

The Commodore Perry Music Department presents

A Community Cookbook

All of these recipes were submitted by your neighbors and classmates in the Commodore Perry Bands and Choirs. This is a collection of recipes to give everyone some fresh ideas for meals over the next couple months of quarantine. Many of the meals are so easy that you could even have your students make dinner for the family!

We may no longer be able to perform for our community in the upcoming months, but we still wanted to find a way to have an impact. Stay safe, stay healthy, and eat up!

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BREAKFAST

Blueberry Muffins

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: England

Ready in: 40 minutes

Serves: 8 people

Ingredients

1 ½ cups of all-purpose flour

¾ cup white sugar

½ teaspoon salt

2 teaspoons baking powder

⅓ cup vegetable oil

1 egg

⅓ cup milk or more as needed

1 cup fresh blueberries

½ cup white sugar

⅓ cup all-purpose flour

¼ cup butter, cubed

1 ½ teaspoons ground cinnamon

Preparation

1. Preheat oven to 400 degrees F. Grease muffin cups or line with muffin liners.
2. Combine 1 1/2 cups flour, 3/4 cup sugar, salt, and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and add enough milk to reach the 1-cup mark. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.
3. To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.
4. Bake for 20 to 25 minutes in the preheated oven, or until done.

Sausage Gravy and Biscuits

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: France

Ready in: 15 min

Serves: 8

Ingredients

- 16 oz can of jumbo refrigerated biscuits
- 9.6 oz (one pack) pork sausage crumbles
- $\frac{1}{4}$ cup of flour
- 2 $\frac{1}{2}$ cups of milk
- Salt and pepper (To preference)

Preparation

1. Bake biscuits according to package directions
2. Cook sausage in a large pan or skillet for 5-6 minutes or until browned/cooked. Stir frequently
3. Stir in flour
4. Gradually add the milk, not all at once
5. Cook until boiling and thicken the mix
6. Bring down the heat to a simmer
7. Season to taste with salt and pepper
8. Split biscuits in half, and top with $\frac{1}{2}$ gravy

Tips

- The softer the biscuits, the better.
- Watch the sausage, and don't make it too firm.

Egg Quesadilla

Type of Meal: Breakfast

Difficulty Level: 2

Country of Origin: Mexico

Ready in: 10 Minutes

Serves: 1-2 People

Ingredients

2 Large Eggs

1 Corn Tortilla

2 Slices of Bacon (optional)

Salsa (optional)

Hotsauce (optional)

Cheese (optional)

Cooking Oil

Preparation

1. Cook two Slices of bacon, 2 minutes on each side.
2. Get two Large Eggs and Crack them into a bowl.
3. Whisk till everything is yellow
4. Pour egg mixture into a hot pan with cooking oil (on to bottom of pan)
5. Put Tortilla on eggs
6. Flip the egg tortilla after the eggs have cooked
7. Add toppings and/or anything you want inside
8. Enjoy

Tips

Use a spatula or Tongs to help with Step 7

French Toast

Type of Meal: breakfast or dinner

Difficulty Level: from a 1 to 10 its a 3

Country of Origin: Roman empire

Ready in: depends on how much you make but for one or two like ten minutes

Serves: serving size

Ingredients

- 1 Egg per 4 slices bread
- Bread
- A splash Milk
- Put as much Cinnamon in as wanted
- A drop vanilla

Preparation

1. Crack an egg and put its yolk in a mixing bowl
2. Whisk the egg with a fork
3. Add a splash of milk
4. Mix with same fork
5. Add cinnamon
6. Mix with same fork
7. Add a drop of vanilla
8. Mix with same fork
9. Dip bread in the mix on both sides of bread
10. Put in fairly large pan
11. Cook on medium heat on stove top

Tips

If you think it's cooking too fast turn it the heat down

If you think it's cooking too slow turn it the heat up

Whole Wheat Honey Pancakes

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: Ancient Greece

Ready in: 15 Minutes

Makes: 12 3-Inch Pancakes

Ingredients

- ½ cup all-purpose flour
- ¼ cup whole wheat flour
- ¼ cup whole wheat germ
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- 1 cup low-fat milk
- 2 tablespoons vegetable oil
- 2 tablespoons vegetable oil
- 2 tablespoons honey
- Nonstick cooking spray

Preparation

1. Combine the flours, baking powder, baking soda, wheat germ, and salt into a medium bowl. Mix well.
2. Put the milk, oil, egg, and honey into a small bowl and stir.
3. Pour the liquid mixture into the dry mixture, and stir until a smooth batter.
4. Heat a skillet or pancake griddle at a medium-high temperature with a light coat of cooking oil.
5. Pour just under a ¼ cup on to the griddle or skillet. Cook until small bubbles appear. Then flip it over and wait 1 to 2 minutes for it to be golden brown.
6. Enjoy your homemade pancakes.

Tips

Measure the oil first and then use that same spoon to measure the honey, so it will glide right off.

Cheese Omelet

Type of Meal: Breakfast

Difficulty Level: Fairly Easy

Country of Origin: France

Ready in: Around 10 minutes

Serves: 1

Ingredients

- 2 eggs
- $\frac{1}{8}$ cup of milk
- $\frac{1}{4}$ cup of any cheese of your choice

Preparation

1. Put eggs in a bowl with $\frac{1}{8}$ cup of milk
2. Whisk until one solid color is observed
3. Butter a pan on the stove at medium heat
4. Pour a thin layer on your pan
5. Sprinkle a quarter cup of cheese onto the thin layer of egg mixture
6. Check regularly to make sure you flip it at the right time
7. Finally, roll it up and it should have a little bit of brown markings from the pan cooking it

Tips

- Add pepper and salt for flavor
- Make sure that it is cooked the whole way through
- The bigger you make the omelet, the longer it will take to cook through.

Breakfast Quesadillas

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: Northern and central Mexico

Ready in: 25 minutes

Serves: 1 but you can make 2 in a large skillet.

Ingredients

2 eggs

Hot sauce like Cholula

Pinch of salt

½ cup cooked pinto beans or black beans, rinsed and dried

2 teaspoons butter or extra- virgin olive oil

1 tablespoon of chopped green onion

1 tablespoon of chopped pickled jalapeno (optional)

1 medium whole grain tortilla

½ cup grated sharp cheddar cheese

Salsa or additional hot sauce for serving

Tips

If you want it gluten free use a gluten free tortilla.

Preparation

1. To prepare the eggs, put them in a bowl, whisk them with the hot sauce and salt until they are well blended. Then put beans in them and set them off to the side.
2. To cook the eggs, cook them in a medium sized skillet over medium heat until it's bubbling. Pour the egg mixture and cook, stirring often, until the eggs are set, about 1 to 3 minutes. Put the mixture into a bowl. Stir green onion, cilantro and jalapeño.
3. To cook the quesadilla put it in a large skillet and over medium heat with flipping every once in a while. Once the pan and the tortilla is warm, sprinkle one- half of the cheese over one half of the tortilla. Top the cheese with scrambled eggs, then top the scrambled eggs with the remaining cheese.
4. Press the empty tortilla halve over the toppings. Let the quesadilla cook until the golden and crispy bottom. About 1 to 2 minutes, reduce the heat if necessary to prevent the burning of the tortilla. Flip it and cook it until the bottom is golden and crispy.
5. Immediately remove the skillet from the heat and transfer the quesadilla to a cutting board. Let it cool for minutes to give it time to set, then slice each quesadilla into 2 slices with a very sharp knife. Serve immediately, with your favorite salsa or hot sauce.

Basic Healthy Oatmeal

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: Asia minor

Ready in: 6 minutes

Serves: 1

Ingredients

½ cup old fashioned rolled oats

1 cup of milk or water

Dash of sea salt

Toppings of your choice

Preparation

1. Add oats, water or milk and salt to a pot over medium/high heat.
2. Bring mixture to a boil, reduce heat and continue to cook for about 5-7 minutes; stirring occasionally.
3. Your oatmeal is ready when the oats have soaked up most of the liquid and are creamy. Transfer to a bowl and add your favorite toppings

Scrambler

Type of Meal: Breakfast

Difficulty Level: Easy/Medium

Country of Origin: America

Ready in: 20 minutes

Serves: 1-6 people (depends on pot or pan)

Ingredients

~eggs

~bacon bits

~sausage

~cheese

Preparation

1. First step brown the sausage
2. Next step after step one add scrambled eggs
3. Then stir and cook till eggs are done
4. While cooking eggs add bacon bits and cheese
5. Finally serve

Tips

-Don't let the bottom get burnt

-continuously stir the eggs while adding the bacon bits and cheese keep stirring to not burn

Pancakes

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: Greece

Ready in: 25 minutes

Serves: 4 people

Ingredients

- $\frac{3}{4}$ cup milk
- 2 tablespoons white vinegar
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 egg
- 2 tablespoons butter, melted

Preparation

1. Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".
2. Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl. Whisk egg and butter into "soured" milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.
3. Heat a large skillet over medium heat, and coat with cooking spray. Pour $\frac{1}{4}$ cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

Tips

- Flip when the bubbles just begin to pop

Triple Berry Smoothie

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: South America and Latin America

Ready in: 5 minutes

Serves: 2 people

- 1 cup of frozen black berries plus more for garnish
- 1 cup frozen raspberries
- 1 and $\frac{1}{4}$ cup of almond milk
- $\frac{1}{2}$ cup of greek yogurt

Ingredients

- 1 banana
- 1 cup of frozen strawberries

Preparation

1. Blend ingredients until smooth
2. Divide between 2 cups
3. Top with blackberries if desired

Waffles

Type of Meal: Breakfast

Difficulty Level: Easy

Country of Origin: America

Ready in: About 10-15 mins

Serves: 5

Ingredients

2 c. Flour

2 tbsp. Sugar

1 tsp. Salt

3 tsp. Baking powder

2 eggs, separated

1 $\frac{3}{4}$ c. milk

4 tbsp. Melted butter

Preparation

1. Swift dry ingredients together
2. Add egg yolks and milk
3. Slowly beat the egg whites until smooth, but don't put it in right now
4. Add melted butter
5. Put the beaten egg whites in now and stir
6. Put everything in the waffle maker

APPETIZERS

Good Salsa

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: Mexico

Ready in: 10-15, depending on batch

Serves: maybe 3 to 5 depending on the batch

Ingredients

3 Tomatoes

1 Red onion

1 Jalapeno Pepper

1 Lime

Cilantro

Salt

Pepper

1 tsp. Cumin

1 tsp. Dried oregano

Preparation

1. Finely chop 3 tomatoes
2. Slice one jalapeno (remove seeds)
3. Chop one onion
4. Slice up cilantro (remove stems)
5. 1TSP of dried oregano
6. 1TSP of cumin
7. Lime juice (one medium lime)
8. 1PINCH of salt
9. 1PINCH of pepper
10. Mix WELL
11. Serve and enjoy

Tips

Eat with chips to make the experience better

You want to eat it with a spoon, by yourself sure but at social gatherings, no

Hushpuppies

Type of Meal: Side Dish/Appetizer

Difficulty Level: Difficult (If you have fried things before then it is Medium)

Country of Origin: American Comfort Food

Ready in: 20 Minutes

Serves: 6-10

Ingredients

1 Cup Whole-Wheat Flour

1 Cup Cornmeal

1 Cup Milk

1 Teaspoon Baking Soda

1 Teaspoon Sea Salt

Oil or Lard (amount fluctuates depending on size of pot. Make sure you have enough to allow your hushpuppies to float without touching the bottom)

Preparation

1. Place your oil into your pot and begin to heat it until it reaches 350-375 degrees. While it heats you can complete the next step.
2. Mix all ingredients, except oil, together until your mixture has the consistency of cake batter. If it is too watery add more flour, too thick add more milk.
3. Begin dropping your batter in with large spoonfuls, these should only take 1 or 2 bites to eat a whole one.
4. Turn your hushpuppies several times until golden brown, this should take about 2-3 minutes each, but you can cook multiple at once.
5. Remove and enjoy!

Tips

Milk can be replaced with Water in case of allergy

Try this dish with different wet and dry ingredients, try new flours, try flavoring them with garlic powder.

A good way to test if the oil is hot enough is to drop a small piece in and see if it sizzles.

These are really good as a side with any type of fish.

Cirak

(Easter Cheese)

Type of Meal: appetizer

Difficulty Level: medium

Country of Origin: slovakia

Ready in: 4-6 hours

Serves: 12 servings

Ingredients

1 dozen eggs

1 quart milk

1 tablespoon salt

Preparation

1. Pour milk into saucepan
2. Heat on low heat
3. Break one egg at a time into milk
4. Add salt
5. Stir and cook until it looks like scrambled eggs
6. Pour into cheesecloth bag
7. Hang on faucet overnight
8. The next day it should be ready

Deviled Eggs

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: Italy

Ready in: 20-30 minutes

Serves: 24

Ingredients

12 eggs

Mayonnaise

Paprika

Mustard

Relish

Salt

Pepper

Preparation

1. Boil eggs
2. After cooled peel the eggs
3. Cut the eggs in half from top to bottom
4. Keep the yolk that was inside the eggs and put it in a separate bowl
5. In the bowl with the yolk add 4 tablespoons of mayonnaise
6. Also in that bowl add two teaspoons of mustard
7. Add 2 teaspoons of relish (if preferred)
8. Add salt/pepper if wanted
9. Sprinkle paprika on top of eggs
10. Chill
11. Enjoy

Homemade Applesauce

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: Europe

Ready in: 1 hour

Serves: 10 people

Ingredients

Apples

Cinnamon

sugar

Preparation

1. Cut apples
2. Boil apples
3. Dump the water
4. Smash the apples in a mixer
5. Put them into a bowl after mixing
6. Add sugar and cinnamon

Tips

Make sure the apples are soft like mashed potatoes coming from the boiling water.

Deviled Eggs

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: Italy

Serves: 4 servings

Ingredients

6 hard boiled eggs

¼ cup mayonnaise

1 teaspoon of yellow mustard

⅛ teaspoon of salt

Paprika for garnish

Preparation

1. Cut hard boiled eggs in half
2. Put yolks in separate bowl
3. Smash yolks
4. Combine with other ingredients
5. Mix until smooth and one color
6. Put mixture in the leftover egg whites
7. Garnish with paprika

Tips

Don't put too much or too little of the mixture in each egg, make sure it's about equal in each one

Buffalo Chicken Dip

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: Buffalo, New York

Ready in: 10 min

Serves: 4-5 people

Ingredients

½ cup of Franks Red Hot

½ cup of Hidden Valley Ranch
(or your preferred brand)

1 cup of Cream Cheese

2 cups of shredded cheese

2 cups of shredded or cubed
chicken

Preparation

1. Get a pot and turn the heat on to medium low
2. Add your chicken to the pot
3. Cut up your stick of Cream Cheese and put it in with the chicken
4. Next add your two liquid ingredients (Hot sauce and Ranch)
5. Then add in your 2 cups of shredded cheese
6. Stir every time it starts to bubble
7. Serve and enjoy!

Cocktail Weiners

Appetizer

Difficulty Level: Easy

Country of Origin: Germany

Ready in: 30 minutes

Serves: 8 people

Tips:

You can also make it in the crockpot by mixing all ingredients and cooking on low for 2 or more hours

Ingredients

2 Packages of cocktail weiners

$\frac{1}{2}$ cup brown sugar

$\frac{1}{4}$ cup of beer

$\frac{1}{4}$ to $\frac{1}{2}$ C. ketchup

Preparation

1. Mix all ingredients in skillet
2. Cook on medium heat for 30 minutes

Haluski

(Cabbage & Noodles)

Type of Meal: Side Dish

Difficulty Level: Easy

Country of Origin: Poland

Ready in: 45

Serves: 8-10

Ingredients

~ 1 head of Cabbage

~ Butter to taste (about 2 sticks)

~1-2 Onions

~1 bag of Egg Noodles

~Salt & Pepper to taste

Preparation

1. Cut up onions and cabbage, then saute in butter until desired texture
2. Boil and cook noodles
3. Combine noodles, cabbage and onions
4. Add salt, pepper, and extra butter as needed
5. Serve

Tips

- You can add Kielbasa for more flavor
- Don't overcook the noodles
- **Saute cabbage until almost fully cooked then add onions**
- Add cinnamon and sugar if you like sweet things

Hot Taco Cheese Dip

Type of Meal: Appetizer/ lunch

Difficulty Level: 6 not too hard but time-consuming.

Country of Origin: Mexican

Ready in: 35-40 minutes.

Serves: Depends how much you make.

Ingredients

Two packages of Hamburger.

One package of taco seasoning.

Two packages of sour cream.

Two packages of cream cheese

Mexican Shredded cheese

Preparation

1. Cook Hamburger
2. Add 1 package of taco seasoning
3. Mix two large packages of sour cream and two large packages of cream cheese together in a bowl.
4. Spray pan then put sour cream mixture down.
5. Then the hamburger cooked mixture down on top of that.
6. Then Mexican shredded cheese on top and in the oven for 15-20 minutes.

Tips

Serve with Tostitos/ Nacho chips

Nana's Crackers

Type of Meal: Appetizer

Difficulty Level: Easy

Country of Origin: N/A

Ready in: 12-14 Minutes

Serves: 40 per sleeve of crackers

Ingredients

1. One box of Club Crackers
2. One stick of butter (melted)
3. Half-cup of brown sugar
4. One cup of Slivered Almonds
5. One teaspoon of vanilla

Preparation

1. Preheat oven to 350°F
2. Mix together melted butter and brown sugar and boil for two minutes
3. Take off heat and add one teaspoon of vanilla
4. Line a pan with parchment paper and place one sleeve of crackers on to the pan
5. Pour brown sugar mixture over the crackers and add the almonds spreading them around to all the crackers
6. Bake for 10-12 minutes
7. Let cool

Chocolate Zucchini Bread

Type of Meal: Appetizer

Difficulty Level: Medium

Country of Origin: America

Ready in: 1 hr

Serves: 12

Ingredients

3 eggs

1 cup of oil

8 tablespoons of cocoa

1 teaspoon vanilla

2 cups of grated Zucchini

1 and $\frac{1}{2}$ teaspoons of Cinnamon
(optional)

2 cups sugar

3 cups of flour

1 teaspoon of salt

1 teaspoon of baking soda

$\frac{1}{4}$ teaspoon baking powder

(optional-nuts)

Preparation

1. Preheat the oven to 350
2. Grate the Zucchini
3. Spray and flour two loaf pans (medium size pans)
4. Mix together in order
5. Pour into loaf pans
6. Put in oven and wait 30 min to take out

Tips- 8 tablespoons is also $\frac{1}{2}$ cup

To check to see if they are done, stick a toothpick into them. If they come out clean, they are done (and put in for another 5 and do that until toothpick clean

Soups, Sides, & Salads

Twice Baked Potatoes

Type of Meal: Dinner

Difficulty Level: Difficult

Country of Origin: United Kingdom

Ready in: 1hr and 20 mins

Serves: 1

Ingredients

1 Large Potato

1-2 oz of Bacon

2 Tablespoons Sour Cream

2 Tablespoons Cheddar Cheese

2 Tablespoons Milk

1 Tablespoons Butter

Pinch of salt

Preparation

1. Put clean Potato in the oven for 1 hr at 350 degrees
2. Cook bacon well waiting on the Potato
3. Chop up the cooked bacon into little pieces
4. Make the filling by adding the sour cream, cheddar cheese, milk, butter, and salt in the bowl. Mix good
5. Once Potato is done, take out of oven and scoop insides into the filling bowl. And mix
6. Scoop filling back into the skins of the potatoes and put bacon pieces on top
7. Put back into the oven for another 15 minutes

Tips

Wait a little bit before you scoop out the inside of the potatoes. It will be hot.

Wait almost thirty minutes before cooking the bacon and making the filling.

Sour Cream Potato Soup

Type of Meal: Dinner

Difficulty Level: easy-moderate

Country of Origin: Peru

Ready in: 50 min

Serves: 4-6

Ingredients;

2 cups water

2 chicken bouillon cubes

3 cups of cubed potatoes

½ cup chopped onion

½ cup sliced celery

¾ teaspoon salt

½ teaspoon pepper

2 cups milk, divided

2 tablespoons all-purpose flour

1 cup sour cream

2 tablespoons chopped parsley

1 tablespoon chopped chives

Preparation

1. In a 3-qt. saucepan over medium heat, combine water, bouillon, potatoes, onion, celery, salt and pepper; bring to a boil.
2. Reduce heat cover and simmer for 15-20 minutes or until potatoes are tender. Add 1-3/4 cups milk. Combine flour with remaining milk; stir to form a smooth paste.
3. Add to soup, stirring constantly. Bring to a boil; boil and stir for 2 minutes or until thickened and bubbly.
4. Add a small amount of hot liquid to sour cream; stir to mix. Gradually add to soup, stirring constantly; heat through but do not boil. Add parsley and chives just before serving.

Tips

After soup is complete add cheese to the top and leave to melt and enjoy!

Calico Beans

Type of Meal: Side dish

Difficulty Level: easy

Country of Origin: Hadley PA

Ready in: 1 hr.

Serves: 6

Ingredients

- 1 lb of ground beef
- 2 medium onion(diced finley)
- 5 slices of bacon(we use a whole pound)
- Salt and pepper to taste
- 1 tablespoon of mustard(liquid)
- $\frac{3}{4}$ cup of brown sugar
- 2 tablespoons of vinegar(apple cider)
- 1(16oz) can of baked beans
- 1(16oz) can of kidney beans

- (15oz) of butter beans (drained and rinsed)

Preparation

1. In a 2 quart casserole dish add ketchup, mustard, brown sugar, vinegar, baked beans, kidney beans, and butter beans
2. Cook the ground beef and onion and add salt and pepper
3. Cook the bacon and chop into bite size pieces and add to burger
4. Mix all ingredients in the casserole dish and Bake on 350 degrees for about 1 hour

Tips

- We have found its better to cook the bacon ahead of time and add the burger an onion

Pasta Salad

Type of Meal: Side Dish

Difficulty Level: 2

Country of Origin: Italy

Ready in: 30min-1hr

Serves: Appropriate for banquet, or 2 people when at my house.

Ingredients

1lb. Tri Color Rotini

1 Cucumber

1 ½ Carrots

1 Bell Pepper

1 Package of Cherry Tomatoes

1 Package of Pepperoni(important)

1lb block of Cheddar cheese

Zesty Italian- as much as desired(important)

Preparation

1. Boil the pasta according to directions on the box.
2. Drain the water out, when done, and cool pasta with cold water. Be sure to drain the extra water out.
3. Transfer pasta to a large bowl, or keep it in the pot. Add some of the Zesty Italian.
4. Cut the cucumber, carrots(see tip A), and bell pepper into chunks. Cut the tomatoes into 4 with a serrated knife. Then cut the pepperoni into 4, and the Cheddar cheese into cubes.
5. Add the cut vegetables, cheese, and pepperoni into the pot or large bowl.
6. Pour as much Zesty Italian in the bowl/pot, and mix it all together.

Tips

- A. Chunks of cucumber= slicing it and cutting those slices into 4. When slicing the carrot, if the slices get too big cut them in four, like a pizza.

Watergate Salad

Type of Meal: Salad

Difficulty Level: easy

Country of Origin: United states

Ready in: 75 min.

Serves: 4

Ingredients

1 can (20 oz.) crushed pineapple
in juice (undrained)

1 pkg. (3.4 oz.) JELL-O pistachio
flavored instant pudding

1 cup JET-PUFFED miniature
marshmallows

½ chopped pecans

1 ½ cups COOL WHIP whipped
topping

Preparation

1. Combined the first four ingredients into a large bowl
2. Stir in Cool WHIP
3. Refrigerate for 1 hour

Tips

Maraschino cherries can be added on top once refrigerated if desired.

Homemade Mac and Cheese

Type of Meal: Dinner

Difficulty Level : medium

Country of Origin: American

Ready in: 1hour

Serves: 10

Ingredients

1 box Elbow macaroni

2 bags of sharp cheddar cheese
shredded

2 cups of Milk

$\frac{1}{4}$ Flour or til thick

1 block Velveeta

Parmesan cheese

Preparation

1. Boil elbow noodles and preheat the oven to 350 degrees
2. Boil milk then reduce heat and add flour until thickened
3. Add a bag and a half of cheese and the block of velveeta and stir until cheese is melted and combined
4. Add cooked pasta and stir until all combined
5. In a small bowl combine the rest of the bag of cheese and the parmesan cheese
6. Add cheese and noodle mixture into a pyrex pan
7. Sprinkle the cheese mixture on top of the noodles
8. Bake in the oven for 45 minutes or until top is golden brown

Tips

Reduce your heat before adding the flour to the milk

Keep a low heat after the cheese melts into milk so it does not burn onto the pan as you are adding in the noodles

Wilted Lettuce -

Hot Bacon Salad-

Type of Meal: Side

Difficulty Level: Medium

Country of Origin: USA

Ready in: 20 Minutes

Serves: 12+

The Mink kids never like eating their greens, but this salad never had leftovers!

Ingredients

12-16 oz. Spring Mix Greens

1 pkg bacon

½ white onion

½ c vinegar

4 tbsp sugar

1 tsp salt

¼ tsp pepper

Preparation

1. Cut up bacon slices into small pieces and fry until crispy.
2. Remove bacon from the pan, set aside.
3. With the bacon grease still on the heat, add vinegar, sugar, salt, and pepper. Stir often until thickened.
4. In a large bowl, combine lettuce, sliced onion, and cooked bacon.
5. Pour vinegar mixture over the salad and serve immediately.

Tips

- For smaller crowds, reduce as necessary.
- Be sure to not burn the bacon grease/ vinegar mix or the dressing will not be good

Pierogies

Type of Meal: side dish

Difficulty Level: medium

Country of Origin: Poland

Ready in: 1 hour

Serves: makes 24 pierogies

Ingredients

1 egg

½ c sour cream

3 T melted butter

1 t salt

2 c flour

Filling of your choice. Usually mashed potatoes combined with cheese, onions, sauerkraut, or anything else you like.

Preparation

1. Mix all the ingredients (except the filling) in a bowl.
2. Roll out on a floured surface very thin.
3. Cut with a round biscuit cutter into circles.
4. Place a small amount of your desired filling in the middle of the circle.
5. Wet the edge of your circle.
6. Place another circle on top and seal.
7. Once all your perogies are done boil for a few minutes (until they float).
8. Drain and transfer to a skillet and fry in butter.

Tips

Using a pasta press makes it easier to roll out the dough.

Do not overfill the pierogies, they won't seal and will open when cooked.

Norta Salad

Type of Meal: Salad

Difficulty Level: Easy

Country of Origin: Spain

Ready in: 6-13 Minutes

Serves: 3 People

Ingredients

Eggs, Lettuce, Beans, Tomato,
Onion, Flour, Water.

Preparation

1. Eggs Get Scrambled {Seperate from Second Dish}
2. Cook Onions In Vegetable Oil with Water and Flour for about 10 minutes
3. Mix Lettuce, Tomato, Onion Together
4. Put Each Meal Together (Side by Side)

Tips

Don't cook each ingredient too long or too short and the meal is a salad mixed with a little extra. Also cut the Tomato and Onion into thin slices so they are easy to eat.

ENTREES

Hillbilly Chicken

Type of Meal: Dinner

Difficulty Level: Medium

Country of Origin: America

Ready in: 50 minutes

Serves: 4

Ingredients

- 4 oz cream cheese, softened
- ½ cup shredded cheddar cheese
- 4 boneless, skinless chicken breasts
- 16 slices of bacon

Preparation

1. Preheat oven to 400 °F
2. In a bowl, combine the cheddar cheese and the cream cheese
3. Trim excess fat off chicken breast and cut them in half
4. Flatten the chicken breasts with a cooking mallet
5. Spread one side of chicken breast with the cheese mixture

6. Roll the chicken breast so that the cheese is in the center
7. Wrap the chicken breast in two slices of bacon and place on a baking tray
8. Bake the chicken for 30-35 minutes, or until chicken is cooked the whole way through

Tips

- When flattening the chicken, cover it in saran wrap to limit the mess
- The bacon can be omitted, and it does not take anyway from the deliciousness
- Seasoning can be added for more flavor if desired

Ratatouille

Type of Meal: Dinner

Difficulty Level: Easy

Country of Origin: France

Ready in: 1 hour and 30 minutes

Serves: 4 people.

Ingredients

| | |
|------------------------------|-------------------------------|
| 6 oz. can of tomato sauce | 1 zucchini |
| ½ C. of a chopped onion | 1 yellow squash |
| ¼ C. of minced garlic | 1 red bell pepper |
| 4 Tbsp. of olive oil | 1 yellow bell pepper |
| ¾ C. of water | 1 Tbsp. of fresh thyme leaves |
| salt and ground black pepper | 3 Tbsp. of mascarpone cheese. |
| 1 small eggplant | |

Preparation

1. You preheat the oven to 375 degrees fahrenheit.
2. You put tomato sauce in the bottom of your pan.
3. You slice the zucchini, squash, eggplant, and pepper.
4. You chop and mince the onion and garlic.
5. You sprinkle the garlic and onion into the sauce.
6. You put eggplant, pepper, zucchini, and squash into the pan.
7. You sprinkle with Thyme leaves.
8. You bake it in the preheated oven for 45 minutes.

Tips

There are many different recipes out there for Ratatouille if you need a new way just google ratatouille.

Fajita Stuffed Chicken

Type of Meal: Dinner

Difficulty Level: Medium

Country of Origin: Mexico

Ready in: 20-30 Min.

Serves: Three

Ingredients

4 tbsp. Oil
1 Red Pepper
1 Green Pepper
1 Yellow Pepper
1 Onion
3 tsp. Salt
1 tsp. Pepper
4 oz. Cream Cheese
½ cup Cheddar
½ cup Pepper Jack
3 Chicken Breasts
2 tsp. Chili Powder
2 tsp. Cumin
2 tsp. Garlic Powder

Preparation

1. Put 2 tbsp. Oil in a pan with red pepper, green pepper, yellow pepper, and onion. Add in one tsp. Of salt and pepper and saute.
2. Put in a mixing bowl and then add in cream cheese, cheddar, and pepper jack. Mix well till consistent.
3. Add chicken breasts, chili powder cumin, garlic powder, and rest of salt into a bowl and mix till chicken is evenly coated with dry rub.
4. Next slice chicken down side so it's like a taco and add in your fajita mix in the center.
5. Put 2 tbsp. Oil in a pan and cook chicken for 5 minutes on each side on high or however long desired.
6. Plate and enjoy.

Tips

- Mix your cheese with your peppers and onion when they are still warm so that the cheese melts.
- You want to cook your chicken on high to get a good crunchy crust on the outside.

Chicken Parmesan

Type of Meal: Main dish

Difficulty Level: Difficult

Country of Origin: Italian

Ready in: 1 hour

Serves: 4

Ingredients

- 4 boneless, skinless chicken breast
- Salt (to add some taste)
- Pepper (to add some taste)
- 2 eggs
- 1 cup bread crumbs
- ½ cup grated parmesan cheese
- 2 tablespoons all-purpose flour
- 1 cup olive oil
- ½ cup prepared tomato sauce
- ¼ cup of cubed mozzarella
- ¼ cup fresh basil
- ½ grated provolone cheese
- 1 tablespoon olive oil
- Another ¼ grated parmesan cheese

Tips

- The cubed mozzarella will help the cheese to melt on the chicken but not to burn

Preparation

preheat oven to 450 degrees

1. Place chicken into a resealable freezer bag and beat with the smooth side of meat mallet until ½ inch thick. Then season with salt and pepper.
2. Beat eggs in a separate bowl and set aside. Mix bread crumbs and ½ cup parmesan cheese and another bowl and set aside
3. Sift your all-purpose flour and then sprinkle over both sides of chicken breast
4. Dip coated chicken in the beaten eggs covering both sides and then transfer to crumb mixture and cover both sides again.
5. Heat 1 cup of olive oil in a large/medium skillet on medium heat. Once the oil is hot, place chicken in the skillet and cook both sides for 2 minutes.
6. Then place the chicken in a baking dish with ⅓ cup tomato sauce. Then layer each breast with equal amounts of mozzarella cheese, basil, and provolone cheese.
7. Sprinkle final parmesan cheese on top and drizzle 1 tablespoon of olive oil
8. Bake in the oven until bubbly and browned (about 15-20 minutes)

Chorizo & Mozzarella Gnocchi Bake

Type of Meal: Dinner

Difficulty Level: easy

Country of Origin: Italy

Ready in: 35 minutes

Serves: 6 people

Ingredients

1 Tbsp olive oil
1 onion finely chopped
2 garlic cloves crushed
120g chorizo diced
2 x 400g cans chopped tomatoes
2 tsp caster sugar
600g fresh gnocchi
125g mozzarella ball cut into chunks small
bunches of basil
torn green salad to serve

Preparation

1. Heat the oil in a medium pan over a medium heat.
2. Fry the onion and garlic for 8-10 mins until soft.
3. Add the chorizo and fry for 5 mins more.
4. Tip in the tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Turn flame up.
5. Stir $\frac{3}{4}$ of the mozzarella and most of the basil through the gnocchi.
6. Divide the mixture between six ovenproof ramekins, or put in one baking dish.
7. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden.
8. Season, scatter over the remaining basil and serve with green salad.

Baked Homemade Mac n' Cheese

Type of Meal: Lunch

Difficulty Level: Easy

Country of Origin: Italy

Ready in: 50 minutes

Serves: 4

Ingredients

- 8 oz. uncooked elbow macaroni
- 2 cups shredded cheddar cheese
- ½ cup grated Parmesan Cheese
- 3 cups milk
- ¼ cup butter
- 1 pinch Paprika
- ½ cup bread crumbs
- 2 more tablespoons of butter
- 2 ½ tablespoons of all-purpose flour

Preparation

1. Cook macaroni in a pot until ready, then drain out the water.
2. Melt butter in a saucepan. Stir in flour so it can roux. While stirring, add milk slowly. Stir in the cheeses and cook on low heat until the cheese is melted and the sauce is thick.
3. Put macaroni in a casserole dish and pour the sauce over the macaroni. Mix well.
4. Melt butter in a skillet over medium heat. Add the breadcrumbs and cook until browned. Spread on top of the macaroni and cheese.
5. Sprinkle with Paprika (very lightly).
6. Bake at 350 degrees F for 30 minutes, then serve.

Tips

- * do not use too much paprika
- * make sure the cheese sauce is still runny (not too thick)
- * check on dish so it doesn't overcook

Venison and Rice

Type of Meal: Dinner

Difficulty Level: Easy

Country of Origin: Canada (This isn't a joke)

Ready in: 15 minutes

Serves: 2, can be adjusted to serve more!

Ingredients

- Canned Venison (I'm sure that you have this, living around here)
- Brown or white rice
- One pepper, or store-bought mixed peppers
- One onion

Preparation

1. Pour one cup of water into a medium sized pot, and bring to a boil
2. Once the water begins to boil, pour one cup of rice into the boiling water. Let sit on a

medium temp until the majority of water is soaked up, and the rice is settled

3. Fluff the rice with a fork, and put a tight-fitting lid over the pot
4. After setting the rice to cook some more, put $\frac{3}{4}$ a quart mason jar of canned (pressure cooked) venison into a medium pan. Add a half a pepper, cut into strips, and add onions to taste. Coat in olive oil and cook at a medium temp.
5. Fluff your rice again and check how much water is left. If there is just a small amount, take the pot off the stovetop and let sit with the lid on.
6. After 5 or so minutes, the peppers and venison should be well warmed up. Put half of the rice, on a plate, and put the peppers, onions, and venison on top of the rice. Repeat with the rest.

Tips

You can adjust the amount of venison to your liking, or if you're lucky, you can substitute it for elk. This is much more lean, and much healthier!

Follow the table on the side of your rice box to find out the serving sizes of particular measurements.

I often take some of the broth from the can of venison and pour it over my rice. This adds some extra flavor.

Poor Man's Spaghetti

Type of Meal: Dinner

Difficulty Level: Medium

Country of Origin: Italy

Ready in: 45 min. To 1 hour

Serves: 4 to 5

Ingredients

- 1 whole sweet or white onion.
- 4 to 5 cloves of onions.
- Garlic Salt
- Your favorite pasta
- Extra Virgin Olive Oil
- Garlic
- Butter
- Grated Romano Cheese
- Basil (opt.)
- Chicken (opt.)

Preparation

1. Boil Water with garlic salt in water then add your pasta of choice

2. Chop up onion and put it aside
3. Peel garlic cloves and cut them into smaller chunks then put aside
4. Saute Onion
5. Put 2-3 cups of extra virgin olive oil in pan
6. Cook pan on medium heat for about 15-20 minutes
7. Then add garlic to pan Cook for another 5-10 minutes or until brown
8. Take Garlic and Onions off stove and put aside
9. When pasta is tender strain it and place it back into pot but this time stove on low
10. Take 1 stick of butter and stir it into pot until melted
11. Once butter is melted add your garlic, onions, and olive oil and mix
12. As you are mixing, take the pot off the stove and add grated Romano Cheese and a little basil on top if you want.

Tips

- Garlic burns easily so keep the heat down
- You can use minced garlic in a jar instead of peeling and the garlic but it doesn't taste the same.

Hamburger Helper with Vegetables

Type of Meal: Dinner

Difficulty Level: easy

Country of Origin:

Ready in: 20 to 30 minutes

Serves: About 5

Ingredients

Hamburger (2lb.)

Noodles (1 bag)

Corn (1 can)

Peas (1 can)

Carrots (1 can)

Preparation

1. Cook the 2 pound of hamburger for about 6 or 7 minutes.
2. Add the noodles and cook for about 10 minutes.
3. Add the vegetables and cook for about 2 more minutes.
4. Enjoy

Tips

Wait for the Hamburger and noodles to cook before you add in the vegetables to cook.

Sweet and Sour Chicken

Type of Meal: Dinner

Difficulty Level: 3

Country of Origin: America

Ready in: 1hour & 30 min

Serves: 3-4

Ingredients

Chicken:

1. 3-4 boneless, skinless chicken breasts
2. Salt & pepper
3. 1 cup cornstarch
4. 2 large eggs, beaten
5. $\frac{1}{4}$ cup of vegetable oil

Sauce:

1. $\frac{1}{4}$ - $\frac{3}{4}$ cup of granulated sugar
2. 4 tablespoons ketchup
3. $\frac{1}{2}$ of distilled vinegar
4. 1 tablespoon soy sauce
5. 1 teaspoon garlic salt

Preparation

1. Preheat oven to 325 degrees F
2. Cut chicken to 1 inch. Season chicken with salt and pepper. Place cornstarch in gallon sized bag. Put chicken in bag and coat the chicken
3. Whisk eggs in shallow plate. Heat oil in a large pan until hot and rippling. Dip chicken in egg and place them carefully in a single layer in skillet
4. Cook for 20-30 second each side until golden brown. Place in 9x13 inch dish and repeat with the rest of pieces
5. Mix sauce in medium bowl and pour over chicken. Bake for 1 hour turning chicken once or twice. Serve over hot rice

Stuffed Cabbage

Type of Meal: Dinner

Difficulty Level: Medium

Country of Origin: Poland

Ready in: 3 hours

Serves: 10-15 people

Ingredients

- 2 lbs of hamburger
- 1 egg
- 1 large head of cabbage
- 1 cup of white rice
- 2, 28 ounce cans of tomato puree

Preparation

1. Preheat your oven to 350. In a large pot boil the cabbage head until soft enough to remove individual leaves.
2. Make the rice as directed on the box and set aside until leaves are done.
3. In a large bowl combine rice, meat and eggs, mix thoroughly.
4. Take one leaf and place the meat mixture, about 4 tbs, and fold leaf into a ball. Place the balls in a large deep baking pan and continue until out of cabbage leaves.
5. Cover the balls with the 2 cans of tomato puree and add $\frac{1}{2}$ cups of water to the pan.
6. Cover pan with tinfoil and bake until the cabbage leaves are tender. Serve with mashed potatoes.

Tips

To make the cabbage leaves easier to remove from the head, cut around the core of the cabbage before boiling. Halfway through baking check to see if the water has evaporated, if it has, add more water to the pan to prevent burning.

Chicken, Noodles, & Gravy over Mashed Potatoes

Type of Meal: Supper

Difficulty Level: Easy

Country of Origin: South Italy

Ready in: 1 Hour

Serves: 3-4 people

Ingredients

1. 1 chicken loin
2. 1 -12 ounce bag of egg noodles
3. 1 packet of chicken gravy mix
4. 1-4 ounce package of buttery flavored instant potatoes

Tips

Add salt and pepper to taste

Preparation

1. Cook the chicken loin according to the directions on the package the night before (about 1 hour).
2. Shred the chicken into bite size pieces. Shred a lot if you like a lot of chicken in your gravy; shred less chicken if you don't as much. Microwave the chicken to warm it up.
3. Cook the egg noodles according to the directions on the back of the bag (about 7-9 minutes after water comes to a boil).
4. Cook the gravy according to the directions on the back of the packet. (about 1 minute after the water comes to a boil).
5. Stir the shredded chicken into the gravy. Add the noodles and stir.
6. Cook the instant mashed potatoes according to the directions on the back of the bag.
7. Dish out the mashed potatoes on 3-4 plates.
8. Top the mashed potatoes with the chicken/gravy/noodle mix.
9. Enjoy!

Cottage Cheese Chicken Enchiladas

Type of Meal: Dinner Meal

Difficulty Level: Intermediate

Country of Origin: Mexican Food

Ready in: 1hr

Serves: 6

Ingredients

1. tablespoon vegetable oil
2. skinless, boneless chicken breast halves - boiled and shredded
3. ½ cup chopped onions
4. 1 can chopped green chile peppers
5. 1 package taco seasoning mix
6. ½ cup of sour cream
7. 2 cups of cottage cheese
8. 1 teaspoon salt
9. 1 pinch ground black powder
10. 12 corn tortillas
11. 2 cups shredded monterey jack cheese
12. 1 can red (enchilada) sauce

Preparation

1.To Make Meat Mixture: Heat oil in a medium skillet over medium high heat. Add chicken, onion and green chile peppers and saute until browned, then add taco seasoning and prepare meat mixture according to package directions.

2. To Make Cheese Mixture: In a medium bowl mix sour cream with cottage cheese and season with salt and pepper; stir until well blended.

3.Preheat the oven to 350 degrees F (175 degrees C).

4.To Assemble Enchiladas: Heat tortillas until soft. In each tortilla place a spoonful of meat mixture, a spoonful of cheese mixture and a bit of shredded cheese. Roll tortillas and place in a lightly greased 9x13 inch baking dish. Top with any remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese.

5. Bake at 350 degrees F (175 degrees C) for 30 minutes or until cheese is melted and bubbly.

Tuna Casserole

Type of Meal: Casserole

Difficulty Level: Easy

Country of Origin: Unknown

Ready in: Around 45 minutes

Serves: 4 to 6

Ingredients

- 16 oz. bag of egg noodles
- 1 stick of butter (sliced)
- Small bag of frozen peas
- Two small cans of tuna (oil)
- Two 10.5 oz. cans of cream of mushroom soup
- 10 oz. of milk
- 1 cup cheddar cheese (shredded)
- ½ large block of velveeta (cut in chunks)
- Salt and pepper

Crumb Topping:

- One sleeve of crushed Ritz/Saltine crackers
- Extra slices of butter (your choice)

Preparation

1. Preheat oven to 350 degrees
2. Boil noodles according to the package, then drain.
3. In a large bowl, combine noodles and sliced butter until butter is slightly melted.
4. Then add peas, tuna, cream of mushroom soup, milk, cheddar and velveeta cheese, and salt and pepper to taste.
5. Mix well
6. Spread into a casserole dish
7. Spread crushed crackers
8. Top with slices of butter all over it
9. Bake 20-30 minutes until cracker crumbs are lightly browned.

Tips

It is better if you add lots and lots of cheese and butter!

London Broil

Type of Meal: Supper

Difficulty Level: None

Country of Origin: North America

Ready in: 1 hour

Serves: 6

Ingredients

Marinated beef

Potatoes

Lettuce

Veggies

Preparation

1. Thin cut steak strips
2. 400 degrees on the grill
3. Wash potatoes
4. Clean the lettuce
5. Cut the vegetables
6. Put the steak on the plate
7. Salad in a bowl
8. Add dressings
9. Serve the meal
- 10.

Tips

Watch the steak carefully and do not burn it

Chorizo & Mozzarella Gnocchi Bake

Type of Meal: Dinner

Difficulty Level: Easy

Country of Origin: Italian

Ready in: 35 minutes

Serves: 6 people

Ingredients

1 tbsp olive oil

2 garlic cloves, crushed

120g chorizo, diced

2 x 400g cans chopped tomatoes

1 tbsp caster sugar

600g fresh gnocchi

125g mozzarella ball, cut into chunks

Small bunch of basil, torn

Green salad, to serve

Preparation

1. Heat the oil in a medium pan over a medium heat
2. Fry the onion and garlic for 8-10 minutes until soft
3. Add the chorizo and fry for 5 minutes more
4. Tip the tomatoes and sugar, and season
5. Bring to a simmer, then add the gnocchi and cook for 8 minutes, stirring often. Heat the grill to high
6. Stir $\frac{3}{4}$ of the mozzarella and most of the basil through the gnocchi
7. Divide the mixture between six ovenproof ramekins, or put in one baking dish
8. Top with the remaining mozzarella, then grill for 3 minutes or until cheese is melted and golden
9. Season, scatter over the remaining basil

Tips

Serve with a green salad

Garlic Honey Pork Chops

Type of Meal: main dish

Difficulty Level: medium

Country of Origin: America

Ready in: 1hr 30 mins

Serves: 4

Ingredients

3 tablespoons honey

3 tbsp stone ground mustard

5 cloves garlic

1 tsp red chile flakes

4 tbsp olive oil

½ cup apple cider vinegar

Salt and pepper to taste

4 (1-inch thick) bone-in pork chops.

Preparation

1. Combine honey, mustard, garlic, chile flakes, olive oil ACV, salt pepper in small bowl
2. Place pork chops into a bag pour in marinade seal bag and marinate for one hour
3. Remove pork chops onto paper towel pat dry and much as possible with paper towels set excess marinade aside
4. Olive oil heat in large cast iron skillet over medium-high heat. Sear pork chops in hot pan until golden brown on both sides, turn heat down to low and continue to cook until an instant thermometer reads 145 degrees in the center of the pork chop
5. Thicken the rest of the marinade in a skillet, boil until it becomes thick, pour over pork chops

Cowboy Rice Casserole

Type of Meal: Lunch

Difficulty Level: Hard

Country of Origin: American/Mexican

Ready in: 50-60 minutes

Serves: 8

Ingredients:

- 1 onion diced
- 1 small Jalapeno pepper seeded and diced
- 1 small red pepper seeded and diced
- Olive oil
- 3 tbsp of minced garlic
- 8oz lean ground beef
- 8oz chorizo sausage (casing removed)
- 1 32 oz container of low sodium beef broth
- 1 ½ cup long grain rice
- 1 15oz can pinto beans drained and rinsed
- 1 10 oz can of mild or hot rotel tomatoes
- 1 cup of frozen corn
- 2 packets of goya sazón coriander or annatto seasoning
- 2 tbsp chili powder
- 1 tbsp ground cumin
- Garlic (to taste preference)
- 1 tsp lemon pepper
- 2 tbsp chopped cilantro
- 2 cup grated cheddar cheese

Preparation

1. In a large skillet cook the onion and peppers in a few drizzles of olive oil. Season lightly with salt and black pepper.
2. Cook for 3 minutes over medium high until beginning to brown then add the garlic. Cook for 1 minute or until fragrant.
3. Add ground beef and chorizo. Continue to cook until no pink remains in the meats. Drain any excess fat from the pan.
4. Increase the temperature to high. Add the beef broth, rice, pintos, Rotel tomatoes, corn, Sazon, chili powder, cumin, garlic salt and lemon pepper. Bring to a boil stirring until combined.
5. Cover and lower the heat to low. Simmer for 20-25 minutes until the rice is tender and most of the liquid is absorbed.
6. Uncover and mix in the cilantro. Top with cheese. Remove from the heat and cover allowing the cheese to melt or melt under the broiler in the oven.
7. Serve immediately.

Hearty Meaty Rock Pie

Type of Meal: Dinner

Difficulty Level: Rookie to Expert

Country of Origin: Unknown

Ready in: 30 min

Serves: 5

Ingredients:

Any Meat

Gravy

Pie Crust

Preparation

1. Tender or Halfway cook the meat
2. Make Any type of Gravy
3. Buy or make any type crust
4. Put all the ingredients in the crust
5. Put it in the oven for about 25 to 30 min
6. And enjoy your food

Tips

Use tender or grounded meats

Chicken and Dumplings

Type of Meal: Dinner

Difficulty Level: Easy

Country of Origin: United States

Ready in: 3-4 Hours

Serves: Up to 6 people

Ingredients

For the Soup

Chicken - white or dark meat

Chicken Bullion Cubes

Water

Celery

Carrots

Spices - salt, pepper, onion powder, garlic powder, parsley, and thyme

For the Dumplings

Baking Powder

Salt

Milk

Butter

Flour

Preparation

1. Boil your chicken for 40-45 minutes.
2. Save the broth, take your chicken out and shred/cut it up.
3. Cut up your celery and carrots, add that to your broth along with your chicken.
4. Add 5-8 bullion cubes into the pot, and add $\frac{1}{2}$ a cup of water for each bullion cube.
5. Add the spices to your taste.
6. Bring all of that to a low boil until carrots and celery are tender.
7. Make sure you have enough broth so your dumpling will be able to float.
8. Begin making your dumplings. In a bowl put $1 \frac{1}{4}$ cup of flour, 2 teaspoons of baking powder, $\frac{1}{2}$ a teaspoon of salt.
9. Add $\frac{1}{2}$ a cup of milk and 2 tablespoons of butter into a microwave safe bowl and microwave until the butter has melted.
10. Pour your melted butter and milk into the dry ingredients.
11. Mix until all is combined into a soft dough.
12. Flour surface, pat/roll dough to an $\frac{1}{8}$ of an inch. Use a pizza cutter to cut the dough into strips, then cut them into squares.
13. Drop the squares into the soup one at a time, when most of them float that means they're done.

Tips

If you want a thicker broth make a roux.

Also feel free to use whatever spices and vegetables you like.

Pepperoni rolls

Type of Meal: main dish

Difficulty Level: not hard maybe a 4/10

Country of Origin: United States

Ready in: an hour maybe more

Serves: depends on how much you make

Ingredients

Frozen bread rolls

Shredded mozzarella

Sandwich pepperoni

Any kind of sauce

Preparation

1. Roll bread dough out
2. Put Filling inside
3. Roll up
4. greased cookie sheet
5. Bake at 375 degrees until lightly brown

Creamy Cheddar Mac and Cheese

Type of Meal: Lunch/Dinner

Difficulty Level: Easy

Country of Origin: italian

Ready in: Less than 30 mins

Serves: 3-4

Ingredients

2 ½ cups medium shells

2 ½ tablespoons of butter

2 tablespoons plain panko
breadcrumbs

2 tablespoons of flour

1 ¼ cup of 2% milk

1 ¼ cubed sharp cheddar

About ½ teaspoon of salt

About ¼ teaspoon of black
pepper

A dash of dry mustard

A dash of paprika

Preparation

1. Bring a pot of salted water to a boil. Once boiling add shells. Cook until shells are soft
2. Melt 1 tablespoon of butter in a small skillet over medium heat. Stir in the breadcrumbs. Continue to stir until breadcrumbs are a golden brown. Then remove from heat and set aside
3. Melt the remaining butter in a saucepan over medium heat. Once melted, whisk in flour. Continue whisking till the butter and flour is slightly golden in color
4. Mix the milk in with the butter and flour. Whisk frequently till the milk comes to a slow and steady boil. Let the mixture boil and thicken for one min while whisking constantly
5. Add the cheese to the milk and whisk until melts
6. Season the sauce with the salt and pepper, and a dash of dry mustard and paprika
7. Drain the pasta and add it to the sauce. Serve with the crispy panko breadcrumbs on top

Spicy Chicken

Type of Meal: Dinner

Difficulty Level: Medium

Country of Origin: USA

Ready in: 30 minutes

Serves: 4

Ingredients

- 4 chicken breasts
- 4 tsp of salt
- 6 tsp of black pepper
- 4 tsp of paprika
- 8 tsp of garlic powder
- 6 tsp of onion powder
- 4 tbsp olive oil

Preparation

1. Combine the garlic powder, onion powder, pepper, salt, and paprika in a bowl.
2. Sprinkle the spices on both sides of the chicken breasts (rub the spices into the chicken , if needed, to coat well).
3. Heat a nonstick grill pan over medium heat.
4. Drizzle the pan with the olive oil
5. Place the chicken in the pan making sure that there is space in between them
6. Cook the chicken without touching it for 5 minutes. Flip the piece over and cook for another 5 minutes or until cooked through (chicken has to be 180°F in order to be cooked the whole way through)

Tips

*make sure to check the temperature of the chicken before you stop cooking it.

*if you like spicy food, add another teaspoon of paprika

Chicken Scampì Pasta

Type of Meal: Dinner

Difficulty Level: medium

Country of Origin: italian

Ready in: 30 min

Serves: 4-6

Ingredients

- Kosher salt
- 1 pound thinly- sliced chicken cutlets, cut into ½- inch- thick strips
- 3 tablespoons olive oil
- 8 tablespoons unsalted butter, cubed 6 cloves garlic. Sliced
- ½ teaspoon crushed red pepper flakes
- ½ cup dry white wine

- 12 ounces angel hair pasta. 1 teaspoon lemon zest plus the juice of 1 large lemon
- ½ cup freshly grated parmesan
- ½ cup chopped fresh italian parsley

Preparation

1. Bring a large pot of salted water to a boil for the pasta. Sprinkle the chicken with some salt. Heat a large skillet over medium-high heat until hot, then add the oil. Working in 2 batches, brown the chicken until golden but not cooked through, 2 to 3 minutes per batch. Remove the chicken to a plate.
2. Melt 4 tablespoons of the butter in the skillet. Add the garlic and red pepper flakes and cook until the garlic just begins to turn golden at the edges, 30 seconds to 1 minute. Add the wine, bring to a simmer and cook until reduced by half, about 2 minutes. Remove from the heat.
3. Meanwhile, cook the pasta until very al dente, reserving 1 cup of the pasta water. Add the pasta and ¾ cup pasta water to the skillet along with the chicken, lemon zest and juice and the remaining 4 tablespoons butter. Return the skillet to medium-low heat and gently stir the pasta until the butter is melted, adding the remaining ¼ pasta water if the pasta seems too dry. Remove the skillet from the heat, sprinkle with the grated cheese and parsley and toss before serving.

Taco Mac And Cheese

Type of Meal: Lunch or Dinner

Difficulty Level: Easy

Country of Origin: USA

Ready in: 30 Min

Serves: 2-4

Ingredients

Taco Seasoning

Ground beef

Mac and cheese

Milk

Velveeta cheese

Preparation

1. Cook meet and boil the macaroni
2. Cut of cheese
3. Drain water out of Macaroni
4. Add all together
5. Stir until cheese is melted
6. Enjoy

Tips

You can munch on the Macaroni to see if it is ready.

Meatball- Mozzarella Pizza

Type of Meal: Dinner

Difficulty Level: medium

Country of Origin: America

Ready in: 35 minutes

Serves: 6

Ingredients

1 ¼ pounds of pizza dough

4 ounces shredded Mozzarella
cheese

2 thin sliced tomatoes

½ thin sliced onion

¼ teaspoon of black pepper

8 ounces ground beef or turkey

¼ cup italian-seasoned bread
crumbs

Pinch of salt

Preparation

1. Place one large cookie sheet in the oven and preheat to 450F
2. On a large sheet of parchment paper roll dough into a 13-inch circle. top with toppings of your choice
3. In a large bowl combine beef bread crumbs and salt but do not over mix. Shape into 1-inch meatballs.
4. Place meatballs on pizza. Spray pizza with nonstick cooking spray. Carefully slide the pizza on parchment paper then onto the preheated cookie sheet. Bake for 20 to 25 minutes or until bottom of crust is deep golden brown.

Tips

You can use any toppings of your choice

Loaded Baked Potato and Chicken Casserole

Type of Meal: Main Dish

Difficulty Level: Medium

Country of Origin: America

Ready in: 90 minutes

Serves: 4-6

Ingredients

2 pounds chicken breast, cubed

8 potatoes, cubed

$\frac{1}{3}$ cup olive oil

1 $\frac{1}{2}$ teaspoon salt

1 tablespoon fresh ground
pepper

1 tablespoon paprika

2 Tablespoons garlic powder

6 Tablespoon hot sauce

2 cups cheddar cheese,
shredded

1 cup bacon, crumbled

1 cup green onion, diced

Preparation

1. Preheat oven to 500
2. In a large bowl, mix olive oil, salt, pepper, paprika, garlic powder, and hot sauce
3. Add potatoes to the bowl
4. Coat baking dish with cooking spray
5. Add potatoes, allow for the excess sauce in the remaining bowl
6. Bake potatoes for 45 minutes, stirring every 15 minutes.
7. Add cubed chicken to bowl with leftover sauce and allow to marinate while potatoes bake
8. Mix together cheese, bacon, and green onion in a separate bowl
9. Once potatoes are done, add the chicken then layer toppings over chicken
10. Bake for additional 15 minutes or until chicken is done and cheese is melted.

Stuffed Shells

Type of Meal:Dinner

Difficulty Level: Medium

Country of Origin: Italy

Ready in: 45 Minutes

Serves: 4 People

Ingredients

-Hamburger

-Pasta Shells

-Diced onions

-Diced green peppers

-Spaghetti sauce

-Shredded cheese

Preparation

1. Boil Pasta Shells
2. Fry Hamburger
3. Add onion, green pepper, and sauce
4. Stir
5. Drain the noodles
6. Put a little of sauce on the bottle inside the pan
7. Take a shell and stuff it with hamburger mix
8. Put it in pan and do all the shells that way
9. Cover it with sauce and sprinkle it with cheese
10. Put in oven for about 30 minutes
11. Ready to serve!

Sorta Grilled Cheese

Type of Meal: lunch/dinner

Difficulty Level: easy to medium

Country of Origin: USA

Ready in: 15min

Serves: as many as you make

Ingredients

Large medium or small tortilla

Shredded cheese mild cheddar

Two cans tomato soup

Milk

Onions or peppers (as
needed/wanted)

Preparation

1. Put two cans of tomato soup on to simmer in a medium saucepan, add milk to get desired thickness.
2. Add oil to a skillet or frying pan and turn on to medium heat.
3. Put a flour tortilla on the bottom of the skillet, fill one half with shredded cheese, flip the other side over to melt sides together.
4. Once cheese starts to melt or one side is golden brown flip and do same for both sides
5. A little cheese on top of quesadilla.
6. Put quesadilla on plate
7. Add tomato soup in a bowl and serve.

Tips

Cook the quesadilla to desired crunchiness.

Versatile Pulled Pork Carnitas

Type of Meal: Dinner or Lunch

Difficulty Level: Easy

Country of Origin: Mexico

Ready in: 6-8 hours

Serves: 8-10

Ingredients

3 ½ pounds of pork roast or pork shoulder
1 can full fat coconut milk
1 red onion
5 slices bacon
2 tbsp balsamic vinegar
1 tbsp coconut aminos
1 tsp fine sea salt

Preparation

1. Place all ingredients in crock pot
2. Cook on low 6 to 8 hours or high 4-6 hours
3. Remove pork from cooker and shred with fork
4. Take juice/liquid from cooker and spoon on top of shredded pork

Tips

Onions can be omitted if you do not like them. It is important to include all other ingredients to have the proper flavor. Can be served in tortillas or on any potato with salsa or avocado.

DESSERTS

Cream Puff Cake or Eclair Cake

Type of Meal: **Dessert**

Ingredients:

Difficulty Level: **Medium**

Crust:

Country of Origin: **French**

1 cup water

Ready in: **Total of 45 minutes**

½ cup of butter

Serves: **12 servings in a 9x13 pan**

1 cup all purpose flour

4 large eggs

Filling:

Topping:

1 8oz package of cream cheese, softened

1 (8 oz) container of cool whip

1 (5.1 oz) box of vanilla instant pudding

Chocolate syrup

3 cups milk

Preparation:

1. Preheat the oven to 400. Lightly grease a 9x13 baking pan.
2. For eclair crust: In a medium saucepan, melt butter in water and bring to a boil. Remove from heat. Stir in flour. Mix in 1 egg at a time, mixing completely before adding another egg. Spread mixture into pan, covering the bottom and sides evenly. Mixture will be very wet.
3. Bake for 30-40 minutes or until golden brown. Remove from the oven and cool.
4. For filling: Whip cream cheese in a medium bowl. In a separate bowl make vanilla pudding by beating the pudding mix and the milk for 3 minute, then put in the fridge to set. Make sure pudding is thick before mixing in cream cheese. Slowly add pudding to cream cheese, mix till no lumps.
5. When the crust is completely cooled pour filling in the crust, top with cool whip and drizzle with chocolate syrup.

Tips:

1. If the sides of your pan are too greased you won't be able to get the mixture to stay at the side, lightly grease.
2. Check at 25 minutes or check occasionally so that the crust is not over cooked.
3. Don't touch or push bubbles down on the crust.

Strawberry Pretzel Salad

Type of Meal: Dessert

Difficulty Level: Easy-Medium

Country of Origin: Southern United States

Ready in: 45 minutes

Serves: 20- depends on size of squares cut.

Ingredients

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O(R)
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries

Preparation

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well

and press mixture into the bottom of a 9x13 inch baking dish.

3. Bake for 8 to 10 minutes, until set. Set aside to cool.
4. In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When the mixture is about the consistency of egg whites, pour and spread over the cream cheese layer. Refrigerate until set.

Tips

Gluten free pretzels stay crunchier for longer and do not get as soggy as normal pretzels.

Patterson Jello Cookies

Type of Meal: Dessert

Difficulty Level: Simple

Country of Origin: United States

Ready in: 6-8 minutes

Ingredients:

$\frac{3}{4}$ C. Shortening

$\frac{1}{2}$ C. Sugar

1-3 OZ. jello flavor of choice

2 Eggs

1 Tsp. Vanilla

2 $\frac{1}{2}$ C. flour

1 tsp. Baking powder

1 tsp. Salt

Preparation

1. Mix and make into 1 inch balls
2. Roll balls in sugar
3. Bake at 400 degrees for 6-8 minutes

Aunt Carm's Pizzelles

Type of Meal: Dessert (cookies)

Difficulty Level: Easy-Medium

Country of Origin: Italy

Ready in: 1 Hour

Serves: 20 people (one cookie each)

Ingredients

12 eggs

7 cups flour

2 cups oleo margin melted and cooled

4 tbsp baking powder

2 tbsp vanilla

2 small bottles Anise oil

Tips:

It takes a lot of practice to get the cookies the exact right shape and color, it's never the first try.



Preparation

1. Beat eggs till frothy then add sugar
2. Add cool melted oleo, vanilla and Anise oil, then mix
3. Add flour and baking powder, blend well
4. Drop rounded spoon full onto top of hot iron
5. Wait a 30 seconds to a minute till cookie is light brown
6. Remove cookie and let cool

M&M Cookies

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: United States

Ready in: 40 minutes

Serves: 24

Ingredients

- 1 cup unsalted butter
- 1 cup light brown sugar
- $\frac{3}{4}$ cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chocolate chips
- 1 cup M&M's

Preparation

1. Preheat the oven to 375 degrees F. Line two baking sheets with silicone baking mats or parchment paper.
2. In a large bowl, using a mixer, cream together the butter and sugars for 1 minute. Add the eggs and vanilla and mix until combined.
3. Add the flour, baking soda, and salt, then stir the mix just until combined. Fold in the chocolate chips and M&M's. Refrigerate dough for 15 to 30 minutes if time allows.
4. Using a large cookie scoop (about 3 Tablespoons), scoop the cookie dough onto the baking sheet about 2 inches apart. Place extra M&M's on the top of the cookies if desired.
5. Bake for 7-10 minutes, or until the edges are barely golden brown. Allow cookies to set on the pan for 2 minutes, and then remove to a cooling rack.
6. Store in an airtight container for up to 3 days.

Tips

- Use a silpat baking mat for easy cleanup and no sticking.
- Refrigerate the dough to help them stay thick and chewy.
- Use a large cookie scoop to scoop dough onto a baking sheet. This ensures the M&M cookies are all equal size.

No Bake Cookies

Type of Meal: Dessert

Difficulty Level: 3/10

Country of Origin: US

Ready in: 15 - 20 min.

Serves: Varys based on size of cookies

Ingredients

½ cup butter

¼ cup cocoa

2 cups sugar,

½ cup milk

1 tsp. Vanilla

½ cup peanut butter

pinch of salt

3 cups oatmeal

Preparation

1. Mix the butter, cocoa, sugar, and milk in a saucepan
2. Cook over medium heat until it boils
3. Let the mixture cool for a few minutes
4. Then add the rest of the ingredients
5. Put in cookie-sized piles onto wax paper until cooled

Tips

Put the pans of cookies in the fridge so they cool faster.

Buba's Peanut Butter Cookies

Type of Meal: Dessert

Difficulty Level: medium

Country of Origin: USA

Ready in: In about 2 hours

Serves: 4 dozen cookies

Ingredients

WET

2 eggs

1 cup peanut butter (smooth or crunchy)

1 cup regular sugar

1 cup brown sugar

2 tsp vanilla

½ cup crisco

DRY

2 cups flour

2 tsp baking soda

½ tsp salt

Preparation

1. Mix wet well to creamy
2. Mix dry ingredients
3. Mix wet and dry to a ball
4. Put in plastic wrap chill 1 hour
5. Make dough into 1 inch balls
6. Roll into regular sugar
7. Flatten with fork
8. Preheat oven 385 deg
9. Cook on parchment paper covered cookie sheet

Tips

Bake 385 degrees for 8-10 min. For a lighter cookie. Store in a close container with a slice of bread for a soft cookie

OR

Bake 400 degrees 10-12 min till brown for a crunchy crumbly cookie. Excellent for dunking. Can be stored in a closed or open container.

Chocolate Chip Cookies

Type of Meal: Desert

2 teaspoons of Vanilla Extract

Difficulty Level: 3/5

Country of Origin: Whitman, Massachusetts

Ready in: 20 to 25 minutes

Serves: 25 Cookies

Ingredients

2 cups of Chocolate chips

1 cup of Butter

1 cup packed scoop of Brown sugar

Flour

1 cup White Sugar

2 Eggs

1 teaspoon Baking powder

1 cup Unsalted Butter

Preparation

1. Gather all the ingredients and equipment.
2. Cream together the butter and sugar
3. Add eggs one at a time
4. Mix the flour in until just combined
5. Fold in chips or nuts
6. Shape cookies
7. Bake at 350 degrees
8. Let cool

Tips

Find the perfect recipe.

Do not skip the salt

Measure your flour properly

Don't over mix the flour

Fruit Smoothie

Type of Meal: dessert

Difficulty Level: Easy

Country of Origin: Latin america

Ready in: 10 minutes

Serves:1

Ingredients

Bananas

Strawberries

Milk

Ice

Sugar

Preparation

1. Get all your ingredients out
2. Then get your blender
3. Put bananas and strawberries in the blender
4. Then ice and milk and a little bit of sugar
5. Blend
6. If not sweet enough put sugar in

Tips

Make sure the top of the blender is locked on, Make sure everything is well blended and smooth.

Chocolate Peanut Butter No Bake Cookies

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: Persia

Ready in: 40 minutes

Serves: 60 cookies

Ingredients

2 cups sugar

½ cup milk

1 stick of unsalted butter

¼ cup of unsweetened cocoa powder

3 cups of old-fashioned rolled oats

1 cup of smooth peanut butter

1 tablespoon of pure vanilla extract

and 1 large pinch of kosher salt

Preparation

1. Line a baking sheet with wax paper or parchment.
2. Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute.
3. Remove from the heat.
4. Add the oats, peanut butter, vanilla and salt, and stir to combine.
5. Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let sit at room temperature until cooled and hardened, about 30 minutes.
6. Refrigerate in an airtight container for up to 3 days.

Papanași

Type of Meal: Dessert

Difficulty Level: Difficult

Country of Origin: Romania

Ready in: Around One Hour

Serves: 12+

Ingredients

2 ¼ cups cottage cheese

2 eggs

1 teaspoon vanilla extract

A few drops almond extract

About ½ cup granulated sugar

About 1 cup all-purpose flour

1 teaspoon baking soda

Cooking oil for frying

16 oz. container of sour cream

Jar of strawberry perseveres (or fruit preserve of any kind)

2 tablespoons water

Preparation

1. Drain the excess water from the cottage cheese and place the cottage cheese in a bowl. Add the eggs, vanilla extract, almond extract, and 1 ½ tablespoon sugar to the bowl. With a hand blender or immersion blender, blend the ingredients into a rough paste. The cottage cheese should be blended enough to make the cheese balls a little finer.
2. Mix baking soda and around ½ cup flour and then give them to the cheese mixture. Mix with a spoon.
3. Flour the working surface and your hands generously. Turn the dough onto the floured surface.
4. Knead lightly to form a large ball. The dough should be somewhat sticky, yet manageable. Add the remaining flour only if absolutely necessary, only if the dough is unmanageable.
5. Divide the dough into golf ball sized portions.
6. In the meantime, heat the oil in a pot. Use enough oil to have about 2 inches of it in the pot.
7. Only fry two to three papanași at a time, depending on the size of your pan. The papanași should be able to move freely. Turn the heat down to medium-low. Turn the doughnuts with a slotted spoon and fry until the papanași are golden brown. Do not overfry.

8. When done, place them on plates lined with paper towels and pat them dry to absorb some of the excess oil.
9. To make crème fraiche topping, blend sour cream, sugar, and vanilla extract until smooth. The amount can be to taste. Chill until ready to serve.
10. To make strawberry preserve topping, warm in a saucepan on low heat. Add water to thin the mixture and then add sugar to taste.
11. Top finished papanași with creme fraiche and strawberry preserve. Refrigerate leftover toppings and keep leftover papanași in an airtight container.

Tips

- Plain Greek yogurt can be used in place of sour cream.
- If wanted, around 3 tablespoons of cocoa powder can be added to the dry mixture to make chocolatey.
- Chocolate syrup, caramel, honey, cinnamon sugar, etc. can be used in place of mentioned toppings for different flavors.

Cinnamon Crescent Roll Dessert

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: USA

Ready in: 40 minutes

Serves: 12-16

Ingredients:

2 cans crescent rolls

2 blocks cream cheese

1 ½ cups sugar

Vanilla

Cinnamon

1 stick butter

Preparation

1. Preheat oven to 350°F
2. Spread one can of crescent rolls on the bottom of a 9x13 pan
3. Mix cream cheese, **1 cup of** sugar, and vanilla
4. Spread mixture over crescent rolls
5. Roll out second can of crescent rolls over top of cream cheese mixture
6. Melt butter and pour over crescent rolls
7. Sprinkle **½ cup** sugar over butter
8. Sprinkle cinnamon on top
9. Bake for 30 minutes
10. Cut into squares and serve

Tips

Best served warm

Lemon Cheesecake

Type of Meal: Dessert

Difficulty Level: Medium

Country of Origin: Greece

Ready in: 1 hour 45 minutes

Serves: 12 - 14 servings

Ingredients

Crust

2 ¼ vanilla or lemon wafer crumbs

½ melted salted butter

3 tbsp sugar

Cheesecake

24 ounces of cream cheese, room temperature

1 cup sugar

3 tbsp all purpose flour

1 cup sour cream

3 tbsp lemon juice

1 tbsp lemon zest

4 large eggs

Preparation

Crust

1. Preheat the oven to 325 °. Preheat oven to 325°F (163°C). Line a 9-inch springform pan with parchment paper in the bottom and grease the sides.
2. Mix together the crust ingredients until well combined and press the mixture into the bottom and up the sides of the springform pan.
3. Bake the crust for 10 minutes, then set aside to cool.
4. Cover the outsides of the pan with aluminum foil to prepare it for a water bath.

Filling

1. Reduce oven temperature to 300°F (148°C).
2. In a large bowl, beat the cream cheese, sugar and flour on low speed until well combined and smooth. Be sure to use low speed to reduce the amount of air added to the batter, which can cause cracks. Scrape down the sides of the bowl.
3. Add the sour cream, lemon juice and lemon zest and mix on low speed until well combined.
4. Add eggs one at a time, mixing slowly to combine. Scrape down the sides of the bowl as needed to make sure everything is well combined.
5. Pour the cheesecake batter into the crust and spread evenly.
6. Place the springform pan inside another larger pan. Fill the outside pan with enough

warm water to go about halfway up the sides of the springform pan. The water should not go above the top edge of the aluminum foil on the springform pan.

7. Bake the cheesecake for 65 minutes.
8. Turn off the oven and leave the cheesecake in oven with the door closed for 15 minutes. Do not open the door or you'll release the heat.
9. Crack oven door and leave the cheesecake in the oven for another 20 minutes. This cooling process helps the cheesecake cool slowly to prevent cracks.
10. Remove from oven and let sit on the counter for 15 minutes, then remove the pan

from the water bath and remove aluminum foil. Refrigerate cheesecake until completely cooled and firm, 6-7 hours.

Tips

Usually 3 lemons are used for the zest and juice

To make ingredient adding easier mix lemon zest, juice, and eggs together before adding it to the filling

The water bath technique is easy to do but hard to explain for best results google proper water bath technique

Ice Cream Sandwich Cake

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: Unknown

Ready in: 10-15 minutes

Serves: Depends on chosen size

(Amount of ingredients also depends on chosen size)

Ingredients:

Ice Cream Sandwiches

Hot Fudge

Whipped Cream

M&M's (if desired)

Preparation

1. Select a pan of a size if your choice
2. Add layer of ice cream sandwiches to bottom (Remember to remove the wrappers)
3. Add fudge on top of the sandwiches
4. Add whipped cream to the top of the hot fudge
5. Repeat until pan is full
6. Add M&M's to top if desired

Tips

-Ice cream sandwiches may need to be cut to fit into pan

-Add fudge while warm for better cake setup and easier spreading

-M&M's can also be added to each layer if desired

- For best results, put back into freezer after making to allow best setup

Cinnamon Baked French Toast

Type of Meal: Dessert

Difficulty Level: easy

Country of Origin: Germany

Ready in: 13 hours

Serves: 12

Ingredients

French toast:

Butter, for greasing

1 loaf crusty sourdough or french bread

8 whole eggs

2 cups whole milk

½ cup whipping (heavy) cream

½ cup granulated sugar

½ cup brown sugar

2 tablespoons vanilla extract

Topping:

½ cup all purpose flour

½ cup firmly packed brown sugar

1 teaspoon ground cinnamon

¼ teaspoon salt

Freshly grated nutmeg

1 stick cold butter, cut into pieces, plus more for serving

Warm pancake syrup, 1 cup blueberries, serving

Preparation- 15 minutes

1. For the french toast: Grease the baking pan with butter. Tear the bread into chunks or cut into cubes, and evenly distribute evenly into the pan. Crack the eggs in a big bowl. Whisk together the eggs, milk, cream, granulated sugar, brown sugar, and vanilla. Pour evenly over the bread. Cover the pan tightly and store in the fridge overnight.
2. For the topping: mix the flour, brown sugar, cinnamon, salt and some nutmeg in a separate bowl. Stir together using a fork. Add the butter. Mix it all together until the mixture resembles fine pebbles. Store in a resealable bag in the fridge.
 3. When you're ready to bake the casserole, preheat the oven to 350 degrees f. Remove the casserole from the fridge and sprinkle the topping over the top. Bake for 45 minutes for a softer, More bread pudding texture or for 1 hour or more for a firmer, crisper texture.
4. Scoop out individual portions, top with butter and drizzle with warm pancake syrup and sprinkle with blueberries.

Tips

9-by-13 inch baking pan

No-Bake Peanut Butter Bars

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin:

Ready in: 10 minutes

Serves: 1-12 people

Ingredients

-Graham Cracker Crumbs

-Powdered Sugar

-Chocolate Chips

-Peanut Butter (lots)

Preparation

1. Bottom layer needs to be made first. Just toss graham crackers, peanut butter, and powdered sugar in a large bowl and stir everything on low speed to get in combined.
2. Press the mixture into an even layer
3. Now for the top you need to melt chocolate chips together with a little peanut butter (microwave or double boiler)
4. Pour the mixture over the base and smooth out with a spatula
5. Then, it just needs to be put in the fridge until the top layer is set. (Should take 1 hour at the most)

Tips

-If gluten free, use graham cracker crumbs that are gluten free

-If dairy free, use dairy free chocolate chips

Strawberry- Pretzel Salad

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: American

Ready in: 6 HR 40 MIN

Serves: 12

Ingredients

Topping

- 2 packages (4 serving size each) Jell-O strawberry-flavored gelatin
- 2 cups boiling water
- 2 boxes (16 oz each) frozen sweetened strawberries, thawed

Crust

- 2 cups pretzels, crushed
- $\frac{3}{4}$ cup butter, melted
- 3 tablespoons sugar

Filling

- 1 container (8oz) Cool Whip frozen whipped topping, thawed
- 1 package (8oz) cream cheese, softened
- 1 cup sugar

Preparation

1. Dissolve gelatin in boiling water. Stir in strawberries; refrigerate until partially set, about 1 hour 45 minutes.
2. Heat oven to 350 Degrees. In a medium bowl, mix crust ingredients. Press into an ungreased 13x9-inch baking dish. Bake for 10 minutes. Cool on the cooling rack.
3. In a medium bowl, beat filling ingredients with an electric mixer on medium spread until smooth. Spread over cooled crust. Cover and refrigerate until cool and gelatin topping in the bowl is partially set.
4. Carefully spoon gelatin topping over filling. Refrigerate 4 to 6 hours or until firm. To serve, cut into 4 rows by 3 rows.

Harmonic Brownies

Type of Meal: SATB Dessert

Difficulty Level: Easy to medium (P to F)
depending on which one you make

Country of Origin: US

Ready in: 42 (crescendo and decrescendo)
minutes

Serves: Possibly 17

Ingredients

- 3 tbsp Water
- ½ Vegetable oil
- 2 eggs
- Your Favorite Brownie Mix

Preparation

1. Heat oven as directed
(13" x 9", 350, 22-25 min) (9" x 9", 350, 36-38 min) (8" x 8", 325, 50-52 min)
2. Stir brownie mix, water, oil, and eggs in medium bowl until well blended.
3. Spray pan with olive oil
4. Spread batter into the pan
5. Bake as directed r until a toothpick inserted 2 inches from side of pan comes out almost clean
6. Check on brownies to make sure they don't get overdone.
7. Take out of the oven once done

Tips: To cut warm brownies, use a plastic knife and short sawing motions. Store tightly covered.

Supreme Chocolate Torte w/ Glaze

Type of Meal: Dessert

Difficulty Level: Medium

Country of Origin: Dutch

Ready in: 1 Hour

Serves: 3-6

Ingredients (Batter)

- 3 eggs
- 1 ¼ cup granulated sugar
- 1 cup butter, melted
- 1 tsp vanilla
- Dash of salt (omit if using salted butter)
- ½ cup Hershey's cocoa powder
- ⅓ cup flour

Ingredients (Glaze)

- 2 Tbsp butter
- 2 Tbsp Hershey's cocoa powder
- 2 Tbsp water
- 1 cup confectioners sugar
- ½ tsp vanilla

Preparation (Batter)

1. Preheat the oven to 350°F.
2. Line a 9x9 pan with foil, and then rub softened butter only on the bottom.
3. In a large bowl, mix together the first 4 ingredients. Beat on high for 3 minutes, scraping bowl often.
4. Add cocoa and flour, blend well.
5. Spread into prepared pan.
6. Bake for 35-40 minutes.
7. Cool for 15 minutes, remove from the pan, then allow to cool thoroughly.
8. Pour glaze ovetop after cooled thoroughly.

Preparation (Glaze)

1. In a small saucepan over medium-low heat, melt butter.
2. Add cocoa powder and water, stirring constantly with a rubber spatula until the mixture thickens.

3. Remove from heat.
4. Gradually add confectioners sugar and vanilla. Beat until smooth.
5. Pour over the cooled torte, using the rubber spatula or a spoon to spread around any glaze if desired.

Tips

- Do not make the glaze until after the torte has cooled.

- **Do not let the glaze boil!**
- If you prefer your desserts served warm, pour the glaze over the torte 20 minutes after cooling.
- Hershey's cocoa powder provides the sweetest, optimal taste, but other baking cocoa powders can be used as a substitute.
- If you do not have electric beaters available, use a whisk on the wet ingredients, and then switch to a rubber spatula upon adding the dry ingredients.

2 Ingredient Chocolate Cake

Type of Meal: Dessert

Difficulty Level: easy

Country of Origin: america

Ready in: 35 mins

Serves: 8

Ingredients

Chocolate chips

4 eggs

Preparation

1. Measure out 2 cups of water
2. Microwave water for 3 minutes so it's hot
3. Put your chocolate chips in a bowl and melt in a microwave
4. Separate your yolk and whites
5. Slowly mix in the yolks with the chocolate
6. Mix your whites until they're fluffy
7. Mix your whites in slowly with the other chocolate
8. Once mixed, put in a cake pan and bake for 30 minutes on 320

Tips

There is a youtube video of this and here is the link:

https://www.youtube.com/watch?v=vrpof_QQ_Ue0

Strawberry Banana Cheesecake Salad

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: Southeast Asia

Ready in: 15 mins

Serves: 6 people

Ingredients:

1 bag of miniature marshmallows

2 cups of vanilla yogurt

1 regular sized tub of cool whip

1 package of cheesecake flavor instant pudding and pie filling(Just add the mix with the rest of ingredients...don't have to make the mix)

1-2 containers of strawberries

3-4 sliced bananas

Preparation

1. Get a bowl, medium or large
2. Put the marshmallows in the bowl
3. Add the yogurt, whipped cream, and pudding/pie filling.
4. Then, Add both fruits depending on how much you want in there.
5. Mix till it looks done to your liking and then it's ready to serve.

Tips-

Better if you serve it after it's done. If it's refrigerated it might get soggy, You can add any fruit that you would like other than strawberry and bananas.

German Sweet Chocolate Cake

Type of Meal: Dessert

Difficulty Level: easy

Country of Origin: USA

Ready in: 2 hours

Serves: 16 servings

Ingredients

1 pkg. BAKER'S GERMAN'S Sweet
Chocolate

½ cup of water

4 eggs, seperated

2 cups flour

1 tsp. Baking soda

¼ tsp. Salt

1 cup butter, softened

2 cups sugar

1 tsp. Vanilla

1 cup buttermilk coconut pecan
filling and frosting

Preparation

1. Heat oven to 350 degrees
2. Cover bottoms of 3 (9-inch) round pans with wax paper
3. Spray sides with cooking spray
4. Microwave chocolate and water in large microwaveable bowl on HIGH for 1-½ to 2 minutes or until chocolate is almost melted
5. Stir after 1 minute until chocolate is completely melted
6. Beat egg whites in small bowl with mixer until stiff peaks form, set aside
7. Mix flour, baking soda, and salt
8. Beat butter and sugar in large bowl with mixer until light and fluffy
9. Add egg yolks, 1 at a time, beating well after each.
10. Blend in melted chocolate and vanilla
11. Add flour mixture alternately with buttermilk, beating until well blended after each addition
12. Add egg whites
13. Stir gently until well blended
14. Pour into prepared pans
15. Bake 30 mins or until toothpick inserted in centers comes out clean
16. Immediately run small spatula around cakes in pans
17. Cool cakes in pans 15 min
18. Remove from pans to wired racks
19. Cool completely
20. Spread coconut pecan filling and frosting between cake layers and onto top of cake

Pudding Pops

Type of Meal: Dessert

Difficulty Level: 2

Country of Origin: USA

Ready in: 2-3 hours

Serves: 6 people

Ingredients

1 3.9 ounce package of instant
chocolate pudding

$\frac{1}{2}$ cup of cremora

2 $\frac{1}{2}$ cups of milk

Preparation

1. Mix well
2. Fill small cups $\frac{3}{4}$ full
3. Add a popsicle stick
4. Freeze

Tips

Make sure you stir the pudding well.

Oreo Cookie Balls

Type of Meal: Dessert

Difficulty Level: Easy

Country of Origin: America

Ready in: 35 minutes

Makes: 36 Oreo Cookie Balls

Ingredients

36 Oreo cookies (finely crushed)

8 ounces cream cheese (softened)

16 ounces baking chocolate

Preparation

1. Line a sheet pan with parchment paper and set aside.
2. Crush Oreo cookies into crumbs.
3. Use a mixer to combine Oreo cookie crumbs and softened cream cheese. Mix well until they are smoothed.
4. Scoop 1 inch balls from the cookie and cream cheese mix. Place on a sheet pan and freeze for 20 minutes.
5. Meanwhile, melt the chocolate.
6. Dip each of the Oreo cookie balls in the melted chocolate and place them on the parchment paper.
7. Decorate your Oreo cookie balls with melted chocolate, Oreo crumbs, sprinkles, or anything else you want to.

Tips

Make sure the cream cheese is well softened before mixing it with the oreo cookie crumbs.

Melted chocolate only stays well melted for a few minutes so try to work fast.

SPECIALTY

Homemade Apple Dog Biscuits

Type of Meal: Dog Treats

Difficulty Level: easy-medium

Country of Origin: United States

Ready in: 90 min.

Serves: 15-20

Ingredients

4 tbsp. Honey

½ tsp. Vanilla extract

2 ¾ cups water

¼ cup fresh diced apple

1 tbsp. Baking powder

4 cups of flour

Ground cinnamon

Preparation

1. Preheat the oven to 350 degrees.
2. Line a muffin pan with paper cups or prep your tin.
3. In a large bowl mix honey, vanilla, water, applesauce, and an egg.
4. Mix baking powder and flour in a separate bowl.
5. Slowly stir the flour mixture into the large bowl and blend well.
6. Fold diced apples into the mixture.
7. Spoon mixture into muffin tins
8. Sprinkle lightly with cinnamon
9. Bake for 60-75 minutes or until a toothpick inserted into the center comes out dry.
10. Remove tin(s) from the oven and let cool completely on a cooling rack.

Tips

This is for dogs not people