Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn

Yield:

6 servings

Ingredients:

3 cups water*
3 tablespoons Golden Monkey black tea leaves (dry)**
1 1/2 cups brown rice
1 stick butter, divided
1 medium onion, chopped
1 large carrot, peeled and grated
1/3 cup frozen corn
1/3 cup frozen green peas
2 cups chopped (bite-size) fresh broccoli florets
3 eggs, beaten
1/2 tablespoon soy sauce
1 teaspoon salt
black pepper, to taste

Instructions:

1. Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes. Strain leaves from tea. Put hot tea into a medium-size saucepan. Add rice, and then proceed to cook rice according to package instructions, subtracting 5 minutes from the suggested cooking time for your rice.***

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large non-stick skillet over medium heat. Add onion and carrots, and cook and stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until

vegetables are crisp-tender. Pour this vegetable mixture into a bowl and set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter. Increase heat to medium-high, and add beaten egg. Cook and stir constantly until egg is fully cooked, breaking it into little bits as it cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



This recipe is from Tammy’s Recipes.

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Simple Beef Gravy Supper

A creamy peppery beef gravy served over egg noodles

Yield:

6 servings

Ingredients:

1 pound ground beef
1 large onion, chopped
1 clove garlic, minced (optional)
1/3 cup flour
3 1/4 cups milk
1/2 teaspoon black pepper (or more, depending on your preference – we like lots!!)
salt, to taste
12 ounces egg noodles, cooked according to package instructions*

Instructions:

1. Brown ground beef with onion and garlic over medium heat. Drain and return to pan.

2. Stir flour into meat mixture. Cook and stir until flour is no longer white. Gradually add milk, stirring briskly.

3. Add salt and pepper. Continue to cook and stir until gravy bubbles and thickens. Serve over hot noodles.



This recipe is from Tammy’s Recipes.

Dreamy Spaghetti

A baked spaghetti dish with a layer of creamy white cheeses inside

Yield:

8 servings

Ingredients:

12 ounces angel hair spaghetti*
1 pound ground beef
1 small-medium onion, chopped
1 clove garlic, minced
salt and pepper, to taste
26 ounces spaghetti sauce
8 ounces sour cream
8 ounces cream cheese, softened

12 ounces cottage cheese

Instructions:

1. Cook spaghetti according to package instructions (al dente). Drain and rinse with cool water.
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2. Brown meat with onions and garlic. Drain excess grease and add salt and pepper. Add spaghetti sauce and mix well.

3. In a mixing bowl, combine cottage cheese, cream cheese, and sour cream. Mix until well-combined.

4. Put half of the pasta in the bottom of a 9×13-inch casserole dish. Layer half of the cheese mixture and half of the meat mixture. Add remaining mixtures in the same order, with meat-sauce mixture ending on top.

5. Bake uncovered at 375 degrees F for about 30-45 minutes or until bubbling & heated through. Cool for 10 minutes before serving.



This recipe is from Tammy’s Recipes.

Chicken Ceasar Wraps

Quick and easy tortilla wraps filled with chicken, melted pepperjack cheese, lettuce, and dressing

Yield:

4 servings

Ingredients:

4 large flour tortillas, any flavor
1 cup cooked cubed chicken
8 ounces (2 cups) shredded pepperjack cheese
8 cups (loosely measured) torn leaf lettuce, Romaine lettuce, or spinach (or a combination)
Ceasar salad dressing*

Instructions:

1. Lay tortillas on a large baking sheet. Sprinkle the chicken evenly over tortillas, topping with portions of the cheese. Bake at 375 degrees for about 6 minutes, or until cheese is completely melted. Alternately, you may use plates and microwave until cheese melts.

2. Remove from oven; top each tortilla with a portion of the lettuce, and add salad dressing as desired. Wrap burrito-style and serve.



This recipe is from Tammy’s Recipes.

Spinach Manicotti

Manicotti pasta with a cheesy spinach filling, topped with a white cheese sauce and baked

Yield:

4 servings

Ingredients:

8 ounces manicotti pasta*
9 ounces fresh spinach leaves, coarsely chopped OR 10 ounces frozen spinach, thawed
2 tablespoons butter
1/4 cup chopped onions or sliced green onions
1 clove garlic, minced
2 tablespoons flour
1 1/3 cups milk
1/3 cup chicken broth or water
4 ounces shredded Monterey Jack or Swiss cheese
1/2 teaspoon salt

1/8 teaspoon black pepper
1 egg, beaten
3/4 cup cottage cheese or ricotta cheese
1/2 cup grated parmesan cheese

Instructions:

1. Cook pasta according to package instructions for al dente. Be careful not to over-cook pasta, or it will break apart when you try to fill it. Drain pasta and rinse with water until cool. Set aside.

2. If using fresh spinach, lightly saute it in a large skillet, adding just enough water to keep it from sticking. As soon as spinach is wilty, remove to a strainer to drain. If using (thawed) frozen spinach, squeeze out excess water.

3. In a medium size saucepan, saute onions and garlic in butter. When onions are translucent and tender, add flour and stir to coat. Add milk all at once and whisk until mixture is bubbly and thickened.

4. Add chicken broth and cheese, stirring until cheese is melted. Add salt and pepper; stir. Set sauce aside.

5. In a mixing bowl, combine egg, cottage or ricotta cheese, parmesan cheese, and spinach, stirring well. Using a small spoon, fill the cooked manicotti with 1-2 tablespoons of filling.

6. Lay filled shells in a lightly greased 9×13-inch baking dish. Pour sauce over filled shells.

7. Bake, uncovered, at 350 degrees for 30 minutes or until hot and bubbly. Let stand for 10 minutes before serving.



This recipe is from Tammy’s Recipes.

Tammy’s Shepherd’s Pie

A flavorful beef and vegetable mixture, topped with mashed potatoes and cheddar cheese, baked until hot

Yield:

6-8 servings

Ingredients:

1 pound ground beef
1 large onion, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1/4 teaspoon crushed red pepper
1 teaspoon salt
1/8 teaspoon black pepper
3 cups mixed vegetables, either frozen, canned, or leftover*
4 cups (approximately) mashed potatoes (made from about 8 potatoes)
8 ounces (2 cups) shredded cheddar cheese
1/2 cup whole milk

Instructions:

1. Brown ground beef with onion, pepper, and garlic. Drain grease.

2. In a large bowl, combine the meat, crushed red pepper, salt, pepper, and mixed vegetables.

3. Grease a (deep) 10-inch glass pie plate. (You could also use an 8-inch square glass dish.) Spread the meat and vegetable mixture in the dish. Top with a layer of the mashed potatoes, sealing to the edges. Sprinkle cheddar cheese on top.

4. Pre-heat oven to 350 degrees. Just before baking, pour milk over cheese. Bake for 35-45 minutes, until pie is hot and cheese is lightly browned.



This recipe is from Tammy’s Recipes.

Spicy Turkey Sausage Gravy

A homemade spicy herb sausage gravy, served over biscuits or pasta

Yield:

4 servings

Ingredients:

1 pound ground turkey (or beef)
1 onion, chopped
1 small clove garlic, minced
1/2 teaspoon ground ginger
1 teaspoon salt
1 teaspoon ground sage
1 teaspoon thyme
1 1/2 teaspoons course-ground black pepper
pinch cayenne pepper, optional
1 1/2 tablespoons butter
1 1/2 cups milk
3 tablespoons flour
Cooked egg noodles, mashed potatoes, or biscuits, for serving

Instructions:

1. Brown ground turkey with onion, garlic, and all spices. Drain excess fat and return meat to skillet/heat.

2. Over medium heat, add butter to meat. Stir until butter is melted. Add flour, stirring until flour is completely saturated.

3. Whisk in milk, and continue whisking or stirring until mixture boils and thickens (about a minute or two after it boils). Serve gravy over cooked egg noodles, hot biscuits, or mashed potatoes.



This recipe is from Tammy’s Recipes.

Spinach Rice Casserole

An easy baked side dish of spinach, rice, and cheese

Yield:

4-6 servings

Ingredients:

9 or 10 ounces fresh spinach leaves
1 tablespoon water
1 teaspoon dried onion (or 2 tablespoons of fresh, minced onion)
1 cup cooked rice (measurement is after cooking, not before)
1 cup (4 ounces) shredded cheddar cheese
1/3 cup milk
2 eggs, beaten
1 teaspoon salt
1 tablespoon Worcestershire sauce, optional

Instructions:

1. Place spinach and water in a large pan or skillet. Cover and cook over medium-low heat until spinach leaves wilt.

2. In a large mixing bowl, combine all other ingredients. Add the wilted spinach and stir. Pour into a greased 8×8-inch square baking dish.

3. Bake at 325 degrees for 35-40 minutes, until set in the middle. (Test with fork.)

To freeze this casserole: Freeze (uncooked) instead of baking. Thaw and bake, or bake from frozen, covered, for about 60 minutes at 325 degrees, or until hot and set.



This recipe is from Tammy’s Recipes.

Broccoli and Cheese Mina

A savory mina, made from layered matzos with a filling of broccoli, onions, egg, and three cheeses

Yield:

4-6 servings (as a main dish) or 8 servings (as a side dish)

Ingredients:

4 cups of bite-sized fresh broccoli florets (or one 14-ounce bag of frozen broccoli)
1 small onion, chopped
8 matzo squares
1/4 cup (1/2 stick) cold butter, chopped
2 1/4 cups (10 ounces) shredded cheddar cheese
1 1/4 cups cottage cheese
3/4 cup freshly grated Parmesan cheese
2 green onions, chopped
5 eggs
3 tablespoons water
2 cloves garlic, minced

Instructions:

1. Boil or steam broccoli and onion until broccoli is bright green and crisp-tender. Drain.

2. Wet 4 matzos (briefly) under running water, then set aside to soak. Matzos should be slightly soft after soaking, but not soggy or falling apart.

3. Butter a large baking sheet. The baking sheet needs to be large enough to place all 4 matzos in a single layer. Use two sheets if necessary.

4. Place the dampened matzos on the greased sheet(s). Top with even layers of broccoli and onion, shredded cheddar cheese, cottage cheese, Parmesan cheese, and green onions.

5. In a small bowl, lightly beat the eggs and water. Pour slightly less than half of the egg mixture over the broccoli and cheeses.

6. Wet the remaining matzos and place on top, again, in a single layer. Pour the remaining beaten egg over the top.

Sprinkle minced garlic, and dot with half of the butter.

7. Bake at 375 degrees for 20 minutes. Dot with remaining butter and return to oven. Bake 10 minutes longer, or until the mina is golden brown and crisp on top. Serve hot or warm.



This recipe is from Tammy’s Recipes.

Mushroom Lasagna

This recipe uses the usual noodles and cheeses that you would expect to use for everyday lasagna, but the sauce is white, rich, and buttery, and loaded with lots of sliced mushrooms!

Yield:

8 servings

Ingredients:

8 ounces lasagna noodles
1 pound sliced, fresh mushrooms
5 tablespoons butter

2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon lemon juice
1/4 cup plus 1 tablespoon all purpose flour
3 cups milk
1/2 cup chopped parsley, divided
15 ounces ricotta cheese
2 cups (8 ounces) shredded mozarella cheese
1/2 cup grated parmesan cheese

Instructions:

1. Cook lasagna noodles according to package directions; Drain well and set aside.

2. Saute mushrooms and garlic in melted butter in large skillet over medium heat, stirring constantly, until tender.

3. Stir in salt and lemon juice. Reduce heat to low. Add the flour, and cook for 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Add 1/3 cup parsley, stirring well.

4. Spread 1 cup of the mushroom mixture in a lightly greased 9×13-inch baking dish. Layer 1/3 of lasagna noodles over mushroom mixture. Spread 1/3 of mozzarella cheese over ricotta cheese. Spread 1 cup of mushroom mixture over mozzarella cheese. Sprinkly with 1/3 of parmesan cheese. Repeat layers twice. Sprinkle with remaining parsley.

5. Cover and bake at 350 degrees for 30 minutes or until lasagna is hot and bubbly. Let stand for 10 minutes before serving.



This recipe is from Tammy’s Recipes.