheese — divided; for a milder flavor, swap Monterey jack or cheddar

FOR SERVING:

Sliced avocado
Chopped fresh cilantro
Salsa
Sour cream — or plain Greek yogurt
Freshly squeezed lime juice

DIRECTIONS:

Slice the tops off of the bell peppers (cut as close to the top as you can so that you have max space for stuffing), then carefully remove the ribs and seeds so that you do not break the sides of the peppers. Set aside.

Place the ground chicken into a large bowl. Add the black beans, tomatoes with their juices, quinoa, chili powder, cumin, garlic powder, salt, and 3/4 cup of the cheese. With a fork or your fingers, stir to combine. Spoon the filling into the hollowed-out centers of the peppers, filling them all the way to the top. (The number of peppers you need for all of the filling will vary depending upon the size of the peppers. I usually fill about 7.)

Pour 1/2 cup water into an empty 5-quart (or larger) slow cooker. Stand the peppers up on their bases in the water, arranging them so that they are evenly spread apart. Cover the slow cooker and cook on low for 6 hours or on high for 3 hours, until the peppers are tender. Remove the lid, sprinkle the peppers with the remaining 1/2 cup cheese, then cover the slow cooker again and let heat for a few additional minutes, until the cheese is melted. Serve hot with desired toppings.

Marry Me Chicken:

INGREDIENTS:

1 Tablespoon Olive Oil
3-4 Large Chicken Breasts
Salt
Pepper
2 cloves Garlic (minced)
1 teaspoon Thyme
1 teaspoon Red Pepper Flakes (may add only 1/2 teaspoon for less spice)
3/4 cup Chicken Broth
1/2 cup Heavy Cream
1/2 cup Sundried Tomatoes (chopped)
1/4 - 1/2 cup Freshly Grated Parmesan Cheese
Fresh Basil

DIRECTIONS:

Preheat oven to 375 degrees. In a large oven-safe skillet heat oil over medium-high heat. Season chicken generously with salt and pepper and sear until golden, about 4-5 minutes per side. Transfer chicken to a plate.

Return skillet to medium heat. Add garlic and cook for 1 minute. Stir in thyme, red pepper flakes, chicken broth, and heavy cream. Cook for 5 minutes, stirring often. Stir in sundried tomatoes and parmesan cheese.

Return chicken to skillet and spoon sauce all over the chicken breasts. Bake until chicken is cooked through -- about 15-18 minutes. Garnish with basil and grated parmesan cheese, if so desired.

Beef Tenderloin with Bleu Cheese Sauce:

INGREDIENTS:

1-4 lb. whole beef tenderloin
2-4 cloves garlic, minced
4-6 T. ground black pepper
3/4 c. Worcestershire sauce
1 1/2 c. soy sauce
1 1/3 c. undiluted beef bouillon

1/4 lb. Bleu cheese
6 T. butter
2-4 cloves garlic, minced
1 T. Worcestershire sauce
1/4 t. caraway seeds
1/2 c. chopped green onions, including tops
1/2 lb. mushrooms, sliced

DIRECTIONS:

Wash tenderloin and pat dry. Rub with garlic and black pepper. Combine Worcestershire and soy in large baking dish and marinate for 2-3 hours at room temperature.

Preheat oven to 500. Drain and discard marinade. Pour bouillon around beef. Put into oven and immediately reduce heat to 350. Cook approx. 20 min per lb. for medium rare.

Serve with Bleu Cheese Sauce:

In a medium saucepan over low heat, combine cheese, butter, garlic, Worcestershire and caraway seeds. Stir until cheese and butter melt. Add green onions and mushrooms. Continue cooking for 2-3 min.

Chicken a la King Casserole:

INGREDIENTS

3 cups of egg noodles
2 tbsp of butter or margarine
3/4 cup of chopped green peppers
3/4 cup of chopped onion
1/2 cup chopped pimentos, drained
1 pound boneless chicken breast, diced
1 can Cream of Mushroom soup
1.5 cups of milk
spices to taste

DIRECTIONS:

Cook pasta according to package directions for 6 minutes
Drain pasta
In skillet, melt butter and cook peppers and onion until tender--not brown
Add pimento, chicken, and spices
Cook until chicken is almost done
Blend in soup and milk, heat to a boil
Back in covered dish at 350 degrees for 20-25 minutes
Top with shredded cheese

Lettuce Wraps:

INGREDIENTS:

1 pound of your favorite ground meat (Turkey, Chicken, Beef, or Pork)
1 chopped onion
1/3 cup of Hoison sauce
1/4 cup of peanut sauce
salt and pepper
1/2 cup of shredded carrots
1 cup of cucumber, peeled, seeded, and chopped
1 8 oz can of water chestnuts, drained and chopped
Leaf Lettuce of your choice

DIRECTIONS:

Brown meat with onion, salt and pepper
Drain when cooked
Stir in hoison and peanut sauces
Add carrots, cucumber, and water chestnuts
Serve on leaf lettuce or over rice

Rodney's pasta with Prosciutto:

INGREDIENTS

For 6-8 people

1 can petit pois peas

¾ cups crisp white mushrooms

1 large onion finely chopped

8 TBS butter

1 cup thinly sliced then chopped Prosciutto (or ham cut with scissors)

2 carrots sliced

1 Cup heavy cream

2 pkgs fresh spinach fettuccine

½ to 1 cup freshly grated Parmesan cheese

¾ cup to 1 cup pine nuts

1 cup fresh cilantro, fine chopped or 1 package fresh basil, fine chopped

Salt and freshly ground pepper, to taste

DIRECTIONS

1. Splice off end of mushroom stems. Wipe mushrooms clean with a damp cloth. If there are still traces of soil, wash very rapidly in cold running water and dry
2. Choose a very large skillet that can accommodate all ingredients except the noodles. Put in half the butter and the onions and saute until transparent over medium heat. Turn heat to high and add diced mushrooms. When mushrooms have absorbed all the butter, briefly turn heat down to low and add 1 tablespoon salt and pepper and shake pan, moving and tossing mushrooms. When mushroom juices come to the surface, then turn up heat and cook about 3 minutes stirring frequently. Turn heat down to medium, add prosciutto (or ham) and cook less than one minute, stirring as it cooks. Add half the heavy cream and cook just long enough for the cream to thicken slightly. Taste and correct salt. Set aside
3. Use a large enameled iron pan or flameproof serving dish (large enough to hold ALL ingredients) and put in rest of the butter and cream and turn heat on to low. When butter is melted and incorporated into the cream, turn off the heat and proceed to boil the pasta.
4. Cook the pasta as per package- to al dente. Better to undercook than overcook the pasta. Drain in a colander.
5. Using a flameproof serving dish, place over low heat and toss pasta into it coating all the strands well. Add the mushroom sauce, mixing well with the pasta. Add grated cheese and mix into noodles. This entire step should take less than a minute. Serve immediately with a bowl of additional grated cheese on the side.

Crock Pot Baked Ziti

INGREDIENTS

2 (25 ounce) jars of pasta sauce
15 oz tomato sauce
1 pound UNCOOKED penne pasta
15 oz ricotta cheese
2 eggs
1/3 cup freshly chopped basil
2 cups of freshly grated parmesan cheese
1 cup shredded mozzarella cheese

INSTRUCTIONS

Combine ricotta, eggs, and basil in a bowl and stir well. In a large bowl, combine both pasta sauces and tomato sauce together.

Grate Parmesan cheese and set aside.

Grease the inside of a 6 qt slow cooker

Add 2 1/3 cups of pasta sauce to the bottom of the slow cooker Add 1/3 of the uncooked penne. Dot on half of the ricotta mixture and spread out evenly. Add half of the Parmesan cheese (1 cup), Add another 2 1/3 cups of sauce mixture. Add an additional 1/3 of the uncooked penne. Dot on the remaining ricotta and spread out. Sprinkle on the remaining parmesan cheese (1 cup) Add the last 1/3 of the uncooked penne. Top with the remaining 2 1/3 cups of sauce mixture.

Cover and cook on high for 2-3 hours, or until pasta is al dente (we cooked ours for around 2 1/2 hours) During the last few minutes, add the mozzarella cheese to the top and allow to melt.

Serve alone or topped with red pepper flakes and served with garlic bread Enjoy!

Side Dishes

Corn Casserole:

INGREDIENTS:

1 can corn (completely drained)
1 can creamed corn
1/2 chopped onion
2/3 cup whole or 2% milk
1 beaten egg
1 cup grated cheddar cheese
1/4 cup melted butter
4 tablespoons sugar
salt and pepper to taste

DIRECTIONS:

Mix well and bake 1 hour at 350 degrees

Yummy, Easy Mashed Potatoes

ingredients: redskin potatoes (about 7 of them); Sour Cream (about a dollop); Butter (about 1/4 stick or however much you want); milk/half and half; paprika; salt; pepper; garlic salt or powder.

Use as much of the ingredients as you see fit; these are really your mashed potatoes so it's all about what taste/consistency you are going for.

1. Boil your potatoes - I let mine boil for about 45 mins. While they were boiling I added Tony's (season salt) to the water and a little bit of olive oil
2. Don't watch them boil, my theory is that it takes longer. Side note, you want the potatoes to be soft so you can mash them.
3. Once boiled, use a strainer to drain the water from the potatoes.
4. Put your potatoes in a bowl. Once in the bowl, mash your potatoes. A potato masher is really handy. If you don't have that, may try a fork or spoon? The goal is to just get them mashed. Also, mash your potatoes while they are still hot, this will make it easier on you.
5. Once the potatoes are moderately mashed, add the butter, sour cream, a little bit of milk or half and half, and seasonings... remember, all to your tasting, so start out with a little and add as you need.
6. Enjoy your yummy, easy potatoes!

Instant Pot Risotto

INGREDIENTS:

2 c. + 1 tbsp. low-sodium chicken broth
1/4 c. (1/2 stick) unsalted butter, divided
1 shallot, minced
2 cloves garlic, minced
1 c. arborio rice
3/4 tsp. kosher sea salt (more to taste)
1/4 tsp. ground black pepper OR white pepper
1/2 c. freshly grated parmesan

DIRECTIONS:

In a small saucepan set over low heat, add chicken broth. Let broth warm while preparing remaining ingredients.

Turn Instant Pot on SAUTE. When hot, add 2 tablespoons butter. Once the butter has melted add the shallot and cook for about 2 minutes, stirring frequently. Add garlic and cook until fragrant.

Stir in rice, salt, and pepper. Cook for 1 minute, stirring frequently. Pour in warm broth, stir then close lid.

Turn Instant Pot on MANUAL mode with high pressure selected for 6 minutes. Once cooked, allow for the pressure to release manually by switching the valve to venting, this usually takes 5 minutes. Remove the lid and stir in the remaining butter and the parmesan. Let rest for 5 minutes, stir and serve.

Garnish with additional parmesan or a sprinkle of freshly minced parsley.

The Best Asparagus in Under 10 Minutes

INGREDIENTS:

1 lb. Asparagus washed
1 Cup Water
1/2 to 1 Tbs. Butter
1/4 tsp. Garlic Salt
1/4 tsp. Fresh Ground Black Pepper
2 Tbs. Grated Parmesan Cheese
A Handful of Shredded Parmesan Cheese

DIRECTIONS:

First, chop the woody bottoms off of your Asparagus.

Put asparagus in a pan wide enough to hold them without bending their heads. They can overlap each other if they need to. Add 1 cup of water and place on high heat on the stove.

Cook, covered, on high for 4-6 minutes, depending on the thickness, until asparagus is tender, yet still nice and firm. Carefully shake your spears back and forth halfway through your cook time. You will have all kinds of steam whistling out of the lid. That's ok! When your Asparagus is finished cooking, discard remaining liquid. (you will be sauteing the asparagus a bit more in the next step, so in this step, err on the side of under cooking it so you don't end up with mushy asparagus)

Place butter, garlic salt, pepper, and grated Parmesan over your spears, and begin to saute them over medium high heat until butter is melted and the Parmesan begins to get gooey and lightly browned, but not burned. Some will crust on the pan and you can scrape it off. Trust me, that is the good stuff.

Remove from heat and place on a pretty plate. Sprinkle with a handful of shredded Parmesan

Texas Dressing:

INGREDIENTS

Chicken - Frozen or chicken breast, cooked and deboned
1 bell pepper, 1 large onion, 1 cup celery, sauteed in 1 TBSP margarine
2 cups of cornbread as per package directions
2 cans mushroom soup
2 cans cream of chicken
2 cups of Rotel tomatoes

DIRECTIONS

Bake at 350 degrees till thoroughly cooked