

224

RECIPES

IN A

HURRY

(CONDENSED SAMPLE COPY)

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1. ALFREDO SAUCE

1/4 cup butter

1 cup heavy cream

1 clove garlic, crushed

1-1/2 cups freshly grated Parmesan cheese

1/8 cup chopped fresh parsley

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve

2. AMBROSIA

1 (20 oz.) can pineapple tidbits

2 oranges, peeled and segmented

1 tsp. lemon juice

1 cup grated coconut

Place pineapple in a serving bowl. Sprinkle oranges with lemon juice

and add to pineapple; stir gently. Refrigerate covered until chilled.

Drain, if desired. Add coconut and stir gently.

3. AMISH DIP

Traditional Amish Dip/Sandwich Spread

8 ounces cream cheese

1/2 cup mayonnaise

1 (6.50 ounces) can tuna

1/2 cup olives, pitted, chopped

1/2 cup walnuts or almonds, chopped

2 tablespoons lemon juice

black pepper

Mix all of the ingredients, adding more or less mayonnaise depending on your desire to make a chip dip, or a sandwich spread.

It was often served on dark heavy bread as a sandwich at quilting bees.

The discovery of a new dish does more for the happiness of mankind than the discovery of a star.

Anthelme Brillat-Savarin

10. BAKED HAMBURGER DINNER

1 package hamburger

1 package beefy onion soup mix

Preheat oven to 350

Combine hamburger and soup mix. Form meat into small patties. Line a cookie sheet with aluminum foil. Place patties on baking sheet. Cover with foil. Bake for 30 minutes or until meat is completely done.

Serve with macaroni and cheese or baked beans and a favorite vegetable on the side. OR for a one-pan complete dinner, Use baking pan instead of baking sheet. Slice potatoes and carrots and pile around meat patties. Cover with foil and bake all together. Dinner is done in one pan, lined with foil, clean up is quick and easy!

11. BAKED PASTA

1 Large jar chunky or thick spaghetti sauce

1- 1/2 cups water

1 bag pasta (shells, bow-tie, etc.)

2 cups shredded Mozzarella cheese

Parmesan cheese

Lightly coat large baking dish with Crisco to make clean up easy.

Heat oven to 425

In a mixing bowl, stir sauce, water and pasta until well coated. Pour pasta & sauce into a baking dish.

Cover with foil and bake for 30 minutes.

Top with shredded cheese, return to oven for 10 minutes

Sprinkle with Parmesan and serve.

12. BAKED POTATO TOPPER

2 (16 ounce) containers sour cream

1 (3 ounce) can bacon bits

2 cups shredded Cheddar cheese

1 bunch green onions, chopped

May add a package of Hidden Valley Ranch Dressing for added flavor

In a medium size mixing bowl, combine sour cream, bacon, Cheddar cheese and green onions; stir well.

Refrigerate, or serve immediately.

21. BEEF AND VEGETABLES

1 Tbsp. olive oil

1 16 oz. pkg. frozen vegetables (try a mixture that includes broccoli, or baby carrots)

1 Tbsp. water

1 cup stir-fry sauce

1 tsp. cornstarch

2 cups cooked roast beef, cut into cubes

hot cooked rice OR cooked egg noodles

Heat olive oil in a heavy skillet. Add vegetables and 1 Tbsp. water. Stir, cover, and cook over medium heat for 3 minutes.

Mix stir fry sauce and cornstarch in a small bowl. Add to skillet and stir to combine. Add beef and stir again. Cover and cook over low heat for 5-8 minutes, stirring occasionally, until vegetables are crisp-tender and beef is hot. Serve with cooked rice or egg noodles.

29. BOURBON GLAZED SALMON

1/4 cup fat free low sodium chicken broth

1/4 cup bourbon

3 tablespoons tomato paste

3 tablespoons honey

salt & freshly ground black pepper

3/4 lb salmon fillets

Stir together broth, bourbon, tomato paste and honey in a medium skillet on medium-high heat. When it comes to a simmer, add the salmon. Keeping the sauce at a low simmer, cook the salmon 3 minutes; turn and cook 3 more minutes. The sauce will cook to a glaze. Divide salmon between 2 plates and spoon glaze on top.

30. BREADED PORK CHOPS

6 pork chops, 1/2 inch thick

1/2 cup dry bread crumbs or cracker crumbs

1 tsp. salt

1/4 tsp. pepper

1 egg, slightly beaten

3 tbl. oil

1/3 cup water

1/2 tsp. Worcestershire sauce

In a shallow dish, combine bread crumbs, salt and pepper. Dip the pork chops into the egg, then into the bread crumbs.

Brown the chops in hot oil on both sides in a large fry pan. Add water and Worcestershire sauce. Cover and simmer 35-40 minutes, until tender. Uncover and continue cooking about 10 minutes until the coating is crisp.

31. BREAKFAST BURRITOS

To round out the meal, serve these burritos with yogurt mixed with fresh fruit.

4 slices turkey bacon

2 flour tortillas (7 inch)

2 Tbsp. shredded Sharp Cheddar Cheese

1 large egg white

1 Tbsp. chopped green chilies

Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned. Place 2 turkey bacon slices on each tortilla; sprinkle with cheese.

Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

47. CHICKEN BURRITOS

Set out the cheese and other fixings and let the whole gang fix for themselves.

Estimated Times

Preparation time: 12 mins

Cooking time: 6 mins

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breast halves, cut into 2-inch strips

1-1/4 cups water

1 package (1.5-oz.) Taco Seasoning Mix

8 (10-in.) burrito-size flour tortillas, warmed

Heat vegetable oil in large skillet over medium-high heat. Add chicken; cook for 3 to 4 minutes or until no longer pink. Add water and seasoning mix. Bring to a boil. Reduce heat to low; cook for 3 to 4 minutes or until mixture thickens.

Spoon chicken mixture evenly over tortillas. Top with shredded cheddar cheese, shredded lettuce, chopped green onions, sliced olives and Salsa, if desired. Fold into burritos.

52. CHICKEN MELON SALAD

1 cup low fat mayonnaise

1/3 cup orange juice

4 boneless, skinless chicken breasts

2 cups Gemelli pasta

1 ripe cantaloupe, cut into 1" pieces

In a large bowl, combine mayonnaise and orange juice and blend well.

Refrigerate while preparing rest of salad.

Bake chicken breasts at 375 degrees for 20-30 minutes if thawed and 60-70 minutes if frozen, until thoroughly cooked. Let cool until cool enough to handle. Cut chicken into 1" pieces, and add to salad dressing.

Cook pasta as directed on package. Drain, rinse briefly with warm water; then drain thoroughly. Stir cooked and drained pasta into mayonnaise/orange juice mixture.

Gently stir cantaloupe into the salad. Chill 1-3 hours until cold or serve immediately. 6 servings

53. CHICKEN NOODLE BAKE

1 tbsp chopped onion (or flakes)

3 chicken breasts (substitute canned chicken if needed)

1 can cream of celery soup

1/2 cup milk

1/2 cup sour cream

3/4 cup grated cheddar cheese

salt and pepper

2 pieces of toast

1 twelve ounce package of egg noodles

Preheat oven to 350*

Prepare egg noodles according to package instructions.

Brown chicken and onion together Add soup, milk, sour cream and cheese, salt and pepper to taste, heat until bubbly

Stir in cooked noodles. Pour chicken and noodle mixture in a 9x13 baking dish. Crumble toast on top.

Bake for 20-25 minutes until hot.

For more great easy chicken recipes visit <http://www.chicken-recipes-galore.com>

54. CHICKEN RANCH WRAPS

4 flour tortillas

2 cups cooked chicken, diced

1 envelope Hidden Valley Ranch Dressing Mix

1 cup sour cream

sliced black olives, if desired

Salsa optional

Heat sour cream, olives (if used), and Ranch Mix in a medium saucepan; add chicken. Get everything hot without boiling.

Serve by wrapping mixture in tortilla - garnish with salsa. May also include lettuce, chopped tomato, or green onion as garnish.

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

- Luciano Pavarotti

78. EASY BEEF N' TATER CASSEROLE

(Kid friendly supper)

1 lb lean ground beef

1/2 package Lipton's onion soup mix

1 can mushroom soup

1 package tater tots

1 cup grated cheese of choice

Directions

Press the raw ground beef in the bottom of a square baking dish.

Sprinkle with the Onion Soup mix. Spread the mushroom soup over the top. Place a layer of frozen tater tots on top.

Bake 50 minutes, sprinkle with grated cheese and bake 10 more minutes.

You can double the recipe and use a 13 x 9" baking dish.

Temperature: 350

Cooking Time: 1 Hour

80. EASY CORN DOGS

Kids love these!!

4 refrigerated cornbread biscuits

4 hot dogs

Preheat oven to 400 degrees F (200 degrees C). Wrap a biscuit around each hot dog, pinching the dough at the end to seal. Bake until golden brown, about 10 minutes.

81. EASY ENCHILADAS

12 Corn tortillas

1 package enchilada sauce mix

1 lb. ground beef

2 tbsp. instant minced onion or 1/2 cup chopped fresh onion

2 cups shredded Cheddar or Monterey Jack Cheese

1/4 cup chopped or sliced black olives

Preheat oven to 350*

In a medium, saucepan prepare enchilada sauce mix as directed on the package. In a large fry pan, brown the ground beef and onion. Drain excess fat. Stir 1/2 cup enchilada sauce into the meat mixture. To assemble, dip each tortilla into the sauce. Spoon about 2 tbsp. meat

mixture and 1 tablespoon cheese down the center of each tortilla. Roll into thirds and place seam side down in a 9 by 13 inch baking dish. When all the tortillas are assembled, pour the remaining sauce over the top. Sprinkle with olives and extra cheese. Cover with foil; bake for 20 minutes until heated through and the cheese is melted. Canned or homemade enchilada sauce to make 4 cups can be used for the mix.

82. EASY GARLIC CHICKEN

3 tablespoons butter

4 skinless, boneless chicken breast halves

2 teaspoons garlic powder

1 teaspoon seasoning salt

1 teaspoon onion powder

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

90. GARLIC MASHED POTATOES

The secret is cooking the garlic with the potatoes, then mashing them up together. A great side dish that is sure to please. Enjoy!

Preparation time: 5 mins

Cooking time: 20 mins

2 pounds potatoes, peeled and cut into large chunks

8 cloves garlic, peeled and smashed

1/4 cup whipping cream

2 tablespoons butter, softened

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Add potatoes and garlic to a large saucepan; cover with 2 inches of water. Bring to a boil and simmer until tender, about 15 to 20 minutes.

Drain well and put back in pan. Add milk, butter, salt and pepper; mash with a potato masher until creamy. Serve immediately.

91. GERMAN CHOCOLATE PECAN BARS

1 (18 1/4 ounce) package German chocolate cake mix

2 cups pecan pieces

4 eggs, divided

1/4 cup butter or margarine, melted

8 ounces cream cheese, softened

1 (16 ounce) package confectioners' sugar

In large mixing bowl, combine cake mix, pecans, 1 egg and butter; mix well. Pat mixture into bottom of 13 x 9-inch greased baking pan; set aside.

In a large bowl, blend cream cheese, remaining eggs and confectioners' sugar until smooth. Pour over cake mixture.

Bake at 350 degrees F for 45 minutes or until set.

Cool completely on wire rack. Cut into squares.

101. HEAVENLY PEACH PIE

2-1/2 cups fresh peaches or 1 large

can sliced peaches with juice

1 small box peach gelatin

1 (18.25 ounce) box yellow cake mix

1/2 cup (1 stick) butter or margarine

1-1/2 cups water

Preheat oven to 350 degrees.

Pour peaches into a greased 13 x 9-inch pan. Sprinkle gelatin over peaches. Sprinkle cake mix over gelatin. Dot evenly over cake mix 1 stick butter or margarine. Punch holes in mixture with knife. Pour water on top. Bake for 1 hour or until done.

This is delicious served warm with whipped topping or vanilla ice cream.

118. MEATBALLS AND RICE

1 package hamburger

1 package beefy onion soup mix

2 cans cream of mushroom soup

1 cup rice

Mix hamburger and soup mix together.

Roll meat into ½" balls. Brown in pan, until fully cooked. Add cream of mushroom soup. Cook until soup is bubbly.

Cook rice according to package directions.

Serve meatballs and gravy over rice. Add your favorite vegetable on the side and you've got a great meal!

140. PINEAPPLE PORK CHOPS

3 Tbsp. orange juice

2 Tbsp. honey

4 1" thick pork loin chops

1 20-oz. can pineapple chunks, drained

1 Tbsp. chopped fresh mint

Mix orange juice and honey. Place pork chops on broiler pan. Brush with the orange juice mixture. Broil about 5" from heat about 5-6 minutes or until brown.

Turn, brush with more orange juice mixture and broil 6-9 minutes or until brown and to desired doneness.

In a small saucepan, combine remaining orange juice mixture, pineapple and mint. Heat to boiling, stirring occasionally.

Boil for 2 minutes and serve with the pork chops.

148. QUICK & EASY FUDGE

12 oz milk chocolate chips

6 oz semisweet chocolate

1 can sweetened condensed milk (14 oz)

1/3 cup confectioners sugar

1 tsp vanilla

1 cup chopped nuts

Grease an 8" x 8" pan. Microwave the chips and condensed milk, uncovered, in a 2 quart bowl, on high, for 2 minutes. Stir until smooth.

Stir in sugar and vanilla; then add nuts until well blended. Pour into a prepared pan, and spread evenly.

Chill until firm.

154. QUICK APPLE SQUARES

3/4 cup of softened butter or margarine

1 package of white cake mix

One 21 ounce can of apple pie filling

1/2 cup of flaked coconut

In a large bowl, cut butter into dry cake mix.

Set aside one cup.

Press remaining mixture into 13x9 inch baking pan.

Spoon pie filling evenly over cake mixture.

In a small bowl, combine reserved cake mixture and coconut.

Sprinkle over pie filling.

Bake at 350 degrees for 45 minutes or until golden brown.

Cool slightly before cutting in 3 x 1 1/2 inch bars.

167. QUICK PEANUT BUTTER FUDGE

1 cup creamy peanut butter

1 cup butter or margarine

1 cup chopped nuts

1 lb. box powdered sugar

Melt peanut butter and butter in a medium saucepan, stirring constantly. Add nuts and stir to combine. Remove from heat and sift in powdered sugar, stirring until well blended. Pat out in a 9x9x2-inch pan; refrigerate until firm. Cut into squares.

168. QUICK PECAN COOKIES

1 pkg. Duncan Hines butter recipe cake mix

1 stick margarine

2 eggs

1 cup pecans

Chop pecans; melt butter. Mix all the ingredients. Will be stiff. Drop on cookie sheet. Bake at 350 degrees until brown (about 10 to 15 minutes).

OPTION: Chocolate chips, coconut, or other nuts may be used.

176. 1-2-3 VEGETARIAN CHILI

- 1 (28 ounce) can tomatoes, undrained
- 1 (16 ounce) jar Thick 'N Chunky Salsa
- 1 (15 ounce) can black beans, rinsed, drained
- 1 (10 ounce) package frozen whole kernel corn
- 1 cup halved zucchini slices
- 1 teaspoon chili powder
- 1 (8 ounce) package shredded mild Cheddar Cheese

Mix tomatoes, salsa, beans, corn, zucchini and chili powder in saucepan.

Bring to boil on medium-high heat.

Reduce heat to low; simmer 10 minutes.

Sprinkle 2 tablespoons cheese onto bottom of each serving bowl; top with chili.

Sprinkle each with additional 2 tablespoons cheese.

184. SANTA FE VEGGIE QUESADILLAS

1 (12 inch) flour tortilla

3/4 cup shredded Cheddar/Monterey Jack cheese blend

1/2 cup whole kernel corn, drained

1/2 cup diced red bell pepper

1/2 cup black beans, drained

1 chopped green onion

Prepare a lightly oiled large skillet over medium heat. Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.

Allow the tortilla to heat on one side for 1 minute. Beginning at the center of the tortilla, evenly spread the cheese blend until the tortilla's entire surface is covered. Top the cheese with corn, red bell pepper, black beans and green onion. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board.

Slice into wedges and serve warm.

188. SESAME CHICKEN

The coating is crunchy and mildly seasoned. A creamy vegetable, a potato casserole and fruit salad would pair nicely with this.

3 tbsp. butter

1 egg

2 tbsp. milk

1/4 cup flour

2 tbsp. sesame seeds

3/4 tsp. ground Thyme or poultry seasoning

1/8 tsp. pepper

1-1/2 lbs. chicken wings (8 wings)

Preheat oven to 375*. In a 13 by 9 inch baking pan, melt butter. In a small bowl, combine egg with the milk; beat slightly. In a shallow bowl, combine remaining ingredients except chicken. Dip chicken pieces in the egg mixture, then in the flour mixture. Place in a single layer in the pan, rolling gently to coat with butter.

Bake at 375* for 40-50 minutes until golden brown and crisp.

189. SHEPHERD'S PIE

1 pound lean ground beef

1 chopped onion

2 cups frozen mixed vegetables

1 10-oz. can cream of mushroom soup with roasted garlic

3 cups refrigerated mashed potatoes

Preheat oven to 375 degrees.

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

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

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

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

6 servings.

191. SHRIMP & VEGETABLE SALAD

1 cup uncooked Rotini pasta

1 16-oz. pkg. frozen cauliflower, sugar snap peas and carrots, cooked
and drained

1 cup cherry tomatoes, cut in half

1 9-oz. pkg. frozen cooked shrimp, thawed

1/2 cup tarragon vinaigrette

Cook Rotini as directed on package and drain.

Mix with remaining ingredients and chill at least 1 hour to blend flavors.

Serves 5

195. SLOPPY JOES

1/2 cup catsup

1 tsp. Worcestershire sauce

1 tbl. vinegar

2 tbl. brown sugar

Pour over a pound of hamburger, browned in a skillet. simmer for 15 minutes. Serve on a hamburger bun.

196. SMOKED TURKEY CLUB SALAD

Add spinach to the mixed salad greens and you'll mix in more vitamins A and C.

4 slices smoked turkey breast, cut into strips

1 small tomato, chopped

1/4 cup real bacon pieces or bits

4 cups mixed salad greens

1/2 cup finely shredded Cheddar cheese

Arrange turkey, tomato and bacon over greens on a large platter.

Sprinkle with cheese.

208. TACO BAKE

Prep: 10 min, Cook: 25 min.

1 lb. ground beef, or ground turkey

3 ounces taco seasoning

1 cup canned refried beans

1 cup salsa

1 cup shredded Monterey Jack cheese

Preheat oven to 350°F.

In a large skillet, brown the ground beef and drain the fat. Mix in the taco seasoning. Spoon browned meat into a small glass baking dish. Top with a layer of refried beans, a layer of salsa, and a layer of cheese.

Bake for 20-25 minutes.

212. THE BEST CHICKEN SALAD

2 boneless chicken breast halves, cooked

1/4 cup creamy salad dressing

4 tablespoons cole slaw dressing

1 stalk celery, chopped

1/4 onion, chopped

salt and pepper to taste

In a food processor, combine the chicken, creamy salad dressing, cole slaw dressing, celery, onion, and salt and pepper. Mix until well chopped

220. VEGETABLE CASSEROLE

One 10 ounce package of frozen broccoli

One 10 ounce package of frozen cauliflower

One 10 ounce package of frozen carrots, sliced

1 can of cream of mushroom soup

1/2 pound of Velveeta cheese, cubed

1/2 package of Pepperidge Farm sage stuffing mix

1 stick of melted margarine

Cook vegetables according to package directions. Drain and place in 2 quart baking dish. Add cubed cheese and mushroom soup. Stir lightly to mix. Pour melted margarine over stuffing mix and cover vegetable mixture.

Bake 30 minutes at 350°F.

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