

# More Lazy Dinners



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# Hamburger Steaks



# Hamburger Steaks

Serves 4

## Ingredients

### The Steaks:

- 1 pound ground beef
- 1 teaspoon soy sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon pepper
- ¼ teaspoon salt
- 1/3 cup bread crumbs
- 1 egg
- 4 tablespoon butter divided

### The Sauce:

- 8 ounces mushrooms sliced
- 1 cup sweet onion thinly sliced
- 1 teaspoon garlic minced
- 3 tablespoons flour
- 2 cups beef broth
- 1 ½ tablespoons Worcestershire sauce
- Salt and pepper to taste
- Chopped parsley for garnish

## Instructions

1. In a large bowl mix together the ground beef, soy sauce, garlic powder, onion powder, pepper, salt, bread crumbs and egg. Mix only until combined, don't overmix. Shape into four equal patties.
2. In a large skillet over medium-high heat melt 2 tablespoons of butter. Add the ground beef patties and cook about 4 minutes on each side until browned (they will cook further in the sauce later). Remove from skillet and place on a plate.
3. Using the same skillet reduce the heat to medium and add the remaining 2 tablespoons of butter. Add in the sliced onions and mushrooms and cook for 5-6 minutes or until softened and browned.
4. Add the garlic and cook for an additional minute.
5. Sprinkle the flour over the mushrooms, onions and garlic and stir while cooking for one minute.
6. Add the beef broth and Worcestershire sauce and salt and pepper to taste and cook for about 5-6 minutes stirring frequently.
7. Add the hamburger steaks back into the skillet (along with any juices on the plate) and cover them with the gravy.
8. Cover with a lid and reduce heat to a simmer and cook for another 10 minutes.
9. Remove lid and cook another 10-15 minutes letting the sauce thicken.

# *Bourbon Chicken*



# Bourbon Chicken

Serves 5

## Ingredients

- 4 chicken breasts
- 2 tbsp sesame oil
- 1/2 tsp pepper
- 1/2 tsp onion powder
- 1/4 cup apple juice
- 1/4 cup ketchup
- 1/2 cup soy sauce
- 1/4 cup water
- 2/3 cup brown sugar
- 1/2 tsp ground ginger
- 3 tsp minced garlic
- 1 tbsp + 1 tsp cornstarch
- 1/8-1/4 tsp red pepper flakes optional

## Instructions

1. Chop chicken breasts into bite sized pieces and pat dry with a paper towel. Toss chicken in a large bowl with 1 tbsp cornstarch.
2. In a large skillet over medium heat add sesame oil. Add chicken and cook until no longer pink. Drain all juices from pan. Return skillet to stove and continue to cook chicken over medium heat until the chicken is browned, and the bottom of your skillet is "browned" as well.
3. In a medium bowl combine pepper, apple juice, ketchup, soy sauce, water, brown sugar, ground ginger, minced garlic, water, and 1 tsp cornstarch. Whisk together.
4. Once chicken is browned add your sauce mixture. Using a spoon, deglaze the bottom of the pan and make sure to get all of the browned bits up and off of the bottom of the pan. Bring sauce to a boil.
5. Once the sauce is boiling turn heat down to low and allow to simmer 5-7 minutes, stirring often.
6. Once sauce is done simmering remove from heat and allow to sit for 5 minutes to thicken.
7. Serve over white rice and enjoy.

# *The Best Crockpot Mac & Cheese*





## Crockpot Mac and Cheese

Serves 6

### Ingredients

- 1 16-ounce box elbow macaroni
- 4 cups whole milk
- 1 8-ounce block of extra-sharp yellow cheddar cheese shredded
- 8-10 ounces extra-sharp white cheddar cheese shredded
- ½ cup grated parmesan
- 4 - ounces room-temp cream cheese
- 1 8-ounce container sour cream
- 1 ½ teaspoons sea salt
- ½ teaspoon white pepper
- 1 teaspoon ground mustard

### Instructions

1. Fill a large pot half way up with water and bring to a boil.
2. Once the water has started to boil, pour in a little bit of olive oil and the box of macaroni. Cook for 2-3 minutes and then drain.
3. Add the macaroni to a slow cooker and add milk, shredded cheddar cheeses, parmesan, and seasonings.
4. Turn slow cooker on low and cook for 1 hour, stirring occasionally.
5. Stir in the cream cheese and the sour cream until cream cheese starts to melt.
6. Cook on low for an additional 20-30 minutes until hot and creamy.

# Shish Kabobs



# Shish Kabobs

Serves 6

## Ingredients

For the steak:

- 2 pounds lean steak sirloin, beef tenderloin, New York Strip or ribeye, cut into 1 inch pieces
- 3 varied colored bell peppers cut into 1 inch pieces
- 1 red onion cut into 1 inch pieces
- Salt and pepper to taste

For the marinade:

- ¼ cup soy sauce
- ¼ cup olive oil
- ¼ cup Worcestershire sauce
- 2 tablespoons lemon juice
- 1 tablespoon brown sugar
- 2 teaspoon minced garlic
- 1 tablespoon Italian seasoning
- 1 teaspoon pepper
- ½ teaspoon salt

## Instructions

1. Mix the marinade ingredients together in a small bowl or a Ziploc freezer bag. Remove ¼ cup of the marinade to use later on the vegetables when ready to grill.
2. Add the meat pieces to the marinade (whether in bag or bowl) and marinate for one hour or up to 24 hours.
3. Preheat the grill to high heat.
4. Place the reserved ¼ cup of marinade in a large bowl. Add the pepper and onion pieces and season with salt and pepper to taste. Stir to mix well.
5. Thread your skewers with the meat, peppers and onions alternating down the skewer.
6. Place the kabobs directly over the heat on the grill and reduce the heat to medium-high.
7. Grill for 8-10 minutes turning the skewers every 2-3 minutes until the meat is cooked to desired doneness (medium-rare to medium) and the vegetables have a slight char around the edges.
8. Remove from the grill and serve.

# Instant Pot Lasagna



## Instant Pot Lasagna

Serves 6

### Ingredients

#### Cheese Layer:

- 1 cup Ricotta cheese
- 2 large eggs
- 1 cup shredded Mozzarella cheese
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon Italian Seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

#### Meat Layer:

- 1 pound of ground beef
- 1 small onion diced
- 1 tablespoon minced garlic
- 1 - 24 oz jar of pasta sauce
- 9 No-boil lasagna noodles
- 1/2 cup shredded mozzarella cheese

#### For cooking in the Instant Pot:

- 1 1/2 cups of water

## Instructions

### Cheese Layer

1. Mix all ingredients listed in the "Cheese Layer" section of the ingredients list. Stir to combine and set aside.

### Meat Layer

1. Brown beef until no longer pink in a pan on the stove.
2. Add onion and minced garlic.
3. Cook until onions are translucent.

### Putting it all together

1. Layer ingredients in the following order into a 7 inch springform cake pan:
2. Layer One: Cover the bottom of the assembled springform pan with about 3-4 broken no-boil noodles.
3. Layer Two: Thoroughly cover the noodles with 1 cup of the pasta sauce.
4. Layer Three: Spread 1/2 of the meat mixture evenly on top of the sauce layer. Press slightly.
5. Layer Four: Spread 1/2 of the cheese mixture evenly on top of the meat layer. Press slightly.
6. Add a final layer of no-boil lasagna noodles. Press slightly. Cover with sauce and sprinkle 1/2 cup of mozzarella cheese on top.
7. Spray a sheet of foil with nonstick spray and cover the pan.

### Cooking

1. Place the covered lasagna pan on a trivet with handles then place it in the pot.
2. Press the Manual button twice and set time to 25 minutes.
3. Allow natural release for 10 minutes. Then, perform a quick release.
4. Open the Instant Pot and transfer the lasagna out.
5. Place on baking sheet in oven on broil until cheese begins to brown. Watch it closely so it doesn't burn.

### Removing From Pan

1. Remove the lasagna from the oven, and let it rest on a cooling rack for 15 minutes. This will help maintain its shape when you try to remove it from the pan.
2. Release the lasagna from the sides of the springform pan.
3. Garnish with fresh parsley if desired. Slice and serve.

# Chicken and Dumplings



# Chicken and Dumplings

Serves 8

## Ingredients

For the soup:

- 3-4 cups rotisserie chicken shredded (or 2 large chicken breasts cooked and shredded)
- 8 cups water
- 4 tbsp Better than Bouillon Chicken
- 4 tbsp salted butter
- 4 carrots cut in half lengthwise and then diced
- 4 celery stalks diced
- 2 small yellow onions diced finely
- 1/2 cup flour
- 1 cup milk
- 1 tsp Italian seasonings
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder

For the dumplings:

- 2 cups bisquick sifted into medium mixing bowl
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp Italian seasonings
- 1 cup milk
- 4 tbsp salted butter melted



## Instructions

### For the soup:

1. In a large bowl combine water and better than bouillon to make chicken broth. Place in the microwave for 3 minutes. Remove and stir well. Set aside.
2. In a large stock pot over medium heat, add carrots, celery, onion, and 4 tbsp butter. Stir well to combine. Let cook for 10 minutes, stirring often to ensure that the onions don't burn.
3. Add 1 cup flour and stir to combine. Add chicken broth and bring to a boil.
4. Add the shredded chicken, Italian seasoning, garlic powder, onion powder, salt, and milk. Stir well. Turn temperature to low and let simmer while making the dumplings mixture.

### For the dumplings:

1. In a separate bowl sift Bisquick using a mesh strainer. Dump leftover Bisquick lumps in the garbage. Add salt, garlic powder, and Italian seasonings. Use a whisk to mix together.
2. Pour milk and melted butter. Use a spoon to combine ingredients. Note: Don't overmix the batter. Mix until just combined.
3. Using a small cookie dropper, or regular tablespoon measuring spoon, drop spoonfuls of dumpling mixture into the simmering pot. Don't stir the dumplings in, just let the dumplings fall into the simmering liquid.
4. Cover pot and let cook for 15 minutes. Uncover, and using a large spoon gently turn over each dumpling. Let simmer for another 2-3 minutes.
5. Serve and enjoy. Optional to garnish with a little chopped parsley.

# Instant Pot Turkey Breast

## Instant Pot Turkey Breast

Serves 8

### Ingredients

- 1 bone-in turkey breast 5-6 pounds
- 2 tablespoons olive oil divided
- 2 tablespoons butter
- 1 teaspoon dried sage
- 1 teaspoon rosemary
- ½ teaspoon thyme
- ½ teaspoon paprika
- ½ teaspoon seasoned salt
- ½ teaspoon pepper
- 2 cups water
- 2 cloves garlic
- 1 rib celery cut into big chunks
- ½ small onion sliced

### Gravy Ingredients:

- Leftover broth and juices to equal 2 cups
- 2 tablespoons cornstarch
- ¼ cup cold water

## Instructions

1. Remove any gravy package that might be included with the turkey breast.
2. Pat dry the turkey breast with paper towels.
3. Mix together the sage, rosemary, thyme, paprika, seasoned salt, and pepper.
4. Drizzle 1 tablespoon of olive oil all over the turkey breast and rub it in. You really don't have to measure, just drizzle the turkey all over.
5. Sprinkle the spice mixture all over the turkey and pat it onto the skin. Start on one side and just turn and add spice. You can do several sprinkles.
6. Place 1 tablespoon of olive oil and the 2 tablespoons of butter in the bottom of the instant pot. Set the Instant Pot to saute and once the butter has melted sear the turkey breast on all sides, about 5-6 minutes on each side. Once the sides are seared, remove the turkey to a plate.
7. Turn the Instant Pot off.
8. Add the celery, onion, and garlic to the bottom of the pot.
9. Place the wire trivet that came with the Instant Pot in the bottom of the pot leaving the handles available for later to lift the turkey out.
10. Carefully and slowly add 2 cups of water to the instant pot. (Be careful with hot oil and water).
11. Place the turkey breast into the instant pot.
12. Place the lid on the Instant Pot, vent in the closed position. Set the Instant Pot to the manual setting for about 33-40 minutes (about 6-7 minutes per pound).
13. Once the cooking time has transpired let the Instant Pot pressure release naturally (meaning don't open the currently closed vent). Let it release naturally at least 10-15 minutes or until you are ready to take it out.
14. Remove the turkey to a cutting board, tent with aluminum foil and let it rest before slicing.

## Gravy Instructions:

1. Strain the liquid that remains in the Instant Pot using a fine meshed strainer to remove the chunks of onion, garlic and celery. Measure out 2 cups of juices (or more if you need it, adjust cornstarch/water accordingly). Place the strained liquid back into the Instant Pot.
2. Set the Instant Pot to saute to reheat the liquid.
3. While the liquid is reheating, whisk the cornstarch and cold water together.
4. Once the liquid is boiling whisk in the cornstarch/water mixture and whisk until desired thickness.

# Doritos Casserole



# Doritos Casserole

Serves 8

## Ingredients

- 1 pound ground beef
- Half of a yellow onion diced
- 1 teaspoon minced garlic
- 3 tablespoons taco seasoning or your favorite taco seasoning packet
- ½ cup frozen corn
- 14.5 ounce can petite diced tomatoes with green chilies drained
- 1 cup sour cream
- 9 ¾ ounce bag Doritos chips Nacho flavor
- 2 cups Monterey jack cheese shredded, divided
- Sliced green onions diced tomatoes, shredded lettuce, avocado, sour cream for garnish (optional)

## Instructions

1. Preheat oven to 350 degrees. Spray 9x13 dish with nonstick spray.
2. Gently crush the chips until you have 4 cups of fairly large, bite size pieces. Set aside.
3. With the remaining chips use a rolling pin and crush the chips to a fine crumb and set aside.
4. In a large skillet brown the ground beef and onions. Drain any extra grease.
5. Add the garlic and cook for one minute.
6. Add the frozen corn, taco seasoning, drained tomatoes and finely crushed leftover chips and cook for 3-4 minutes.
7. Remove from heat. Stir in the sour cream and ½ cup of cheese.
8. Spread 1 ½ cups of the lightly crushed Doritos in the bottom of the pan.
9. Next place half of the meat mixture over the Doritos spooning large spoonfuls around and then spread.
10. Sprinkle ½ cup of cheese over the meat.
11. Sprinkle another 1 ½ cups of Doritos over casserole.
12. Place the remaining meat on top.
13. Sprinkle the final remaining Doritos on top and sprinkle the remaining 1 cup of shredded cheese on top of the Doritos.
14. Spray a piece of foil with nonstick spray (or use nonstick foil). Cover the casserole and bake for 30 minutes.
15. Remove the foil and bake for 10-15 minutes more or until the cheese has melted and browned.
16. Remove from oven and serve with your favorite toppings.

# *Chicken Casserole*



# Chicken Casserole

Serves 8

## Ingredients

- 1 T olive oil
- Red bell pepper chopped
- Medium onion chopped
- 2 stalks celery chopped
- 1.5 pounds chicken cooked and chopped
- 1 can mushrooms 4 oz, drained
- 3.5 cups dry egg noodles cooked al dente
- 6 oz cheddar cheese freshly shredded
- 2 oz mozzarella cheese freshly shredded
- 2 cans cream of celery soup 10.5 oz
- $\frac{3}{4}$  cup milk
- 2 T fresh parsley chopped

## Instructions

1. Preheat the oven to 350 degrees. Spray a 9x13 baking dish with cooking spray
2. Heat olive oil in a skillet over medium heat. Add pepper, onion, and celery and cook until soft, about 5 minutes.
3. In a small bowl whisk together cream of celery soups and milk, set aside.
4. In a large mixing bowl combine cooked pepper, onion, and celery, chicken, mushrooms, egg noodles, cheddar cheese, mozzarella cheese, and cream of celery soup mixture.
5. Pour mixture into baking dish and bake in preheated oven for 50 minutes.
6. Let cool slightly, serve warm topped with fresh chopped parsley.



# Hamburger Soup



# Hamburger Soup

Serves 8

## Ingredients

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 onion diced
- 1 stalk celery diced
- 2 cloves garlic minced
- 2 medium potatoes peeled and diced
- 5 cups beef broth
- 15 ounce can diced tomatoes with juice
- 8 ounce can tomato sauce
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 3 cups of frozen mixed vegetables corn, green bean, carrot mix

## Instructions

1. In a medium-sized soup/stock pot brown ground beef, onion, celery, and garlic until no pink remains in the ground beef. Drain any excess fat.
2. Add potatoes, broth, tomatoes, tomato sauce, Worcestershire, Italian seasoning, salt and pepper and simmer for 10 minutes.
3. Add the frozen vegetables.
4. Simmer 15-20 minutes or until potatoes are tender.

# Chicken Alfredo Bake



## Chicken Alfredo Bake

Serves 10

### Ingredients

- 16 ounces penne rigata pasta
- 6 tablespoon butter
- 3 teaspoon garlic minced
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- ½ teaspoon pepper
- 4 cups heavy cream
- 1 ½ cups shredded parmesan cheese divided
- 1 ½ cups mozzarella cheese
- 2 ounces cream cheese
- Salt to taste
- 2-3 chicken breasts cooked and diced
- Chopped parsley for garnish

### Instructions

1. Preheat oven to 400 degrees.
2. Prepare pasta per package directions (al dente as pasta will continue to cook in the oven)
3. Melt butter in a large Dutch oven or soup pan over medium heat.
4. Add the garlic, onion powder, Italian seasoning, pepper cream and 1 cup of the Parmesan cheese. Stir to combine and melt the cheese.
5. Simmer the sauce for 10-15 minutes or until thickened, stir frequently to avoid burning. Once thick remove from heat.
6. Add mozzarella and cream cheese and stir to combine and melt the cheese. Add salt to taste.
7. Drain the pasta and add into the stock pot with the sauce.
8. Add the diced chicken to the sauce and stir to mix well.
9. Pour pasta and sauce mixture into a 9x13 casserole dish that has been sprayed with cooking spray.
10. Bake for 15-20 minutes or until the top browns slightly and sauce is bubbly.
11. Remove from oven and sprinkle with remaining ½ cup of Parmesan cheese.
12. Garnish with parsley if desired and serve.

# *Egg Roll in a Bowl*



## Egg Roll in a Bowl

Serves 6

### Ingredients

- 1 1/2 lbs ground beef
- 1 large onion diced finely
- 1 head of cabbage sliced into strips
- 3 carrots peeled with peeler into long strips
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 1/2 tsp ground ginger
- 1 tbsp minced garlic
- 1/2-3/4 cup soy sauce
- 2 tbsp sesame oil
- 2 tbsp vegetable oil

### Instructions

1. Cook ground beef in a large deep sided skillet over medium heat until no longer pink. Drain grease and return to the stovetop. Add onions and minced garlic and cook until meat is browned.
2. Add 2 tbsp sesame oil, carrots, and cabbage to the skillet. Stir to combine. Let cook for about 10 minutes, stirring often.
3. In a small separate bowl combine onion powder, garlic powder, ground ginger, soy sauce, and vegetable oil. Pour over meat and cabbage mixture.
4. Reduce heat and continue to cook while stirring often for about 5-10 minutes, or until carrots and cabbage are tender.

# Ground Beef Enchiladas



# Ground Beef Enchiladas

Serves 8

## Ingredients

- 1 1/2 lbs ground beef
- 1 yellow onion diced finely
- 1 tbsp minced garlic
- 1/2 tsp salt
- 1/2 packet taco seasoning
- 1/2 10 oz red enchilada sauce
- 1/2 10 oz green enchilada sauce
- 28 oz can red enchilada sauce
- 4 oz can diced green chiles
- 8 large flour tortillas
- 3-3 1/2 cups Mexican blend shredded cheese
- chopped cilantro for serving

## Instructions

1. Preheat the oven to 350 degrees and spray a 9×13 baking dish with cooking spray. Set aside.
2. In a large skillet over medium heat cook the ground beef until no longer pink. Drain grease.
3. Add onion and cook for 5 minutes, or until softened. Add minced garlic and continue to cook for an additional 2 minutes.
4. Add taco seasoning, red and green enchilada sauce, and diced green chiles. Stir well. Let simmer on low for 5 minutes.
5. Divide meat mixture into 8 equal portions. Fill each tortilla with an equal amount of meat mixture.
6. Divide 2 cups shredded Mexican blend cheese into 8 equal portions and place on top of each tortilla with meat mixture. Roll the tortillas tightly.
7. Pour 1/3 of the 28 oz can of enchilada sauce into the bottom of the 9×13 baking dish. Place rolled tortillas seam side down.
8. Pour the remaining enchilada sauce from the 28 oz can on top of the flour tortillas. Top with remaining 1- 1 1/2 cups of Mexican blend shredded cheddar cheese.
9. Place the baking dish in the oven and bake uncovered at 350 degrees for 20 minutes.



# Oven Baked Chicken



## Oven Baked Chicken

Serves 4

### Ingredients

- 4 chicken breasts
- 2 tbsp olive oil
- 3/4 tsp garlic powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4-1/2 tsp cayenne pepper

### Instructions

1. Preheat the oven to 400 degrees. Line a 9×13 baking sheet with foil and set aside.
2. . Place 4 chicken breasts on a cutting board and cover with a piece of parchment paper. Use a meat mallet and pound down the thick parts of the chicken breasts so they cook more evenly while in the oven.
3. In a large bowl add chicken and olive oil. Flip chicken over, making sure to coat all sides of chicken breasts.
4. In a small bowl combine garlic powder, salt, black pepper, and cayenne pepper.
5. Place chicken breasts bottom side up on the foil lined baking sheet. Season using half of the seasoning. Flip chicken breasts over and season using the remaining seasoning
6. Place in the oven and cook for 18-20 minutes. (Internal temperature should be close to 165 degrees at this point)
7. Turn the oven to broil and let cook for 4 minutes, or until the chicken has a nice browned color on top.
8. Chicken is done when it reaches 165 degrees internally at the thickest part.

# Frito Pie



## Frito Pie

Serves 6

### Ingredients

- 1 pound Laura's Lean Ground Beef
- 1 onion diced finely
- 1 packet taco seasoning
- 1 cup chili sauce
- 1 cup medium salsa
- 1 15- ounce can kidney beans rinsed
- 2 teaspoon chili powder
- ½ teaspoon pepper
- 1 teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 teaspoon minced garlic
- 1.5 cups Monterey jack cheese shredded
- 1.5 cups cheddar cheese shredded
- 4 cups corn chips

### Instructions

1. Start by preheating the oven to 400 degrees. Spray a 9×13 baking dish with cooking spray. Set aside.
2. In a large skillet over medium heat cook and crumble ground beef until no longer pink.
3. Drain grease and return beef to skillet. Add onions and garlic. Continue to cook for 5-7 minutes, or until onions are soft and tender.
4. Add taco seasoning, chili sauce, medium salsa, kidney beans, chili powder, pepper, salt, onion powder, and garlic powder. Stir well and let simmer for 3-5 minutes.
5. Pour the meat mixture into the greased 9×13 baking dish. Use a spatula to spread the mixture out evenly.
6. Top meat mixture with half of the Monterey jack and cheddar cheeses. Sprinkle corn chips on top of shredded cheese. Top the corn chips with the remaining cheese.
7. Place the baking dish in the oven and let cook for about 10-12 minutes, or until the cheese is fully melted.
8. Serve with your favorite toppings and enjoy!

# *Cheeseburger Casserole*



## Cheeseburger Casserole

Serves 5

### Ingredients

- 1 lb lean hamburger 92%
- 1 onion chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tsp minced garlic
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1 tbsp Worcestershire sauce
- 2 tbsp tomato paste
- 15 oz can diced tomatoes
- 2 cups water
- 3 beef bouillon cubes
- 2 cups dried large elbow macaroni
- 1 cup sour cream
- 1/4 cup whole milk
- 1 1/2 cups mozzarella cheese, shredded from block
- 1 1/2 cups mild cheddar cheese, shredded from block

## Instructions

1. In a medium bowl add 2 cups water and 3 beef bouillon cubes. Microwave on high for 4-5 minutes, or until the beef bouillon cubes are dissolved. Set aside.
2. In a large saucepan, cook ground beef over medium high heat until no longer pink. Drain grease and return beef to the pan.
3. Turn heat down to medium and add chopped onion, salt, pepper, minced garlic, Italian seasonings, garlic powder, and chili powder. Stir well and let cook until onions are soft and translucent, about 5-7 minutes
4. Add Worcestershire sauce, tomato paste and diced tomatoes (in their juices) and stir together.
5. Next add the dried large elbow macaroni noodles and beef bouillon broth to the beef mixture and stir together.
6. Cover and let simmer over medium-low heat for 5 minutes. Uncover and stir. Cover again and let cook for another 5 minutes, or until pasta is done.
7. Stir in sour cream and milk.
8. Pour ½ of the beef and pasta mixture into a 9×13 glass baking dish. Sprinkle ½ of the mozzarella and cheddar cheese over the casserole
9. Pour the remaining casserole into the dish and spread evenly. Sprinkle the remaining ½ of mozzarella and cheddar cheese over the top of the casserole.
10. Bake uncovered at 400 degrees for 10 minutes, or until the sides of the casserole are bubbling.

# Italian Chicken Sheet Pan Dinner





## Italian Chicken Sheet Pan Dinner

Serves 4

### Ingredients:

- 3-4 Chicken breasts
- 4 medium russet potatoes
- 1 small yellow onion, chopped into small pieces
- 2 cups fresh green beans
- 2 packages dry italian dressing mix
- 1 stick butter, cut into 12 equal pieces
- ½ tsp salt
- ½ tsp pepper

### Instructions:

- Preheat oven to 350 degrees.
- Wash the green beans and potatoes.
- Cut off the ends of the green beans. Cut the green beans in half.
- Peel the potatoes and cut into bite sized pieces.
- In a medium bowl combine potato pieces, onion, 2 tbsp olive oil, and 1 packet of dry italian seasoning mix. Stir well.
- Pat chicken breasts dry. Trim and cut each breast in half, or quarters depending on your preference.
- Place green beans on one side of the baking sheet, chicken in the middle, and potatoes on the other side.
- Sprinkle the remaining dry italian seasoning packet, salt. and pepper over the sheet pan.
- Cover with foil and bake at 350 degrees for 30 minutes.
- Remove from the oven. Stir potatoes and green beans. Place back in the oven and cook uncovered for 30 minutes.

# Tuscan Chicken



## Tuscan Chicken

Serves 4

### Ingredients

- 4 chicken breasts
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp garlic salt
- 2 tbsp olive oil
- 3 tsp minced garlic
- 1/2 yellow onion
- 1/2 cup sun dried tomatoes
- 1.5 cups fresh spinach
- 2 cups shredded Parmesan cheese
- 2 cups heavy cream
- 1 cup water
- 1 chicken bouillon cube
- 2 tbsp butter

## Instructions

1. In a small bowl, mix salt, pepper, Italian seasonings, garlic powder, and garlic salt. Season both sides of the chicken breasts with seasoning mixture. Set the rest of the seasonings aside.
2. In a large skillet over medium high heat, add the olive oil and chicken breasts. Let the chicken breasts cook for 5 minutes per side, or until browned.
3. Cover the skillet and turn the heat to medium-low. Allow the chicken breasts to cook until the internal temperature reaches 165 degrees and they are no longer pink in the middle. Depending on how thick your chicken breasts are, this may take 3-5 additional minutes.
4. Remove the chicken from the skillet and set it aside. Add butter, onions, sun dried tomatoes and garlic to the skillet. Mix well and cook for 1-2 minutes over medium heat.
5. Add water and the chicken bouillon cube and stir well. Deglaze the bottom of the pan by using your spatula to gently scrape the bottom of the pan to get all browned bits up and into the sauce.
6. Add the seasoning mixture and stir well. Allow the pan to simmer for 2-3 minutes.
7. Add the heavy cream and parmesan cheese and stir well to combine. When the pan starts to gently bubble add the spinach and stir.
8. Turn the heat to low and add the chicken breasts back into the skillet. Cover and let simmer for 2-3 minutes.
9. Spoon sauce over the top of chicken and serve.

# *Crockpot Orange Chicken*



# Crockpot Orange Chicken

Serves 4

## Ingredients

- 1 ½ lbs chicken breast cut into bite size pieces
- ½ cup orange marmalade
- ¼ cup ketchup
- 1 Tablespoon brown sugar
- 1 Tablespoon rice wine vinegar
- 3 Tablespoons low sodium soy sauce
- 1 teaspoon grated fresh ginger or ½ teaspoon dried
- ¼-½ teaspoon red pepper flake
- 2 Tablespoon cornstarch
- ¼ cup water
- Chopped green onion for garnish optional
- White sesame seeds for garnish optional

## Instructions

1. Add chicken pieces to crockpot.
2. In a bowl, stir the orange marmalade, ketchup, brown sugar, vinegar, soy, ginger, and red pepper flakes together until combined. Pour over the chicken. Cook on low for 4 hours or on high for 2 hours.
3. Mix the water and cornstarch together. Pour mixture into the crockpot during the last 10 minutes of cooking, replace the lid so it comes up to a slight boil and thickens. (If you are cooking on low, switch over to high for the last 10 minutes).
4. Serve over rice and garnish with white sesame seeds and green onion.

# Crockpot Ranch Pork Chops



## Crockpot Ranch Pork Chops

Serves 6

### Ingredients

- 4-6 Pork Chops
- 4 Tablespoons softened butter
- 2 Tablespoons Ranch seasoning divided
- 2 pounds baby potatoes quartered
- 1/2 cup chicken broth
- 2 Tablespoons chopped fresh parsley for garnish optional

### Instructions

1. Mix 1 Tablespoon Ranch seasoning with the butter until well combined. Rub mixture onto pork chops.
2. Sear pork chops in a hot skillet, about 30 seconds a side. (This step is completely optional. It just gives the chops a little color).
3. Place potatoes in slow cooker, pour in broth and sprinkle with remaining 1 tablespoon Ranch seasoning. Place pork chops on top. Cover and cook on low for 6-8 hours or on high for 3-4 hours. Garnish with parsley and serve.



# Pizza Casserole



# Pizza Casserole

Serves 8

## Ingredients

- 1 pound ground beef
- Salt and pepper to taste
- ½ tablespoon olive oil
- ½ cup onion
- 1 teaspoon minced garlic
- 2 cups shredded mozzarella cheese divided
- 16 ounces Rotini or Penne pasta uncooked
- 24 ounce spaghetti or marinara sauce
- 1 tablespoon Italian seasoning
- 1 cup pepperoni
- ½ teaspoon Italian seasoning
- Fresh shredded parmesan for garnish optional

## Instructions

1. Preheat oven to 350 degrees. Spray a 9×13 pan with nonstick spray.
2. Cook pasta according to directions on package for al dente, drain and set aside.
3. In a LARGE skillet add the olive oil and cook the ground beef, onions and garlic, all seasoned with salt and pepper, until no pink remains in the meat. Drain any extra grease.
4. Add the spaghetti sauce and Italian seasoning to the ground beef and stir to heat. Remove from heat.
5. Add the cooked pasta and 1 cup of cheese to the meat and stir to mix.
6. Pour into the prepared 9×13 pan and spread evenly in the pan. Top with remaining 1 cup of cheese.
7. Lay the slices of pepperoni on top of the cheese.
8. Sprinkle with ½ teaspoon Italian seasoning.
9. Bake for 25-30 minutes, uncovered.

# 20 Minute One Pot Pasta



## 20 Minute One Pot Pasta

Serves 6

### Ingredients

- 4 ½ cups chicken stock
- 12 ounces linguine
- 1 small onion sliced thin
- 14.5 ounce can fire roasted tomatoes not drained
- 1/2 cup fresh basil measured loosely in measuring cup whole and then roughly chopped you can add more if you want
- 4 cloves garlic sliced thin
- Juice and zest of one lemon
- 2 tablespoons olive oil
- 1/2 tablespoon salt
- ½ teaspoon pepper
- 1 cup shredded Parmesan
- Fresh basil for garnish

### Instructions

1. In a large skillet place the linguine, onion, tomatoes, basil, garlic, lemon zest and juice.
2. Drizzle all of it with the olive oil. Then add the seasonings of salt and pepper.
3. Pour the chicken stock over all of it.
4. Over high heat bring to a boil uncovered. Boil for 8-10 minutes until the pasta is done and liquid is reduced. Stir frequently to keep the pasta from sticking together using a spoon or tongs.
5. Remove from heat and stir in the Parmesan. If you want a thicker sauce let it sit for about 5 minutes and it will thicken even more.
6. Garnish with chopped fresh basil if desired.

# *Parmesan Pork Chops*



## Parmesan Pork Chops

Serves 4

### Ingredients

- ½ cup parmesan cheese grated
- ¼ cup Italian seasoned dry bread crumbs
- ¼ teaspoon paprika
- ½ tsp dried parsley
- ½ tsp black pepper
- ½ tsp garlic powder
- olive oil

### Instructions

1. Preheat oven to 350 degrees.
2. Combine the breadcrumbs, Italian seasoning and parmesan cheese on a large plate.
3. Pat the pork chops dry with paper towels and then rub each one with olive oil.
4. Dredge each pork chop in the coating, making sure each chop is completely covered in the coating.
5. Add the coated pork chops to a 9x9 inch baking dish and place in the oven to bake for 30-40 minutes. Serve with your favorite steamed veggies!

# Million Dollar Spaghetti



# Million Dollar Spaghetti

Serves 8

## Ingredients

- 16 ounces dried spaghetti
- 1 pound ground beef
- 1 pound Italian Sausage
- 3-4 cloves of garlic minced
- 1 medium onion diced (or ½ cup)
- Two 24-ounce jars of spaghetti sauce
- 1 cup cottage cheese
- 1 8- ounce cream cheese softened
- ¼ cup sour cream
- 3 cups shredded mozzarella cheese divided
- 8 tablespoons butter cut in half (4 tablespoons in each half). Each 4 tablespoons cut into slices.
- Chopped parsley for garnish optional

## Instructions

1. Preheat oven to 350 degrees.
2. Cook the spaghetti per package directions to al dente (about 8 minutes). Drain and return to the pot it was cooked in. Stir 4 tablespoons of sliced butter into the hot spaghetti.
3. Stir one jar of the spaghetti sauce into the cooked noodles. Set aside.
4. In a large skillet brown the ground beef, Italian sausage, and onions. Add the garlic and cook one more minute. Drain any extra grease. Pour the remaining jar of spaghetti sauce into the meat mixture. Set aside.
5. In a medium-size bowl mix together the cottage cheese, cream cheese, sour cream, and 1 ½ cups shredded mozzarella cheese. Set aside.
6. In a deep dish 9x13 (or a 10x14 lasagna pan) place the remaining 4 tablespoons butter slices into the bottom of the pan.
7. Spread half of the spaghetti noodles in the bottom of the pan.
8. Next spread the cheese mixture over the noodles.
9. Next place the remaining spaghetti noodles over the cheese mixture.
10. Pour the meat sauce on top of this layer of spaghetti.
11. Sprinkle the remaining 1 ½ cups of mozzarella cheese on top of the casserole.
12. Bake for 30-40 minutes. Let the casserole sit 5-10 minutes before serving.



# *Ham and Cheese Sliders*



## Ham and Cheese Sliders

Serves 12

### Ingredients

- 1 package sweet Hawaiian rolls 12
- 1 pound thinly sliced ham
- 1 package swiss cheese 12 slices, 8-ounce package
- 1/4 cup mayo
- 1/2 stick butter
- 1 tbsp dijon mustard
- 1 tbsp honey
- 1 tbsp poppy seeds
- 1/2 tbsp dried minced onion
- 1 tsp Worcestershire sauce

### Instructions

1. Preheat oven or grill to 350 degrees, then use cooking spray in the bottom of the pan.
2. Slice rolls down the middle and leave intact.
3. Spread mayo on the bottom layer of rolls and place in bottom of pan.
4. Layer ham, then cheese, then place the top layer of buns on.
5. Mix melted butter, dijon mustard, honey, poppy seeds, minced onion, and Worcestershire sauce until mixed and pour evenly over rolls.
6. Cover with foil and bake for 10-12 minutes until cheese is bubbly and rolls are golden brown.

# Crockpot Swedish Meatballs



## Crockpot Swedish Meatballs

Serves 8

### Ingredients

- 2 2- ounce packages onion soup mix
- 1 10- ounce can cream of mushroom soup
- 1 32- ounce container beef broth
- 2 pounds frozen meatballs
- 1 cup sour cream
- 2 tablespoons cornstarch
- 1/4 cup cold water

### Instructions

1. Put frozen meatballs in crockpot, then pour in soup mix, cream of mushroom soup, and beef broth.
2. Cook on low 6-8 hours or high 3-5 hours.
3. A few minutes before serving, stir in a cup of sour cream.
4. You can also mix cornstarch with cold water until blended well and pour in the crockpot if your sauce needs thickening.
5. Prepare egg noodles according to directions, then serve.

# Mongolian Beef



## Ingredients

### For the beef:

- 1 cup of vegetable oil
- 1 ½ pounds flank steak
- ½ cup cornstarch

### Sauce Ingredients:

- 1 tablespoon vegetable oil leftover from removing all the fry oil except this 1 tablespoon
- 2 teaspoon fresh ginger minced
- 1 tablespoon garlic minced
- ½ cup of soy sauce
- ½ cup of water
- ½ cup brown sugar packed
- 2 tablespoon hoisin sauce
- 1 teaspoon sriracha
- ¼ teaspoon red pepper flakes

### Finishing:

- 1 teaspoon sesame oil
- 1/8 teaspoon red pepper flakes
- 4-5 green onions cut on the diagonal into 2-inch pieces

## Mongolian Beef

Serves 4

### Instructions

1. Freeze the flank steak for 30-50 minutes to make it easier to slice. Slice the meat against the grain into ¼ inch slices.
2. Place the cornstarch in a bowl and toss the meat pieces in the cornstarch. Let sit for 15 minutes.
3. Heat the one cup of vegetable oil in a large pan over medium-high heat.
4. Add the cornstarch coated beef to the hot oil. Be careful to not crowd the pan and cook in batches. Cook 1-2 minutes per side (it will cook more in the sauce later). Remove meat to a plate. Be careful of hot oil! Leave all those yummy bits of fry stuff left in the pan. They will add to the sauce flavor.
5. Now to make the sauce. Empty out all the oil from the pan except about 1 tablespoon. Reduce the heat to medium.
6. Add the ginger and garlic and stir for about one minute.
7. Add the brown sugar first because you don't want to add liquid to hot grease. Stir. Then add the soy sauce, water, hoisin sauce, sriracha and red pepper flakes to the pan. Bring to a boil and simmer until it thickens. Stir occasionally scraping up the yummy bits at the bottom of the pan.
8. You can add a cornstarch/water mixture if it doesn't get as thick as you like. I added 1 tablespoon cornstarch mixed with 1 tablespoon cold water.
9. Once the sauce has thickened add the meat back into the pan. Add the sesame oil, red pepper flakes, and green onions. Stir to combine and heat through.
10. Serve over rice and enjoy!

# Ravioli Lasagna





# Ravioli Lasagna

Serves 8

## Ingredients

- 1 pound ground beef
- 1 teaspoon minced garlic
- 1 teaspoon Italian seasoning
- 24- ounce jar spaghetti sauce divided
- One 25 ounce bag of square frozen ravioli divided
- 2 cups mozzarella cheese divided
- Garnish with chopped parsley optional

## Instructions

1. Preheat oven to 350 degrees.
2. In a medium skillet brown the ground beef with the garlic and Italian seasoning. Drain excess fat.
3. Reserve 1 cup of the spaghetti sauce and set aside. Add the remaining sauce to the browned ground beef. Stir and heat through.
4. In the bottom of a 9x13 pan spread ½ cup of the reserved spaghetti sauce.
5. Now begin the layering. First using one-third of the ravioli make a single layer over the sauce.
6. Next top with half of the ground beef.
7. Next, sprinkle with ½ cup of mozzarella cheese.
8. Next, make a single layer of the ravioli over the cheese.
9. Top with the rest of the ground beef.
10. Sprinkle ½ cup of mozzarella cheese.
11. Place the final one-third of the ravioli on top.
12. Top with remaining ½ cup of reserved spaghetti sauce.
13. Sprinkle with remaining one cup of mozzarella cheese.
14. Bake the casserole at 350 degrees for 30-40 minutes or until cheese is completely melted and the casserole is bubbling around the edges.
15. Garnish and serve.

# Thai Noodles



# Thai Noodles

Serves 5

## Ingredients

- 1 pound linguine
- 1 Tablespoon olive oil
- 1 Tablespoon sesame oil
- 2 large eggs lightly beaten
- ½ teaspoon crushed red pepper flakes
- 1 zucchini cut in half vertically and then sliced in half circles
- 8 ounces mushrooms chopped
- 3 cloves garlic minced
- 2 cups carrot shredded
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 1/3 cup soy sauce
- 1 ½ tablespoons sriracha hot sauce
- 1 tablespoon fresh ginger grated
- ½ cup fresh cilantro chopped
- 4 green onions chopped
- ¼ cup peanuts chopped
- Garnish with extra chopped peanuts cilantro, green onions, and sesame seeds

## Instructions

1. Prepare linguine according to package in a large stockpot. This will be the one-pot used for the whole recipe. Set aside cooked and drained pasta.
2. In a medium bowl combine brown sugar, honey, soy sauce, sriracha, and ginger. Whisk well to combine and set aside.
3. Return the above large stockpot to the stove over medium heat. Add 1 tablespoon of sesame oil and the beaten eggs and red pepper flakes and scramble the eggs. Once cooked, set aside with the pasta.
4. Return stock pot to stove at medium heat and then add 1 tablespoon of olive oil. Add zucchini, mushrooms, carrots, and garlic. Saute over medium to high heat for 5-6 minutes or until the vegetables are cooked through.
5. Turn heat to low, add pasta and eggs back to the pot. Then pour the sauce mixture over the top. Using a wooden spoon stir well to coat pasta and vegetables with the sauce.
6. Remove from heat and add peanuts, green onions, and cilantro. Stir to combine.
7. Serve immediately.