Beef Enchiladas

Simple enchiladas made with corn tortillas, beef, beans, and cheese! These are the best enchiladas and will please even the picky eaters!

Yield:

6 servings

Ingredients:

12 corn tortillas

1 pound ground beef*
1 large onion, diced
2 cloves garlic, minced
1 teaspoon chili powder
1/8 teaspoon black pepper
1/2 teaspoon salt
1 teaspoon ground cumin
Hot sauce, to taste

1 can refried beans (or about 2 cups of homemade refried beans)
2 cups (8 ounces) shredded cheese (Mexican blend or other)
2 10-ounce cans enchilada sauce (or about 3 cups of homemade enchilada sauce)

For serving (optional):

Sour cream
Shredded cheese
Sliced green onions
Chopped fresh cilantro

Instructions:

1. Heat a heavy skillet (I use cast iron) over medium-high

heat. When skillet is hot, place a corn tortilla on to cook (no oil). Use a heavy sauce pan or small stock pot placed on top of the tortilla to hold it flat as it cooks. Cook each side of the tortilla for about 30 seconds, just until hot and lightly browned but NOT crisp or stiff. Your goal is to have hot, cooked, SOFT corn tortillas using the heavy skillet and saucepan as a two-sided “griddle”.** Set cooked tortillas aside, covered.

2. Brown meat with onion and garlic. Drain excess grease, and then stir in the chili powder, pepper, salt, cumin, and hot sauce.

3. In a medium-sized mixing bowl, stir together the meat mixture, refried beans, and 1 1/2 cups of the shredded cheese.

4. Spread 1/2 cup of the enchilada sauce in the bottom of a 9×13-inch baking dish. Fill the cooked tortillas with the meat/bean/cheese mixture and place, seams-down, in the prepared dish.

5. Cover with remaining enchilada sauce. Sprinkle with the remaining 1/2 cup of shredded cheese.

6. Bake, uncovered, at 350 degrees for 30 minutes or until hot and bubbly. Serve hot with desired toppings! (I love cilantro and sour cream on mine.)



This recipe is from Tammy’s Recipes.

Baked Teriyaki Salmon

Slightly sweet teriyaki salmon that’s simple to prepare and full of flavor!

Yield:

4 servings

Ingredients:

1 to 1 1/4 pounds fresh or frozen salmon fillets
1/2 cup teriyaki sauce
2 teaspoons olive oil
1 clove minced garlic (or 1/2 teaspoon garlic powder)
2 tablespoons finely chopped onion (or 1/2 teaspoon onion powder)
1/8 teaspoon black pepper
Dash of crushed red pepper flakes, optional
2 tablespoons sesame seeds

1 teaspoon brown sugar

For serving:

Cooked rice or rice noodles and vegetables or stir-fried vegetables of your choice

Instructions:

1. In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic, onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a little to mix everything together.

2. Add the salmon fillets (fresh or still frozen) in a single layer. Remove excess air from bag, seal, and make sure fillets are covered on both sides in the marinade.

3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).

4. When you're ready to cook the salmon, remove the fillets from the bag and place them in a shallow dish* in a single layer (skin side down if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the fillets, and sprinkle the teaspoon of brown sugar over the tops.

5. Bake in a preheated oven at 350 degrees for 20 minutes, or until salmon flakes with a fork (145 degrees internal temperature). Don't bake too long, or salmon will be dry!

Serve hot (immediately) with rice or rice noodles, and/or stir fried vegetables.



This recipe is from Tammy’s Recipes.

Spicy Turkey Lentil Joes

Sloppy Joes with a healthy twist: ground turkey, cooked lentils, and a spicy kick that will have you coming back for seconds! Serve on buns or in lettuce cups.

Yield:

12 servings

Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey*
1 large onion, diced
1 can (15 ounces) or 2 cups tomato sauce
1/3 cup Jamie’s Spice Mix
1-2 tablespoons brown sugar
3 cups cooked and drained lentils***
salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles

Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix, brown sugar and lentils. Simmer over low heat for about 20 minutes, until mixture is thick, stirring occasionally. Add salt to taste, if needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



This recipe is from Tammy’s Recipes.

Jamie’s Spice Mix

A fabulous all-purpose spice mixture using ingredients from the pantry. Try it on ground beef or turkey, salad dressing, french fries, or even pizza!

Yield:

2/3 cup

Ingredients:

2 tablespoons onion powder or granulated onion
2 tablespoons garlic powder or granulated garlic
1 1/2 tablespoons smoked paprika*
1 tablespoon dried basil
1 tablespoon dried oregano
1 tablespoon salt
2 teaspoons freshly ground black pepper
1 teaspoon celery seeds
1/2 teaspoon cayenne pepper

Instructions:

In a small bowl, mix together all ingredients. Store in an air-tight container or shaker bottle in your spice cupboard.



This recipe is from Tammy’s Recipes.

Meatball Rice Medley

A spicy medley of sticky rice, seasoned meatballs, and vegetables

Yield:

12 servings

Ingredients:

2 cups (uncooked) medium or sticky rice
Water, as called for in rice directions
1 tablespoon coconut oil or other oil
1 teaspoon salt
3 tablespoons Jamie’s Spice Mix*
2 cups baby carrots or diced carrots
2 cups green peas, frozen or fresh
2 cups sweet corn, frozen or fresh off the cob

1 tablespoon sugar
Salt, to taste
32 seasoned meatballs, fully cooked and drained (fried on stove top, baked in the oven, or reheated from frozen)**

Instructions:

1. Cook rice with water, oil, salt, and spice mix, according to the package instructions (use the amount of water called for in your rice directions).

2. Cook carrots, peas, and corn a saucepan with water, until tender. Drain.

3. In a large mixing bowl, toss together the cooked rice with the (hot, cooked) meatballs. Add the drained vegetables and tablespoon of sugar. Stir together, adding salt to taste if needed. Serve hot.



Turkey Sausage Sweet Potato Hash

A spicy sweet medley of ground turkey sausage, roasted sweet potatoes, roasted brussels sprouts, and apples tossed together for a mouth-watering hash

Yield:

8 servings

Ingredients:

Sausage Ingredients:
2 pounds lean (93/7) ground turkey
2 teaspoons salt
2 teaspoons ground black pepper
1 teaspoon cayenne pepper
1/2 teaspoon granulated garlic or garlic powder
1 teaspoon fennel seeds, crushed
4 teaspoons ground sage
2 teaspoons dried thyme
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice, optional
2 tablespoons maple syrup (or more to taste), optional
2 cups peeled and diced apples

2 pounds sweet potatoes, peeled and diced (or cut into fries)*
1/4 cup oil
1 teaspoon salt

1 pounds brussels sprouts, washed (cut these in half if bigger than bite-size)
2 tablespoons oil
1/2 teaspoon salt

1/4 cup maple syrup (add in step 6)

Instructions:

1. Combine sausage ingredients in a large bowl and mix well. Refrigerate for a few minutes while you prepare the veggies, or up to a couple days, if you’re planning ahead.

2. In another bowl, toss together the diced sweet potatoes, 1/4 cup oil, and 1 teaspoon salt. Spread mixture onto a baking sheet that has been greased or lined with parchment paper or a silicone baking mat.

3. In yet another bowl, toss together the brussels sprouts with 2 tablespoons oil and 1/2 teaspoon salt. Spread mixture onto another baking sheet or a 9×13-inch pan that has been greased or lined with parchment paper or a silicone baking mat.

4. Preheat oven to 400 degrees F. Bake both pans of vegetables for 30-40 minutes, stirring once or twice during baking. Vegetables are done when they are soft inside. Test with a fork for doneness; one pan may be done sooner than the other.

5. While vegetables are baking, cook the sausage mixture in crumbles in a large heavy pan over medium heat until done.

6. When the vegetables and meat are completely cooked, toss everything together in a big bowl, stir in the maple syrup, and serve hot.



This recipe is from Tammy’s Recipes.

Waffles

Delicate sugar-freeÂ waffles with a light buttery taste

Yield:

2-3 Servings

Ingredients:

2 cups sifted flour*
4 teaspoons baking powder
1/2 teaspoon salt
2 eggs, separated
1 1/4 cup milk
6 tablespoons butter, melted

Instructions:

1. In mixing bowl, sift together the flour, baking powder, and salt.

2. In separate bowl, beat egg whites until soft peaks form.

3. In another bowl, beat egg yolks with milk. Add melted butter to egg mixture and stir. Add flour mixture also, stirring to remove most lumps. Finally, fold in egg whites.

4. Cook on pre-heated waffle maker until browned. Top with butter and jam, strawberry syrup or real maple syrup of your choice.



This recipe is from Tammy’s Recipes.

Lemon Bars

Tangy lemon squares dusted with powdered sugar

Yield:

24 Squares

Ingredients:

For crust:Â

3/4 C butter
1 1/2 C flour
1/3 C powdered sugar

For topping:

3 beaten eggs
1 1/2 C sugar
3 T flour
1/3 C lemon juice
1 T lemon zest

powdered sugar, for dusting

Instructions:

1. Mix crust ingredients andÂ press into greased 9 x 13 pan and bake at 350 degrees for 15 minutes.

2. While the crust is baking, stir together topping ingredients.

3. Pour mixture over hot crust and bake for an additional 20 minutes.

4. Sprinkle powdered sugar on top. Allow to cool and cut into bars.



This recipe is from Tammy’s Recipes.

Strawberry Sauce (Syrup)

A sweet aromatic strawberry sauce for topping waffles, pancakes, ice cream, shortcake, and other desserts.

Yield:

2-4 servings

Ingredients:

2 cup Strawberries (loosely packed; fresh or frozen)
1/8 cup white sugar
1 teaspoon cornstarch (disolved in a little water)

Instructions:

1. Cut strawberries into halves or quarters (depending on preference; if the strawberries are fairly small you may leave them whole).

2. Place strawberries in a saucepan and pour sugar on top and place on burner set between medium and medium-low.

3. The mixture will slowly become watery at which point you can set the burner to medium. Once the mixture begins to boil add dissolved cornstarch while stirring the mixture.

4. After boiling for 1-2 minutes (remember to continue stirring) you can remove from the burner.

The syrup can be used hot or can be refrigerated and used cold, depending on your preference.



This recipe is from Tammy’s Recipes.

Chewy Granola Bars

Chewy snack bars bursting with granola and coconut

Yield:

24 bars

Ingredients:

3 cups granola
1 cup crisp rice cereal
1 cup coconut, shredded unsweetened
3/4 stick butter (6 T)
7 oz marshmallow cream

Optional
1/4 cup honey *
Chocolate chips, Raisins, Almonds, etc

Instructions:

1. In a large sauce pan melt butter over low heat. (Optional: add honey). While the butter is melting add the granola, crisp rice cereal, and coconut (also optional raisins, nuts, etc… but not chocolate chips) in a large bowl and mix.

2. Lightly grease a 13×9 pan.

3. After butter has melted add marshmallow cream. Stir occasionally until cream has melted and mixture is combined.

4. Slowly raise the temperature until mixture begins to slightly boil (this will vary depending on the size and material of the sauce pan; our stove needs to be right below medium) – remember to continue stirring!

5. Once it has started to boil continue to stir for 1 minute.

6. Remove from heat and immediately add the granola mixture. Stir until the cereal is evenly coated.

7. Dump mixture into the 13×9 pan and spread it out in the pan. (Optional: Sprinkle chocolate chips across the loose mixture). Press the mixture down flat creating making it level. Allow to cool.

8. You may wish to cut your bars before the dish completely cools.



This recipe is from Tammy’s Recipes.