

Western
Technical College

***Cavalier
Cupboard***

COOKBOOK



Table of CONTENTS

CAVALIER CUPBOARD RECIPE CARDS

Sausage/Hamburger Gravy	Pg 3-4	Slow Cooker Meatballs	Pg 45-46
Sausage & Egg Grilled Cheese	Pg 5-6	Tater Tot Taco Casserole	Pg 47-48
Potato Corn Chowder	Pg 7-8	Ground Beef Curly Noodle	Pg 49-50
French Onion Soup	Pg 9-10	Slow Cooker Casserole	Pg 51-52
Easy Chili	Pg 11-12	Simple Mac & Cheese	Pg 53-54
Mexican Casserole	Pg 13-14	Fettucine Alfredo	Pg 55-56
Cheesy Chicken & Rice	Pg 15-16	Baked Ziti	Pg 57-58
Shepard's Pie	Pg 17-18	Pasta with Peas & Sausage	Pg 59-60
Sloppy Joe Pasta	Pg 19-20	Chicken, Sausage, & Zucchini Pasta	Pg 61-62
Cheesy Chicken Broccoli Pasta	Pg 21-22	Hot Dog Casserole	Pg 63-64
Bacon Ranch Chicken Casserole	Pg 23-24	Cheesy Hot Dog Tater Tot Casserole	Pg 65-66
Double Stuffed Bakers Chicken & Stuffing Casserole	Pg 25-26 Pg 27-28	Grilled Cheese Dogs	Pg 67-68
Cream of Mushroom Chicken	Pg 29-30	Hot Dog Hash	Pg 69-70
Hamburger Stroganoff	Pg 31-32	Zucchini Lasagna Roll Ups (GF)	Pg 71-72
Cowboy Chicken Casserole	Pg 33-34	Taco Tomatoes (GF)	Pg 73-74
Chicken & Stuffing Skillet	Pg 35-36	Crockpot Turkey Chili (GF)	Pg 75-76
Tuna Casserole	Pg 37-38	Cream of Mushroom Soup (GF)	Pg 77-78
Slow Cooker Taco Soup	Pg 39-40	Stuffed Peppers (GF)	Pg 79-80
Six Can Chicken Tortilla Soup	Pg 41-42	Spinach Omelet (GF)	Pg 81-82
Easy White Chili	Pg 43-44	Easy GF Mac & Cheese (GF)	Pg 83-84
		Chicken Enchiladas (GF)	Pg 85-86
		Ham & Cheese Quiche (GF)	Pg 87-88



Sausage/ Hamburger Gravy

Ingredients

- 1 lb hamburger or 1 lb breakfast sausage
- 1/4 cup flour
- salt and pepper
- 3 -3 1/2 cups milk (Depends on how thick or thin you like it whole, skim or 2% all work well)



Directions

- 1 In a large skillet add meat, salt & pepper.
- 2 Brown really well and do not drain meat unless you are using hamburger and the amount of fat is quite a bit.
- 3 Sprinkle flour over meat and stir well.
- 4 Once the flour is mixed in well and browned really well, slowly add milk stirring constantly until nice and thick.





Sausage & Egg Grilled Cheese

Ingredients

- 4 slices of Bread
- 3 Eggs
- 1/2 cup Cooked Sausage
- 4 slices of American Cheese
- 2 TBSP Milk
- Butter



Directions

1 - Mix Eggs, Sausage and Milk together in a dish

2 - Scramble Eggs

3 - Butter one side of each slice of bread

4 - Place a piece of Bread, butter side down, in a frying pan

5 - Add a slice of cheese, egg mixture and another slice of cheese before putting the second slice of bread with butter side facing up on top

6 - Fry for a couple minutes on each side, watching carefully so you do not burn the bread





Potato Corn Chowder

Ingredients

- 2 1/2 pounds potatoes, peeled and cut into 1-inch cubes
- 12 ounces frozen corn
- 1 small onion, chopped
- 4 garlic cloves, finely chopped
- 4 sprigs of fresh thyme
- 4 1/2 cups chicken stock
- Salt and pepper to taste
- 1 teaspoon ground chicken bouillon (optional but highly recommended)
- 1/2 to 1 cup heavy cream
- 12 ounces bacon, cooked and crumbled



Directions

Place the potatoes, the corn, onion, garlic, and thyme in the slow cooker.

Pour the chicken broth over.

Season generously with salt and pepper. Add the chicken bouillon (if using). And stir well.

Cover and cook on low for 6 - 7 hours or on high for 3 - 4 hours or until the potatoes are tender and cooked through.

Scoop out some of the potatoes onto a plate. Mash the potatoes with a fork and return to the crock pot, stirring them in to thicken the broth.

Stir in heavy cream cover, and cook on low for an additional 30 minutes.

Serve hot garnished with bacon





French Onion Soup

Ingredients

- 4 yellow onions large, sliced
- 1 tsp salt
- 4 tbsp butter
- 1 tsp pepper
- 3 tbsp Worcestershire sauce
- 1 tbsp thyme
- 6 c beef broth
- 1 loaf french bread day old
- 2 c mozzarella cheese and parmesan, a mix is good



Directions

Slice your yellow onions into rather thick / wide slices. Set aside

Turn crockpot on high and add onions inside spread out.

Add salt, beef broth, butter, pepper, worces. sauce and thyme.

Cook on high for 7-8 hours or until it turns a darker brown color. Get bowls that can be placed into the oven ready and fill them 3/4 full with soup from your slow cooker.

Preheat broiler to high or around 350 degrees.

Put a thick slice of your day old bread on top of each bowl of soup, cover the bread with a mixture of mozzarella and parmesan cheeses.

Put under broiler until cheese is melted and golden brown color, maybe 3-4 minutes.





Easy Chili

Ingredients

- 1 pound ground beef
- 1 cup chopped onion
- 1 package McCormick® Chili Seasoning Mix
- 1 can (15 ounces) kidney beans, drained
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce

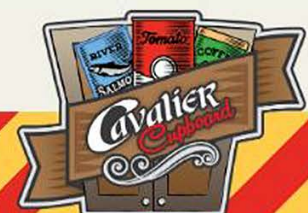


Directions

Cook ground beef and onion in large skillet on medium-high heat 5 minutes, stirring occasionally. Drain fat.

Stir in Seasoning Mix and remaining ingredients. Bring to boil. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally.

Serve with shredded cheese, sour cream and chopped onion, if desired.



Mexican Casserole

Ingredients

- 2 tablespoons vegetable oil
- $\frac{3}{4}$ pound cubed skinless, boneless chicken breast meat
- $\frac{1}{2}$ (1.25 ounce) package taco seasoning mix
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (8.75 ounce) can sweet corn, drained
- $\frac{1}{4}$ cup salsa
- water as needed
- 1 cup shredded Mexican-style cheese¹
- $\frac{1}{2}$ cups crushed plain tortilla chips



Directions

In a large skillet over medium high heat, saute chicken in oil until cooked through and no longer pink inside.

Add taco seasoning, beans, corn, salsa and a little water to prevent drying out. Cover skillet and simmer over medium low heat for 10 minutes.

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

Transfer chicken mixture to a 9x13 inch baking dish. Top with 1/2 cup of the cheese and crushed tortilla chips.

Bake in the preheated oven for 15 minutes. Add remaining 1/2 cup cheese and bake until cheese is melted and bubbly.





Cheesy Chicken & Rice

Ingredients

- 4 Tbs butter
- 2 Tbs fresh minced garlic
- 2 cups shredded, cooked chicken breast
- 4 cups steamed brown rice
- 1/4 cup all purpose, unbleached flour
- 1 tsp kosher salt
- 1 tsp black pepper
- 2 cups chicken broth
- 2 cups shredded cheddar cheese
- Top with 1 1/2 Cups shredded cheddar cheese (optional)



Directions

Preheat oven to 350 degrees F.

Melt butter into a medium saucepan over medium high heat.

Stir in garlic and cook for 1 minute.

Whisk in flour, chopped thyme, salt and pepper then slowly pour in chicken broth whisking continuously.

Whisk until thick and nearly boiling then stir in cheese until melted.

Stir in rice and chicken and then transfer to a 9×13 inch baking dish.

Top with additional cheddar cheese, if desired, and bake for 25-30 minutes or until cheese is melted through.

Serve.





Shepherd's Pie

Ingredients

- 1 lb. lean ground beef
- 1 onion, chopped
- 2 cups frozen mixed vegetables
- 10 oz. can cream of mushroom soup with roasted garlic
- 3 cups refrigerated mashed potatoes



Directions

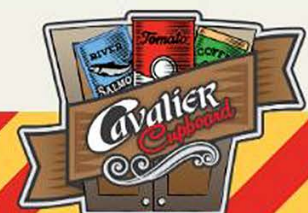
Preheat oven to 375 degrees.

In heavy skillet cook ground beef and onion until beef is brown and onion is tender, stirring to break up meat, about 10 minutes.

Drain well. Stir in vegetables and soup and cook until hot, about 4 minutes.

Place in 9 inch pie plate. Spoon mashed potatoes over hot meat mixture.

Bake at 375 degrees for 35-45 minutes until potatoes are golden brown and pie is bubbling



Sloppy Joe Pasta

Ingredients

- 1 (16 ounce) package ziti pasta
- 2 (15 ounce) cans Manwich original Manwich sloppy joe mix
- 2 cups sharp cheddar cheese, shredded
- 1 1/2 lbs ground beef



Directions

Cook noodles according to pkg directions.
Drain set aside.

In large saucepan cook beef until no longer pink, drain fat.

Add cans of Manwich mix well.

Spray baking dish with nonstick spray.

Pour noodles in baking dish and pour meat sauce over noodles.

Mix well to combine.

Top with cheese and bake @ 350 for 30 minutes or until cheese melts and its heated through.





Cheesy Chicken Braccali Pasta

Ingredients

- 8 ounces medium shell pasta
- 3 cups broccoli, chopped into florets
- 2 chicken breasts, cooked and diced
- 2 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 1 cup milk
- 1 cup chicken broth
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 2 cups sharp cheddar cheese, shredded



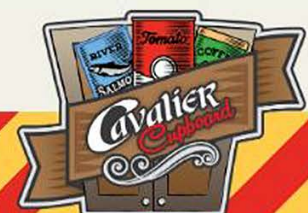
Directions

In a large pot of boiling salted water, cook pasta according to package directions. Add broccoli during last 2-3 minutes of cook time. Drain and set aside.

Melt butter in a large skillet over medium heat. Add flour and cooking, stirring, for 1 minute. Slowly whisk in milk and chicken broth and season with garlic powder, salt, and pepper.

Cook, stirring constantly, until mixture is bubbling and thickened. Remove from heat and add cheddar cheese. Stir until melted.

Add the drained pasta, broccoli, and chicken and stir to combine. If sauce becomes too thick, add milk as needed to thin.





Bacon Ranch Chicken Casserole

Ingredients

- 4 chicken breasts (cooked and cubed)
- 1 small box (10 oz) Rotini noodles
- 8-10 thin slices of Bacon cooked and chopped
- 4 cloves of garlic, minced
- 1 cup Milk
- 1 cup of Ranch Dressing (from the bottle)
- 3 Tbsp of butter
- 2 cups Mexican Cheese Blend



Directions

Pre-heat oven to 350 degrees F

Cook your chicken and then cut it into cubes

Cook pasta al dente and set aside

Cook bacon and chop up Melt butter in pan and add minced garlic (do not brown) and mix for about 1 minute in low to medium heat

Add flour and chicken to pan and mix for 1 minute

Add ranch and milk and mix for 2 minutes

Then, add bacon and cheese and mix well

Pour over pasta and mix together

Pour pasta mixture into greased casserole dish (I use a 9x13) and cook in oven for 10-15 minutes until cheese is melted!





Double Stuffed Bakers

Ingredients

- 2 large baking potatoes
- 1/2 cup sour cream
- 1/4 cup milk
- 4 tablespoons butter
- 1/2 teaspoon refrigerated minced garlic
- 1/4 teaspoon salt
- 1/8-1/4 teaspoon pepper
- 3/4 cup grated cheese, divided
- 2 green onions (to garnish)
- paprika (to garnish)



Directions

Bake potatoes in a 375 degree oven 1 to 1 1/2 hours until done.

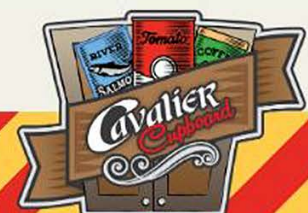
When potatoes are done let them cool 10-15 minutes. Then slice them in half lengthwise.

Using a spoon carefully scoop out the potato, leaving a little on skin so they don't break. Save the skins.

In a large bowl mix all the ingredients except 1/4 cup cheese, green onion and paprika with a hand mixer until well blended and creamy. If not creamy enough add a bit more milk. Taste and adjust seasonings if necessary.

Spoon potato mixture evenly into shells. Top with remaining 1/4 cup of cheese and green onions. Sprinkle lightly with paprika.

Return to oven until hot and cheese is melted, about 15-20 minutes.





Chicken & Stuffing Casserole

Ingredients

- 4 Chicken Breasts (or enough to fill pan)
- 6 Slices Swiss Cheese
- 1 can Cream of Chicken Soup
- 1/4 cup milk
- Stove Top Turkey Stuffing (about 1/2 box)
- 1/4 c butter



Directions

Cover bottom of pan with chicken.

Lay Swiss Cheese over chicken.

Mix 1 can cream of chicken soup and 1/4 cup milk.

Pour mixture over chicken. (this is where you would freeze if you want to store it) Top with 1/2 bag (or more) of Stove Top Turkey Stuffing.

Drizzle 1/4 cup butter on top.

Bake at 350 for 45-60 minutes.

Serve over rice.





Cream of Mushroom Chicken

Ingredients

- 2 tablespoons butter
- 1 (10.75oz) can condensed cream of mushroom soup
- 1 1/4 cups water, or as needed
- 1 (12 fl oz) can evaporated milk
- 1 onion, chopped
- salt & pepper to taste
- 2lb skinless, boneless chick breast halves-cubed
- 1 (60z) can sliced mushrooms, drained

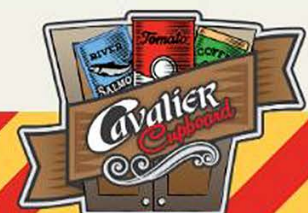


Directions

Step 1- In a large saucepan, melt the butter/margarine. Add the soup, water and milk. Stir together over medium heat. Add the onion, salt and pepper and bring all to a boil.

Step 2- When mixture starts boiling, add the chicken meat and simmer all together until chicken is cooked through. Add the sliced mushrooms and boil over medium heat for about 5 minutes, stirring often.

Serve!





Hamburger Stroganoff

Ingredients

- 1 (16oz) package egg noodles
- 1lb ground beef
- 1pkt dry brown gravy mix
- 1 (8oz) pkg cream cheese
- 1 (6oz) can chopped mushrooms, with liquid
- 1/2 cup milk
- 1 (8oz) container sour cream
- 2 (10.75oz) cans condensed cream of mushroom soup



Directions

Step 1- Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente; drain.

Step 2- In a skillet over medium heat, brown the ground beef until no pink shows, about 5 minutes; drain fat.

Step 3- Mix brown gravy, cream cheese, and mushrooms with hamburger, stirring until cream cheese melts. Add milk, sour cream, and mushroom soup to cooked pasta. Blend hamburger mixture with pasta.





Cowboy Chicken Casserole

Ingredients

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Chicken Soup
- 1/2 cup water
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1 cup chunky salsa
- 1/4 cup rinsed, drained, canned black beans
- 1 can (about 15 ounces) whole kernel corn, drained
- 2 cups cubed cooked chicken
- 4 flour tortilla (8-inch) or 6 corn tortillas (6-inch), cut into 1-inch pieces
- 1/2 cup shredded Cheddar cheese

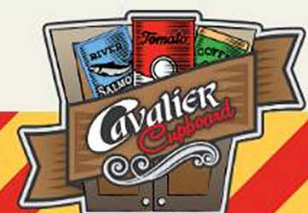


Directions

Step 1- Set the oven to 350°F. Stir the soup, water, chili powder, garlic powder, salsa, beans, corn, chicken and tortillas in a large bowl.

Step 2- Spoon the chicken mixture into an 11x8x2-inch baking dish. Top with the cheese. Cover the baking dish.

Step 3- Bake for 25 minutes or until the mixture is hot and bubbling.





Chicken & Stuffing Skillet

Ingredients

- 3 tablespoons butter
- 1 1/4 pounds skinless, boneless chicken breast halves
- 1 cup Chicken Broth
- 6 ounce (about 3 cups) uncooked herb seasoned stuffing
- 1 can (10 1/2 ounces) Cream of Chicken Soup
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese

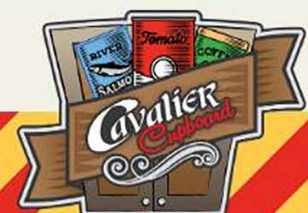


Directions

Step 1- Season the chicken as desired (we used freshly ground black pepper). Heat 1 tablespoon butter in a 12-inch nonstick skillet over medium-high heat. Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through. Remove the chicken from the skillet.

Step 2- Heat the remaining butter and the broth in the skillet to a boil. Add the stuffing and mix lightly.

Step 3-Reduce the heat to medium-low. Place the chicken on the stuffing. Stir the soup and milk in a small bowl. Pour the soup mixture over the chicken. Top with the cheese. Cover and cook until the soup mixture is hot and the cheese is melted.





Tuna Casserole

Ingredients

- 1 (12 ounce) package egg noodles
- ¼ cup chopped onion
- 2 cups shredded Cheddar cheese
- 1 cup frozen green peas
- 2 (5 ounce) cans tuna, drained
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- ½ (4.5 ounce) can sliced mushrooms
- 1 cup crushed potato chips



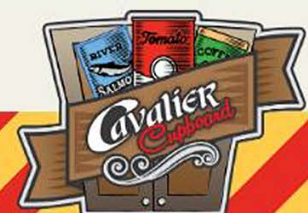
Directions

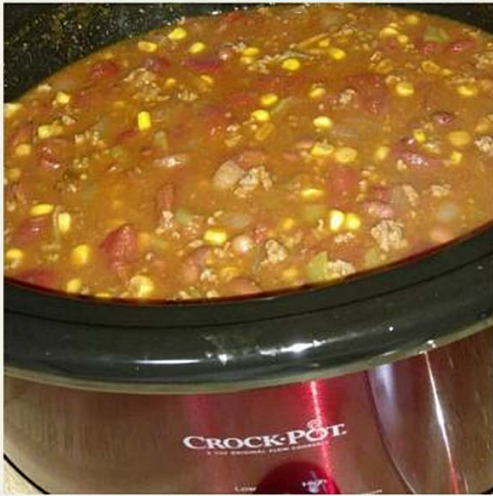
Step 1- Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.

Step 2- Preheat oven to 425 degrees F (220 degrees C).

Step 3- In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Step 4- Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.





Slow Cooker Taco Soup

Ingredients

- pound ground beef
- 1 onion, chopped
- 1 (16 ounce) can chili beans, with liquid
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can whole kernel corn, with liquid
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (4 ounce) can diced green chile peppers
- 1 (1.25 ounce) package taco seasoning mix



Directions

Step 1- In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside.

Step 2- Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker. Mix to blend, and cook on Low setting for 8 hours.





Six Can Chicken Tortilla Soup

Ingredients

- 1 (15 ounce) can whole kernel corn, drained
- 2 (14.5 ounce) cans chicken broth
- 1 (10 ounce) can chunk chicken
- 1 (15 ounce) can black beans
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained



Directions

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.





Easy White Chili

Ingredients

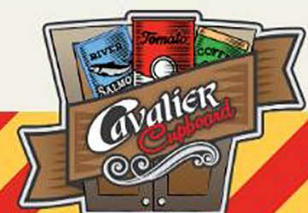
- 2 tablespoons olive oil
- 2 onions, chopped
- 4 cloves garlic, minced
- 4 cooked, boneless chicken breast half, chopped
- 3 (14.5 ounce) cans chicken broth
- 2 (4 ounce) cans canned green chile peppers, chopped
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 ½ teaspoons cayenne pepper
- 5 (14.5 ounce) cans great Northern beans, undrained
- 1 cup shredded Monterey Jack cheese



Directions

Step 1- Heat the oil in a large pot over medium heat. Add the onions and garlic and saute for 10 minutes, or until onions are tender. Add the chicken, chicken broth, green chile peppers, cumin, oregano and cayenne pepper and bring to a boil.

Step 2- Reduce heat to low and add the beans. Simmer for 20 to 30 minutes, or until heated thoroughly. Pour into individual bowls and top with the cheese.





Slow Cooker Meatballs

Ingredients

- 1 ½ pounds ground beef
- 1 ¼ cups Italian seasoned bread crumbs
- ¼ cup chopped fresh parsley
- 2 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 egg, beaten
- 1 (28 ounce) jar spaghetti sauce1 (16 ounce) can crushed tomatoes
- 1 (14.25 ounce) can tomato puree



Directions

Step 1- In a bowl, mix the ground beef, bread crumbs, parsley, garlic, onion, and egg. Shape the mixture into 16 meatballs.

Step 2- In a slow cooker, mix the spaghetti sauce, crushed tomatoes, and tomato puree. Place the meatballs into the sauce mixture. Cook on Low for 6 to 8 hours.





Tater Tot Taco Casserole

Ingredients

- 1 pound ground beef
- 1 small onion, diced
- 1 clove garlic, minced
- 1 (1 ounce) packet taco seasoning mix
- 1 (16 ounce) bag frozen Mexican-style corn
- 1 (12 ounce) can black beans, rinsed and drained
- 1 (12 ounce) bag shredded Mexican cheese blend
- 1 (16 ounce) package frozen tater tots
- 1 (12 fluid ounce) can enchilada sauce



Directions

Step 1- Preheat an oven to 375 degrees F (190 degrees C). Prepare a 9x13-inch baking dish with cooking spray.

Step 2- Cook the ground beef in a skillet over medium heat until completely browned, 5 to 7 minutes. Add the onion, garlic, taco seasoning mix, frozen Mexican-style corn, and black beans to the ground beef; cook and stir another 10 minutes. Set aside to cool slightly.

Step 3- Combine the ground beef mixture in a large bowl with about $\frac{3}{4}$ of the Mexican cheese blend and the tater tots; stir to combine.

Step 4- Pour about $\frac{1}{3}$ of the enchilada sauce into the bottom of the prepared baking dish. Add the tater tot mixture to the baking dish; lightly pat the mixture down into a solid, even layer. Pour the remaining enchilada sauce over the tater tot layer.

Step 5- Bake in the preheated oven for 40 minutes. Sprinkle the remaining Mexican cheese over the casserole and return to oven until the cheese is melted and bubbly, about 5 minutes more.





Ground Beef Curly Noodle

Ingredients

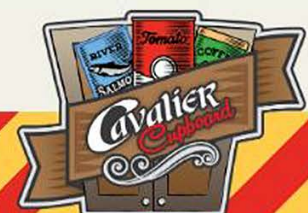
- 1 pound ground beef
- 1 (3 ounce) package Oriental flavored ramen noodles
- 1 (14.5 ounce) can diced tomatoes
- 1 (10 ounce) can whole kernel corn



Directions

Step 1- Heat a large skillet over medium-high heat. Crumble in the ground beef, and cook until no longer pink, stirring frequently. Drain off grease.

Step 2- Stir in the flavor packet from the noodles, tomatoes, and corn (with their juices). Break up the noodles slightly, and add them to the skillet. Bring to a boil, then reduce heat to low, cover, and simmer for 10 minutes, or until noodles are tender. Stir occasionally to break up any clumps of noodles.





Slow Cooker Casserole

Ingredients

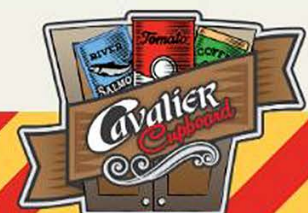
- ½ cup butter
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 3 teaspoons garlic powder
- 3 teaspoons onion powder
- 3 (3 ounce) packages chicken flavored ramen noodles
- 6 skinless, boneless chicken breast halves, cut into bite size pieces



Directions

Step 1- Cut butter or margarine into small chunks and put chunks in the bottom of the slow cooker. Add the vegetables, cream of chicken soups and cream of mushroom soups. Stir. Sprinkle with the garlic powder, onion powder and seasoning packets from the ramen noodle packages. Put chicken pieces in slow cooker. Cover and cook for 6 hours on LOW.

Step 2- Break each ramen noodle packet into quarters (4 'pieces'). Put noodles in slow cooker and stir to cover noodles. Cook 1 hour on HIGH. Reduce heat and let simmer until ready to serve.





Simple Mac & Cheese

Ingredients

- 1 (8 ounce) box elbow macaroni
- ¼ cup butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese



Directions

Step 1- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Step 2- Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add Cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes.

Step 3- Fold macaroni into cheese sauce until coated.





Fettuccine Alfredo

Ingredients

- 24 ounces dry fettuccini
- pasta 1 cup butter
- $\frac{3}{4}$ pint heavy cream
- salt and pepper to taste
- 1 dash garlic salt
- $\frac{3}{4}$ cup grated Romano cheese
- $\frac{1}{2}$ cup grated Parmesan cheese



Directions

Step 1- Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.

Step 2- In a large saucepan, melt butter into cream over low heat. Add salt, pepper and garlic salt. Stir in cheese over medium heat until melted; this will thicken the sauce.

Step 3- Add pasta to sauce. Use enough of the pasta so that all of the sauce is used and the pasta is thoroughly coated. Serve immediately.





Baked Ziti

Ingredients

- 1 pound dry ziti pasta
- 1 onion, chopped
- 1 pound lean ground beef
- 2 (26 ounce) jars spaghetti sauce
- 6 ounces provolone cheese, sliced
- 1 ½ cups sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese



Directions

Step 1- Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

Step 2- In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.

Step 3- Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.

Step 4- Bake for 30 minutes in the preheated oven, or until cheeses are melted.





Pasta with Peas & Sausage

Ingredients

- 1 pound rigatoni pasta
- 2 tablespoons olive oil 1 clove garlic, minced
- 1 pound sweet Italian sausage, casings removed
- 12 ounces frozen green peas
- 1 ½ cups heavy cream
- 4 tablespoons butter
- 2 tablespoons grated Parmesan cheese



Directions

Step 1- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Step 2- In a skillet heat oil and saute garlic over medium heat. Brown sausage in skillet. Once brown add frozen peas and simmer for 5 minutes. Slowly add heavy cream and butter to skillet; bring to a slight boil. Add more cream if necessary. Cook for 5 minutes. Toss with cooked pasta and top with Parmesan cheese.





Chicken, Sausage, & Zucchini Pasta

Ingredients

- 1 (16 ounce) package rotini pasta
- 4 (3.5 ounce) links Italian sausages, sliced
- 2 skinless, boneless chicken breast halves, cubed
- 1 onion, chopped
- 1 clove garlic, minced
- 1 green bell pepper, diced
- 1 teaspoon Italian seasoning
- salt & ground black pepper to taste
- 1 (14.5 ounce) can diced tomatoes
- 1 $\frac{3}{4}$ cups spaghetti sauce
- 1 (4.5 ounce) can sliced mushrooms
- 3 zucchinis, thickly sliced



Directions

Step 1- In a large pot with boiling salted water cook rotini pasta until al dente. Drain.

Step 2- Meanwhile, in a large Dutch oven cook sliced Italian sausage until brown. Add cubed chicken and cook until no pink remains in either meat. Add onion, garlic, green bell pepper, Italian seasoning, salt and ground black pepper and stir together. Cover and simmer until vegetables are tender. Stir in tomatoes, spaghetti sauce, mushrooms, and zucchini. Simmer until zucchini is tender yet crisp.

Step 3- Toss cooked pasta with sauce. Serve warm.





Hot Dog Casserole

Ingredients

- 1(8 ounce) box elbow macaroni, freshly cooked & drained
- ½lb hot dog, sliced into rounds
- 2 ¼ cups American cheese or 2 1/4 cups Velveeta cheese, shredded
- 5 tablespoons unsalted butter
- 1 small onion, very finely chopped (about 1/2 cup)
- ¼cup all-purpose flour
- 2cups milk
- ¼teaspoon ground black pepper
- ½teaspoon salt



Directions

Preheat oven to 350 F degrees.

Grease a 2-quart casserole.

Add the freshly cooked and drained macaroni into the casserole along with the sliced hot dogs and just 2 cups of the cheese; mix well.

Combine butter and onion in a medium saucepan and saute over medium heat until the onion is wilted (about 5 minutes). Whisk flour into the butter mixture quickly until flour is absorbed, then remove from heat.

Add milk slowly, whisking to combine well- make sure you whisk very quickly and thoroughly or you will have doughy clumps.

Return to heat, whisk in the salt and pepper, and bring to a boil (still whisking)- just be careful not to let it burn.

As soon as it starts to hit the boiling point, remove from heat and pour evenly over the macaroni mixture.

Stir to gently to combine.

Sprinkle with remaining 1/4 cup cheese and bake, uncovered, for 18-20 minutes or until heated through and the cheese has melted and browned





Cheesy Hot Dog Tater Tot Casserole

Ingredients

- 8 hot dogs, cut into 1/2-inch slices
- 2 (15-ounce) cans chili (either with or without beans)
- 3/4 cup ketchup
- 1 teaspoon Worcestershire
- 1/2 medium onion, finely chopped
- 2 1/2 cups shredded cheddar cheese, divided
- 1 (28-ounce) bag frozen tater tots
- (Optional) 1/4 teaspoon crushed red pepper flakes



Directions

Preheat oven to 350 degrees and spray a 9x13-inch pan with cooking spray.

In a large bowl, combine sliced hot dogs, chili, ketchup, Worcestershire sauce, onion, and red pepper flakes. Mix well.

Transfer mixture to prepared pan.

Sprinkle 1 1/2 cups cheese on top.

Spread tater tots on top of cheese layer.

Bake for 30 minutes.

Sprinkle remaining 1 cup cheese on top and bake another 10 minutes.





Grilled Cheese Dogs

Ingredients

- 4 hot dog buns
- 2 tbsp. butter, softened
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 4 hot dogs, split lengthwise (be careful not to cut all the way through)
- 3 c. shredded cheddar
- 4 Green onions, sliced



Directions

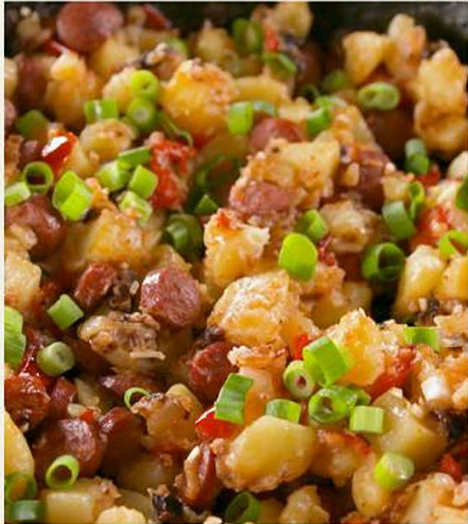
Flatten hot dog buns with a rolling pin. In a small bowl, stir together butter, garlic powder, and onion powder. Spread all over outsides of buns.

In a large skillet over medium heat, sear hot dogs (working in batches if necessary) until charred, 2 minutes per side. Set aside.

Place a bun buttered-side down in skillet and top with 1/2 cup of cheddar cheese, a hot dog, a little more cheddar cheese, and 1/4 of green onions.

Cover and cook over medium heat until cheese melts, then use a spatula to close the bun. Repeat with remaining ingredients to make 4 cheese dogs total.





Hot Dog Hash

Ingredients

- 1/4 c. extra-virgin olive oil
- 8 hot dogs, thinly sliced
- 1 onion onion, chopped
- 1 medium red bell pepper, chopped
- 2 garlic cloves, minced
- Kosher salt
- Freshly ground black pepper
- 1 1/2 lb. Yukon Gold potatoes, peeled and cut into 1/2" pieces
- Hot sauce, for serving



Directions

In a large skillet over medium-high heat, heat 1 tablespoon oil. Add hot dogs and cook, stirring occasionally, until crispy, about 5 minutes. Transfer to a plate.

To skillet add potatoes, onion, and bell pepper. Cover and cook over medium heat, 5 minutes. Remove lid and add remaining 3 tablespoons oil and season generously with salt and pepper. Cook, stirring occasionally, until potatoes are golden and knife-tender, about 7 minutes more. Stir in garlic and hot dogs and cook, stirring, until warmed through, about 3 minutes more.

Serve with hot sauce.





Zucchini Lasagna Roll-ups

Ingredients

Gluten-Free

- 6 large zucchini
- 1 (16-oz.) container ricotta
- 3/4 c. freshly grated Parmesan, divided
- 2 large eggs
- 1/2 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. grated mozzarella



Directions

Preheat oven to 400°. Slice zucchini lengthwise into 1/8" thick strips, then place strips on a paper towel-lined baking sheet to drain.

Make ricotta mixture: In a small bowl, combine ricotta, 1/2 cup Parmesan, eggs, and garlic powder, and season with salt and pepper.

Spread a thin layer of marinara onto the bottom of a 9"-x-13" baking dish. On each slice of zucchini, spoon a thin layer of sauce, spread ricotta mixture on top, and sprinkle with mozzarella.

Roll up and place in baking dish, packed together tightly. Sprinkle with remaining 1/4 cup Parmesan. Bake until zucchini is tender and cheese is melty, 20 minutes.





Taco Tomatoes

Ingredients

- 1 tbsp. extra-virgin olive oil
- 3/4 lb. ground beef
- 1 medium onion, chopped
- 1 (1-oz.) packet taco seasoning

Gluten-Free

- 4 large, ripe tomatoes
- 1/2 c. shredded Mexican cheese blend
- 1/2 c. shredded iceberg lettuce
- 1/4 c. sour cream



Directions

In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat.

Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges.

Divide taco meat among tomatoes, then top each with cheese, lettuce, and sour cream before serving.





Crackpot Turkey Chili

Ingredients

Gluten-Free

- 1 tbsp. extra-virgin olive oil
- 1 red onion, finely chopped
- 1 green Bell Pepper, chopped
- 1 1/2 lb. ground turkey
- salt & pepper
- 2 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 (28-oz.) can chopped tomatoes
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15-oz.) can kidney beans, rinsed and drained
- 1 1/2 c. low-sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano



Directions

In a large skillet over medium-high heat, heat oil. Add onion and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook until fragrant, about 2 minutes. Transfer mixture to a slow cooker.

To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste.





Cream of Mushroom Soup

Ingredients

- 1/4 c. butter
- 2 8-oz. packages cremini mushrooms, sliced
- 2/3 c. sliced shitaake mushrooms
- 1 shallot, minced
- 2 garlic cloves, minced

Gluten-Free

- 1 tsp. dried thyme
- 4 c. vegetable stock
- 1/3 c. heavy cream
- kosher salt & black pepper



Directions

In a large pot, melt butter. Add mushrooms and sauté until golden, about 5-7 minutes. Season with salt and pepper and remove 1 cup of the mushrooms, reserving them to the side.

Add shallot and garlic to the pot and sauté until fragrant, 1 minute. Add thyme and vegetable stock and bring to a simmer. Cook until mushrooms are tender, about 8-10 minutes. Using an immersion blender, or working in batches in a regular blender, puree soup until smooth.

Return soup to pot and stir in cream and reserved mushrooms. Serve.





Stuffed Peppers

Ingredients

- 1 pound ground beef
- ½ cup uncooked long grain white rice
- 1 cup water
- 6 green bell peppers
- 2 (8 ounce) cans tomato sauce
- 1 tablespoon Worcestershire sauce

Gluten-Free

- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- salt and pepper to taste
- 1 teaspoon Italian seasoning



Directions

Step 1- Preheat oven to 350 degrees F (175 degrees C).

Step 2-Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.

Step 3-Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)

Step 4-In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.

Step 5- Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.





Spinach Omelet

Ingredients

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 ½ tablespoons Parmesan cheese

Gluten-Free

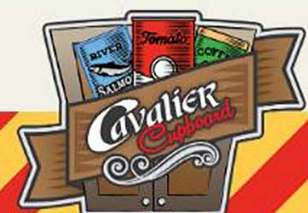
- ¼ teaspoon onion powder
- ⅛ teaspoon ground nutmeg
- salt and pepper to taste



Directions

Step 1- In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

Step 2- In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.





Easy GF Mac & Cheese

Ingredients

- 10 ounces gluten-free elbow pasta
- ¼ cup butter (Optional)
- 1 ¼ teaspoons salt
- ¾ teaspoon mustard powder
- 4 cups milk
- ¼ cup cornstarch
- 4 cups shredded Cheddar cheese, divided

Gluten-Free

- Topping:
- 2 gluten-free bread slices, toasted and broken into crumbs
- (Optional) 1 teaspoon butter, softened
- (Optional) ½ teaspoon paprika (Optional)



Directions

Step 1- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Step 2- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Step 3- Melt 1/4 cup butter in a saucepan over medium heat. Stir salt and mustard powder into melted butter and remove saucepan from heat.

Step 4- Whisk milk and cornstarch together in a bowl until smooth; stir into butter mixture until well blended. Return saucepan to stove; cook milk mixture, stirring constantly, over medium heat until sauce is thickened, about 5 minutes. Remove saucepan from heat.

Step 5- Stir 3 cups Cheddar cheese into sauce until heat from sauce melts cheese. Add pasta to cheese sauce and stir well; pour into the prepared baking dish.

Step 6- Combine remaining 1 cup Cheddar cheese, gluten-free bread crumbs, 1 teaspoon butter, and paprika in a bowl; sprinkle over pasta mixture.

Step 7- Bake in the preheated oven until top is crunchy, about 30 minutes.





Chicken Enchiladas

Ingredients

- 1 (15 ounce) can tomato sauce
- ¼ cup water
- 1 envelope taco seasoning mix
- 1 ½ tablespoons chili powder
- 1 tablespoon vegetable oil
- 1 pound chicken breast tenderloins
- 1 (15 ounce) can black beans, drained

Gluten-Free

- ¼ cup cream cheese
- 1 cup shredded Mexican-style cheese blend, or more to taste
- 1 (7.5 ounce) package corn bread mix
- 1 egg
- ⅓ cup milk



Directions

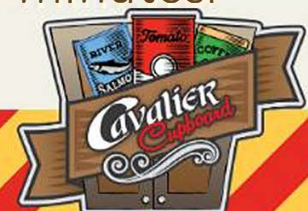
Step 1- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x9-inch baking dish.

Step 2-Mix tomato sauce, water, taco seasoning mix, and chili powder together in a saucepan; bring to a simmer over medium heat.

Step 3-Heat vegetable oil in a skillet over medium heat and brown chicken tenderloins on both sides, about 5 minutes per side. Pour tomato sauce mixture over the chicken, bring to a simmer, and cook over medium-low heat until chicken tenderloins are no longer pink inside, about 8 minutes. Transfer chicken to a bowl and shred; return shredded chicken to the sauce. Mix in black beans and cream cheese until thoroughly combined.

Step 4-Pour chicken mixture into prepared baking dish. Top with shredded Mexican cheese. Whisk corn bread mix, egg, and milk in a bowl, and spoon the batter over the chicken mix.

Step 5-Bake in the preheated oven until the casserole is bubbling and the corn bread topping is browned and set, about 30 minutes.





Ham & Cheese Quiche

Ingredients

- 2 (12 ounce) packages frozen hash brown potatoes
- 1/3 cup butter, melted
- 1 cup cooked diced ham

Gluten-Free

- 1 cup shredded Monterey Jack cheese
- 2 eggs
- 1/2 cup heavy whipping cream



Directions

Step 1- Preheat oven to 425 degrees F (220 degrees C).

Step 2-Squeeze any excess moisture from the potatoes and combine them with the melted butter or margarine in a small bowl. Press this mixture into the bottom and sides of an ungreased 10 inch pie pan.

Step 3- Bake at 425 degrees F (220 degrees C) for 25 minutes.

Step 4- Remove pan from oven and arrange the ham and cheese evenly over the potatoes. In a separate small bowl, beat together the eggs and the cream. Pour this over the ham and cheese.

Step 5- Return pan to oven and bake for 425 degrees F (220 degrees C) for 30 minutes, or until the custard has completely set.

