



ACB Next Generation

2022 Cookbook

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Things to Note

Navigation tip: This document is in “Protected View.” Press F6 and click “Enable Editing” to more easily navigate this document with the links in the Table of Contents.

pt = pint

oz = ounce

tsp = teaspoon

Tbsp = Tablespoon

lb / lbs = pound / pounds

pkg / pkgs = package

Pressure Cooker = Small appliance electric pressure cooker such as an Instant Pot. None of our directions use a stovetop version.

Slow Cooker = Small appliances like a crock pot, where there is a heating unit typically with a removable inner dish with a lid on top. These do not seal or hold pressure.

Traditional Method = Oven and / or stovetop, no special small appliances.

Special terms used in pressure cooker directions. (Please note many of our recipes are specific to the Instant Pot brand. The settings may be called something different or may not be available on another version.)

Natural Release = When the cook time has run out. The pressure cooker will no longer be heating. No action needs to be taken until the time recommended has run out. Some pressure will be lost during this time, but not all.

Quick Release = This is when the knob for the steam is turned to open instead of closed. Be careful as the steam is hot.

Many of these recipes were found on the Internet. Many have been heavily edited to ensure we have maintained the vital information and are not using someone's personal words without their permission. Therefore, any mistakes are due to information not being complete and us doing the best to put together the recipe.

Vegetarian = In this Cookbook anything that does not have animal fat or meat. It may contain eggs, honey, or cheese and milk products, as these are consumable items that do not harm the animals they come from. If it does not

contain any of these items, either, it will be marked as vegan.

Appetizers

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1. Chicken in Shoyu Dip

Note: There were no frying instructions given. Often a cooling rack and a pan for it to sit in can replace the need for paper towels to catch the drippings.

What they used...

Meat

- 2 lbs chicken wings or drumettes
- 2 cups flour
- vegetable oil (enough to cover meat)
- paper towels (for draining)

Sauce

- 6 Tbsp shoyu sauce
- ½ cup sugar
- 1 tsp sesame seeds
- green onions
- 2 tsp grated ginger

How they made it...

1. Start with the chicken dipping sauce. Mix well, equal amounts of shoyu sauce and white sugar.
2. Add sesame seeds, green onions, and grated ginger into the sauce and mix well.
3. Flour chicken and fry.

4. After the frying, dip the chicken in the Shoyu sauce.
5. Stand chicken upward on a plate with a paper towel so excess sauce can drain.
6. Place chicken on a platter.

2. Cucumber Wraps

What they used...

- 2 cucumbers
- 1 container garlic herb whipped cream cheese
- 8 lunch meat pieces

How they made it...

1. Make cucumber spears, slice in half, and then each half into fourths.
2. Spread garlic herb whipped cream cheese on a slice of sandwich meat.
3. Then roll the cucumber or pickle spear with the slice of meat.

3. Marinated Artichoke Appetizers

Note: Labeled diabetic-friendly, gluten-free, and vegetarian.

What they used...

- 24 marinated artichoke quarters (drained)
- 24 cherry or grape tomatoes
- 8 oz block reduced-fat white cheddar or swiss cheese
- 24 toothpicks

How they made it...

1. Cut the cheese block into 24 cubes.
2. Skewer one artichoke piece, tomato, and cheese cube onto a toothpick.
3. Serve immediately or cover and refrigerate until ready to serve.

4. Sugar's Buffalo Chicken Dip

Note: Scoops chips are recommended for dipping.

What they used...

- 16 oz cream cheese
- 2 cups Ranch dressing
- 2 large cans chopped chicken
- 2 or 3 cups shredded cheese (to cover)
- Tabasco sauce
- 9 x 13 inch baking dish

How they made it...

1. Preheat the oven to 350°F.
2. Blend cream cheese and ranch dressing together. Then spread in a 9 x 13 inch dish.
3. Lightly coat chicken with the desired amount of Tabasco sauce.
4. Then spread over cream cheese mixture and top with cheese.
5. Bake for 30 minutes or until it bubbles.

5. Tomato, Basil, and Mozzarella Salad

Makes 4 servings

What they used...

- 2 or 3 ripe tomatoes (about 1 lb)
- 5 to 6 fresh mozzarella balls (small size)
- 2 or 3 diced fresh basil leaves
- 2 tsp olive oil
- dash of salt (optional)

How they made it...

1. Slice tomatoes into ½-inch-thick slices.
2. Arrange 2 or 3 tomato slices on each salad plate.
3. Cut each fresh mozzarella ball into halves.
4. Top each tomato slice with sliced mozzarella.
5. Drizzle olive oil over the tomatoes.
6. Top each mozzarella half with fresh basil.
7. Sprinkle a dash of salt over the dish. (optional)

Breads

6. 2 Ingredient Pumpkin Muffins**Error! Bookmark not defined.**

7. Flourless Black Bean Brownie Muffins**Error! Bookmark not defined.**

8. Homemade Hamburger Buns**Error! Bookmark not defined.**

9. Honey Whole Wheat Bread**Error! Bookmark not defined.**

6. 2 Ingredient Pumpkin Muffins

Makes 12 standard muffins

Note: Works great for mini muffins. Cake mix can be changed for other flavors. These will stick if no cooking spray is used due to their low-fat content. Freeze for great quick meals or treats.

What they used...

- 15 oz can pumpkin puree (NOT pumpkin pie filling)
- 15.25 oz box spice cake mix
- muffin tin
- non-stick cooking spray or cupcake liners (optional)

How they made it...

1. Preheat the oven to 375°F.
2. Line or spray a 12-cup muffin tin. Spray liners if desired.
3. In a large bowl, use a spatula to fold together the pumpkin and dry cake mix.
4. Then use an electric mixer to make sure that the batter is fluffy and completely combined. It will be thick. Use a scoop to fill prepared muffin tins with batter.
5. Bake for 18 to 20 minutes or until a toothpick inserted in the center comes out clean.
6. Cool in pan for about 5 minutes and then remove muffins to a wire rack to finish cooling.

7. Flourless Black Bean Brownie Muffins

Note: Do not refrigerate because they taste better and stay more moist when kept at room temperature.

What they used...

- 15 oz can black beans (rinsed and drained)
- 3 eggs (4 for a more cake-like texture)
- ½ cup pure maple syrup or honey
- 2 Tbsp melted and cooled coconut oil
- 1 tsp vanilla extract
- 1 tsp baking powder
- ¼ tsp kosher salt
- ⅓ cups chocolate chips, and 2 extra Tbsp for sprinkling on top
- ½ cup high-quality cocoa powder
- muffin tin
- cupcake liners
- non-stick cooking spray
- 1 Tbsp freshly brewed coffee (optional to enhance the chocolate flavor)
- shredded coconut (optional)

How they made it...

1. Preheat the oven to 350°F.
2. Line a 12 cups muffin tin with baking liners and spray each liner with non-stick cooking spray.
3. Place black beans and 1 egg in the food processor and process until beans are well blended.
4. Add 2 additional eggs, maple syrup, coconut oil, vanilla, and optional coffee. Process again until smooth.
5. Add cocoa powder, baking powder and salt. Process again until smooth.
6. Fold in $\frac{1}{3}$ cups chocolate chips. Process again until smooth.
7. Divide batter evenly among muffin cups. Sprinkle remaining chocolate chips evenly among tops of muffin batter. (Sometimes I like to add shredded coconut to the deliciousness.)
8. Bake for 25 minutes or until a toothpick inserted in the middle of the muffin comes out clean.
9. Place on a wire rack to cool for 10 minutes. Transfer to an airtight container.
10. Keep muffins for a day at room temperature, then store in the refrigerator.

8. Homemade Hamburger Buns

Note: Mama Spice uses 1 cup sea salt, ¼ cup each black pepper, garlic powder, onion powder, and ¼ cup Italian seasoning, mixed together.

What they used...

- 2 ½ tsp instant dry yeast
- 2 Tbsp sugar
- 1 ½ tsp mommy spice
- 1 cup warm milk
- ½ cup warm water
- ¼ cup salted butter (melted)
- 4 ½ cups all-purpose flour
- 1 large egg
- 1 Tbsp water
- 1 Tbsp sesame seeds (optional)

How they made it...

1. Preheat the oven to 400°F.
2. In a large mixing bowl, or in the bowl of a stand mixer, combine the yeast, sugar, salt, milk, and water.
3. Add in the melted butter and 3 ½ cups of the flour. Begin mixing on a low speed until all of the flour is stirred in.

4. Slowly add in the remaining flour, $\frac{1}{2}$ cup at a time, until the dough is tacky, but does not stick to your hands. The dough should be nice and smooth.
5. Transfer to a lightly greased large mixing bowl and let rise until it doubles in size, about 1 hour.
6. Divide the dough into 12 equal portions and roll into balls. Press each ball between your hands to flatten. The dough will spring back a bit, making about a $\frac{1}{2}$ -inch disc.
7. Place the disc onto a lightly greased baking sheet. Whisk together the egg and 1 Tbsp water to form an egg wash. Brush the tops of the discs. This will give them a nice shiny brown finish. Sprinkle sesame seeds on top, if desired, to make sesame seed buns.
8. Cook in the oven for about 12 minutes.

9. Honey Whole Wheat Bread

What they used...

- loaf pans
- dishtowel (to cover rising dough)
- ¼ cup honey
- 2 Tbsp butter / margarine
- 1 ¾ cup warm water
- 1 ¾ cup bread flour
- 1 ¾ cup whole wheat flour
- 1 tsp active yeast

How they made it...

1. Combine honey and butter together.
2. Combine warm water and yeast in a small bowl together. Allow this to rise for 5 minutes.
3. Mix flour in with honey and butter.
4. Add in yeast mixture. and knead.
5. Allow to rise for 1 hour with a dishtowel over the bowl
6. Preheat the oven to 325°F.
7. Punch down the bread and knead again. Move the dough into the loaf pans before rising a second time for about 30 to 45 minutes.
8. Bake for 45 to 55 minutes.

Breakfast

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10. Cauliflower Breakfast Casserole (Pressure Cooker)

Makes 6 servings

Note: The versatile cauliflower will help fill you up and give you that desired traditional breakfast taste. Even better, unlike the potatoes used to make hash browns, this dish is loaded with nutrients—not empty calories. This quick and easy dish is perfect for holidays or family get-togethers. Using precooked bacon can be a less messy option.

What they used...

- steamer basket
- paper towels (for bacon grease)
- 1 cup water
- ½ head chopped cauliflower
- 4 slices bacon
- 1 lb breakfast sausage
- 4 Tbsp melted butter
- 10 eggs
- ⅓ cup heavy cream
- 2 tsp salt
- 1 tsp pepper
- 2 Tbsp hot sauce
- 2 green onion stalks
- 1 cup shredded sharp cheddar cheese

How they made it...

1. Pour water into the pressure cooker and place the steamer basket on the bottom.
2. Chop cauliflower into bite-sized pieces, add to the pressure cooker, and click the lid closed.
3. Press the Steam button and adjust time for 1 minute.
4. When the timer beeps, quick release the pressure and place cauliflower to the side in a medium bowl.
5. Drain water from the pressure cooker, clean, and replace.
6. Press the Sauté button then the Adjust button to set heat to Less.
7. Cook bacon until crispy.
8. Once fully cooked, set aside on paper towels.
9. Add breakfast sausage to pot and brown (still using the Sauté setting).
10. While the sausage is cooking, whisk butter, eggs, heavy cream, salt, pepper, and hot sauce together.
11. When the sausage is fully cooked, pour the egg mixture into the pressure cooker.
12. Gently stir using silicone spatula until eggs are completely cooked and fluffy.
13. Press the Cancel button.
14. Sprinkle sliced green onions, bacon, and cheese over mixture and let melt. Serve warm.

11. Croatian Pancakes (Crepes)

Note: These crepes are typically spread with jam or Nutella and / or ground walnuts. They can also be rolled around fruit, especially something with a tart flavor profile such as sour cherries. Enjoy!

What they used...

- 2 eggs
- 1 ½ cups room-temperature milk
- 4 Tbsp flour
- 1 Tbsp vegetable oil
- salt (to taste)
- spread of choice

How they made it...

1. In a deep bowl, add the eggs, oil, and a pinch of salt, and mix well.
2. Add the milk, and mix well again.
3. Add the flour, and whisk well so that the mixture is smooth, and no lumps remain.
4. Sprinkle a medium-sized pan with oil, and preheat the oil on medium heat.
5. Once the oil is heated, pour 1 to 2 cups of the mixture as desired for pan size and level of thickness into the pan.

6. Repeatedly move the pan gently in a circle until the mixture has evened out.
7. Cook for 1 to 2 minutes based on the amount of mixture used.
8. Using a spatula, flip the pancake over, and repeat step 7, allowing it to cook on the other side for 1 to 2 minutes based on the amount of mixture used.
9. Once it has finished cooking, transfer the pancake to a serving plate.
10. Coat the pancake with the desired spread or ingredient, roll it into a tube shape, and enjoy.
11. Repeat steps 5 to 10 to make additional pancakes.

12. Fruit And Cheese Breakfast Wrap

Makes 2 Servings

Note: Keto-friendly. This tasty wrap is a perfect choice to make before getting up and running out the door prior to an activity-packed day. Pears, strawberries, and peaches are also a delicious combination with the tart cheese. These wraps can be made the night before to save even more time.

What they used...

- 2 6-inch flour tortillas
- 2 Tbsp plain cream cheese
- 1 apple
- 1 Tbsp honey

How they made it...

1. Lay both tortillas on a clean work surface and spread 1 Tbsp of cream cheese onto each tortilla, leaving about ½ inch around the edges.
2. Peel, core, and slice thin the apple. Arrange the slices on the cream cheese, just off the center of the tortilla on the side closest to you, leaving about 1 ½ inches on each side and 2 inches on the bottom.
3. Drizzle the apples lightly with honey.

4. Fold the left and right edges of the tortillas into the center, laying the edge over the apples.
5. Taking the tortilla edge closest to you, fold it over the fruit and the side pieces.
6. Roll the tortilla away from you, creating a snug wrap.
7. Repeat with the second tortilla.

13. Pancakes

Note: From the Wake, Make, and Bake ACB Community Call on August 18, 2021.

What they used...

- 2 cups flour
- 1 tsp salt
- 3 Tbsp sugar
- 1 $\frac{3}{4}$ tsp baking powder
- 2 eggs
- 3 Tbsp butter
- 1 $\frac{1}{4}$ cups milk
- cinnamon (optional)
- nutmeg (optional)

How they made it...

1. Melt the butter in the microwave.
2. Combine the dry ingredients.
3. Then mix in the wet.
4. Grease a frying pan on medium heat and pour on some batter.
5. Flip when it seems ready to flip.
6. Then let the other side cook. Figure out times using trial and error.

14. Perfect Instant Pot Hard Boiled Eggs

Note: This recipe has been tested by pre-teens who were successful without assistance.

What they used...

- 1 cup water
- eggs (up to 12)
- ice water bath

How they made it...

1. Place 1 cup of water in the bottom of the Instant Pot.
2. Put a trivet or steamer rack in the pot (either the one that came with the Instant Pot or an egg steamer rack).
3. Place eggs in a single layer on top of the rack.
4. Close the Instant Pot lid and turn the steam valve to sealed.
5. Set the Instant Pot to Manual / Pressure Cook, High Pressure, and set the cook time to 5 minutes.
6. When the cooking time is finished:
 - a. With a 6-quart Instant Pot, do a 5-minute natural release (leave the Instant Pot alone for 5 minutes) and then quickly release any remaining pressure.

- b. With an 8-quart Instant Pot, quickly release the pressure as soon as the cook time ends by carefully turning the steam release valve to the Venting position. When the float valve drops down, the pressure has been released and it is safe to open the Instant Pot.
7. Carefully remove the lid and immediately transfer the eggs to a bowl of ice water using tongs, a spoon, or an oven mitt.
8. Let the eggs cool in the ice water for 5 to 10 minutes and then peel.

15. Summer Vegetable Omelet

Note: Keto-friendly.

What they used...

- 4 egg whites
- 1 egg
- 2 Tbsp chopped fresh parsley
- 2 Tbsp water
- non-stick cooking spray (for greasing the skillet)
- ½ cup chopped and boiled red bell pepper
- ¼ of a scallion
- freshly ground black pepper

How they made it...

1. In a small bowl, whisk together egg whites, egg, parsley, and water until well blended. Set aside.
2. Generously spray a large non-stick skillet with non-stick cooking spray, and place it over medium-high heat.
3. Chop the scallion (both the green and white parts).
4. Sauté the peppers and scallion for about 3 minutes or until softened.
5. Pour egg mixture into the skillet over the vegetables and cook, swirling the skillet, for about 2 minutes or until the edges of the egg start to set.

6. Lift up the set edges and tilt the pan so that the uncooked egg can flow underneath the cooked egg. Continue lifting and cooking the egg for about 4 minutes or until the omelet is set.
7. Loosen the omelet with a spatula and fold it in half.
8. Cut the folded omelet into 3 portions and transfer the omelets to serving plates. Season with black pepper and serve.

16. Zucchini Breakfast Casserole

Note: Gluten-free, low-carbohydrate, diabetic-friendly, and Keto-friendly. This recipe is highly customizable. Here is the basic list of what was used; however, frozen vegetables can be substituted for fresh, for example, as well as any type of meat. Combine meats or split the recipe into halves with different flavors and cook in two smaller pans. Add or subtract spices to better compliment the meat and cheese choices. Onion powder, green onions, chives, or sautéed bulb onions are great with this, too. Any color sauteed bell peppers and canned or sauteed mushrooms are yummy additions. Be creative and use what is in your kitchen! It is good for any meal of the day and can be prepped raw and stored in the refrigerator a day or two ahead. It has been popular for hosting company and at the holidays. The recipe below used gluten-free options.

What they used...

- 2 small coarsely shredded zucchini or yellow squash
- 2 cups cooked Italian sausage or any savory precooked meat (not maple flavored)
- 8 oz softened cream cheese
- 10 large eggs
- 4 cloves minced fresh garlic

- ½ cup coconut flour
- 2 tsp baking powder
- 1 tsp salt
- ½ tsp black pepper
- 1 to 2 cups shredded cheddar cheese
- 9 x 13 inch baking dish

How they made it...

1. Preheat the oven to 350°F.
2. Grease the baking dish.
3. Whisk dry ingredients.
4. Beat cream cheese with a hand mixer or in a stand mixer until smooth.
5. Add in eggs, zucchini, and fresh garlic.
6. Then stir in precooked meat into egg and cream cheese mixture.
7. Pour into the prepared pan and top with shredded cheese.
8. Bake on the center oven rack for 40 to 45 minutes.
9. It is done when it feels firm to the touch and does not jiggle when the pan is shaken carefully side to side. It will seem puffed up.

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17. 4 Ingredient Peanut Butter Cookies

Note: Cookie dough balls can be kept in the refrigerator for up to 5 days, or frozen for up to 3 months. Bake straight from frozen.

What they used...

- 1 cup smooth peanut butter
- $\frac{3}{4}$ cups granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- Parchment paper or silicone mat (for lining pan)

How they made it...

1. Preheat the oven to 350°F.
2. Line baking tray with parchment paper or silicone mat.
3. In a large mixing bowl, mix together the peanut butter, sugar, egg, and vanilla, until completely combined and form a big ball of dough.
4. Using a small cookie scoop (about 1oz per ball), scoop the dough onto the prepared baking tray.
5. Dip a fork in sugar, and lightly flatten each cookie, making a crisscross pattern.
6. Bake for 10 to 12 minutes, or until the edges are lightly browned.

7. The cookies will be super soft, but they will firm up as they cool. Allow to cool for 10 minutes before transferring them to a wire rack to cool completely.

18. Brownie Cookie Recipe

What they used...

- 18.4 oz brownie mix (dry mix only)
- 2 eggs
- ½ cup Canola Oil
- 1 Tbsp water
- Parchment paper

How they made it...

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, mix together the ingredients, until combined.
4. Using a cookie scoop or spoon, drop 2 Tbsp balls of dough about 2 inches apart on the cookie sheet.
5. Bake cookies for 10 to 12 minutes.
6. Remove from the oven and allow cookies to cool for about two minutes before transferring to a cooling rack.

19. Chocolate Chip Cookies

What they used...

- 2 ¼ cups flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup butter
- ¾ cups sugar
- ¾ cups brown sugar
- 1 tsp vanilla
- 2 eggs
- 2 cups chocolate chips
- 1 cup nuts (optional)

How they made it...

1. Preheat the oven to 375°F.
2. Combine the flour, baking soda, and salt together in a small bowl, (dry ingredients).
3. Separately cream together the butter, sugar, and brown sugar.
4. Once the mixture is light and fluffy, add the vanilla. Beat in the eggs one at a time, mixing in between each addition.
5. Add the dry ingredients, mixing until fully combined.
6. Fold in the chocolate chips and nuts, (if using nuts).

7. Portion out 1 Tbsp sized balls of cookie dough on a parchment paper-lined cookie sheet.
8. Bake for 9 to 11 minutes or until the edges of the cookie just turn brown.
9. Remove from the oven and allow to cool on a wire rack until the cookies have set.

20. Oatmeal Cookies

Makes 10 servings

Note: Gluten-free, sugar-free, and vegan. Cookies get softer and sweeter after they sit for a few hours.

What they used...

- 2 large very ripe bananas (peel should have black spots)
- 1 cup rolled oats (quick or old fashioned, not instant)
- cookie sheet pan (liner or greased)

Optional Flavor Boosters

- pinch of sea salt
- 1 tsp vanilla extract
- ½ tsp ground spices (e.g., cinnamon, cardamom, ginger, pumpkin pie spice)
- ⅓ cup semisweet chocolate chips (gluten-free or vegan, as needed)
- ⅓ cup chopped dried fruit (e.g., raisins, goji berries, prunes)
- 2 to 3 Tbsp cacao nibs
- 1 to 2 Tbsp nut butter, seed butter, or coconut butter
- ⅓ cup unsweetened flaked coconut

How they made it...

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment or foil, or lightly grease / spray with cooking spray.
3. in a medium bowl, mash the bananas with a fork until almost no lumps remain (mixture should be almost liquid if using very ripe bananas).
4. Stir in oats until well blended.
5. Let the mixture stand for 5 minutes. Mix in any optional ingredients, if using.
6. With a heaping tablespoon of dough, drop onto a prepared baking sheet about 1 inch apart (they do not really spread).
7. If using, sprinkle with any of the suggested toppings.
8. Bake in a preheated oven for 13 to 15 minutes until golden brown and firm to touch at the center.
9. Transfer to the cooling rack and cool completely.
10. For thumbprints: Prepare as directed or make with nut or seed butter. After scooping dough onto the baking sheet, make an indentation in each cookie; fill with ½ tsp jam, preserves, jelly, apple butter, etc. Bake as directed.

21. White Chip Chocolate Cookies

What they used...

- 1 cup softened butter
- 2 cups white sugar
- 2 eggs
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $1\frac{2}{3}$ cups white chocolate chips
- cookie sheet

How they made it...

1. Preheat the oven to 350°F.
2. In a large bowl, cream together the butter and sugar until smooth.
3. Beat in the eggs one at a time.
4. Then stir in the vanilla.
5. Combine the flour, cocoa, baking soda, and salt. Stir into the creamed mixture.
6. Fold in the white chocolate chips.
7. Drop by rounded teaspoonfuls onto ungreased cookie sheets.

8. Bake for 8 to 10 minutes in the preheated oven, until cookies are set.
9. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool.

22. White Chocolate Pumpkin Cookies

Makes 3 dozen

Note: To avoid flat cookies, let the dough rest before cooking. May even refrigerate up to 30 minutes for best results.

What they used...

- 2 ¼ cups all-purpose flour
- 1 tsp pumpkin pie spice
- ½ tsp baking soda
- 1 cup unsalted butter
- 1 ½ cups packed brown sugar
- 1 cup solid packed pumpkin puree
- 2 eggs
- 1 Tbsp vanilla extract
- 2 cups white chocolate chips
- 1 cup chopped pecans

How they made it...

1. Preheat the oven to 300°F.
2. In a small bowl, whisk together the flour, pumpkin pie spice, and baking soda.
3. With an electric mixer, cream butter and sugar.
4. Beat in pumpkin pie puree.
5. Beat in the eggs and vanilla.

6. Beat in the flour mixture until just combined.
7. Stir in the white chocolate and pecans.
8. Drop dough by rounded tablespoon 2 inches apart on an ungreased cookie sheet.
9. Bake for 20 to 22 minutes until just set.

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23. 3 Ingredient Pineapple Angel Food Cake

Note: Top with this fluffy whipped topping, but any icing recipes would be delicious on this easy cake recipe.

What they used...

- 20 oz can crushed pineapple
- 1 box Angel Food Cake mix (just add water variety)
- 8 oz thawed whipped topping
- 9 x 13 inch baking dish

How they made it...

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine the angel food cake mix and the crushed pineapple and the juice. Mix well with a hand mixer.
3. Pour into the baking dish (no need to spray the pan).
4. Bake for 25 minutes until golden brown. The cake will fluff up, but it will settle as it cools. Allow it to cool completely.
5. Spread the thawed whipped topping over the top and serve.

24. Berry Trifle

What they used...

- 1 can sweetened condensed milk
- 8 oz whip cream or Cool Whip
- 1 small pkg Jell-O vanilla pudding
- 1 ½ cup water
- pound cake
- berries

How they made it...

1. Mix Jell-O, water, and condensed milk, and put in the refrigerator for 10 minutes.
2. Fold in whip cream.
3. Layer pound cake, Jell-O mixture, and berries, and repeat.

25. Butterbeer Fudge

Note: Use any type of frosting and chips. Go to a craft store with a baking section to really have endless possibilities. After the holidays is a great time to get seasonal frosting flavors on clearance.

What they used...

- 11 oz butterscotch baking chips
- 16 oz vanilla frosting
- 8 x 8 inch baking dish
- wax paper

How they made it...

1. Line the baking dish with wax paper.
2. Place the butterscotch chips in a glass bowl and melt in the microwave according to the package directions. Be sure not to overheat or the chocolate will seize. (Microwaving times will vary.)
3. Once chips are melted, fold in the vanilla frosting.
4. Pour into the prepared dish and refrigerate for 1 hour or until firm.

26. Cherry Nut Cake (A Christmas Cake)

What they used...

- 3 cups cake flour (Swans Down)
- 1 box powdered sugar
- dash of salt
- ¼ lb candied cherries
- 3 sticks butter
- 5 eggs
- 3 cups pecans chopped
- tube baking dish

How they made it...

1. Preheat the oven to 350°F.
2. Grease and lightly flour a tube pan.
3. Sift flour, sugar, and salt together 3 times.
4. Cream butter. Add eggs one at a time; beat after each.
5. Slowly mix in flour, sugar, and salt mixture.
6. Add nuts and cherries.
7. Bake for 1 hour and 10 minutes and do NOT open the door until it is done.

27. Christmas Rocks

Note: Always welcome as a Christmas gift, especially by teachers.

What they used...

- 1 lb butter
- 2 ¼ cup sugar
- 10 eggs
- 5 cups flour
- 1 tsp allspice
- 1 tsp salt
- 1 tsp cloves
- 1 cup whiskey or bourbon
- 2 lbs candied pineapple
- 2 lbs candied cherries
- 1 tsp cinnamon
- 4 quarts pecans
- cookie sheet

How they made it...

1. Preheat the oven to 250°F.
2. Cream butter and sugar until light and fluffy.
3. Add eggs, one at a time, beating well after each addition. Sift flour and measure.

4. Sift together flour, salt, allspice, cloves, and cinnamon.
5. Add whiskey or bourbon to candied pineapple and cherries. Add to batter.
6. Fold in nuts.
7. Bake on a lined or greased cookie sheet for 35 to 45 minutes.

28. Cranberry with Mandarin Orange Delight

Note: Optionally, add a little chopped walnut.

What they used...

- 6 oz strawberry Jell-O
- 2 cups boiling water
- 1 can jellied cranberry
- 1 can mandarin orange

How they made it...

1. Mash the jellied cranberry.
2. Add water and mashed cranberry to the Jell-O mix.
3. Chill for 1 hour or when it is becoming slightly firm.
4. Add drained mandarin orange and stir in.
5. Keep it in the bowl or put in a fancy Jell-O mold and refrigerate.

29. Creamy No-Cook Mints

What they used...

- 3 oz light cream cheese
- ¼ tsp mint extract
- 2 drops green food coloring (or color of choice)
- 4 ¼ cups powdered or superfine sugar
- wax paper

How they made it...

1. Place cream cheese, mint extract, and food coloring in the stand mixer bowl.
2. Attach bowl and flat beater to mixer.
3. Turn to Speed 2 and mix about 30 seconds, or until smooth.
4. Continuing on Speed 2, gradually add powdered sugar and mix about 90 seconds, or until mixture becomes very stiff.
5. Shape mixture into ¾-inch balls, using 1 teaspoon for each ball. Roll in superfine sugar.
6. Place on waxed paper covered with superfine sugar. Flatten slightly with your thumb to form ¼-inch-thick mints. Using the backside of a fork, press lightly into mints to form ridges.
7. Store mints, tightly covered, in a refrigerator. Mints also freeze well.

30. Diabetic Creamsicle Cup

Makes 10 servings

Note: Recommended Combinations: Orange-Vanilla, Raspberry-White Chocolate, Cherry-Chocolate, Peach-Vanilla, Strawberry-Banana, or Lemon-Cheesecake.

What they used...

- 1 box sugar-free, fruit-flavored, gelatin mix
- 1 box fat-free, sugar-free, instant pudding mix
- 8 oz tub fat-free Cool Whip

How they made it...

1. Dissolve fruit gelatin in 1 cup boiling water and add 1 cup cold water.
2. Let it stand for 5 minutes.
3. Add pudding to gelatin and blend.
4. Then fold it in the cool whip. Refrigerate.

31. Easy Cobblers

Note: White cake mix and drained canned peaches, or chocolate cake mix and cherry pie filling are recommended.

What they used...

- 1 box cake mix
- 1 drained canned fruit or fruit filling
- 1 stick of butter

How they made it...

1. Mix up the cake mix according to the box directions.
2. Before placing the cake in the oven, add fruit and butter on top.
3. Bake according to the box directions for the cake mix.

32. Honey Bun Cake II

Makes 24 servings

What they used...

- 18.25 oz yellow cake mix
- $\frac{3}{4}$ cup vegetable oil
- 4 eggs
- $\frac{1}{2}$ cup granulated sugar
- 1 cup sour cream
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup walnuts
- $\frac{1}{2}$ cup light brown sugar
- 2 Tbsp ground cinnamon
- 2 cups powdered sugar
- 2 Tbsp butter
- 2 Tbsp milk
- 9 x 13 inch baking dish

How they made it...

1. Preheat the oven to 300°F.
2. Grease and flour the baking dish.
3. Beat eggs and granulated sugar together.
4. Stir in the sour cream, oil, and cake mix. Beat well.
5. Separately, mix together the raisins, walnuts, light brown sugar, and cinnamon.
6. Pour half of the cake batter into a prepared cake pan.

7. Top with raisin mixture.
8. Pour remaining batter over the top.
9. Bake for 45 to 55 minutes.
10. To make icing, mix powdered sugar, milk, and butter together. Blend until smooth.
11. Let the cake cool slightly and spread icing over the top.

33. Jell-O Pistachio Pudding Cake

What they used...

- 1 pkg pistachio pudding
- 1 pkg yellow cake mix
- ½ tsp almond extract
- 4 eggs
- ½ cup oil
- 1 ½ cups 7-Up

How they made it...

1. Preheat the oven to 350°F.
2. Dump and mix all ingredients together.
3. Bake for 45 to 55 minutes.

34. Momma & My Strawberry Cheesecake Cobbler

Note: Consider topping with a scoop of vanilla ice cream.

What they used...

- 2 lbs fresh strawberries
- 16 oz cream cheese
- puff pastry
- 3 Tbsp melted butter
- 9 x 13 inch baking dish

How they made it...

1. Preheat the oven to 350°F.
2. Cut off the leafy portion of the strawberries to give them a flat side.
3. Melt butter and pour into a 9 x 13 inch cake pan.
4. Arrange the strawberries flat side down in the pan.
5. Cut cream cheese into cubes and place over the strawberries.
6. Lay puff pastry over the top.
7. Bake for 30 to 35 minutes.
8. Serve warm.

35. Oreo Cheesecake Cupcakes

Makes 24 cupcakes

Note: The pudding can be made beforehand.

What they used...

- 1 pack Oreo cookies
- 16 oz softened cream cheese
- $\frac{2}{3}$ cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 box instant chocolate pudding
- 2 cups milk (for instant pudding mix)
- Cool Whip (optional)
- cupcake liners

How they made it...

1. Preheat the oven to 350°F.
2. Put 1 cookie in each cupcake liner.
3. Add the sugar and vanilla to the cream cheese and mix well.
4. Scramble eggs in a separate bowl, add to the cream cheese mixture, and mix until smooth.
5. Spoon about a tablespoon onto the Oreo cookie.
6. Bake for 15 to 20 minutes (should look firm).
7. Let cupcakes cool completely.

8. Make pudding as directed on the package.
9. Fold in half the tub of Cool Whip.
10. Spoon a generous amount of pudding mixture onto the cooled cupcake. Optional: top with extra cool whip.
11. Refrigerate or serve immediately.

36. Scotcheroots

What they used...

- 6 cups Rice Krispies
- 1 cup sugar
- 1 cup Karo syrup
- 1 cup peanut butter
- 1 ½ cups chocolate chips
- 1 cup butterscotch chips
- 9 x 13 inch baking dish

How they made it...

1. Cream sugar, Karo syrup, and peanut butter together.
Pour creamed mixture over Rice Krispies and mix until all Rice Krispies are covered.
2. Spread Rice Krispies mixture into the baking dish.
3. Melt chocolate and butterscotch chips together.
4. Spread evenly over Rice Krispies.
5. Chill in the refrigerator to harden the chocolate.

Main Dish (Beef)

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37. Beef and Broccoli (Pressure Cooker)

Makes 4 to 6 servings

What they used...

Sauce:

- ½ cup low-sodium soy sauce
- 1 cup low-sodium beef broth
- 1 ½ Tbsp sesame oil
- 3 Tbsp brown sugar
- 1 tsp ginger powder or 1 Tbsp fresh grated ginger
- ¼ tsp red pepper flakes

Main Dish:

- 2 Tbsp peanut or canola oil
- 2 lbs chuck roast or flank steak (sliced thinly against the grain)
- 1 medium onion (sliced into half-moon shapes)
- 5 garlic cloves (2 Tbsp pressed or finely minced)
- 1 ½ lbs broccoli florets (fresh or frozen)

To Thicken:

- 3 Tbsp cornstarch
- ¼ cup cold water
- 1 Tbsp sesame seeds (garnish)
- 2 green onions sliced (garnish)

Rice:

- Instant Pot tall trivet
- Instant Pot 7-inch pan
- 2 cups well-rinsed, long grain white rice
- 2 cups water

How they made it...

1. Gather all of the ingredients together and have everything chopped and ready to go.
2. Start with the sauce. Combine all of the sauce ingredients in a large measuring cup or a medium-sized bowl.
3. Whisk well and set aside.
4. Turn on the Sauté setting, and when hot, add the oil.
5. Add half of the beef strips and brown them a few minutes on both sides (do NOT cook fully).
6. Remove them to a plate and repeat with the second half.
7. After the second batch has browned, add the first batch back into the pot and add the onion and garlic. Cook for a few minutes, stirring frequently.
8. Pour in the sauce and stir.
9. Turn off the Sauté setting.
10. To make rice, set the tall trivet into the pot and set the pan of rice / water on the trivet.

11. Close the lid and set the steam release knob to the Sealing position.
12. Press the Pressure Cook / Manual button or dial, then the +/- button or dial to select 10 minutes.
13. After the cooking cycle has ended, let the pot sit undisturbed for 5 minutes.
14. Quick Release the remaining pressure.
15. When the pin in the lid drops down, open the lid.
16. Carefully remove the pan of rice and the trivet and set aside.
17. Add the broccoli to the pot, pour in the cornstarch slurry, and pressure cook again, for 0 minutes.
18. Quick Release as soon as the cooking cycle has finished.
19. Fluff the rice with a fork and transfer to a serving bowl.
20. After opening the pot again, stir well.
21. Serve over hot rice. Garnish as desired.

38. Beef and Noodles (Pressure Cooker)

Makes 5 to 7 servings

What they used...

- 2 tsp cooking oil
- 3 lbs chuck roast
- 2 cups water
- 1 cup low-sodium beef broth
- 2 pkgs onion soup mix
- 2 10.5 oz cans Cream of Mushroom soup
- 12 oz wide egg noodles
- 1 cup sour cream (optional)

How they made it...

1. Turn the pot on to the Sauté setting.
2. When the pot is hot, add the oil.
3. Cut the beef into slightly larger than bite-sized cubes.
4. Add the beef cubes in one layer (may need to cook in two batches). Brown both sides lightly so they get some color. Do not cook them all the way through.
5. With all of the browned beef in the pot (still on Sauté), add the water/broth and stir, scraping up any brown bits from the bottom of the pot (deglaze).
6. Add the soup mix and stir well.
7. Add the Cream of Mushroom soup on top of the meat, but do not stir it. Let it sit in a pile on top (this is

so the mixture is not too thick to come to pressure, and you do not get the BURN message).

8. Place the lid on and set the steam release knob to the Sealing position.
9. Cancel the Sauté feature and press the Pressure Cook / Manual button (or dial), and the +/- button (or dial) to select 25 minutes.
10. When the cook cycle is finished, let the pot naturally release for 10 minutes.
11. Turn the steam release knob to the Venting position to manually quick release the remaining pressure.
12. When the pin in the lid drops down, open the lid and give the beef mixture a stir.
13. Turn off the pot.
14. Turn on the Sauté function to the Low setting, and add the noodles.
15. Stir them in and submerge them.
16. Cover the pot with a glass lid, or the pressure cooker lid vented. Let the noodles cook until they are tender, about 5 to 8 minutes, stirring occasionally to make sure they do not stick.
17. When the noodles are done to your liking, turn off the pot and serve. If adding the sour cream, stir it in before serving, or top each serving with a dollop.

39. Corny Beef Pie

What they used...

- 9-inch deep dish pie shell
- 1 Tbsp corn starch
- 1 can corn
- dash of salt
- 1 lb ground beef
- 8 oz tomato sauce
- 2 tsp chili powder
- $\frac{3}{4}$ cup grated cheddar cheese

How they made it...

1. Bake the frozen pastry shell according to the package directions.
2. Preheat the oven to 400°F.
3. Brown beef with corn starch.
4. Stir in tomato sauce, corn, chili powder, and salt, and cook for 2 minutes.
5. Spoon into pie shell and sprinkle with cheese.
6. Bake for 15 minutes.

40. Enchilasagne (Pressure Cooker)

What they used...

- 1 lb ground beef
- 1 ½ tsp chili powder
- 1 ½ tsp cumin
- ½ tsp salt
- 1 ¾ cups beef broth
- 8 oz mini lasagna noodles
- 10 oz can red enchilada sauce
- 10 oz can green enchilada sauce
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar
- ½ cup sour cream
- ½ cup cottage cheese (optional)

How they made it

1. Turn the pressure cooker to the Sauté setting.
2. When the display says HOT, add in the beef and break it up. Add in the chili powder, cumin, and salt.
3. Brown the beef until it is fully cooked, about 4 to 5 minutes.
4. Turn off the pressure cooker. Add in the broth and make sure nothing is stuck to the bottom of the pot.

5. Evenly distribute the noodles on top. Dump the red and green enchilada sauce on top of the noodles. Do not stir.
6. Cover the pressure cooker and secure the lid. Make sure the valve is set to Sealing.
7. Set the Pressure Cook / Manual button to 4 minutes.
8. When time is up, let the pot sit for 10 minutes, then move the valve to Venting.
9. When done venting, remove the lid.
10. Stir in the shredded cheeses, cottage cheese, and sour cream.
11. Let sit for 5 minutes before serving.

41. Go To Goulash (Pressure Cooker)

Makes 6 to 8 servings

What they used...

- 1 lb ground beef
- 1 cup finely chopped yellow onion
- 3 minced garlic cloves
- 1 chopped bell pepper
- 1 $\frac{3}{4}$ cups (or 14.5 oz can) low-sodium beef broth or chicken broth
- 1 Tbsp Italian seasoning
- 1 Tbsp Worcestershire Sauce
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 2 cups (or 9 oz. by weight) elbow macaroni pasta, uncooked
- 30 oz canned diced tomatoes
- 15 oz canned tomato sauce
- 1 $\frac{1}{2}$ cups shredded cheddar cheese
- chopped fresh parsley (optional, for serving)

How they made it...

1. Press Sauté on the pressure cooker.

2. When the pot is hot, add the ground beef and cook, crumbling until browned. Drain excess grease if desired.
3. Add the onion and cook until softened (about 2 minutes). Add the garlic and bell pepper and cook, stirring, for 1 minute.
4. Press the Cancel button to turn off the sauté function.
5. Pour in the broth and stir, scraping up any bits stuck to the bottom of the pot
6. Add the Italian seasoning, Worcestershire Sauce, garlic powder, salt, and pepper. Stir.
7. Add the pasta to the pot and press it down into an even layer in the liquid but do not stir. It is ok if the pasta is not completely covered by the liquid.
8. Put the diced tomatoes and tomato sauce on top of the pasta. Do not stir.
9. Close the pressure cooker lid and move the steam release valve to the Sealing position.
10. Set the cook time to 4 minutes at high pressure. The pressure cooker will take about 15 minutes to reach pressure, then the cook time will start counting down.
11. When the cook time ends, do a quick release of the pressure by carefully moving the valve to the Venting position.
12. When the pin drops down, open the pressure cooker lid. The goulash may look a little watery and some of

the pasta may be slightly stuck together. Stir gently and the extra liquid will be absorbed and the pasta will separate.

13. Stir in the shredded cheddar cheese.

14. Top with fresh parsley if desired. Serve.

42. Greco

Note: This is good for any company. Add bread and salad.

What they used...

- 1 lb ground round or Chuck
- 1 chopped yellow onion
- 1 chopped green pepper
- 1 or 2 small cans drained mushrooms
- 2 cups shell macaroni
- 3 cans tomato sauce
- 1 can cream style corn
- 1 cup shredded sharp cheese

How they made it...

1. Preheat the oven to 300°F.
2. Cook onion and green pepper in a small amount of oil.
3. Add ground meat and brown.
4. Add mushrooms and remove from heat.
5. Cook macaroni according to directions.
6. Add macaroni, tomato sauce, and corn to ground beef mixture. Mix well.
7. Spoon into a greased casserole dish. Add cheese to top.
8. Bake for about 1 hour.

43. Kelly's Pressure Cooker Pepper Steak

Makes 8 servings

What they used...

- 2 lbs boneless grass-fed beef chuck
- 2 Tbsp coconut oil
- 2 medium onions
- 1 ½ cup sliced celery
- 2 minced garlic cloves
- 1 tsp salt
- ⅛ tsp black pepper
- 1 cup organic beef broth
- 3 large red bell peppers
- 3 large green bell peppers
- 1 Tbsp arrowroot
- ¼ cup cold water
- 1 Tbsp coconut aminos

How they made it...

1. Slice meat into 1-inch-wide strips. Slice strips in half. Set aside.
2. Slice the onions, red, and green bell peppers.
3. Turn the pressure cooker to Sauté and add the coconut oil. Melt and swirl to coat.
4. Place the beef strips evenly around to sear each side, about 3 minutes.

5. Add the sliced onions and stir until the meat is brown.
6. Add the celery, garlic, salt, black pepper, and beef broth.
7. Lock the lid on and press the Keep Warm / Cancel button to reset. Then press the Manual button and adjust the settings to cook on HIGH for 3 minutes.
8. Allow the pressure to release naturally.
9. Meanwhile, whisk the arrowroot with the water in a small bowl. Set aside.
10. Adjust the setting back to Sauté and remove the lid. Add the bell peppers and simmer the mixture for 5 minutes.
11. Stir in the whisked arrowroot and coconut aminos. Simmer until mixture thickens, about 3 minutes.

44. Sloppy Joes

What they used...

- 2 lbs ground beef
- 1 medium onion
- 1/3 cup chopped celery
- 1 Tbsp salt
- 1/3 tsp pepper
- 1 cup ketchup
- 8 hamburger buns

How they made it...

1. Brown meat; while adding onion and celery and drain.
2. Add the rest of the ingredients. Stir.
3. Simmer for 1 hour.
4. Serve mixture over buns.

45. Swedish Meatballs (Pressure Cooker)

Makes 6 servings

Note: This dish is easy to make, and it does not cause a lot of stress to make for the family. Cook the pasta separately while the meatballs are cooking in the Instant Pot. Do not cook them with the meatballs because of the different cooking times of the pasta. This is a well-loved recipe.

What they used...

- Parchment paper

Meatballs

- 1 ½ lbs ground beef (90% lean)
- ½ cup panko bread crumbs
- ½ cup milk
- 1 finely-diced medium Vidalia sweet onion
- 1 tsp sea salt
- ½ tsp cracked pepper
- ¼ tsp allspice
- ¼ tsp nutmeg
- 1 tsp garlic powder
- 1 egg, beaten

Sauce Ingredients

- 2 Tbsp olive oil
- 2 ½ cups beef broth
- 6 Tbsp salted butter (divided)
- 1 tsp Dijon Mustard
- 1 tsp Worcestershire Sauce
- 2 cups heavy cream (divided)
- ¼ cup flour
- 1 Tbsp corn starch

How they made it...

1. In a bowl, add all ingredients for the meatballs. Mix well with a wooden spoon or your hands.
2. Form meatballs about the size of a half dollar and set them on parchment paper.
3. Turn on the pressure cooker's Sauté setting and add olive oil.
4. Once heated, add about 12 to 15 meatballs. Sear on all sides until lightly browned (you will have to make these in batches).
5. Remove meatballs and set to the side.
6. Add beef broth and stir to deglaze the pan.
7. Add butter, Dijon Mustard, Worcestershire Sauce, and 1 cup of the heavy cream (reserve the remaining 1 cup). Stir well.

8. Press the Cancel button. Add the meatballs back into the pot. Lock the lid and close the vent.
9. Cook on High Manual Pressure for 6 minutes.
10. Let it naturally release for 10 minutes.
11. Quickly release the remaining pressure.
12. Whisk remaining heavy cream with flour and corn starch until there are no lumps.
13. Remove meatballs and set to the side.
14. Press Sauté in Normal mode and mix in the flour and cream mixture.
15. Bring to a simmer, stirring frequently, until thickened.
16. Once thickened, press the Cancel button. Add meatballs back in and give a gentle stir.

46. Vegetable-Stuffed Flank Steak

Note: companion to Vegetable Stuffing recipe

What they used...

- 1 lb beef flank steak
- 1 cup fat-free Italian salad dressing
- vegetable stuffing (recipe follows the meat recipe)
- 1 cup reduced-sodium, fat-free beef broth
- vegetable cooking spray
- meat tenderizer
- wooden toothpicks, or kitchen string

How they made it...

1. Trim fat and then pound the flank steak with a meat mallet until even thickness (approximately $\frac{3}{4}$ inch thick).
2. Using a sharp knife, score the steak diagonally in a diamond pattern on both sides.
3. Place steak in a shallow glass baking dish; pour dressing over.
4. Refrigerate, covered, 1 $\frac{1}{2}$ to 2 hours, turning steak occasionally.
5. Preheat the oven to 325°F.
6. Remove steak from marinade; reserve marinade.

7. Spread vegetable stuffing on steak, leaving a 2-inch margin along sides.
8. Roll up lengthwise, jelly roll style; secure edge with wooden toothpicks, or tie with kitchen string.
9. Spray a large, oven-proof skillet with cooking spray. Heat over medium-high heat until hot.
10. Add meat and brown on all sides.
11. Add broth to skillet, stirring to dissolve juices from bottom.
12. Add reserved marinade.
13. Bake covered for 30 to 45 minutes, until 140°F (medium) or 160°F.

47. Vegetable Stuffing

Makes about 1 ½ cups

What they used...

- vegetable cooking spray
- 8 oz sliced mushrooms
- ½ cup chopped carrot
- ¼ cup thinly sliced celery
- ¼ cup thinly sliced green onion and tops
- 1 minced garlic clove
- ¼ cup unseasoned dry bread crumbs
- 1 ½ tsp Italian seasoning
- salt and pepper, to taste

How they made it...

1. Spray a large skillet with cooking spray; heat over medium heat until hot.
2. Add mushrooms, carrot, celery, green onions, and garlic and sauté until tender, about 5 minutes.
3. Stir in bread crumbs and Italian seasoning; season to taste with salt and pepper.
4. Stir over medium heat until bread crumbs are browned, 2 to 3 minutes.

Main Dish (Chicken)

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48. 3 Ingredient Chicken Tacos (Pressure Cooker)

Makes 12 servings

Note: Change the flavor of the tacos by using different flavored salsas. Some have used garden salsa and mango salsa to make this recipe.

What they used...

- 2 lbs skinless, boneless chicken breasts
- 1 envelope low-sodium taco seasoning
- $\frac{3}{4}$ cup salsa
- $\frac{3}{4}$ cup water

How they made it...

1. Place the boneless, skinless chicken breasts into the pressure cooker insert.
2. Pour in the salsa, water, and add the taco seasoning, and mix with a fork so the chicken is covered.
3. Place the lid on the pressure cooker and make sure it is fully locked in place. Check to make sure the pressure valve is in the Sealing position. Press the Manual button and set the timer for 5 minutes. Allow the pressure cooker to do its magic.
4. Once the timer has gone off indicating it has finished pressure cooking the chicken, wait two minutes. (If

you get the burn notice, add $\frac{1}{4}$ cup of water. This really depends on the model.)

5. Using a wooden spoon carefully, Quick Release the steam pressure.
6. Once the pressure is released, carefully open the lid facing away from yourself so the steam will not burn your face or hand. Allow the chicken to rest for about 8 minutes. Chicken should be 165°F. If not, cook a little longer.
7. Using two forks, shred the chicken.
8. Fill warmed flour tortillas or taco shells with the chicken.

49. Bacon Ranch Chicken

Note: Use imitation bacon, which is vegan, or turkey bacon, to make this a healthier option. Buy precooked and crumbled, in a bag, ready to go.

What they used...

- 2 ½ to 3 lbs boneless, skinless chicken thighs
- 1 8 oz package cream cheese
- ½ cup chicken broth
- 1 8 oz package mild cheddar cheese
- 1 cup bacon pieces

How they made it...

Traditional Method: Use two 9 x 13 inch pans and aluminum foil to cover each, for this version.

1. Preheat the oven to 350°F.
2. Thaw chicken thighs and spread evenly in both 9 x 13 pans.
3. Pour chicken broth on top of chicken thighs. Cut cream cheese into about 8 pieces and place on top. Sprinkle half the package of cheddar cheese on top.
4. Cover with foil and bake for 30 minutes.
5. Remove pans from the oven and sprinkle the bacon and remaining cheddar cheese on top.

6. Bake for an additional 5 to 10 minutes until the cheese is melted.

Instant Pot (8-quart)

1. Place thawed chicken into the Instant Pot.
2. Pour chicken broth on top of chicken thighs. Cut cream cheese into about 8 pieces and place on top. Sprinkle half the package of cheddar cheese on top.
3. Cook for 11 minutes.
4. Use Quick Release.
5. Sprinkle the bacon and remaining cheddar cheese on top. Heat for a few more minutes to melt cheese.

50. Baked Chicken Alfredo

Makes 10 servings

What they used...

- 16 oz package penne pasta
- ½ cup butter
- 2 tsp minced garlic
- 8 oz package softened cream cheese
- 2 cups milk
- 6 oz grated parmesan cheese (divided)
- 2 tsp dried parsley
- 1 tsp Italian seasoning
- 1 tsp salt (divided)
- ½ tsp ground black pepper
- 1 tsp olive oil
- 2 chicken breasts
- ½ tsp garlic powder
- 9 x 13 baking dish
- aluminum foil

How they made it...

1. Bring a large pot of lightly salted water to a boil.
2. Add penne pasta and cook. Stir occasionally (about 11 minutes) and drain.
3. Melt butter in a large saucepan over medium-high heat.

4. Add minced garlic, sauté until golden (about 30 seconds). Stir in cream cheese until smooth.
5. Add milk. Stir until there are no lumps.
6. Lower heat to medium. Add $\frac{3}{4}$ of the parmesan cheese, parsley, Italian seasoning, $\frac{1}{2}$ tsp salt, and black pepper. Simmer, stirring occasionally until the sauce is smooth (about 5 minutes).
7. Remove from heat.
8. Heat olive oil in a large skillet over low heat.
9. Pat the chicken dry and season with $\frac{1}{2}$ tsp salt and garlic powder on both sides.
10. Cook chicken breasts until it is not pink in the center (about 6 minutes on each side).
11. Cut chicken into $\frac{1}{2}$ -inch cubes.
12. Preheat the oven to 375°F.
13. Butter bottom and sides of the baking dish. Layer bottom of dish with pasta, place half of the chicken on top of the pasta, pour half of the sauce over the chicken. Repeat layering pasta, chicken, and sauce.
14. Sprinkle top with remaining parmesan cheese.
15. Cover with foil and bake until the sauce is bubbly (about 15 minutes).
16. Remove foil and bake until the cheese is golden (about 5 minutes more).

51. Best Pressure Cooker BBQ Chicken with Potatoes

Note: If the sauce is not thick enough, once done cooking, remove the chicken to shred and then turn to Sauté. Cook for a little bit to help thicken.

What they used...

- 2 lbs chicken
- 1 cup favorite BBQ sauce
- ½ cup water
- 1 Tbsp Italian seasoning
- 1 Tbsp minced garlic
- 2 to 3 large chopped potatoes
- 1 large sliced red onion

How they made it...

1. Place all ingredients in the pressure cooker.
2. Put the lid on and select the Poultry button. Set for 15 minutes for frozen chicken or 12 minutes for fresh.
3. Naturally release the pressure for 10 minutes.
4. Remove the lid and take the chicken out. Shred.
5. Put the chicken back in the pot and toss until chicken is covered in sauce. Enjoy!

52. Cheesy Chicken Broccoli Tortellini

Note: For any pre-cooked chicken, pick up a rotisserie chicken to make dinner really easy! When reheating, add milk or chicken broth to loosen it up again.

What they used...

- 1 tsp olive oil
- 2 minced garlic cloves
- 1 ½ cups low-sodium chicken broth
- 1 cup milk
- 20 oz package cheese tortellini (not frozen)
- 3 cups roughly-chopped fresh broccoli
- 8 oz cream cheese
- ½ cup grated Parmesan cheese
- 2 cups diced cooked chicken
- salt and black pepper

How they made it...

1. In a large pot, heat olive oil over medium-high heat.
2. Cook garlic in olive oil for 30 seconds until fragrant.
3. Add chicken broth and milk. Bring to a boil.
4. Add tortellini and cook for 2 minutes.
5. Add broccoli and cook for about 3 minutes, stirring as needed, until tortellini are cooked and broccoli is bright green.

6. Add cheese. Lower heat and stir in cream cheese and Parmesan, until melted.
7. Stir in cooked chicken. Season and serve with extra Parmesan on top.

53. Cilantro Lime Chicken Burrito Bowl (Pressure Cooker)

Makes 6 servings

Note: This does not fall under a diabetic-friendly meal, but with a bit of tweaking, it can be. For example, omit the salt, use Mrs. Dash or other seasonings that are not so salty. Also, there are suggestions under the ingredients to help tweak it further. Keeps for 4 days in the refrigerator.

What they used...

Bowls

- 2 chopped, boneless, skinless chicken breasts
- 1 Tbsp oil (garlic-infused extra virgin olive oil preferred)
- 1 ½ tsp cumin
- ½ tsp onion powder or fine diced onions
- ½ tsp garlic powder
- ¼ tsp pepper
- ½ tsp chili powder
- 1 clove minced garlic
- 1 cup uncooked white rice
- 2 ¼ cups low-sodium chicken broth
- 4 oz diced green chiles
- ⅓ cup chopped cilantro
- zest of a lime

- juice of a lime
- 1 can drained pinto beans (homemade preferred)
- 1 cup shredded colby jack cheese
- ½ tsp salt (optional)

Toppings

- chopped tomatoes
- chopped avocados
- sliced jalapeño
- cheese
- salsa
- sour cream

How they made it...

1. Heat the pressure cooker to the Sauté high mode. Add the oil.
2. Mix all the seasonings together and toss with the chopped chicken until well coated.
3. Add the chicken to the pot and cook, stirring occasionally until golden, about 3 minutes.
4. Add the rice and garlic, and stir for 20 to 30 seconds.
5. Add the broth, chiles, cilantro, lime zest and juice. Stir.
6. Add the beans, stirring again.
7. Add the lid and set the valve to Sealing. Turn the pot to high pressure for 7 minutes.

8. Allow the pressure cooker to naturally release for 2 minutes then quick release.
9. Stir the rice well and top with cheese.
10. Add the lid back on for a minute to melt the cheese.
11. Serve with toppings and enjoy!

54. Fall-Off-The-Bone Pressure Cooker Chicken

Makes 10 servings

What they used...

- 4 lbs whole chicken
- 2 Tbsp virgin coconut oil
- 1 tsp paprika
- 1 ½ cups chicken bone broth (Pacific Organic)
- 1 tsp dried thyme
- ¼ tsp freshly ground black pepper
- 2 Tbsp lemon juice
- ½ tsp sea salt
- 6 peeled garlic cloves

How they made it...

1. In a small bowl, combine paprika, thyme, salt, and pepper.
2. Rub seasoning over the outside of the chicken.
3. Heat oil in the pressure cooker until it shimmers.
4. Add chicken, breast side down, and cook for 6 to 7 minutes.
5. Flip the chicken and add broth, lemon juice, and garlic cloves.
6. Lock the pressure cooker lid and set for 25 minutes on high.
7. Let the pressure cooker release naturally.

8. Remove from the pressure cooker and let it stand for 5 minutes before carving.

55. Kelly's Pressure Cooker Chicken Piccata

Makes 8 servings

What they used...

- 2 boneless, skinless, chicken breast
- ¼ cup arrowroot flour
- ½ tsp sea salt
- 3 Tbsp avocado oil
- 1 diced shallot
- ½ cup dry white wine
- 1 cup organic chicken broth
- 3 Tbsp capers
- 1 juiced and zested organic lemon

How they made it...

1. Pound the chicken breasts to approximately 1 inch thick.
2. Add the arrowroot and chicken to a large bowl and stir to coat well.
3. Press the Sauté button on the pressure cooker. Add the avocado oil.
4. When hot, add the chicken, one piece at a time, and brown to golden on both sides, about 2 minutes. (Do not crowd the pan – this will cause the coating to steam, not sear.)

5. Transfer seared chicken to a plate and cover to keep warm, while searing the rest of the meat.
6. Return the seared chicken to the pot. Pour in half of the lemon juice and zest, along with the wine, broth, shallot, sea salt, and capers.
7. Close and lock the lid. Press the Keep Warm / Cancel button on the pressure cooker, then press the Poultry button. The pressure cooker will be set for 15 minutes.
8. When the time is up, Quick Release or allow the pressure to release naturally.
9. Unlock the lid and stir in the remaining lemon juice.
10. Serve over zoodles or Cappello's Fettuccine (a popular grain-free pasta).

56. Lemon Garlic Chicken (Pressure Cooker)

Note: Consider thickening the sauce at the end. This also works well for leftovers.

What they used...

- 1 to 2 lbs chicken breasts or thighs
- 1 tsp sea salt
- 1 diced onion
- 1 Tbsp avocado oil, lard, or ghee
- 5 minced garlic cloves
- ½ cup organic chicken broth
- 1 tsp dried parsley
- ¼ tsp paprika
- ¼ cup white cooking wine
- juice of 1 large lemon
- 3 to 4 tsp arrowroot flour

How they made it...

1. Turn the pressure cooker onto the Sauté feature.
2. Place in the diced onion and cooking fat.
3. Cook the onions for 5 to 10 minutes or until softened or until they start to brown.
4. Add in the remaining ingredients, except for the arrowroot flour, and secure the lid on the pressure cooker.

5. Select the Poultry setting and make sure the steam valve is closed.
6. Allow the cook time to complete.
7. Release the steam valve to Venting and carefully remove the lid.
8. Thicken the sauce by making a slurry. To do this, remove about $\frac{1}{4}$ cup sauce from the pot and add the arrowroot flour.
9. Reintroduce the slurry into the remaining liquid.
10. Stir and serve right away.

57. Slow Cooker Chicken Parmesan

What they used...

- 1 lb boneless, skinless chicken breast tenders
- 1 jar pizza sauce
- 1 pkg Italian cheese blend
- 1 cup parmesan cheese
- 1 cup spaghetti noodle broken into fourths and cooked

How they made it...

1. Place chicken tenders in the bottom of the slow cooker and cover with pizza sauce.
2. Cover with lid and place on low for 8 hours.
3. For the last hour, top chicken with the Italian cheese blend making sure the entire dish is completely covered.
4. Place the lid on and continue cooking for the final hour.
5. Cook spaghetti.
6. In a separate bowl, combine the cooked spaghetti with parmesan cheese. When serving the dish, serve Chicken Parmesan over the spaghetti.

58. Tomato Rosemary Chicken

Makes 12 servings

What they used...

- 12 boneless, skinless chicken breast halves (4 lbs total)
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cups all-purpose flour
- 2 Tbsp vegetable or olive oil
- 2 Tbsp butter or margarine
- 5 chopped garlic cloves
- ¼ lb chopped prosciutto
- ⅓ cups dry white wine
- 1 Tbsp chopped fresh rosemary or 1 tsp dried rosemary
- 12 diced plum tomatoes
- ½ cups chicken broth
- wax paper
- 15 x 10 x 1 inch jelly roll pan

How they made it...

1. Preheat oven to 375°F.
2. Season both sides of chicken breast halves with salt and pepper.

3. Place flour on a sheet of waxed paper. Turn chicken in flour to coat both sides; shake off any excess, and place chicken on another piece of waxed paper.
4. Heat 1 Tbsp oil and 1 Tbsp butter in a large, non-stick skillet over medium-high heat.
5. Add 6 chicken breast halves and sauté until lightly browned, about 3 minutes per side.
6. Place chicken in the jelly roll pan in a single layer, filling half of the pan.
7. Repeat with remaining oil, butter, and chicken.
8. Bake chicken in the oven for 20 minutes or until the internal temperature reads 170°F on an instant-read thermometer.
9. Add garlic and prosciutto to the skillet; cook over medium heat, stirring constantly, 3 minutes.
10. Add wine and rosemary; cook for 2 minutes, stirring up any browned bits from the bottom of the skillet.
11. Add tomatoes and broth. Bring to boiling. Reduce heat; simmer for 10 minutes.
12. Place chicken on a serving platter; pour sauce over top. Serve immediately.

59. West Coast Chicken

Makes 4 Servings

What they used...

- 4 skinless, boneless chicken breast halves (about 1 lb)
- ¼ cup chopped and well-drained sun-dried tomatoes packed in oil
- ¼ cup packed chopped fresh basil leaves
- 1 minced garlic clove
- 1 Tbsp olive oil
- ¼ tsp freshly ground pepper
- ¼ tsp paprika
- 1 slice whole wheat bread (crumbled to make soft crumbs)
- non-stick cooking spray
- shallow baking dish
- meat tenderizer

How they made it...

1. Preheat oven to 425°F.
2. Prepare a shallow baking dish with olive oil-flavored, non-stick, pan spray.
3. Pound the chicken breasts to ¼-inch thickness.
4. Combine the tomatoes, basil, and garlic in a small bowl.

5. Spread the tomato mixture evenly over the chicken breasts. Roll up and place seam side down in the prepared baking dish.
6. Combine the oil, pepper, and paprika in a small bowl.
7. Brush evenly over the chicken rolls.
8. Sprinkle with the bread crumbs. Press the crumbs onto the chicken rolls so they adhere.
9. Bake for 15 minutes, or until the chicken is tender and the crumbs are browned.

60. Wheat Thin Chicken

What they used...

- 4 chicken breasts (1 ½ to 2 lbs)
- 2 cups crushed Wheat Thins
- 2 tsp grated parmesan
- 1 pkg dry Italian salad dressing mix
- 6 Tbsp melted butter
- baking sheet
- aluminum foil

How they made it...

1. Preheat oven to 350°F.
2. Line a baking sheet with foil and spray with non-stick spray.
3. Mix the Wheat Thins, parmesan, and salad dressing mix.
4. Cut chicken breasts into strips and dip the chicken into the butter, then dip the chicken strips into the Wheat Thin mixture.
5. Lay on the baking sheet and bake for 10 minutes.
6. Flip chicken and bake for another 5 minutes. Chicken should be cooked to an internal temperature of 165°F.

61. Zucchini and Chicken

What they used...

- 1 lb boneless, skinless chicken breast
- 1 finely-sliced, medium zucchini
- 2 Tbsp olive oil
- 2 tsp minced garlic (or other seasoning of choice.)

How they made it...

1. Mix olive oil and minced garlic (or other seasoning).
2. Coat sliced zucchini in half of the oil and seasoning mixture.
3. Coat the entire chicken breast with half the oil and seasoning mixture. Alternatively, chop the chicken breast into bite-sized pieces.
4. On medium heat, sauté bite-sized chicken until cooked to 165°F, about 5 minutes.
5. Add zucchini to the skillet and cook for 3 to 5 minutes or until the zucchini is tender and slightly fragrant. Toss the chicken and zucchini occasionally while it cooks to prevent it from sticking.

Main Dish (Mixed Meats)

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62. Cavatini

What they used...

- 1 lb ground beef
- 16 oz box pasta (rotini, elbows, or shell macaroni)
- 1 jar pasta sauce (Prego Italian sausage sauce)
- 1 bag of pepperoni
- 15 oz can pizza sauce
- 16 oz mozzarella or Italian blend cheese
- 9 x 13 inch baking dish
- aluminum foil

How they made it...

1. Preheat the oven to 350°F.
2. Boil pot of pasta noodles to box directions, straining when done.
3. Brown ground beef.
4. Pour pasta sauce over the ground beef and mix.
5. Pour meat and sauce mixture over pasta and mix well.
6. Into a 9 x13 pan, layer beef and pasta mixture (bottom,) pizza sauce, pepperonis, thick layer of mozzarella cheese on top.
7. Cover with foil and bake for 40 minutes.
8. Remove foil and bake another 5 to 10 minutes to lightly brown cheese on top.

63. Fried Cabbage Recipe

What they used...

- 1 lb ground pork breakfast sausage
- 1 lb ground beef
- 1 pkg bacon
- 1 onion
- 1 bag tri-color Coleslaw or cabbage

How they made it...

1. Chop Bacon into small pieces, about finger length.
2. Cook bacon.
3. Remove bacon to a paper towel-lined plate.
4. Drain grease from the pan.
5. Cook breakfast Sausage most of the way through (5 to 7 minutes).
6. While Breakfast Sausage or bacon is cooking, chop onion.
7. Add onion and ground beef at the 5 to 7 minute mark and cook until both beef and pork are cooked through.
8. Add Coleslaw or cabbage, with cooked bacon to the pan and combine.
9. It is usually best served with Soy sauce on each portion.

64. Meat Loaf from the Slow Cooker

Makes 8 servings

What they used...

- aluminum foil
- non-stick spray

Meatloaf

- ½ cup tomato sauce
- 2 lightly-beaten, large eggs
- ¼ cup ketchup
- 1 tsp Worcestershire sauce
- 1 chopped small onion
- ⅓ cup crushed saltines (about 10 crackers)
- ¾ tsp minced garlic
- ¼ tsp seasoned salt
- ⅛ tsp seasoned pepper
- 1 ½ lbs lean ground beef (90% lean)
- ½ lb reduced-fat bulk pork sausage

Sauce

- ½ cup ketchup
- 3 Tbsp brown sugar
- ¾ tsp ground mustard
- ¼ tsp ground nutmeg

How they made it...

1. Cut three 25 x 3 inch strips of heavy-duty foil; crisscross so they resemble spokes of a wheel. Place strips on the bottom and up the sides of a 4 or 5-quart slow cooker. Coat strips with cooking spray.
2. In a large bowl, combine the first 9 ingredients of the meatloaf section. Crumble beef and sausage over mixture and mix lightly but thoroughly (mixture will be moist).
3. Shape into a loaf, placing in the center of the strips.
4. In a small bowl, combine all sauce ingredients.
5. Spoon over meatloaf.
6. Cover and cook on low 3 to 4 hours or until no pink remains and a thermometer reads 160°F.
7. Using foil strips as handles, remove the meat loaf to a platter.

65. Sugar's Lasagna

Note: Take all leftovers and roll up and place in the oven for bite-sized stuffed noodles.

What they used...

- 2 lbs lean beef 4% (or 1lb lean ground beef and 1 lb chopped beef kielbasa)
- 2 lbs mozzarella (reserve a cup for topping)
- 16 oz parmesan cheese
- 1 14 oz to 16 oz ricotta cheese (Precious brand)
- 1 large egg
- 12 lasagna noodles (boiling 2 to 3 extras in case one breaks)
- 1 can pitted black olives
- 1 small green pepper
- 1 small red pepper
- 1 small red onion
- mild Italian sausage
- salt for boiling water
- 1 medium jar spaghetti sauce (Prego roasted garlic with mushrooms)
- salt, pepper, and garlic (to taste)
- 9 x 13 baking dish
- aluminum foil
- non-stick cooking spray

How they made it...

1. Preheat the oven at 350°F.
2. In a rolling boil of hot water, place noodles for up to 12 minutes, or until noodles are slightly softened.
3. While the noodles are boiling, heat and brown meat and sausage, and since you are using the 4% lean beef, no need to drain. Do not forget to season the beef with your choice of spices.
4. Chop all veggies and add to meat. Continue to stir.
5. Then pour the entire spaghetti sauce in for a slow simmer.
6. On a piece of foil, lay out noodles to cool, being careful not to burn your fingers.
7. Mix the cheeses, placing all cheeses in a bowl, and the egg, as the egg acts like glue. (Remember to save at least 1 cup of mozzarella for topping.) Mix all together until a dough-like substance forms, making sure the egg has been broken and distributed throughout the mixture.
8. Add some pepper to the cheese, about ½ tsp.
9. Now the fun begins! 1st layer: meat sauce; 2nd: noodles; 3rd: cheese; repeat for 3 layers being very generous with cheese. The same foil paper used to place the noodles on can be used to cover lasagna.
10. Bake for 35 to 45 minutes, or until all melted. Remember the meat has already been browned.

11. Last 15 minutes, remove foil and let sit for a few more minutes.
12. Remove out of the oven to cool for about 10 minutes before slicing. Enjoy!

Main Dish (Pork)

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66. 3 Ingredient Pulled Pork (Pressure Cooker)

Makes 8 servings

What they used...

- 4 lbs pork shoulder or pork butt
- 1 garlic head
- 1 white onion
- 2 cups vegetable broth or water

How they made it...

1. Cut 12 to 15 slits in the pork shoulder or pork butt and insert a garlic clove in each slit.
2. Place the pork in a 6-quart pressure cooker and pour 2 cups of vegetable broth or water over it.
3. Slice one white onion and spread over the top and around the pork.
4. Place the lid on the pot and set it to Sealing. Pressure cook for 90 minutes (for 4 lbs or less).
5. Allow the pressure to release naturally. Once the pressure releases (valve has dropped), remove the lid.
6. Place pork on a large cutting board to shred with two forks. The outsides of the pork shoulder shred easily and fall away easily. The inside may be a little more challenging to shred, but should not require a knife.

67. Carnitas (Pressure Cooker)

Makes 10 servings

What they used...

- 4 lbs boneless pork butt or pork shoulder*
- 1 Tbsp dried oregano
- 1 Tbsp cumin
- 1 tsp chili powder
- 2 tsp salt
- 1 tsp black pepper
- juice of 2 oranges (approximately $\frac{3}{4}$ cup)
- juice of 2 limes (approximately $\frac{1}{4}$ cup)
- 1 chopped yellow onion
- 5 minced garlic cloves
- tortillas
- chopped onion (optional topping)
- chopped fresh cilantro (optional topping)
- sliced avocado (optional topping)
- sliced jalapeño (optional topping)
- limes (optional topping)

How they made it...

1. Cut the pork into large 2-to-3-inch chunks. Place in the pressure cooker.

2. In a small bowl, combine the dried oregano, cumin, chili powder, salt, and pepper. Sprinkle over the pork and rub over all sides of the pieces of pork.
3. Add the orange juice, lime juice, onion, and garlic to the pressure cooker.
4. Close the lid and turn the steam release valve to the Sealing position.
5. Use the Pressure Cook or Manual function to set the cook time to 45 minutes at high pressure.
6. When the cook time ends, allow the pot to naturally release pressure for 15 minutes.
7. Quick release of any remaining pressure.
8. Once all steam has escaped, carefully open the pressure cooker lid. Use two forks to shred the pork, discarding excess fat.
9. Serve the pork now or crisp it under the oven broiler. Serve in tortillas or as desired.

68. Grilled Baby Back Ribs with Sweet Brown Sugar Molasses BBQ Sauce

Makes 2 to 4 servings

Note: Prep Time: 20 minutes. Cook Time: 2 hours and 10 minutes

What they used...

- baking sheet with a wire rack
- disposable aluminum pan
- grill tongs
- aluminum foil

Ribs and Dry Rub

- 1 rack baby back pork ribs
- 1 Tbsp dark brown sugar
- 1 Tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 2 tsp kosher salt
- 1 tsp black pepper
- ½ tsp mustard powder

Sauce

- 1 cup ketchup
- $\frac{3}{4}$ cup dark brown sugar
- $\frac{1}{4}$ cup unsulfured molasses
- $\frac{1}{4}$ cup apple cider vinegar
- 1 Tbsp soy sauce
- 1 tsp smoked paprika
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp black pepper

How they made it...

1. In a small bowl, combine the ingredients for the rib dry rub (not sauce) dark brown sugar, paprika, garlic powder, onion powder, oregano, salt, black pepper, and mustard powder.
2. Rinse the ribs, dry them with paper towels, and remove the silver skin from the underside of the ribs.
3. Place the ribs on a baking sheet, preferably lined with a wire rack.
4. Sprinkle both sides of the ribs with the dry rub, then pat it into the meat and set the ribs aside.
5. Prepare a grill for indirect cooking at 275°F. (To do this, remove the grate, pile charcoal on one side of the grill, and place a disposable aluminum pan filled

with water on the other side. Feel free to add wood chunks to the charcoal for a more nuanced smoky flavor.)

6. Transfer the ribs to the side of the grill with the aluminum pan underneath. Place the lid on the grill and cook for 90 minutes, rotating 180 degrees every 30 minutes. Keep the grill temperature around 275°F during the cooking.
7. Carefully remove the ribs from the grill, wrap them in a large sheet of foil, then return them to the grill.
8. Cover the grill and cook for 30 minutes or until the internal temperature reaches 190°F.
9. Meanwhile, add all the sauce ingredients to a saucepan. Whisk to combine.
10. Bring to a boil, whisk the sauce again, then remove it from the heat.
11. Transfer it to a bowl and set it aside to cool.
12. Once the ribs reach 190°F, unwrap them, return them to the grates, meat side up, and brush with sauce.
13. Grill for another 5 to 10 minutes to get some nice caramelization.
14. Remove the ribs from the grill and rest for 10 minutes.
15. Cut the ribs into slab portions or cut uniformly between the bones and serve.

69. Ham and Beans (Pressure Cooker)

Makes 8 servings

What they used...

- 32 oz dried Northern or Pinto beans (rinsed and sorted)
- 2 cups leftover ham and meaty ham bone or 3 ham hocks
- 4 Tbsp dried minced onions
- salt and pepper to taste
- water

How they made it...

1. Place the ingredients in the pressure cooker and pour in enough water to cover the beans by 2 inches.
2. Lock the lid and set the knob to Sealing.
3. Set to high pressure and cook for 60 minutes. (Do not allow the warming cycle to kick on.)
4. Allow the pressure cooker to naturally release for 15 minutes, then quick release.
5. If all the beans are not as tender as you like when the cooking time is over and the liquid is all soaked up or you would just like to have more liquid in with the beans, add in more liquid and stir, seal, and cook under high pressure for an additional 8 minutes.

6. Allow the pressure cooker to naturally release for 5 minutes, then quick release.

70. Kalua Pork (Pressure Cooker)

Makes 8 servings

What they used...

- 3 to 5 lbs boneless pork butt roast
- 4 Tbsp minced garlic (about 12 cloves)
- 2 Tbsp minced ginger
- 2 Tbsp sea salt (Hawaiian Pink Salt is preferred)
- 2 Tbsp hickory liquid smoke

How they made it...

1. Rub the garlic, ginger, and salt all over the roast.
2. Place into an electric pressure cooker. Drizzle the liquid smoke over the pork.
3. Cook on high pressure for 60 minutes. If the roast is larger than 5 pounds, add on extra time.
4. Allow the pressure cooker to naturally release for 15 minutes, then quick release.
5. Remove the lid once steam has stopped coming out.

71. Root Beer BBQ Pork Hoagies (Slow Cooker)

Makes 12 servings

What they used...

- 4 lbs pork loin
- 2-liter bottle root beer
- 18 oz bottle BBQ sauce
- 12 split hoagie buns
- Ranch dressing (optional)

How they made it...

1. Place the pork loin in the slow cooker.
2. Pour enough root beer over the loin to cover it, discard the rest of the root beer.
3. Cover and cook on low for 8 to 9 hours.
4. When the pork is very tender, it is done. Remove the loin from the slow cooker.
5. Discard root beer and shred the loin with two forks or mixer.
6. Stir in the bottle of BBQ sauce until all the pork is well coated.
7. Serve on hoagie buns with additional BBQ sauce (and ranch dressing, if desired).

72. Tamale Pie (Pressure Cooker)

Makes 8 servings

What they used...

- Instant Pot 7-inch springform pan
- Instant Pot steamer rack

Tamale mix

- 2 cups Masa Harina
- 2 cups water
- ¼ cup oil
- 1 ½ Tsp kosher salt
- 1 tsp baking soda

For the Filling

- 3 cups shredded pork (or any suitable leftover meat)
- 1 ½ cups enchilada sauce

How they made it...

1. Using a stand mixer or a hand mixer, mix together the masa, water, oil, salt, and baking soda. Whip this mixture for at least 3 to 4 minutes until it is light and fluffy. (Make sure it is well mixed together.)
2. Use leftover meat and enchilada sauce for the filling.
3. Grease a 7-inch springform pan.

4. Pour in half the masa batter. Top with all of the meat and sauce.
5. Now top with the remaining masa batter and smooth out the top.
6. Cover the pie with foil or a silicone lid. (This is to avoid any water getting on it.)
7. Pour 1 ½ cups of water into the pressure cooker. Place a trivet in the pot. Place the pan on the trivet.
8. Secure the lid on the pot. Set the pressure cooker to High pressure for 30 minutes.
9. When the cook time is complete, let the pressure cooker release pressure naturally for 10 minutes, and then release all remaining pressure.
10. Using silicone mitts, carefully remove the foil and test to see if the masa is cooked. It will be moist, but a chopstick inserted into the batter should come out clean.
11. Allow the pie to rest for 10 minutes, then unclasp the sides of the springform pan.
12. Slice and serve this amazing Instant pot Tamale pie!

Main Dish (Seafood)

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73. Fish Creole

Makes 4 servings

What they used...

- 4 3 oz fish filets
- 2 Tbsp lemon juice
- 2 Tbsp finely chopped onion
- 4 Tbsp reduced-fat margarine (divided)
- ½ cup chopped green peppers
- 1 cup chopped and undrained canned tomatoes (undrained)
- pepper (to taste)
- 2 tsp flour

How they made it...

1. Preheat the oven to 350°F.
2. Place fish filets in a baking pan coated with non-stick cooking spray.
3. Mix together lemon juice, onion, and 2 Tbsp melted margarine and pour over fish.
4. Bake uncovered or until fish flakes easily with a fork, about 15 minutes.
5. While the fish is baking, make the creole sauce and sauté the green peppers in the remaining margarine.
6. Add tomatoes and pepper. Stir in flour.
7. Simmer until mixture is heated.

74. Quick and Healthy Fish Filets

Note: Consider letting the fish thaw during the day coated in olive oil and a light coconut amino or balsamic vinegar drizzle.

What they used...

- 1 to 4 salmon or tilapia filets
- 1 cup broccoli florets
- 1 cup carrot chips
- 1 cup cauliflower (optional)
- 2 Tbsp olive oil
- 2 tsp garlic powder
- 2 Tbsp coconut aminos or soy sauce
- steamer basket

How they made it...

1. Grab a frozen filet. Place it skin side down (if it has skin) in a steam basket surrounded by the broccoli florets, carrot chips, and cauliflower. Lightly drizzle it all with olive oil, sprinkle with garlic powder, and drizzle with coconut aminos or soy sauce.
2. Place in a pot of boiling water, cover and let cook for six, no more than 8 minutes.

75. Sweet Corn Soup with Crab and Asparagus

What they used...

- 1 ½ lbs fresh asparagus
- ¼ cup water
- 4 cups fat-free, low-sodium chicken broth
- 15 oz can no-salt-added cream-style corn
- 2 tsp low-salt soy sauce
- ½ tsp salt
- 2 Tbsp cornstarch
- 2 Tbsp cold water
- 3 large eggs or equivalent substitute
- 12 oz crabmeat (rinsed and drained)
- ½ tsp toasted sesame oil
- 6 medium finely-chopped green onions (green part only)
- chili garlic sauce (optional)

How they made it...

1. Trim the asparagus and cut into 1-inch pieces.
2. Put cut asparagus in a microwave-safe dish with ¼ cup water. Microwave, covered, on 100 percent power (high) for 5 minutes, or until tender and crispy.
3. Drain asparagus.
4. In a large saucepan, bring the broth to a boil over high heat.

5. Stir in the corn, soy sauce, and salt. Return to a boil.
6. Meanwhile, put the cornstarch in a cup. Add 2 Tbsp of water, stirring to dissolve.
7. Pour into the broth mixture, stirring constantly.
8. Pour in the eggs or substitute into the boiling soup in a thin stream.
9. Remove from the heat.
10. To serve, spoon $\frac{1}{2}$ cup asparagus into each bowl. Ladle the broth mixture over each serving. Top with the crabmeat and sesame oil. Sprinkle the green onions over each serving.
11. Serve the chili garlic sauce on the side.

76. Thai Shrimp Skewers

Makes 10 servings

Note: Marinate the shrimp up to 6 hours in advance, and prep them 3 hours in advance. Keep in an airtight container.

What they used...

- 20 medium cooked and peeled shrimp
- 2 finely-chopped garlic cloves
- 1 Tbsp grated fresh ginger root
- ½ tsp crushed red pepper flakes
- 1 tsp granulated sugar
- 1 Tbsp fish sauce
- juice of 1 lime
- 20 wooden skewers or long toothpicks (soaked in warm water for 1 hour)
- paper towels

How they made it...

1. Make sure the shrimp are dry. Pat with paper towels.
2. Combine shrimp, garlic, ginger, red pepper, sugar, fish sauce, and lime juice in a glass or ceramic bowl.
3. Cover and refrigerate for 1 hour.
4. Skewer 2 shrimp onto each skewer.
5. Serve chilled.

Main Dish (Turkey)

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77. TNT Asian Turkey or Chicken Wraps

Makes 6 servings

Note: Low-fat, diabetic-friendly, and gluten-free. It is recommended to skip the rice vinegar and hoisin sauce and stick to the low-sodium soy sauce.

What they used...

- 1 Tbsp olive oil, canola, or vegetable oil
- 8 oz lean ground turkey or chicken
- 1 ½ Tbsp Chinese five spice powder (or any favorite seasonings)
- ¼ cup water or low-sodium chicken broth
- 3 minced garlic cloves
- 3 Tbsp reduced-sodium soy sauce
- 8 oz Asian stir-fry vegetables (thawed if from frozen)
- 3 Tbsp rice vinegar
- 3 Tbsp Hoisin sauce
- ½ tsp Sriracha sauce or other hot sauce (optional)
- 6 large romaine or butter lettuce leaves
- 2 chopped green onions

How they made it...

1. Heat oil in a large skillet over medium-high heat.
2. Add chicken and five spice powder. Breaking chicken into small pieces with a fork or a potato masher. (If grilling the chicken breast, cut it into strips.)
3. Add water or broth, garlic, and 2 Tbsp soy sauce.
4. Stir in frozen vegetables.
5. Stir for 4 to 5 minutes or until the turkey is cooked through and liquid has evaporated.
6. Stir in the remaining soy sauce, rice vinegar, and hoisin sauce.
7. Reduce heat and simmer for about 4 to 5 minutes.
8. Add sriracha or other hot sauce, if desired.
9. Place a lettuce leaf on each plate.
10. Spoon $\frac{1}{2}$ cup of filling into each lettuce leaf; sprinkle with green onion.
11. Wrap lettuce around the filling to enclose, or serve open faced on a plate.

78. Turkey Marsala

Makes 4 servings

Note: Marsala wine is an inexpensive, fortified wine that turns into a wonderful sauce for tender turkey cutlets.

What they used...

- ¼ cups all-purpose flour
- 1 lb thinly sliced turkey cutlets
- 1 Tbsp olive oil
- 10 oz diced mushrooms
- ¾ cups marsala
- ⅛ tsp ground nutmeg
- 2 Tbsp chopped fresh parsley
- salt and freshly ground black pepper
- plastic bag (for coating turkey)

How they made it...

1. Place the flour in a plastic bag; add the turkey, seal, and shake to lightly coat with flour.
2. Heat the oil in a large, heavy skillet over medium heat.
3. Cook the turkey until light golden brown on both sides, about 2 minutes on a side.
4. Remove turkey from the skillet and keep warm.

5. Add the mushrooms to the same skillet, and cook, stirring, until softened, about 3 minutes.
6. Add the marsala and nutmeg, and cook until the sauce begins to thicken, about 3 minutes.
7. Return the turkey to the skillet, reduce the heat to low, and cook for about 4 minutes.
8. Arrange the cutlets and sauce on a platter, season with salt and pepper, and sprinkle the parsley.

79. Turkey Stroganoff

What they used...

- 1 lb ground turkey
- 2 cans mushroom soup
- 1 box egg noodles or shells

How they made it...

1. Brown ground turkey in a large skillet.
2. Add mushroom soup and bring to boil and simmer for 10 minutes.
3. Cook pasta, and drain.
4. Add the pasta once the mixture is done simmering.

Main Dish (Vegetable)

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80. Chipotle Tofu Avocado Tomato and Sprout Sandwiches

Makes 4 servings

Note: Use a little homemade pesto instead of tofu. Using the tofu is not bad, just a little different. And try it on toasted Rye bread instead of the wheat. Make sure to use thick bread slices for this moist sandwich.

What they used...

- 6 oz low-fat silken tofu
- 1 canned chipotle peppers in adobo sauce
- 1 tsp lime juice
- salt to taste (I use Kosher salt)
- 8 thick-sliced, toasted, whole wheat bread
- 2 medium cored and thinly-sliced tomatoes
- 1 medium sliced Hass avocado
- 1 cup alfalfa sprouts

How they made it...

1. Place tofu, peppers, and lime juice in a blender or food processor and puree until smooth.
2. Scrape spread into a bowl and season with salt to taste.
3. Spread about 1 Tbsp tofu puree over each slice of toast.

4. Divide tomato slices among 4 pieces of bread.
5. Layer avocado slices and sprouts over the tomatoes.
6. Top with remaining 4 slices of bread, cut sandwiches in half, and serve immediately.

81. Croatian Potato Salad

Note: This potato salad can be served as a side or just eaten by itself on hot summer days.

What they used...

- 3 large potatoes
- 4 to 5 eggs, as desired
- 5 scallions
- 1 Tbsp mustard
- 1 Tbsp oil
- mayonnaise (to taste)
- salt and pepper (to taste)
- 1 Tbsp dill
- cucumbers
- radishes

How they made it...

1. Boil the potatoes, and allow them to cool.
2. Peel the potatoes, cut them into cubes, and place the cubes into a large bowl.
3. Boil the eggs, and cut them into smaller pieces.
4. Add them to the bowl, and mix lightly.
5. Chop the scallions, add them to the bowl, and mix again.

6. Add the mayonnaise, mustard, oil, salt, pepper, and dill to taste as desired.
7. Slice the radishes and cucumbers, and use them to decorate the top of the salad.

82. Potato Carrot Medley (Pressure Cooker)

Makes 6 servings

What they used...

- 2 Tbsp extra virgin olive oil
- 1 diced white onion
- 3 finely-chopped garlic cloves
- 4 lbs halved or quartered Yukon gold potatoes
- 2 lbs halved carrots or whole baby carrots
- ½ cup vegetable broth
- 1 tsp Italian seasoning
- 1 tsp spike original seasoning
- fresh parsley (for garnish)

How they made it...

1. Set pressure cooker to sauté, and coat bottom of pot with the oil as it melts.
2. Add onions and cook for 5 minutes.
3. Add carrots and cook for 5 more minutes.
4. Add the remaining ingredients. Stir.
5. Close the lid and turn the Sealing vent to closed. Turn to high pressure for 10 minutes.
6. Once cooking is complete, naturally release for 10 minutes.
7. Dish up into a serving bowl and sprinkle on a bit of fresh parsley.

83. Potato & Cheese Casserole

What they used...

- 9 x 13 inch baking dish
- 2 lb frozen hash brown potatoes
- 8 oz sharp cheddar cheese
- salt and pepper to taste
- bread or corn flake crumbs
- 1 pt sour cream
- 1 stick melted butter
- 2 cans Cream of Celery soup

How they made it...

1. Thaw potatoes.
2. Preheat the oven to 350°F.
3. Mix potatoes, sour cream, cheese, salt, pepper, and soup, together.
4. Pour into a buttered 9 x 13 casserole dish.
5. Cook for 30 minutes in the oven.
6. In the meantime, combine butter and crumbs to make topping.
7. Once cooking time finishes, sprinkle topping on the casserole and return to the oven for an additional 30 minutes.

84. Roasted Veggies

Note: To make watery vegetables like zucchini come out better, place a wire cookie cooling rack inside of the cookie sheets, and place the vegetables on top of that. In the last 3 to 5 minutes of baking, switch to the broiler.

What they used...

- 3 zucchinis
- 3 yellow squashes
- 2 cauliflowers
- 2 Tbsp light olive oil
- 1 tsp garlic salt
- 2 tsp onion powder
- spoonful of cottage cheese
- cooking sheet pan

How they made it...

1. Preheat the oven to 350°F.
2. Chop the vegetables into slices or bite-sized chunks and toss them in light olive oil.
3. Spread out on a cookie sheet and sprinkle with garlic salt and onion powder and top with cottage cheese.
4. Bake. the baking times vary depending on the vegetable. Remove when they are to your liking.

85. Sweet Potato Casserole

Note: We had 2 of these turned in, and as this one does not use marshmallows. We have included this even though it is more often considered a side dish.

What they used...

Base

- 2 cups sweet potatoes cooked and mashed
- 1 cup sugar
- 1 egg
- ½ cup coconut
- 1 tsp vanilla
- 1 cup evaporated milk
- pinch of salt

Topping:

- 1 can crushed pineapple with juice
- 8 oz bottle cherries and juice
- 1 cup sugar
- 2 Tbsp cornstarch or flour

How they made it...

1. Preheat the oven to 350°F.
2. Mix all of the base ingredients together well.

3. Add to a baking dish.
4. In a skillet, add all the topping ingredients together and let simmer for 10 minutes, or until glazed.
5. Pour over potatoes.
6. Bake for 10 minutes.

86. Vegetable Stacks

Note: Diabetic-friendly, gluten-free, and vegetarian.

What they used...

- 1 Tbsp olive oil
- 1 medium yellow onion
- 1 tsp minced garlic
- 1 medium zucchini
- 1 small Chinese eggplant
- ½ cup mushrooms
- 1 medium red potato (leave out for a low-carb option)
- 1 medium tomato
- 1 tsp dried thyme (to taste)
- salt & pepper
- 1 cup favorite shredded cheese
- 8 x 8 inch baking dish
- non-stick cooking spray
- aluminum foil

How they made it...

1. Preheat the oven to 400°F.
2. Finely dice the onion and mince the garlic.
3. Sauté both in a skillet with olive oil until softened (about 5 minutes).

4. While the onion and garlic are sauteing, thinly slice the rest of the vegetables.
5. Spray the inside of an 8x8 square or round baking dish with non-stick spray.
6. Spread the softened onion and garlic on the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern.
7. Sprinkle generously with salt, pepper, and thyme.
8. Cover the dish with foil and bake for 30 minutes.
9. Remove the foil, top with cheese, and bake for another 15 to 20 minutes or until the cheese is golden brown. Enjoy!

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87. Hard Warm Caramel Apple Cider

Note: This recipe was discovered at a local Irish pub.

What they used...

- 6 oz apple cider
- 2 oz buttershots
- 2 oz Smirnoff Kissed Caramel Vodka

How they made it...

1. Heat apple cider.
2. Stir in the alcohol when the drink is warm enough for your taste and stir.
3. Drink responsibly.

88. Sun Tea

What they used...

- 4 to 8 regular tea bags
- clear glass container

How they did it...

1. Put 4 to 8 tea bags into a clean, 2-quart or gallon glass container (4 teabags for a 2-quart container, 8 tea bags for a gallon container).
2. Fill with water and cap.
3. Place outside where the sunlight can strike the container for about 3 to 5 hours. Move the container if necessary to keep it in the sun.
4. When the tea has reached its desired strength, remove it from the sun and put it in the refrigerator. Removing the tea bags at this point is optional.
5. To Store: The tea will probably taste more mellow than when using boiling water. The slow steeping has a way of bringing out a slightly different flavor from the tea.

89. Pina Colada with Stevia

What they used...

- ¼ cup cold water
- 2 packets Stevia sweetener
- 3 fl oz white rum
- ⅓ cup lite coconut milk
- handful of ice cubes
- 12 oz frozen pineapple chunks

How they made it...

1. Add all of the ingredients to a blender and pulse until smooth, stopping and scraping down the sides if needed.
2. Divide among two glasses, such as large wine glasses or hurricane glasses.
3. Garnish with a slice of fresh pineapple and serve immediately.
4. Drink responsibly.

90. Diabetic Root Beer Float

What they used...

- 1/3 cup scoop fat-free, no-sugar-added vanilla frozen yogurt
- 6 oz sugar-free root beer
- 2 straws

How they made it...

1. Place yogurt in a tall glass.
2. Pour in the diet root beer. Stir lightly to mix.
3. Add the straws and serve.

91. Sam's Smoothie

Note: This recipe was made by a 7th grade student.

What they used...

- 1 cup milk
- 1 cup frozen pineapple
- ½ cup frozen mango
- 6 oz orange juice
- 2 to 4 tsp sugar
- 10 ice cubes
- 1 tsp vanilla extract

How they made it...

1. Add all ingredients to a blender and blend until smooth.

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92. Baked Parm Garlic Cream Mashed Potatoes

What they used...

- 5 lbs Yukon gold or red potatoes
- 2 Tbsp olive oil
- 5 tsp minced garlic
- 2 cups heavy cream
- 1 cup grated parmesan
- 9 x 13 inch baking dish
- aluminum foil

How they made it...

1. Preheat the oven to 350°F.
2. Peel and cut 5 pounds of potatoes into quarter- to half-inch-thick bite-sized pieces. The thinner, the better. and place in a deep greased 9 x 13 baking dish. Toss the potatoes in the olive oil and minced garlic. Cover with foil.
3. Bake for 40 minutes. Remove, uncover and mash with a potato masher. If potatoes are still too firm to mash, cover and return to the oven for 15 minutes.
4. Repeat until potato pieces mash easily into desired consistency.
5. During the last 15 minutes of baking, put 2 cups of heavy cream in a saucepan, and bring to a simmer.

6. Add 1 cup freshly grated parmesan and stir with a whisk until melted.
7. Add minced garlic to taste if desired and keep warm until the potatoes are fully cooked and mashed to desired consistency.
8. Add the parmesan cream sauce directly to the baking dish and mash by hand until it has reached the desired consistency.
9. For extra smooth potatoes with no lumps, transfer the hot potato and cream parmesan mixture into a large mixing bowl and use a hand mixer or stand mixer.

93. Easy Macaroni and Cheese (Pressure Cooker)

Makes 8 servings

Note: Pastas that are whole wheat, bean-based, or low-carb do not work well.

What they used...

- 16 oz pasta
- 1 tsp hot sauce
- 2 Tbsp butter
- 1 Tbsp dry mustard powder
- 4 cups water
- 1 cup milk or half and half
- 1 lb cheddar cheese
- 1 cup Monterey jack cheese

How they made it...

1. Place the pasta, water, dry mustard, and hot sauce. Into the pressure cooker.
2. Lock the lid and move the seal to close. Set the pressure cooker on high for 4 minutes.
3. Quick release when cook time finishes. If the pot sputters out a milky liquid, wait 4 to 5 minutes before performing the quick release. (Put a cloth over the pressure valve to avoid any spray.)

4. If the pasta needs to be drained, drain the pasta and place the pasta back into the pot.
5. Stir in butter, cheese, hot sauce, and milk.
6. Allow the cheese to melt. Serve promptly.

94. Easy Marinated Tomato Cucumber Onion Salad

Makes 4 servings

Note: When making this ahead of time, save half of the dressing to add when serving.

What they used...

- 1 pt halved grape or cherry tomatoes
- 1 sliced medium English cucumber
- ½ thinly-sliced small red onion

Dressing

- ½ cup olive oil
- ¼ cup white wine vinegar
- 1 minced garlic clove
- 1 tsp honey or agave nectar
- 3 Tbsp dry Italian salad dressing mix

How they made it...

1. Place tomatoes, cucumbers, and onions in a large bowl, set aside.
2. In a mixing cup or small bowl, add olive oil, vinegar, honey, Italian salad dressing mix, garlic, salt, and pepper.
3. Using a whisk, blend until well mixed.

4. Pour dressing over tomatoes, cucumbers, and onions.
5. Toss salad. Can be served immediately or stored in the refrigerator, covered for up to 2 days.

95. French Quarter Green Bean Casserole

Note: Best made the day before so the flavors can meld together. Then reheat the next day until hot. This can also be made and frozen to avoid the holiday cooking marathon. Just thaw and reheat.

What they used...

- 27 oz frozen, French-style green beans
- 3 oz softened cream cheese
- 8 oz can drained, sliced water chestnuts
- 1 ½ cups shredded Cheddar Cheese
- paprika
- 3 Tbsp butter
- 1 can Cream of Mushroom soup
- 1 tsp dried onion flakes
- ¼ tsp garlic salt
- ¼ tsp pepper
- 2 ½ oz slivered almonds
- Dutch oven
- 2-quart casserole dish

How they made it...

1. Preheat the oven to 400°F.
2. Cook beans, drain.
3. Melt butter in Dutch oven.

4. Add soup and cream cheese. Cook over low heat, stirring constantly until cream cheese is melted and mixture is smooth.
5. Remove from heat, stir in green beans, onion flakes, water chestnuts, garlic salt, pepper, and cheddar cheese.
6. Spoon mixture into a lightly greased, 2-quart casserole dish. Top with almonds and paprika.
7. Bake uncovered for 40 minutes or until bubbly on the sides.

96. Husband's Favorite Potato Salad

What they used...

- 5 lbs red potatoes
- 6 hard-boiled eggs
- ½ cup Miracle Whip
- yellow mustard
- dill pickle juice
- 1 minced dill pickle

How they made it...

1. Peel and cut into bite-sized chunks at least 5 pounds of red potatoes.
2. Put the bite-sized potato chunks into a large pot of boiling water, and let boil / simmer for 20 to 30 minutes. Use a fork to test softness.
3. Drain, rinse, and let cool.
4. Peel and cut into bite-sized pieces at least six hard-boiled eggs.
5. Put eggs and potato bites in a large bowl. Add a scoop of Miracle Whip, and combine.
6. Add more Miracle Whip, quarter cup by quarter cup, to reach the desired potato salad consistency. You might want to keep it a little dry because you will add two more wet ingredients.

7. Squeeze the yellow mustard into the mixture, until it smells good, and blend. When adding the mustard, squeeze the bottle for a slow count of three, and just pay attention to your nose.
8. Pour in a little bit of pickle juice from a jar of dill pickles, but make sure your salad does not get too wet. Listen for one big splash and stop, then pour the jar again into the mix, listening for one big splash and then stop.
9. Chop up a dill pickle, basically mince it, and add to the mixture. Use as many pickles as desired.
10. Refrigerate and serve.

97. Kidney-Friendly Herb Pesto

Note: Pesto can be created using a variety of base ingredients such as herbs, greens, and sun-dried tomatoes, as well as additions such as pine nuts, Parmesan cheese, and chili peppers, depending on the desired finished result. The herbs in this simple pesto are a guideline, so experiment with different choices and amounts until you get the taste you desire. Pesto is wonderful in soups and stews, as a topping for meats and poultry, or stirred into plain pasta for a simple and satisfying meal.

What they used...

- 1 cup packed fresh basil leaves
- ½ cup packed fresh oregano leaves
- ½ cup packed fresh parsley leaves
- 2 garlic cloves
- ¼ cup olive oil
- 2 Tbsp freshly squeezed lemon juice

How they made it...

1. Put the basil, oregano, parsley, and garlic in a food processor and pulse for about 3 minutes or until very finely chopped.

2. Drizzle the olive oil into the pesto until a thick paste forms, scraping down the sides at least once.
3. Add the lemon juice and pulse until well blended.
4. Store the pesto in a sealed container in the refrigerator for up to 1 week.

98. Orzo Pasta Salad

What they used...

- 1 cup orzo pasta
- 1 quart water
- 1 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 lemon or 2 tsp lemon juice

How they made it...

1. Bring water to a boil. Add orzo and let simmer for 8 minutes.
2. Combine olive oil, vinegar, and lemon juice in a cup.
3. Drain orzo, return to pan, and mix in lemon vinaigrette.

99. Refried Beans (Pressure Cooker)

Makes 8 servings

What they used...

- 1 cup chopped onion
- 5 minced garlic cloves
- 2 Tbsp bacon grease, lard, or olive oil
- 1 quart chicken stock or water
- 1 tsp sea salt
- 2 tsp taco seasoning
- 1 bay leaf
- 1 lb dried pinto beans (rinsed and sorted)

How they made it...

1. Thoroughly rinse the beans in a strainer, being sure to remove any stones or damaged beans.
2. Turn the pressure cooker on Sauté mode, then add the bacon grease and onion and sauté until the onion is translucent.
3. Add the garlic and cook for 30 seconds.
4. Then turn off the heat. Add the water, chicken stock, taco seasoning, salt, bay leaf, and rinsed beans to the pressure cooker. Stir to combine.
5. Put the lid on and lock in place. Make sure to close the pressure valve.

6. Cook on high pressure (or Bean mode) for 60 minutes.
7. Allow the pressure to release naturally.
8. When the pressure is released, remove the lid, and throw away the bay leaf.
9. Strain the liquid into a bowl, reserving it.
10. Mash the beans.
11. Slowly add the reserved liquid back until you get the consistency you like. It will keep getting thicker as it cools. (Use an immersion blender to make the beans smooth, but still have texture.)
12. Serve the refried beans as a side dish with your favorite Mexican dinner.

100. Skinny Creamy Ziti (Pressure Cooker)

Makes 4 servings

What they used...

- 2 ½ cups chicken broth
- 8 oz dry ziti pasta
- 1 tsp dried, minced garlic
- salt and pepper (to taste)
- ¾ cup red pasta sauce
- ¾ cup evaporated milk
- ¾ cup shredded parmesan cheese
- ¾ cup mozzarella cheese

How they made it...

1. Place the broth, garlic, salt, and pepper into the pressure cooker liner.
2. Add the pasta to the pot. All noodles should be covered with the broth. Do NOT stir.
3. Lock the lid on and put the ceiling valve to the closed position.
4. Cook on Manual HIGH for 6 minutes.
5. Allow for a 6-minute natural pressure release before you quick release the remaining pressure.
6. Stir the noodles; some may be slightly stuck together, but that is okay. Add in the evaporated milk and warm it through.

7. Add the red pasta sauce to the Instant Pot and stir well.
8. Add the evaporated milk to the Instant Pot and stir well.
9. Turn the pressure cooker on Sauté HIGH until the sauce is bubbling.
10. Turn the pressure cooker off and gradually stir in the parmesan cheese.
11. Then stir in the mozzarella cheese.
12. Stir until the cheese has melted completely and the sauce has thickened. The sauce will thicken more as it cools.

101. Sweet Potato Casserole

What they used...

- 6 cooked and smashed medium sweet potatoes
- 3 Tbsp margarine
- 1 cup crushed pineapple
- ½ cup chopped pecans
- 1 tsp salt
- 3 oz thawed and undiluted, frozen orange juice concentrate
- marshmallows
- casserole dish

How they made it...

1. Preheat the oven to 400°F.
2. Lightly grease a casserole or other baking dish.
3. Add salt, margarine, orange juice, and pineapple to cooked and mashed sweet potatoes. Mix well.
4. Scoop mixture into the casserole dish.
5. Sprinkle with pecans.
6. Bake until hot.
7. Add the marshmallows to the top of the casserole dish.
8. Turn the oven's broiler on, and return the casserole dish to the oven to brown marshmallows.

102. Warm Asparagus and Red Pepper Salad

What they used...

- 2 Tbsp extra virgin olive oil
- 1 diced, large red bell pepper
- 1 lb fresh asparagus
- ½ tsp kosher salt
- ¼ tsp black pepper
- 1 Tbsp red wine vinegar
- ¼ cup shredded or shaved parmesan cheese

How they made it...

1. Cut red bell pepper into bite-sized pieces.
2. Trim asparagus and cut into 1-inch pieces.
3. In a large skillet, over medium heat, warm olive oil.
4. Add red pepper, asparagus, salt, and pepper. Sauté until asparagus is tender but still crisp, about 5 minutes.
5. Add vinegar to the skillet and stir to combine with vegetables.
6. Remove from heat and transfer to a serving dish; let cool slightly.
7. Top vegetables with the parmesan cheese and serve while still warm.

103. Warm Chicken Salad

What they used...

- 2 quarts greased casserole dish
- 2 cups (8 oz.) diced cooked chicken
- 2 cups chopped celery
- 1/3 cup light mayonnaise
- 1/4 cup slivered almonds
- 2 Tbsp fresh lemon juice
- 1/4 cup chopped green bell pepper
- 1/4 cup finely chopped onion
- 2 Tbsp chopped pimento
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 1/4 cup (1 oz.) grated or shredded swiss cheese
- 2 cups fat-free or reduced-fat potato chips

How they made it...

1. Preheat the oven to 350°F.
2. Spray the casserole dish with non-stick pan spray.
3. Mix all the ingredients, except the cheese and potato chips, in a large bowl. Pour and evenly spread in the casserole dish.
4. Top with the cheese and crushed potato chips.
5. Bake for about 25 minutes, until the cheese is melted and the salad is hot.

104. Zucchini Fries with Chipotle Mayonnaise

What they used...

- 1 cup mayonnaise
- 1 tsp minced canned chipotle chili in adobo sauce plus 1 tsp sauce
- 2 tsp lime juice
- 2 large zucchini (about 1 lb)
- ½ cup all-purpose flour
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Italian seasoning
- 2 large, beaten eggs
- 1 cup panko
- ⅓ cup grated parmesan
- vegetable oil (for cooking)
- 2 baking sheets
- paper towels
- Parchment paper
- resealable plastic bag

How they made it...

1. Preheat the oven to 250°F.
2. Line a baking sheet with parchment paper and another one with paper towels.

3. In a bowl, mix mayonnaise, chipotle, adobo sauce, and lime juice. Cover and chill.
4. Trim ends from zucchini. Cut in half crosswise, then in half lengthwise. Cut each piece lengthwise into 4 sticks; trim away seeds.
5. In a large resealable plastic bag, mix flour, salt, pepper, and Italian seasoning.
6. Add zucchini sticks and shake until coated.
7. Put eggs in a shallow bowl; mix panko and Parmesan in a separate bowl.
8. In batches, shake excess flour mixture off zucchini, dip into eggs, then into panko mixture, pressing to adhere.
9. Lay pieces on the parchment lined sheet. Continue until all zucchini pieces are coated.
10. Use a straight-sided skillet warm $\frac{1}{2}$ inch of oil over medium-high heat until temperature reaches 350°F.
11. Working with a few pieces at a time, fry zucchini for 2 to 3 minutes, turning often with tongs, until golden and crispy. Do not crowd the skillet.
12. Transfer to the baking sheet with the paper towels.
13. Sprinkle with additional salt, if desired. Keep warm in the oven while cooking the remaining zucchini. (Be sure to bring oil back to 350°F before adding a new batch.)
14. Serve with chipotle mayonnaise.

Soups

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105. Brown Lentil Soup with Broccoli, Turmeric, Fenugreek Seeds and Black Pepper (Pressure Cooker)

Note: This delicious lentil soup is perfect for cooking in the pressure cooker on a cold, winter day. Serve the dish garnished with lemon, cilantro, or red pepper flakes. By cooking this soup in the pressure cooker, this warming, creamy soup can be enjoyed in only an hour.

What they used...

- ½ cups lentils
- 2 cups water
- 1 tsp oil
- ½ tsp mustard seeds
- ½ medium chopped red onion
- 3 chopped garlic cloves
- 1 chopped hot green chili
- ½ tsp coriander powder or seeds
- ½ tsp black peppercorns or ½ tsp freshly ground black pepper
- ⅓ tsp fenugreek seeds or powder
- ¼ tsp cayenne pepper
- ¼ tsp cinnamon
- 1 tsp turmeric
- ½ finely-chopped green bell pepper

- 1 large chopped tomato
- ½ tsp salt
- ¾ cups small broccoli florets
- cilantro (for garnish)
- lemon (for garnish)

How they made it...

1. Wash and soak the lentils for 10 minutes.
2. Drain the soaked lentils and add to the pressure cooker. Cover with the lid and set the pressure valve to Seal, press the Manual button and set the cooking time to 12 minutes (at high pressure.).
3. Let the pressure drop naturally.
4. Pour oil into a skillet. Heat the oil over medium heat.
5. Add mustard seeds and fry them for a few seconds till they start making a popping noise.
6. Add chopped onion, green chili, and chopped garlic. Cook for about 5 minutes till the mixture is translucent, stirring occasionally.
7. Place all spices in a small blender and grind them.
8. Add these ground spices to the skillet. Mix well and cook for about 1 minute.
9. Add the chopped tomatoes, green bell pepper, and a little water. Cook for about 5 minutes till the tomatoes are tender.

10. Add lentils, broccoli, and salt to this mixture. Bring it to a boil over medium heat. Keep cooking for about 3 minutes. (Add more water if needed.)
11. Cover and allow it to sit for about 2 minutes.
12. Serve the dish garnished with lemon, cilantro, or red pepper flakes.

106. Cassie's Slow Cooker Chicken Soup

Note: Add in a few noodles or even some rice. Just remember that adding in pasta or rice may soak up some of the broth, so be prepared to add in more liquid to get more broth. Also, do not cook the chicken before putting it in; having the chicken cooked in with the soup brings out more flavor.

What they used...

- 1 lb chopped chicken breast pieces
- 1 lb bag peeled and chopped baby carrots
- 5 chopped celery stalks
- 1 small chopped onion
- 3 chopped garlic cloves
- salt and pepper (to taste)
- 2 to 3 cans chicken broth (depends on slow cooker size)

How they made it...

1. Add chicken to the crock pot.
2. Add vegetables, garlic, salt, and pepper.
3. Add chicken broth and mix everything together. Add in more salt and pepper, if needed.
4. Cook on low, 5 to 6 hours, until chicken is cooked and veggies are tender.

107. Irish Stew

What they used...

- 1 ½ lbs beef
- 1 ½ lbs pork
- 7 or 8 large Irish potatoes
- 6 sliced onions
- red pepper
- salt
- black pepper
- 1 cup ketchup
- ¼ lb fatback

How they made it...

Stovetop Method

1. In a large pot, fry fatback.
2. Add pork and beef. Cover with water and simmer until tender.
3. Add potatoes, red pepper, onions, salt, and pepper.
4. Cook until vegetables are tender.

Slow cooker Method

1. In a large pot, fry fatback. Add and brown the beef and pork. Spoon meat into the slow cooker.

2. Add the rest of the ingredients with the meat on the bottom. Place the potatoes and onions on top with enough water to cook the potatoes.
3. Cook on low 6 to 8 hours or high for 4 to 6 hours.
(Add water if it cooks out too soon.)

108. Loaded Cauliflower Soup (Pressure Cooker)

Makes 8 servings

Note: Dairy-free.

What they used...

- 3 cups organic chicken bone broth
- 1 head chopped cauliflower
- ¼ medium chopped yellow onion
- 2 chopped garlic cloves
- 8 slices cooked, pastured bacon
- 2 oz cream cheese
- ½ cup full-fat coconut milk
- 6 Tbsp virgin coconut oil
- 1 large minced green onion
- 1 tsp nutritional yeast (optional, for a cheesy taste)

How they made it...

1. Add coconut oil to the pressure cooker and turn to Sauté.
2. While the oil melts, chop the onion and garlic.
3. Add to the pressure cooker and cook for 3 to 4 minutes, stirring occasionally.
4. Add the broth and deglaze the pan.
5. Add the chopped cauliflower and sea salt.

6. Close and lock the lid. Set pressure to HIGH and time to 5 minutes.
7. When time is up, allow the pressure to release naturally.
8. Meanwhile, cook the bacon and chop the green onion.
9. Using an immersion blender, blend the soup until smooth.
10. Add cream cheese, coconut milk, and nutritional yeast (if using). Blend again to incorporate. Adjust seasoning.
11. To serve, ladle into bowls. Then top with crumbled bacon and green onions.

109. Somali Lentil Stew (Stovetop or Pressure Cooker)

Makes 6 to 8 servings

Note: This recipe is naturally gluten-free, delicious, packed with healthy nutrients, and quick and easy to make. Serve with rice or gluten-free naan bread.

What they used...

- 2 Tbsp extra virgin olive oil or coconut oil
- 1 large chopped onion
- 2 crushed garlic cloves
- 1 large coarsely-chopped, red or yellow bell pepper
- 1 medium-cubed sweet potato (about 2 ½ cups)
- 2 diced carrots
- 2 diced jalapeño peppers (to lessen spice, remove the seeds)
- 1 Tbsp grated or minced ginger
- 1 Tbsp ground cumin
- 1 Tbsp curry powder
- ¼ tsp ground cinnamon
- ½ cups tomato sauce
- 1 lb brown lentils (2 ¼ cups rinsed)
- 6 cups water
- 2 tsp sea salt
- 13.5 oz canned coconut milk

- ½ roughly-chopped, cilantro bunch
- 3 Tbsp fresh lemon juice
- Optional toppings: lemon slices, chopped fresh cilantro, and/or thinly sliced jalapeño peppers.

How they made it...

Pressure Cooker Version

1. Set the pressure cooker to the sauté function and add olive oil.
2. When the olive oil starts to shimmer, add onions and cook until softened, about 5 minutes.
3. Add garlic, bell pepper, sweet potato, carrots, jalapeños, ginger, and spices. Stir to combine and coat with the onion mixture.
4. Add tomato sauce and lentils and give it a good stir.
5. Add water and salt.
6. Cover and set the pressure cooker to Manual. Cook under high pressure for 10 minutes.
7. Quick release the pressure cooker.
8. Stir in coconut milk, cilantro, and lemon juice. Reheat if needed, and enjoy with a bowl of rice or naan bread.

Stovetop Version

1. Heat oil in a pot on the stove.
2. When the olive oil starts to shimmer, add onions and cook until softened, about 5 minutes.
3. Add garlic, bell pepper, sweet potato, carrots, jalapeños, ginger, and spices. Stir to combine and coat with the onion mixture.
4. Add tomato sauce and lentils and give it a good stir.
5. Add water and salt.
6. Cook on medium low for about 30 minutes, until the brown lentils are tender.
7. Stir in coconut milk, cilantro, and lemon juice. Reheat if needed, and enjoy with a bowl of rice or naan bread.

110. Vegetable Beef Barley Soup

Makes 4 servings

What they used...

- 1 Tbsp vegetable oil
- 2 tsp crushed garlic
- 1 medium diced onion
- 2 diced celery stalks
- 2 diced carrots
- 2 cups sliced mushrooms
- 3 ½ cups beef stock
- ⅓ cup barley
- 2 small peeled and diced potatoes
- 4 oz diced stewing beef
- 2 Tbsp chopped fresh parsley

How they made it...

1. In a large non-stick saucepan, heat oil. Sauté garlic, onion, celery, carrots, and mushrooms until tender, approximately 10 minutes.
2. Add stock, barley, potatoes, and beef; cover. Reduce heat and simmer approximately 50 minutes or until barley and potatoes are tender, stirring occasionally.

111. Vegetable Detox Soup (Pressure Cooker)

Makes 6 servings

Note: Sometimes our bodies need a little recharge of nutrients to help detox. This is a classic recipe to try. Do not be scared when putting this together. The pot is going to be crammed full of ingredients that are great for the body. This is such a hearty soup! If more liquid is desired, add it at the end when adding the baby spinach. Extras can be frozen.

What they used...

- 4 large peeled and sliced carrots
- ½ head of cabbage or 2 cups pre-shredded coleslaw mix
- 2 diced Vidalia sweet onions
- 1 head chopped garlic
- 2 cups bite-sized green beans pieces
- 10 oz fresh chopped kale (remove tough stems)
- 6 cups vegetable broth
- 12 oz salsa
- 1 Tbsp chili powder
- 2 tsp dried oregano
- 2 tsp cumin
- 2 tsp paprika
- salt and pepper to taste

- 7 sliced green onions
- 6 oz. fresh baby spinach leaves

How they made it...

1. Add all ingredients to the pot, except baby spinach and green onions.
2. Lock lid and close vent.
3. Cook for 6 minutes on High Manual Pressure. Once the ingredients start cooking, the kale and cabbage are going to release moisture and wilt. Try to leave a divot around where the pressure pin is.
4. Once done, quick release any pressure.
5. Remove the lid, and add baby spinach and green onions. Stir until spinach has wilted into the soup.
6. Serve away!