

Soups

Curried Pumpkin Soup (Tanya)

You can also add 1 lb of browned ground beef or chicken if you aren't vegetarian. Yum!

2 tablespoon extra-virgin olive oil, 1 turn of the pan
1 medium onion, finely chopped
3 cups canned or packaged vegetable stock, found on soup aisle
1 can (14 1/2 ounces) diced tomatoes in juice
1 can (15 ounces) black beans, drained
2 cans (15 ounces) pumpkin puree (found often on the baking aisle)
1 cup heavy cream
1 tablespoon curry powder, 1 palm full
1 1/2 teaspoons ground cumin, 1/2 palm full
1/2 teaspoon cayenne pepper, eyeball it in the palm of your hand
Coarse salt
20 blades fresh chives, chopped or snipped, for garnish

Heat a soup pot over medium heat. Add oil. When oil is hot, add onion. Saute onions 5 minutes. Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil. Reduce heat to medium low and stir in cream, curry, cumin, cayenne and salt, to taste. Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

Cream of Zucchini Soup (JaymeKnits)

Chopped onions
Zucchini
Salt and pepper
Chicken broth to cover

Simmer until Veggies are soft. Blend with a stick blender in a food mill, or in small batches in a blender or food processor.
Reheat, Salt pepper if needed, add cream or half and half (do not allow to boil).
Serve with a sprinkle of Parmesan on top and a great loaf of bread.

Lentil and Vegetable Soup (Staci)

1 Tbsp olive oil
1 medium onion, chopped
2 stalks celery, chopped
4 medium carrots, chopped
4 small/medium potatoes, peeled and chopped
1 tsp thyme, dried
1 tsp rosemary, dried
1 Tbsp parsley, dried
12 cups chicken stock
1/2 cup barley
1 package green lentils, rinsed
Mushrooms of choice (I used a pint-sized package of medium sized shiitake), sliced
salt and pepper to taste

Heat oil in stockpot and saute onion and celery until tender. Add remaining ingredients and bring to a boil. Cook about 30 minutes at a low simmer.

Spicy Chicken Soup (Jessica)

This is my husband's favorite soup. It's super filling and delicious. I like to add tortilla chips to the top. mmmmm....

6 Tbsp unsalted butter
1 chopped leek
1/2 tsp shredded fresh root ginger
1 tsp salt
1/2 tsp crushed black pepper
1 fresh, seeded, and chopped jalapeno
1 carrot, sliced
1/2 frozen peas
2 cups skinned, boned, cubed chicken
2 tbsps chopped, fresh cilantro
2 cups stock or water
1 cup light cream

Melt butter and saute leek and ginger until soft. Lower heat and add remaining veggies, salt, pepper, and half of the chicken. Cook until chicken is completely cooked, then add cilantro. Allow mixture to cool slightly, then add to a food processor and process until smooth adding stock/water as needed. Add remaining stock/water and combine. Cook the remaining chicken and set aside. Pour soup into a pot and bring to boil stirring occasionally. Lower the heat and gradually add the cream. Add the rest of the chicken. Cook gently for 2 more minutes, stirring occasionally.

Easy Broccoli Cheese Soup (Nora)

Frozen broccoli florets
Chicken broth to cover
Bring to a simmer.
Cube up Velveta (type) cheese product
Toss in and let melt
Add milk or chicken broth to thin
Salt and Pepper
Cook till heated through

Thai Winter Soup with Leeks and Prawns (Cat)

Combine and cook until leeks are soft:
1 quart chicken or vegetable broth
a large piece of ginger, sliced in long thin pieces (easy to remove later)
5 slender leeks, sliced thinly and well-washed
1 1/2 T fish sauce
1 t green curry paste
Remove ginger and discard.
Add and bring back to a simmer:
14 oz can coconut milk
1 cup frozen corn
Add and cook until prawns are just heated through and pink:
15-20 frozen uncooked large prawns
Squeeze the juice of 2 small limes into soup and serve.
This is wonderful alone. Poured over a bowl of brown rice, it makes a whole meal.
Serves 4.

Zucchini Soup (Roxanne)

4 cups shredded zucchini
1 chicken bouillon cube
2 green onions
1 cup shredded carrot
1/2 cup water
Cook at a boil for 5 minutes. Puree in blender.
3 Tablespoons butter
3 Tablespoons flour
1 chicken bouillon cube
1 can evaporated milk
Add to pureed mixture. Simmer until thick.

Salsa Chicken and Black Bean Soup (Karen F)

(from <http://crockpot365.blogspot.com/2008/11/salsa-chicken-and-black-bean-soup.html>)

1 c dried black beans, soaked overnight & drained
2 large frozen chicken breasts
4 c chicken broth
1 c sliced fresh mushrooms
1 c frozen corn
16 oz jarred salsa
1 1/2 t cumin

Place everything into crock pot (in order). Stir gently but don't disturb the beans on the bottom. Cook on low for 8 hours.

The original recipe suggests serving with sour cream, avocado, shredded cheese, and/or cilantro, but I thought it was excellent right out of the pot.

Bacon Potato Chowder (Sue O)

Yummy with fresh hot rolls!

1/2 lb bacon diced
1 cup diced onion
1 cup thinly sliced celery
2 cups potato cut in 1/2" cubes
2 cans chicken broth
1 can cream of mushroom soup
1 cup water
1 cup sour cream
1 cup milk

Cook bacon until crisp, drain reserving 1 tbsp bacon fat. Saute onion and celery adding a touch of water if necessary until onions are cooked down and clear. Add potato, broth and water to pot simmering until fork easily pierces potato. Add bacon back to pot with mushroom soup and water. Bring to hard simmer then add milk and sour cream stirring constantly until heated through.

Potato Soup (Lucy)

Dice potatoes and cook in a large pot with enough chicken broth to cover them, and while they're cooking, add salt, pepper, and some onion. A couple slices of bacon, crumbled, can go in too if you like. When the potatoes are soft, add a little meat of your choice....smoked sausage, turkey ham, more bacon, anything's good in here....and some butter, and mash everything up. Use milk or cream to thin the soup till you like the consistency, add the rest of the meat, cheese, and sour cream. Easy and so good.

Corn Chowder and Corn Muffins (Jean)

Dice about four peeled potatoes and chop some onion. Put in a pan and add a small amount of water - just to cover or a little less and boil until potatoes are cooked. If there's too much cooking water in the pan, some can be drained off (or keep all of it) before adding a can of cream style corn and a quart of milk. Stir and add a chunk of butter. It will melt after a while. Heat slowly. While it's heating, I usually make corn muffins from a package mix - I like the Jiffy brand - comes in a blue box.

Beef

Cheesy Hamburg Pie (Sue O)

1 lb. lean ground beef
1/2 cup diced onion
1/2 cup dried bread crumbs
1 egg
8 oz Velveeta Cheese cut in cubes
2 cups cubed potatoes

Mix beef, onion, bread crumbs and egg. In glass or other solid bottom pie plate place mixture and press against sides and bottom to form 'crust'. Bake in 350* oven until center of beef crust is no longer pink. Meanwhile cook potato until done, drain, add cheese cubes and using hand mixer whip until smooth adding a small amount of margarine and milk if needed. When crust is done, fill center with potatoe mixture, return to oven and cook until top is lightly browned and bubbly. My husband LOVES this one!

Corn Bread Tamale Pie from the 1964 Joy of Cooking (Jessica)

This is old school but really tasty and incredibly easy.

Heat oven to 425°.

Saute 1# ground beef and 1 chopped onion in oil until meat is browned and onion is translucent.

Add 1 can tomato soup, 1 cup water or stock, 1/4 tsp pepper, 1 tsp salt, 1 tbsp chili powder, 1 cup (drained)canned corn or frozen, 1/2 c chopped green pepper.

Simmer 15 mins while mixing together 3/4 c cornmeal, 1 tbsp flour, 1 tbsp sugar, 1/2 tsp salt, 1.5 tsp baking powder. Mix in 1 beaten egg and 1/3 c milk then add 1 tbsp oil.

Put meat mixture in a 2 quart casserole (I use a dutch oven) and cover with cornmeal mixture. The corn bread will sink in. Don't worry. It comes back when you bake it!

Bake for 20-25 mins or until topping is brown.

This is really tasty. You can make the meat mixture ahead of time (you could even make enough to freeze) then you can top it and pop it in the oven at dinnertime.

Chili a la Wally's (Laura)

(Wally's is a hole in the wall restaurant/bar in Saugatuck, MI but it has great food!)

1 pound ground beef
1 smoked sausage link, chopped into small pieces (I cut it lengthwise twice and then chop about 1/2 inch pieces)
1 small onion, chopped
1 green pepper
2 cloves garlic, chopped
1 can black beans, undrained
1 can petite diced tomatoes
1 can tomato sauce
Salt and pepper to season
Chili powder to taste (I use about 2 tablespoons)
Ground cumin to taste (I use about 2 teaspoons)

Brown ground beef, chopped smoke sausage, onion and green pepper until beef is browned. Salt and pepper these ingredients to taste. Add chopped garlic, black beans, tomatoes, tomato sauce, chili powder and ground cumin. Simmer at least 30 minutes. This is even better the next night!

Pot Roast (Queenie)

EASY to make - but you do have to think ahead and get it in the oven as it takes several hours to cook - slowly. . . .

You'll need a chuck roast, onions, carrots, potatoes, olive oil, butter, red wine, beef broth, salt, pepper, and herbs-of-choice.

Use a big heavy covered pot that can go in the oven - heat olive oil and a bit of butter in the bottom (don't use just butter, as it will burn without the olive oil).

Season your chuck roast liberally with kosher salt and fresh ground pepper and then sear it on all sides in the bottom of the pot over a medium high to high flame. Put a nice edge on it - it adds flavor, and the slow cooking does not otherwise give a very nice color to the meat. You don't want to burn it, but you DO want it to sizzle so you brown it! Be bold. Pull the meat out and put it on a platter - also sear your vegetables and make brown marks on 'em: onions cut into quarters, and carrots sliced in big chunks. Remove them to the platter.

At the bottom of the pan, you will now have some brown stuff - pour in a half cup of either red wine or beef broth, and as it boils up, scrape the bottom of the pan with a wood spoon or spatula to mix that up into the broth. Once that's done, turn off the stove top, add the meat and veggies back in to the pot - add rosemary and thyme - and whatever other herbs you like (herbes de Provence are great!) and add a couple cups of beef broth enough to come up to the half-point of the meat (you don't want to cover it). Put the lid on, and cook in a 275 degree oven for 3 to 4 hours - it's about an hour a pound of meat - so 3 hours for a 3 pound chuck roast - 4, for a 4 pounder.

Serve with mashed potatoes. You'll have tons of gravy! Some people throw potatoes right in with the roast, and that's the easiest way to do it - in which case serve with roast potatoes!

Mexi Joes (Nora)

Serve with chips or on a bun like a sloppy joe.

- 1 lb of ground beef, browned
- 1 can of Rotel Tomatoes w/peppers
- 1 can of black beans
- 1 can of corn
- 1 small red onion (chopped)
- a bit of cilantro if you like it

Crock Pot Roast (Heather)

Put a 3 pound roast in the crock pot with an envelope of onion soup mix a can of cream of mushroom soup undrained can of diced tomatoes (dump them in, no mixing necessary) cover and cook low for 8-10 hours, high 5-6 hours. nuke a couple of potatoes, open a bag of baby carrots and you are golden.

Cola Pot Roast (VioletCo)

- 3-4 lb. pot roast
- 1 can cream of mushroom soup
- 1 envelope dry onion soup mix
- 16 oz. bottle cola

Place meat in slow cooker. Top with mushroom soup and onion soup mix. Pour in cola. Cover and cook on high 6 hours.

Best Cheese Ball/Spread Ever! (Mary)

- 8 oz cream cheese at room temperature
- 3 or 4 green onions (scallions) sliced thin
- 4 or 5 slices dried beef diced 1/4" pieces
- 1 tsp garlic salt (or garlic powder for lower salt diets)

Mix all ingredients in a bowl. Form into a rough ball in the bowl. Cover and refrigerate 1 to 2 hours (so all flavors blend). Place on a plate or small bowl; form into a rough ball. Serve with spreading knife and party crackers. Red beef and green onion make this especially Christmasy!

Fish

Angel Hair with Smoked Salmon (Scullerymaid)

From Beverly Cox's "365 Easy 20 Minutes Recipes." The book is out of print, but if you can find a used copy, it will solve your "what's for dinner" cringes for a long, long time.

3 T olive oil
3 garlic cloves, minced
1 1/4 C heavy cream
1 medium zucchini, thinly sliced
1 T lemon juice
1 tsp grated lemon zest
3/4 tsp dried tarragon
1/2 tsp salt
1/4 tsp pepper
1 (9 oz) package angel hair pasta
6 oz thinly sliced smoked salmon, cut into thin strips
1 T capers, drained

In a large skillet, heat oil over medium heat. Add garlic and cook for 1 minute, stirring. Add cream and zucchini, bring to a boil over high heat, reduce heat to medium low and cook uncovered until zucchini is tender-crisp, about 3 minutes. Stir in lemon juice, zest, tarragon, salt and pepper.

Meanwhile, cook the pasta. When it's ready, add it to the skillet and toss thoroughly. Transfer to a serving platter and put the salmon and capers on top.

Tuna Cakes (Rilana)

Here is an easy and fairly cheap dinner idea. I have kids and am on a budget. This is a hit with the family. You can pretty much use whatever seasonings/chopped ingredients you prefer in the recipe.

2 cans tuna fish (in water), drained
1/2 onion, finely chopped (or chopped pickles)
1/2 - 1 c. Italian bread crumbs
2 eggs

Mix all ingredients together until they stick to form patties. Form into thin cakes. Fry, in lightly coated with vegetable oil, skillet, on both sides. About 4-5 mins per side.

Serve with baked potato and a salad. oh yes, and tartar sauce if desired.

Also, these are great for leftovers. You can eat them on a bun, like a fish sandwich/burger. Crumble over a salad, etc.

Potato Crusted Haddock (Jessica)

2-9 oz fillets of boneless skinless haddock
3-4 medium red potatoes
1/2 cup light cream
1-tablespoon butter
1-teaspoon parsley
1 tsp garlic
1/2 teaspoon salt
1/4 teaspoon black pepper
melted butter

Wash cut and boil potatoes. Mash potatoes with the next 5 ingredients.

Place each fillet in its own casserole dish then cover completely with potatoes sealing at the edges.

Drizzle with butter and bake at 400 for 15-20 minutes, or until golden brown and fish completely cooked.

Serve with steamed vegetables.

Fusilli with Tuna Sauce (Scullerymaid)

(do NOT turn up your nose til you've tried this!) from Beverly Cox's "365 Easy 20 Minutes Recipes." The book is out of print, but if you can find a used copy, it will solve your "what's for dinner" cringes for a long, long time.

1 lb fusilli
3 T olive oil
2 cans diced tomatoes
1/2 cup sliced black olives
1/4 cup chopped parsley
1 T lemon juice
2 tsp capers, drained
1/2 tsp pepper
2 cans oil-packed tuna, oil reserved
Cook the fusilli, and drain into a colander.

In a large skillet, heat oil, then add tomatoes, olives, parsley and lemon juice. Bring to a boil and cook, stirring, until heated through, 1 to 2 minutes. Stir in capers and season with pepper.

Add cooked pasta to pan and toss to combine. Add tuna with oil and toss gently to break into chunks.

Mixed Shellfish Pasta (Ali P)

This is one my husband loves. I hope you enjoy it as much as we do. Its a fast meal...by the time your pasta is cooked the shellfish "sauce" should be ready to toss with it.

1/2 pound or so of mixed shellfish (I use a bag of thawed,frozen shrimp and scallops so maybe its a pound?)

2 cloves garlic minced

2 Tbsp oil

2 Tbsp butter

a whole bunch of chopped sundried tomatoes (to taste?)

1 Tsp basil or more

1/2 tsp lemon pepper

2 Tbsp capers, drained

1/4 tsp red pepper flakes/crushed red pepper

Juice of one lemon

Salt and pepper to taste

Grated Parmesan cheese

1 pkg long pasta, cooked

Heat your oil and butter in a pan. Gently saute the garlic. Add shellfish and continue to cook until shrimp begin turning pink. Add the capers, sun dried tomatoes, lemon, basil, crushed red pepper flakes, and lemon pepper. Saute and stir. Adjust seasoning of salt and pepper and whatever else you feel needs a boost. Add some freshly grated parmesan cheese and toss the whole mess with cooked linguine or spaghetti. Serve with a sprinkle of parmesan on top and a nice salad or vegetable side.

Poached Haddock on Boiled Potatoes (Freyalyn)

Lovely quick meal I made last night, in a hurry between coming in from training and watching NCIS.

Boil a big pan of potatoes, new or maincrop. Boiling more than you need is useful because then you have cold potatoes to fry up for another meal.

Poach a piece of (naturally) smoked haddock in enough milk to cover until it flakes easily, then remove from the milk and flake over the potatoes (you can either set up individual servings or one big one). Put the milk in a jug, wash the pan, then make a white sauce with butter, flour and the fishy milk. When it's cooked and thickened (needs to be a thick pouring consistency) add a dollop of mustard and enough strong cheddar cheese to add its flavor. Pour over the fish and potatoes and eat. I added coriander/cilantro leaves but parsley would have been better - I didn't have any. Easy both to cook and eat, lovely in cold weather.

Chicken

Felt Fool: <http://crockpot365.blogspot.com/2008/06/crockpot-vietnamese-roasted-chicken.html>

Indian-Spiced Braised Chicken (Cambria)

(<http://beeskneesrecipes.wordpress.com/page/2/>), supplied by Natalie.

1 1/2 lbs. boneless, skinless chicken thighs
1 medium onion, halved and thinly sliced
1 can (14.5 oz.) diced tomatoes, drained
2 T. tomato paste
1 T. grated fresh ginger
2 garlic cloves, minced
1/2 t. ground coriander
1/4 t. cayenne pepper
coarse salt and ground pepper
1/2 c. plain yogurt
1/2 c. chopped fresh cilantro
1/2 t. garam masala
cooked white rice, for serving

In a 5-6 qt. slow cooker, stir together the chicken, onion, tomatoes, tomato paste, ginger, garlic, coriander, and cayenne; season with salt and pepper.

Cook on high 4 hours (or on low for 8 hours) until fork-tender. Stir in yogurt, cilantro, and if using, garam masala. Serve with rice.

[You can also make this in the oven by heating the oven to 350, placing the ingredients through the pepper in a heavy pot with 2 c. of water and baking for 2 hours. When finished, stir in the final ingredients.]

Chicken, Rice and Veggies (Nora)

Boneless, skinless chicken breasts
Frozen stir-fry veggies
Rice (your favorite variety. I like jasmin)
White Wine or Chicken Broth
This cooks up great in a cast iron skillet w/lid
Heat up cast iron skillet
add a tablespoon of oil
brown chicken breasts on both sides
add frozen veggies
sprinkle in about 1/2 to 1 cup of rice

Add broth or wine to cover other ingredients by about an inch.

Bring to a bowl, turn to low and put the lid on and walk away. Come back in about 30-40 minute to dinner.

Taco Salad (Kristin)

We're big taco salad fans at our house. You can buy those fancy restaurant taco salad bowls at the store (our grocery store has them in the lunch meat and cheese section). Pop those in the oven for about 10 minutes. While they're crisping, cook some chicken or ground turkey with your favorite spices (we like chili powder, cumin, paprika and cayenne pepper). I like my taco salads with tomatoes, cheddar, raw onions and avocado; my husband goes the fajita route and uses sauteed onions and red and green peppers. It's fast, easy, and the clean-up is a snap.

Oven-Fried Chicken (Donna)

This is from Cooking for Mr. Latte by Amanda Hesser that her mom first made - the results are great for the amount of effort you put in (not a lot).

3 tablespoons sea salt

8 chicken thighs (Amanda recommends the best chicken you can afford, preferably organic)

2 tablespoons unsalted butter

1/2 cup all-purpose flour

1 teaspoon coarsely ground black pepper

In the morning, combine 2 tablespoons salt and about a cup of warm water in a large bowl or container. Stir to dissolve the salt. Trim the chicken of excess skin and fat. Add the chicken to the bowl. Cover with very cold water and add a tray of ice cubes. Swish around with your hand to disperse them. Chill in the refrigerator until dinner time. Preheat your oven to 400°F (200°C). Remove the chicken from the fridge and pat dry completely with paper towels. Put the butter in a roasting pan large enough to fit the chicken in one layer. Place the pan in the oven. In a 1-gallon freezer bag, pour in the flour, remaining 1 tablespoon salt and the pepper. Give it a good shake. Add the chicken pieces two at a time and shake them until thoroughly coated. As you lift them out of the bag, shake them off vigorously. This is vital. You do not want a gummy coating. Line them up on a plate, and repeat with the rest.

Lay the chicken pieces in the roasting pan, skin side down, and oven-fry until a chestnut brown and crisp on the bottom, about 40 minutes (sometimes it takes as long as an hour). Don't flip them until this happens. Use a thin spatula to scrape them up off the pan and turn them; cook the other side the same way. Remove the pieces from the oven as they finish cooking, and place on a plate lined with paper towels. Just before serving, grind fresh pepper over top and sprinkle lightly with sea salt.

Chicken Piccata (Jen)

Serves 4. (This recipe can for [Chicken Piccata](#) can be found at this link)

2-4 boneless, skinless chicken breast halves (1 1/2 pound total)

2 Tbsp grated Parmesan cheese

1/3 cup flour

Salt and pepper

4 Tbsp olive oil

4 Tbsp butter

1/2 cup chicken stock or dry white wine

3 Tbsp lemon juice

1/4 cup brined capers

1/4 cup fresh chopped parsley

Cut the chicken breast halves horizontally, butterflying them open. If the breast pieces you are working with are large, you may want to cut them each into two pieces. If the pieces are still thick after butterflying, put them between two pieces of plastic wrap and pound them with a meat hammer to 1/4-inch thickness.

Mix together the flour, salt, pepper, and grated Parmesan. Rinse the chicken pieces in water. Dredge them thoroughly in the flour mixture, until well coated.

Heat olive oil and 2 tablespoons of the butter in a large skillet on medium high heat. Add half of the chicken pieces, do not crowd the pan. Brown well on each side, about 3 minutes per side. Remove the chicken from the pan and reserve to a plate. Cook the other breasts in the same manner, remove from pan. Cover with aluminum foil and keep warm in the oven while you prepare the sauce.

Add the chicken stock (or white wine), lemon juice, and capers to the pan. Use a spatula to scrape up the browned bits. Reduce the sauce by half. Whisk in the remaining 2 tablespoons of butter. Plate the chicken and serve with the sauce poured over the chicken. Sprinkle with parsley.

White Chicken Chili (Brenda)

2 to 3 servings. Printed from <http://www.serious-eats.com/recipes/2009/02/white-chicken-chili-healthy-delicious-recipe.html>

1 teaspoon olive oil
2/3 medium onion, chopped
1 clove garlic, minced
1 seeded jalapeño pepper, chopped
1 can (4-ounce) chopped green chilies
2/3 teaspoon ground cumin
1/2 teaspoon dried oregano or Italian seasoning
Pinch ground cloves
Pinch cayenne pepper
1 can large white beans, undrained
2 cups chicken broth
1 1/2 cups diced cooked chicken
1/2 cup grated low-fat Monterey Jack or white cheddar cheese

Heat the oil in a large saucepan over medium heat. Stir in the onion and cook until tender, 4 to 7 minutes. Mix in the garlic, jalapeño, green chile peppers, cumin, oregano, cloves, and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Mix in the chicken broth, chicken and white beans. Bring to a boil. Turn down heat and simmer 20 minutes, stirring occasionally. Don't worry if it's a little soupy.

At the end of 20 minutes, mash chili lightly using a potato masher, until about half of the beans are broken up. This will give the chili a thicker consistency that will be thickened even more by the cheese.

Serve topped with grated cheese. Garnish with cilantro, chopped fresh tomato, salsa, chopped scallions, and/or guacamole if you like, or have fresh warmed flour tortillas or tortilla chips on the side.

Dina <http://dinadina619.tumblr.com/post/156486406/bun-style-bbq-chicken-salad>

Cranberry Chicken (Cheryl)

chicken (duh), either pieces or chopped up (whole doesn't work well)
1 can whole cranberries (not jellied, the other kind)
1 bottle French dressing (big bottle or small, any kind of reddish or orangey dressing will do)
1 packet onion soup mix

Mix up the last 3 items and pour over the chicken. Cover with foil and bake at 375 for 45 minutes. Uncover and bake for about 15 minutes longer.

Chicken Stew (Debra)

Ok, I know this sounds like a plain-jane recipe, but it's something I came up with and, while it IS simple, it'll definitely warm you from the inside out on a cold winter day! I know it's not a "quick" recipe, but it is very good, and because of the amount you can eat off it for days. My dh absolutely loves it, and I've been known to eat it for breakfast, lunch and dinner.

1 "box" of chicken broth, or 3 cans
1 3 lb bag of baby carrots (feel free to use 1 regular bag of normal carrots if you'd like)
1 medium box bisquik
2 cans green peas
1 10 pound bag potatoes
approx. 3 - 5 pounds of chicken breast meat (we eat only the white meat here, but you can use all the meat off a chicken if you'd like!)
onion powder to taste
garlic powder to taste
"Nature's Seasoning" to taste

Use a large stew pot (mine is a 16 quart size). Pour the chicken broth into the pot and add seasonings. Place on medium heat. Mix bisquik with milk (or water) until thick but spoonable, set aside in warm place. Slice carrots into 1/2 inch slices and add to chicken broth. Cut chicken meat up into 1 inch chunks or smaller (whatever size you'd like) and add to chicken broth. Let pot simmer while you peel and dice potatoes into 1 inch or so size, then add them to the pot. Add enough water to pot to cover ingredients by an inch or two or three! When the stew comes back to a simmer add the bisquik mixture, large spoonful at a time. Let stew simmer uncovered for about 10 to 15 minutes, then cover it and let it simmer for another 10 minutes. Watch out for boil over! Open the cans of green peas and drain (or use fresh peas) and add them. Remove from heat and let sit for 10 - 15 minutes.....or you could do what we do, and dig in!

Easy Mexican Chicken Thighs (Talktomydog)

Package of boneless chicken thighs
2 cans crushed tomatoes
2 cans black beans
1 can corn
1 can diced green chilies
1 chopped up onion

Throw everything into your crock pot and cook on low for 6 hours. Store for a day or two in the frig. When you warm it up in the microwave, pile on heaps of shredded cheese. Serve with bunches of tortilla chips mashed on top.
This is my husband's favorite meal and you can't get any easier.

Savoury Sauced Chicken (Kelley)

I usually serve this with mashed potatoes and steamed green beans. This has been a favourite of mine since I was a young girl, my Dad used to make this for me.

- 1 small onion, sliced and separated into rings
- 1 Tbsp. butter or margarine
- 1 cup vegetable juice cocktail (V8)
- 2 Tbsp. parsley (or frozen chopped spinach)
- 1 Tbsp. cornstarch
- 1/4 tsp. dried marjoram, crushed
- 1/4 tsp. dried basil, crushed
- 2 whole chicken breasts, cut into strips
- 2 Tbsp. grated parmesan cheese

In a sauce pan cook onions in butter till tender not browned. Combine V8, parsley, cornstarch, marjoram, and basil; stir into onion mixture. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1-2 min. more. Arrange chicken breast strips in an 8x8x2 inch dish. Pour mixture over chicken. Bake at 350F for about 1 hour, covered. Remove cover and add parmesan cheese and bake uncovered for 10 more min.

Vegetarian

Oven French Fries (Mary T)

Cut potatoes (white, red, or sweet) into French fry size sticks. Place in a gallon plastic bag. Season with your favorite seasoning (salt, pepper, cajun, lemon pepper, Old Bay, etc) and shake the bag. Add 1 or 2 teaspoons olive or canola oil (amount depends on the amount of potatoes; you only need a light coating). Place on a cookie sheet with sides prepared with cooking spray. Bake at 425 to 450 degrees for approximately 30 minutes (amount of time will depend on the size of the potato sticks and the number of them). Potatoes need to be turned about halfway through the baking then again about 10 minutes before done cooking. Serve hot.

Pasta Primavera (VioletCo)

I threw this together in a effort to get my family (including me) to eat more vegetables. This recipe can be doubled simply by adding another jar of sauce and increasing the amount of vegetables.

1 large jar Tomato and Basil Pasta Sauce (or Spicy Tomato and Basil Sauce)
Zucchini, peppers, onions, tomatoes or whatever vegetables you like chopped into chunky sized pieces. Add as many as you like. (Tip: if you use tomatoes add them toward the end)

You can add some basil, oregano, and garlic powder to taste if you want to doctor the sauce up a little.

Good red wine to taste.

Simmer until vegetables are cooked but still firm.

You can stop there or add grilled or stir fried (in olive oil) chicken or shrimp if you like.

Serve over your favorite pasta (adding shrimp or chicken if desired).

Fiesta Torta (Roxanne)

1/2 pound cheddar cheese, grated
1/2 pound Monterey jack cheese, grated
5 eggs or egg substitute
1/3 cup flour
1 2/3 cup skim milk
1 (4 ounce) can diced green chilies, drained
1/4 cup salsa

Mix the grated cheeses and spread evenly in a buttered, 10 inch deep pie plate. Beat eggs, add flour slowly, then add the milk. Make sure it is not lumpy, if it is, put it in the blender. Pour the egg mixture over the cheese. Sprinkle the chilies over the cheese mixture, then spoon the salsa over the whole thing. Bake for 45 minutes at 375 °F or until the center is set.

Chickpea Curry (Natalie)

Simple and tastes even better the next day.

1 onion
1-3 cloves garlic
1 lg can tomatoes (I like chopped)
2 cans chickpeas
curry powder
cumin
coriander
turmeric
cayenne pepper
cilantro

Chop onion and garlic and cook with a little oil until soft. Add everything else, seasoning to taste with the spices, put a little cilantro on top when you're done.

Curried Noodles (Dina)

My favorite easy quick meal is a curried noodle dish from Asian Noodles by Simmonds. Here's a link to my blog where I reviewed it.

<http://dinadina619.tumblr.com/post/38677310/cookbook-review-asian-noodles>

Felt-Fool: <http://famousamose.blogspot.com/2009/05/garlic-spaghetti.html>

Roasted Root Vegetables (Stacia)

Take whatever root veggies you may have on hand: carrots, celeriac, turnips, parsnips, sweet potato, beets, potato, onion.

Chop them roughly, enough to fit in a baking dish, in an amount that looks like it'll fill the people you have to feed. Make sure there is enough room in your pan to stir the vegetables as they cook.

Douse with olive oil. Add herbs of choice (fresh rosemary and some garlic cloves are nice.)

Put in 400° oven. Stir/flip every 20 minutes to ensure veggies are bathed in oil.

They will be lovely and caramelized in around 40 min. to an hour (depending on how much you're cooking). You want them to have a brown crust and be completely tender.

Drizzle with just a touch of good balsamic vinegar, toss, and serve - they stay hot for a good long time in the pan if you want to make them ahead of time, and could also be served at room temperature.

The veggies become sweet as candy and are amazing! Lots of good vitamins. :) This is the ONLY way I will eat beets or turnips, and I actually *request* them this way!

Broccoli and Bow Ties (Sharon P.)

This comes from the 2002 Barefoot Contessa Family Style cookbook. It's super easy and yummy (the pine nuts are optional and we often do not add them). Serves: 6 to 8

Kosher salt

8 cups broccoli florets (4 heads)

1/2 pound farfalle (bow tie) pasta

2 tablespoons unsalted butter

2 tablespoons good olive oil

1 teaspoon minced garlic

1 lemon, zested

1/2 teaspoon freshly ground black pepper

1 tablespoon freshly squeezed lemon juice

1/4 cup toasted pignoli (pine) nuts

Freshly grated Parmesan, optional

Spinach and Feta Pie with Phillo Crust (Amelia)

I would say this makes enough food for 6 to 8 people, depending on whether you were serving anything on the side.

1 large onion

3 cloves garlic

4 tbsp butter

24 ounces raw baby spinach leaves

2 generous cups of crumbled feta (11 oz)

juice of one half lemon (~1 oz)

1 tablespoon whole wheat flour

1 raw egg, scrambled

20 sheets (1/2 a box from the grocery store freezer section) of phillo dough

a small amount of additional melted butter for brushing on sheets of phillo

Melt 4 tbsp butter in a big pan, and saute onion/garlic until clear. add spinach leaves and cook until they've cooked down. remove from heat.

When spinach mixture has cooled, use a slotted spoon to transfer to a large mixing bowl, leaving behind superfluous cooking liquids at the bottom of the pan. (you don't want a watery pie.)

Add scrambled egg, lemon juice, crumbled feta.

I added a tablespoon of whole wheat flour to the filling to absorb any excess liquid, but I think you could just as well leave it out.

Melt a small amount of additional butter (maybe 2 tbsp) in a bowl in the microwave.

using a paintbrush, brush a small amount of butter into the bottom of a pan (I used 8" x 13") and lay down a sheet of phillo dough. Brush the sheet of dough with a small amount of butter and top with another sheet. Repeat until you have ten sheets of phillo glued together in the bottom of the pan.

Add spinach and feta mixture to the pan and spread it out.

Lay down a sheet of phillo on top of the spinach/feta goo, brush it with butter, and repeat the process until you've used the rest of your roll of phillo dough

Bake at 375F until dough is golden brown, maybe 45 minutes or so. (I didn't time it.)

Honolulu Skillet Beans (Paula)

from [*the moosewood restaurant cooks at home*](#), page 174

I have never put in the orange peel or pineapple so that the hoisin sauce is likely to be the only ingredient that you don't usually have. These are good with rice (and/or hot dogs or tofu pups, in my case). Serves 4.

1 large onion, finely chopped (about 1½ cups)

2 teaspoons vegetable oil

4 cups cooked small firm beans, such as roman or small pink, red, or white beans (two 16-ounce cans)

2 tablespoons hoisin sauce

2 teaspoons prepared yellow mustard

2 tablespoons catsup or tomato paste

1 tablespoon soy sauce

1 teaspoon dark sesame oil

1 teaspoon ground cumin

grated peel of 1 orange (about 1 tablespoon) (optional)

¾ cup fresh or canned crushed pineapple (optional)

In a skillet or saucepan, sauté the onions in the oil until soft and beginning to brown, about 10 minutes. Meanwhile the onions cook, drain the beans in a colander and rinse them under running water. in a small bowl, stir together the hoisin sauce, mustard, catsup, soy sauce, sesame oil, cumin, (orange peel, and pineapple, if using).

When the onions are soft, add the beans and the sauce. Stir gently to distribute the sauce. Bring to a gentle simmer on low heat.

Remove the beans from the heat and serve right away, or set them aside to reheat later.

Pork

Crockpot Shredded Pork (Heather)

2-3 lbs pork shoulder and a bottle of bbq sauce
cook on low all day.

Pork Chops & Apples or Pears (Sandy)

Adapted from various sources by Sandra Nesmith

2 thick pork chops; 4 thin slice pork chops
1 tbsp of cooking oil (I use olive or peanut oil)
1-2 tbsp flour (I use whole wheat flour)
1 tsp garlic (crushed)
Strip a small Rosemary leaf or 1/8 tsp of finely chopped Rosemary
salt and pepper to taste
1/4 white wine or apple cider vinegar
1/4 cup of brown sugar
2 sliced apples or pears (depends on what you feel like that evening)
1 or 2 small dabs of butter 1/4 tsp or more if you like

Season flour with salt and pepper, flour both sides of pork chops and brown in heavy saute pan. Melt a small dab of butter and spread in over a 9x9 or 8x8 casserole dish. Place the brown pork chops in the casserole dish and season with half the garlic, wine and brown sugar. Add the sliced apples or pears over the chops and add the remaining ingredients, spreading as even as possible. You may top off with another small dab of butter if you'd like. Bake @ 350 degree preheated oven until apples/pears are browned (in my oven it takes about 30-40 minutes). Let stand for 5 minutes after removing from oven. Meanwhile prepare a salad or steamed veggies.

Ham and Scalloped Potatoes (Sara)

About four big potatoes - sliced evenly
1 Big Ham Slice - cut up in pieces
1 can Cheddar Cheese soup - do not dilute just out of the can

In a deep baking dish, put down a layer of potatoes, a layer of ham, then a couple of tablespoons of cheese soup. Keep layering until you fill dish, ending with a layer of potatoes. Add milk about half way up the baking dish. Cook at 450 for 45 minutes...check to make sure potatoes are cooked through...if not cook until they are.

Lovely Pulled Pork (Knit Dreamer)

Use this to make enchiladas, burritos, tacos, taco salad, pulled pork sandwich

4 lbs. pork roast (.99-1.48 at winco per pound) (cook all night on low)
Drain all the liquid and add 1 jar of salsa (medium), 2 1/2 cups of coke or Dr. Pepper, 2 cups brown sugar and a little garlic powder.
It shreds up perfectly once you stir it. Cook for 3 hours on low.

Ooqueue: The best Mac and Cheese (Ooqueue)

This recipe from Ina Garten is a little work, but absolutely worth it! I usually skip the bacon if it's just us, and I don't like bread crumbs on mac and cheese, so I skip that too - it doesn't suffer.

4 ounces thick-sliced bacon
Vegetable oil
Kosher salt
2 cups elbow macaroni or cavatappi
1 1/2 cups milk
2 tablespoons unsalted butter
2 tablespoons all-purpose flour
4 ounces Gruyere cheese, grated (swiss works too)
3 ounces extra-sharp Cheddar, grated
2 ounces blue cheese, such as Roquefort, crumbled
1/4 teaspoon freshly ground black pepper
Pinch nutmeg
2 slices white sandwich bread, crusts removed
2 tablespoons freshly chopped basil leaves

Preheat the oven to 400 degrees F.

Place a baking rack on a sheet pan and arrange the bacon in 1 layer on the baking rack. Bake for 15 to 20 minutes, until the bacon is crisp. Remove the pan carefully from the oven - there will be hot grease in the pan! Transfer the bacon to a plate lined with paper towels and crumble when it is cool enough to handle.

Drizzle oil into a large pot of boiling salted water. Add the macaroni and cook according to the directions on the package, 6 to 8 minutes. Drain well.

Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt the butter in a medium pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or 2 more, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, blue cheese, 1 teaspoon salt, pepper, and nutmeg. Add the cooked macaroni and crumbled bacon and stir well. Pour into 2 individual size gratin dishes (or one smallish casserole dish).

Place the bread slices in a food processor fitted with a steel blade and pulse until you have coarse crumbs. Add the basil and pulse to combine. Sprinkle the bread crumb mixture over the top of the pasta. Bake for 35 to 40 minutes, or until the sauce is bubbly and the macaroni is browned on the top.

Steven: Pork Chops (Steven)

Rinse half-inch thick pork chops and pat dry. Sprinkle with steak seasoning and marinate in Combine a couple of tablespoons molasses, a couple tablespoons of olive oil, zest of an orange and chopped rosemary for about 20 minutes. Grill. Done.

Deb: <http://smittenkitchen.com/2010/01/tomato-sauce-with-butter-and-onions/>

Sausage

Chille Relleno Casserole (JaymeKnits)

Great for dinner or brunch.

- 2 small cans Greens Chilles (diced or whole)
- 1 lb bulk sausage (I like Jimmy Dean)
- 3 cups shredded Cheese (mexican blend, Cheddar, or jack)
- 1 cup milk
- 2 Tbs Flour
- 1 dozen eggs
- 13x9" glass pan, preheat oven 350F

Brown sausage in skillet. Spread chilles in bottom of pan, cover with Sausage then cheese. Beat milk and flour, add and beat eggs. Pour over ingredients in pan and bake for 50-60 minutes until eggs are set (poke center with a knife). Cover with foil if it gets too brown. Serve with salsa, sour cream, black olives, shredded lettuce, more cheese or whatever you want.

Sausage Bean Bake (Gramma Phyllis)

This is one that the guys in my house seem to like and it makes a good pot luck dish as well. I have made this into a vegetarian meal by substituting vegetarian sausage or omitting the sausage and adding another bean such as black beans or chick peas. Can be made on the stove top or in a crock pot.

- 1 can each, drained: kidney beans, butter beans, black-eyed peas
- 1 can pork and beans
- 1/2 to 1 lb of any smoked sausage you like slice into bite size pieces - I have used kielbasa, Andouille and hot dogs.
- 3/4 cup ketchup or any tomato based sauce (good way to use up small amounts of spaghetti sauce or salsa)
- 1/4 mustard (any kind you like)
- 1/4 cup brown sugar, packed
- 1/4 cup dried chopped onions (optional)

Combine everything in whatever pot you are using and heat at least 15 min on medium low heat.

Sausage, Potato, & Veg Bake (Mary Ann)

serves 4, easily expandable.

1 lb turkey, chicken, or meat sausage (either pre-cooked or not)

6-8 thin-skinned potatoes (about size of tennis ball, about 2 lbs total) -- washed, not peeled

4-6 medium carrots, cut into hefty slices or chunks (not too thin or they'll get mushy while baking)

2 cloves garlic, sliced

bunch of broccoli rabe or 2-3 heads of broccoli

salt and pepper

2T (approx.) olive oil

Heat oven to 375. Pour olive oil into large roasting pan and put in oven while it heats (10-15 min)

Cut potatoes into chunks.

Remove stems from broccoli rabe or cut broccoli into florets -- set aside.

Swirl oil around roasting pan, then toss in potatoes, garlic, carrots, sausage (if using uncooked sausage). Stir to coat with oil. Sprinkle with salt and pepper.

[Note: you can do this prep work ahead of time. Toss potatoes, garlic, sausage, and carrots into a zip-lock plastic bag, pour in olive oil, seal bag and place in fridge until you're ready to bake.]

Bake 45 minutes in pre-heated oven.

Remove pan from oven. Stir in broccoli rabe (or plain broccoli). If using pre-cooked sausage, add it to pan now.

Cover pan with foil. Bake 15-20 minutes until potatoes and veg are fork-tender.

CrockPot Easy Breezy Beans (Sandy)

Adapted from various sources by Sandra Nesmith

2 cans of Pinto Beans

2 cans of Ranch Beans

1 can Red Kidney Beans

1 can of Black Beans

1 stick of Linguica or Cooked Sausage quarter slices

1/8 cup brown sugar

1/8 cup Worstershire sauce

a dash of red wine if you'd like or red wine vinegar

Salt and Pepper to taste

Pour all the canned ingredients into a warm crockpot, add the meat, brown sugar, Wortershire sauce, and seasonings, stir occasionally until heated through (you get to choose low setting for longer cooking time or high setting for faster—this takes 4 to 6 hours depending on your crock pot and its settings). Serve with bread.