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.

Easy Steak and Veggie Omelette

An easy moist omelette filled with steak, multi-colored bell peppers, tomatoes, green onions and black olives; heated and topped with cheddar cheese

Yield:

1 large omelette

Ingredients:

3 eggs
A dash of salt
1/4 cup thinly-sliced leftover steak
1/4 cup chopped (mixed) colored bell peppers
2 tablespoons diced onions
1/4 cup cooked hashbrowns (shredded), optional
1/4 cup shredded cheddar cheese
2 tablespoons diced tomatoes

2 tablespoons sliced black olives
2 tablespoons sliced green onions
Finely shredded cheese, for garnish

Instructions:

1. Saute steak, diced onions (not green onions) and peppers together, until onions are translucent and steak is warmed. Set aside.*

2. Grease a large skillet or griddle and preheat on medium. Scramble eggs with a dash of salt and pour over pre-heated griddle. Spread eggs to cover entire surface.

3. Turn stove to medium-low and cook until eggs are firm enough to flip without tearing. (Use a spatula to spread the wet eggs to the edge of the omelette as it cooks, if some areas are too thick.)

4. Flip eggs over and turn stove to low. Layer the steak mixture, hash browns (if using), cheese, tomatoes, olives, and some of the green onions over eggs. Fold or roll.** Allow to heat through. (Cover if needed, to get it extra hot!) Remove from heat and sprinkle with remaining green onions and a little cheese for garnish. Serve hot!



This recipe is from Tammy’s Recipes.

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.

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.

Quick Apple Coffee Cake

A quick and easy coffee cake, topped with brown sugar, cinnamon, and apples

Yield:

12-16 servings

Ingredients:

3 cups flour
4 teaspoons baking powder
1 teaspoon salt
6 Tablespoons butter
2/3 cup sugar
2 eggs
1 1/3 cups milk

Apple Topping:

4 Tablespoons butter, melted
1 cup brown sugar
1 1/2 Tablespoons cinnamon
4 cups apples, finely chopped and peeled*

Instructions:

1. Combine flour, baking powder, and salt. Cut in butter; add sugar and mix well.

2. Whisk together eggs and milk, and then stir into dry mixture. Pour batter into a greased 9 x 13-inch baking pan.

3. Mix the ingredients for the topping in a clean bowl and then pour or sprinkle over the batter.

4. Bake at 425 degrees for 25 minutes or until goldren brown and cake tests done with toothpick or fork. Serve warm.



This recipe is from Tammy’s Recipes.

Homemade Belgian Waffles

Soft and sweet homemade Belgian waffles

Yield:

15-16 waffles (4.5-inch squares)

Ingredients:

2 cups all-purpose flour
3/4 cup sugar
3 1/2 teaspoons baking powder
2 eggs, separated
1 1/2 cups milk
1 cup (2 sticks) butter, melted
1 1/2 teaspoons vanilla extract
Fresh fruit, jam, or real maple syrup

Instructions:

1. In a large bowl, combine flour, sugar, and baking powder.

2. In another bowl, beat egg whites until stiff peaks form.

3. In yet another bowl, lightly beat egg yolks and then add milk, butter, and vanilla, mixing well. Stir into dry ingredients just until moistened. Fold egg whites into batter.

4. Bake in a pre-heated waffle iron according to manufacturer’s instructions, until golden brown.* I like to set a timer so I don’t have to keep checking, or risk forgetting to take the waffles out on time!

5. Serve warm with fresh fruit, jam, or real maple syrup.

Apple Ladder Loaf

A braided sweet bread filled with spicy apple filling and drizzled with icing

Yield:

2 loaves (10 slices each)

Ingredients:

Basic Sweet Dough:

4 1/2 cups all purpose flour
1/3 cup sugar
2 packages (1/4 ounce or 2 1/4 teaspoons each) quick rise yeast
1 teaspoon salt
3/4 cup milk
1/2 cup water
1/3 cup butter
2 eggs

Apple Filling:

1/4 cup (1/2 stick) butter, softened
1/3 cup packed brown sugar
2 tablespoons all-purpose flour

1 1/4 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/8 teaspoon ground allspice
4 cups thinly sliced and peeled apples

Icing:

1 cup powdered sugar
1 to 2 tablespoons orange juice
1/4 teaspoon vanilla extract

Instructions:

1. In a large bowl, combine 1 1/2 cups flour, sugar, yeast and salt. Melt butter in a sauce pan, and then add milk and water justÂ until warm (105-115 degrees). Gradually add milk mixtureÂ to dry ingredients; beat 2 minutes at medium speed, scraping bowl occasionally. Add eggs and 1/2 cup flour; beat 2 minutes at high speed. With spoon, stir in remaining flour to form a stiff batter; grease top. Cover tightly with plastic wrap; rerfigerate 2 hours or up to 3 days. Remove dough from the refrigerator.

2. Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each half into 12-inch x 9-inch rectangle. Place each on a greased baking sheet. Spread with butter.

3. Combine the brown sugar, flour, and spiced in a large bowl. Add apples and toss to coat. Spread filling down center third of each rectangle.

4. On each long side, cut 1-inch wide strips about 3 inches into center. Starting at one end, fold alternating strips at an angle across filling; seal ends. Cover and let rise until nearly doubled, about 45-60 minutes.

5. Bake at 350 degrees for 30-40 minutes or until golden brown. Combine icing ingredients until smooth; drizzle over

warm loaves. Serve warm or at room temperature.



This recipe is from Tammy’s Recipes.

Cinnamon Apple French Toast

Slices of bread drenched in spiced egg, toasted and served with a cinnamon apple topping

Yield:

8 slices with topping (about 4 servings)

Ingredients:

Apple topping:

4 cups sliced peeled cooking apples (about 3 large apples)
1 1/2 cup water, divided
1 cup sugar*
1/4 teaspoon nutmeg
1 teaspoon cinnamon
3 tablespoons cornstarch or Clear Jel
1 tablespoon lemon juice, optional (use if apples aren’t tart)

French toast:

8 slices bread
7 eggs
1 teaspoon cinnamon
1/4 teaspoon nutmeg

Instructions:

1. Place apples in a saucepan with cinnamon, nutmeg, andÂ one cup of the water. Cover, bring to a boil, and simmer for 5 minutes or until apples are tender (but not mushy!).

2. In a mixing bowl, whisk together the sugar and cornstarch. Add the remaining half cup of water, along with the lemon juice if using. Whisk until smooth. Add to boiling apples and cook and stir for one minute or until thickened.

3. Pre-heat and lightly oil a large skillet or griddle. Beat eggs, cinnamon, and nutmeg. Dip slices of bread into the egg mixture and then fry/toast on the griddle until bread is hot and the egg is completely cooked, flipping once during cooking.

4.Serve apple topping over hot slices of french toast.



This recipe is from Tammy’s Recipes.

Cream Cheese Butterhorns

A flaky crescent pastry with a cinnamon and cream cheese filling and icing glaze

Yield:

36 small pastries

Ingredients:

2 cups sifted flour
1/4 teaspoon salt
2/3 cup cold butter
1 egg, lightly beaten
3/4 cup sour cream or plain yogurt
8 ounces cream cheese
1/2 cup powdered (confectioner’s) sugar
1 teaspoon ground cinnamon

Icing Ingredients:

1 cup powdered sugar
1 tablespoon hot water
1/2 teaspoon vanilla

Instructions:

1. In mixing bowl, combine flour and salt. Cut in butter, until pea-sized lumps remain. Stir in egg and sour cream or yogurt just until mixed. Dough may still have some small butter lumps in it. Wrap dough in plastic wrap and chill.

2. With an electric mixer on high, beat cream cheese, powdered sugar, and cinnamon until well-combined.

3. Divide dough into three parts. On a lightly floured surface, roll each part into a 12 to 16-inch circle. Cut circle into 12 wedges. (I use a pizza cutter for this.)

4. Put a small amount (about a teaspoon or so) of cream cheese mixture at the wide edge of each wedge. Then roll each wedge, starting at the wide edge and ending at the point.

5. Place butterhorns point-side down on a lightly greased baking sheet. Bake at 375 degrees for 20-25 minutes, until lightly browned and fully cooked.

6. While butterhorns are baking, mix icing ingredients in a small bowl, until smooth. When butterhorns are finished baking, remove to a cooling rack and use a fork to drizzle icing over hot pastries.

