

Quick and Easy Dinners

from my table to yours



LynnsKitchenAdventures.com

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Beef



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Beef and Rice

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 can (14 ounces) diced tomatoes with liquid
- 2 cups beef broth
- 1 cup rice
- 1 teaspoon chili powder



1. In a large skillet, cook ground beef and onion until meat is no longer pink. Drain.
2. Stir in remaining ingredients and bring to a boil.
3. Reduce heat to medium low. Cover and simmer for 20 minutes, or until rice is tender.

Cowboy Spaghetti

- 1 pound spaghetti
- 3-4 slices of bacon, chopped
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 1 teaspoon (or so) of hot sauce
- 1 tablespoon Worcestershire sauce
- 1 (14 ounce) can diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 cup shredded cheddar cheese



1. Cook spaghetti noodles as directed.
2. Cook the bacon until crisp. Drain and set aside.
3. Cook ground beef and onion, until meat is no longer pink.
4. Add garlic, cook for 1-2 minutes. Drain.
5. Stir in bacon, hot sauce, Worcestershire sauce, tomatoes, and tomato sauce.
6. Over medium low heat, cook for about 8 minutes or until heated through.
7. Add cooked pasta. Sprinkle with cheese and serve.

Skillet Beef and Barley

- 1 lb lean ground beef
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 can (14 ounces) diced tomatoes
- 1 can (10-3/4 ounces) beef broth
- 1 cup water
- 3/4 cup quick cooking barley
- 1 tablespoon brown sugar
- 1 tablespoon white vinegar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder



1. In a large skillet, cook ground beef with onion and green pepper until the meat is no longer pink. Drain.
2. Stir in remaining ingredients and bring to a boil.
3. Reduce heat. Stirring occasionally, cover and simmer for 20 minutes or until barley is tender.

Skillet Bow Tie Lasagna



- 1 pound ground beef
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1-1/2 cups water
- 1 can (6 ounces) tomato paste
- 1 tablespoon dried parsley flakes
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 2-1/2 cups uncooked bow tie pasta
- 3/4 cup cottage cheese
- 1/4 cup grated Parmesan cheese

1. In a large skillet, cook beef, onion and garlic until meat is no longer pink; drain.
2. Add tomatoes, water, tomato paste, parsley, oregano and salt; mix well. Stir in pasta; bring to a boil.
3. Reduce heat. Stirring once, cover and simmer for 20 minutes or until pasta is tender. If it gets too dry, add a little more water.
4. Combine cheeses and drop by rounded tablespoonfuls onto pasta mixture.
5. Cover and cook for 5 more minutes.

Spaghetti Carbonara

1/4 pound bacon, cut into pieces

2 cloves garlic, minced

1/3 cup white wine

3 eggs, beaten

1 pound spaghetti noodles

1/3 cup parmesan cheese

Salt and pepper to taste



1. Cook bacon until lightly browned. Drain slightly, leaving about 2 tablespoons of grease in the skillet. Add garlic and cook for about 1 minute.
2. Slowly add wine. Cook for 3-4 minutes, or until wine has reduced by half. Set aside.
3. In a large bowl combine eggs and cheese.
4. Cook noodles according to package directions. Drain pasta and reserve ½ cup of the water.
5. Working quickly, add hot pasta to egg mixture. Stir until combined.
6. Add bacon mixture.
7. Add ¼ cup reserved pasta water, slowly add enough additional pasta water to achieve desired consistency.

Stir Fry Ground Beef



- 1 pound lean ground beef
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 large cloves garlic, minced
- 2 tablespoons minced fresh ginger root
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup beef stock
- 1/4 cup soy sauce
- 1/2 teaspoon Worcestershire sauce
- cooked rice

1. In a skillet over medium heat, cook and stir the ground beef until evenly browned. Drain, and set aside.
2. In the same skillet, heat several tablespoons of oil. Stir in the red bell pepper, green bell pepper, garlic, and ginger. Season with salt and pepper.
3. Cook and stir until tender, about 5 minutes.
4. Return the beef to the skillet. Add beef stock, soy sauce, and Worcestershire sauce.
5. Cook and stir until slightly thickened and heated through.
6. Serve over the cooked rice.

Taco Pasta

1 pound ground beef

1 package (1-1/4 ounces) taco seasoning

1 can (15 ounces) tomato sauce

1 package (8 ounce) shell macaroni, cooked and drained

1 can (4 ounces) chopped green chilies

1 1/2 cups shredded cheddar cheese



1. In a skillet, brown ground beef over medium heat. Drain.
2. Add taco seasoning, tomato sauce, and green chilies.
3. Stir in cooked macaroni. Place in a 9×13 pan.
4. Top with cheese.
5. Bake at 350° for 30 minutes or until heated through.

Burgers



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Black Bean Burgers



1 egg

2 teaspoons cornstarch

1 can (15 ounce) black beans,
rinsed and drained

1 cup bread crumbs, plain

1 cup shredded jack cheese, if you like it spicy use pepper jack

1 cup salsa

1/2 teaspoon salt (optional)

1/2 teaspoon cumin

1 teaspoon lemon juice

additional salsa

sour cream

4 hamburger style buns or rolls

1. In a large bowl, whisk together egg and cornstarch until smooth.
2. Add beans, bread crumbs, cheese, salsa, salt, cumin, and lemon juice. Mix well.
3. Form into 4 patties.
4. Cook patties over medium high heat in a non stick pan. If you use a regular frying pan you will need to use some oil to prevent sticking.
5. Cook 5-6 minutes on each side or until golden brown and heated through.
6. Serve on buns with salsa and sour cream.

Salmon Burgers

1 can (14-3/4 ounces) salmon,
drained, skin and bones removed

2 eggs

1/2 cup dry bread crumbs

1/4 cup finely chopped onion

1/4 cup mayonnaise

1 to 2 tablespoons of mustard

1/4 teaspoon salt

1/8 teaspoon pepper

4 hamburger buns or rolls



1. In a large bowl, combine the first eight ingredients. Shape into four patties.
2. In a large non stick skillet, cook patties over medium high. If you use a regular frying pan you will need to use some oil to prevent sticking.
3. Cook 5-6 minutes on each side or until golden brown and heated through.
4. Serve on hamburger buns or rolls with toppings of your choice.

Chicken



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Easy Chicken Pot Pie



Filling:

- 4 cups cooked chicken (or turkey)
- 1 16 ounce bag of frozen vegetables
- 2 medium potatoes, peeled and diced
- 1 cup chicken broth
- 2 cans cream of chicken soup
- 1/4 cup onion, chopped finely

Topping:

- 1 1/4 cup milk
- 1 1/4 cup Bisquick
- 1/2 cup butter, melted

1. Grease a deep 9×13 pan. (*See Note)
2. Layer chicken, vegetables, potatoes, and onions in pan.
3. Mix broth and cream soup. Pour over meat and vegetables.
4. Mix topping ingredients together.
5. Carefully pour over soup mixture.
6. Bake at 400 for 1 hr or until golden brown.

*Note: The pan will be really full. If you use a regular pyrex type 9x13 pan, it may bubble over a little. You may want to put a cookie sheet under it so it does not go all over your oven.

Chicken Enchiladas



- 1 1/2 cups shredded jack cheese
- 1 1/2 cups shredded cheddar cheese
- 3 ounces of cream cheese softened
- 1 19 ounce can of red enchilada sauce
- 2 cups of cooked chicken, shredded
- 8 to 10 flour tortillas

1. Combine 1 cup of jack cheese, 1 cup of cheddar cheese, cream cheese, 3/4 cup enchilada sauce, and chicken.
2. Mix until well combined.
3. Pour 1/4 cup of enchilada sauce into a 9×13 pan and spread around.
4. Place about 1/4 cup of filling into each tortilla shell.
5. Roll up and place in pan.
6. Pour remaining sauce over enchiladas.
7. Sprinkle remaining cheese on top.
8. Bake at 350 for 25 minutes or until heated through.

Nacho Cheese Tortilla Bake



8 cups nacho cheese tortilla chips, crushed

2 cans (10-3/4 ounces) condensed cream of chicken soup, undiluted

2 cups cooked chicken

1 cup salsa

1 cup cheddar cheese, shredded

1 can (4 ounces) chopped green chilies

Additional shredded cheddar cheese for topping

1. Arrange chips in a greased 13-in. x 9-in. baking dish.
2. In a bowl, combine the soup, chicken, salsa, cheese, and chilies.
3. Pour over chips.
4. Sprinkle with additional cheese.
5. Bake, uncovered, at 325° for 40-45 minutes or until bubbly.

Pizza:



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Pepperoni Pizza Quiche

- 1 9 inch unbaked pie shell
- 8 ounces shredded cheese
- 2 ounces sliced pepperoni
- 1 (12 ounce) can evaporated milk
- 3 eggs, beaten
- 2 tablespoons flour
- 1 teaspoon dried basil
- 1/8 teaspoon garlic powder

1. Preheat oven to 350 degrees.
2. Sprinkle 1 cup of cheese and half of the pepperoni onto the bottom of the pie shell.
3. Whisk together the milk, eggs, flour, basil, and garlic powder.
4. Pour into pie shell.
5. Sprinkle remaining cheese over top
6. Carefully lay pepperoni on top of cheese.
7. Bake for 40-45 minutes or until done.



Pop Up Pizza Pie

Filling:

- 1 pound ground beef
- 1 cup of chopped onion
- 1 cup chopped green pepper
- 2 cups spaghetti sauce

Popover Batter:

- 1 cup milk
- 1 tablespoon of oil
- 2 eggs
- 1 cup flour
- ½ teaspoon salt
- 2 cups shredded mozzarella cheese

1. Brown ground beef with onion and pepper.
2. Add spaghetti sauce and simmer for 10 minutes. Set aside.
3. In a bowl combine milk, oil, and eggs. With an electric mixer, beat one minute on medium speed.
4. Add flour and salt to egg mixture. Beat for two minutes or until smooth.
5. Spread meat mixture into a 9×13 pan. Top with cheese.
6. Carefully pour batter over cheese.
7. Bake at 400 degrees for 25 minutes.



Sauces:



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Pasta Sauce 23

Alfredo Sauce

1/2 cup butter

1 (8 ounce) package cream cheese

2 teaspoons garlic powder

2 cups milk

6 ounces fresh grated Parmesan cheese

1/8 teaspoon ground black pepper

1. Melt butter in a medium, non-stick saucepan over medium heat.
2. Add cream cheese and garlic powder, stirring with wire whisk until smooth.
3. Slowly add milk, whisking to smooth out lumps.
4. Stir in Parmesan and pepper.
5. Remove from heat when sauce reaches desired consistency.
Sauce will thicken rapidly, thin with milk if cooked too long.
6. Toss with hot pasta to serve.



Pasta Sauce



8 ounces thin spaghetti

1 (28-ounce) can diced tomatoes

4 tablespoons extra-virgin olive oil

4 cloves garlic, minced

1/4 teaspoon crushed red-pepper flakes

1/4 teaspoon salt

1/4 cup fresh basil or parsley (or 1 -2 teaspoons dried)

Parmesan cheese

1 pound of ground beef, cooked

1. Cook spaghetti according to package directions. Drain pasta, reserving 1 cup of the liquid.
2. In a medium saucepan heat oil and garlic. Cook over medium heat, stirring occasionally, until garlic is lightly browned, about 30 seconds.
3. Add red pepper flakes and salt. Cook until garlic is medium brown, about 30 seconds.
4. Increase heat to medium high. Add canned tomatoes and cook until sauce begins to thicken, 5 to 6 minutes.
5. Add basil or parsley, and meat.
6. Add pasta to sauce in saute pan; cook until sauce begins to cling to pasta, 3 to 4 minutes. Add reserved pasta water if needed.
7. Divide among bowls, and sprinkle with cheese and serve.

Soups:



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Chicken and Wild Rice Soup



2 quarts chicken broth

1/2 pound fresh mushrooms, chopped

1 cup finely celery, chopped

1 cup shredded carrots, chopped

1/2 cup finely chopped onion

1 teaspoon chicken bouillon granules

1 teaspoon dried parsley flakes

1/4 teaspoon garlic powder

1/4 teaspoon dried thyme

1/4 cup butter, cubed

1/4 cup all-purpose flour

1 can cream of mushroom soup

1/2 cup additional chicken broth or water

3 cups cooked wild rice

2 cups cooked chicken, cubed

1. In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.
2. In a soup kettle or Dutch oven, melt butter. Stir in flour until smooth. Gradually whisk in broth mixture.
3. Bring to a boil; cook and stir for 2 minutes or until thickened.
4. Whisk in soup and broth or water. Add rice and chicken; heat through.

Salmon Chowder

3 tablespoons oil

½ onion, chopped

2 cups potatoes, peeled and diced

1 carrot, peeled and diced

2 cups chicken broth

14 to 16 ounces of canned salmon

1 (12 ounce) can evaporated milk

salt and pepper to taste

1 cup shredded cheddar cheese

1 cup frozen corn

1. In a large pan cook onion in oil until tender.
2. Add potatoes, carrots, and broth. Bring to boil and reduce heat to simmer.
3. Cover and cook about 20 minutes or until potatoes and carrots are almost tender.
4. Stir in salmon, evaporated milk, corn, and cheese.
5. Cook five more minutes or until heated through and the corn, potatoes, and carrots are tender.



Tomato Soup



2 tablespoons butter

1 cup onions, chopped

1 clove garlic, minced

1 (28 ounce) can of tomatoes

1 1/2 cups chicken broth

1/2 cup heavy cream (optional)

salt and pepper to taste

1. Melt butter in a medium stockpot over medium heat.
2. Cook onion and garlic in butter until translucent, about 3 minutes.
3. Add tomatoes and stock. Simmer 10 minutes.
4. Puree in blender.
5. Add cream and return to pan and cook until heated.