

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 mozzarella 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. Sprinkle 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.

Pepperjack Pizza

A homemade pizza crust topped with sauce, spicy taco meat, mozzarella, and pepperjack cheeses

Yield:

12 slices

Ingredients:

Crust Ingredients:

1 cup warm water (110-112 degrees F)

1 teaspoon salt

1 tablespoon sugar

1 tablespoon oil

3 cups all-purpose flour

1 tablespoon dry yeast

Meat topping:

1/2 pound (8 ounces) ground beef (about 1 1/4 cups after being cooked)
1/2 onion, chopped
1 clove garlic, minced (optional)
1 teaspoon water
1 tablespoon freshly ground cumin
1 tablespoon chili powder
1/4 teaspoon black pepper
1/2 teaspoon salt
1 teaspoon paprika

Other toppings:

1 cup pizza sauce
crushed red pepper, optional
8 ounces (2 cups) shredded mozzarella cheese
8 ounces (2 cups) shredded pepperjack cheese
1/4 to 1/2 green bell pepper, chopped
thinly sliced onions, optional

Instructions:

1. Make crust by combining the first 4 crust ingredients in a bowl and stirring. Add flour and yeast all at once and stir until thick. Knead into a smooth dough, adding additional flour only if necessary. Knead for about 6-8 minutes, until smooth and elastic. Place dough in a bowl, cover, and let rise in a warm place for about 45 minutes. If you're in a hurry, skip this rising time and go on to step 3.

If using a bread machine to knead the dough: Place crust ingredients into bread machine in order listed. Set to the dough setting. When dough is finished, move on to step 3.

2. While dough is rising, brown meat with onions and garlic. Drain excess grease. Return to heat and add the water and additional seasonings. Cook and stir for about 5 minutes,

until meat is well-coated and no water remains in the pan.

3. Press or roll dough to fit on a greased 16-inch round pizza pan (or a combination of smaller pans to suit your taste). This crust recipe will produce a medium-thickness crust for a 16-inch round pizza pan.

4. Top crust with pizza sauce. Sprinkle red pepper flakes if using. Sprinkle prepared meat evenly over pizza sauce, then top with the cheeses, dispersed evenly over the top. Add green pepper and onion, if using.

5. Pre-heat oven to 450 degrees. Place pizza in the middle (or slightly lower than the middle, but not at the top) of the oven and bake for about 12 minutes, until top is golden. You may need to experiment a little with the type of pan you're using and your oven. I currently use a thin non-stick pizza pan with holes in the bottom, and my pizza bakes for 12 minutes exactly, every time. If the top of your pizza is too browned, but the crust doesn't appear fully cooked, turn off the oven, crack the oven door, and allow pizza to set for a few minutes. Cut into 12 slices and serve!



Pasta with Sauteed Chicken and Snow Peas

Linguine, chicken, snow peas, and red peppers, tossed in a

flavorful sauce!

Yield:

6 servings

Ingredients:

12 ounces linguine

12 ounces chicken, cut into 1-inch cubes

2 teaspoons vegetable oil

1 1/2 cups snowpeas

1 1/2 cups thinly sliced red bell pepper

Sauce Ingredients:

1 cup chicken stock

3 tablespoons soya sauce

3 tablespoons brown sugar or honey

1 tablespoon vegetable oil

1 tablespoon lemon or lime juice

2 teaspoons sesame oil

1 1/2 teaspoons minced ginger root

1 1/2 teaspoons minced garlic

2 1/2 teaspoons cornstarch

Instructions:

1. Make the sauce: In a small bowl combine stock, soya sauce, sugar, oil, lemon juice, sesame oil, garlic, ginger and cornstarch. Set aside.

2. Cook pasta in boiling water according to package directions. Drain and place in a serving bowl.

3. In a large non-stick skillet, heat the oil and saute chicken until no longer pink. Remove from pan and add to pasta.

4. To the hot skillet, add red peppers and snow peas and saute

for 3 minutes, until crisp-tender. Add sauce and cook for 2 minutes, stirring constantly until slightly thickened. Pour over pasta and toss to coat.



This recipe is from Tammy's Recipes.

Italian Beef and Beans over Pasta

A flavorful Italian sauce of beans, meat, and vegetables, served over freshly cooked tube pasta

Yield:

10-12 servings

Ingredients:

- 1 pound ground beef
- 2 large carrots, peeled and shredded (or finely chopped in food processor)
- 2 large celery ribs, washed and finely chopped
- 1 large onion, chopped
- 4 cloves garlic, minced
- 4 cups diced tomatoes (or two 14.5-ounce cans)
- 2 cups beef broth or water
- 2 teaspoons brown sugar
- 2 cans (15.5 ounces each) of beans, such as kidney beans,

black beans, or cannellini beans (I use two different kinds)
1 1/2 teaspoons dried Italian seasoning
1/2 to 1 teaspoon red pepper flakes, depending on taste
1 1/2 teaspoons salt, or to taste

For serving:

2 pounds rigatoni, elbow macaroni, or other tube pasta, cooked according to package instructions
Grated Parmesan cheese, optional

Instructions:

1. In large stock pot, brown meat. Drain grease from pan. Add remaining ingredients except salt, pasta, and Parmesan cheese. Bring to a boil.
2. Cover pan and simmer for at least 45 minutes, until vegetables are very tender and sauce is thickened slightly, like chili would be. (Add additional water if sauce gets too thick before you are ready to eat.)
3. Add salt to taste. Serve sauce over hot pasta, and top with Parmesan cheese if desired.



This recipe is from Tammy's Recipes.

Tammy's Mom's Meatloaf

A moist and flavorful meatloaf, perfect for slicing and eating hot or using for cold sandwiches!

Yield:

10-12 slices

Ingredients:

1 1/2 pounds 80-85% lean ground beef

1/2 cup finely chopped onion

1/2 cup quick-cooking oats OR 1 slice of bread, torn into small pieces plus 1/4 cup quick-cooking oats

1 large or extra-large egg

1/4 teaspoon salt

1/8 teaspoon black pepper

1 tablespoon catsup

1 tablespoon milk

2 tablespoons catsup

water

Instructions:

1. Place the first 8 ingredients in a large bowl and mix well with your hands.

2. Form meat into one 9-inch long loaf, packing it together well with your hands to avoid air pockets Place in a shallow baking dish (9×13-inch dish works well).

3. Spread 2 tablespoons of catsup over the top of the loaf. Pour water in the dish around the meatloaf, about 1/4 to 1/2-inch deep.

4. Place dish on a rack in the middle of the oven, and then turn on the oven. Set the temperature at 325 degrees F if the dish is glass, and 350 degrees F if it is a metal dish.

5. Bake for 2 hours uncovered. The outside of the loaf will be dark brown.

6. After baking, remove from the dish to a platter. The meatloaf will be easier to slice if you let it cool slightly before slicing. A sharp, thin knife works best for slicing, as a thick knife tends to break up the meat. Slice loaf into 10-12 slices and serve with catsup or barbeque sauce on top.



Chicken Squash Bake

Baked seasoned chicken breast topped with squash and spinach, layered with cheese and broiled

Yield:

6 servings

Ingredients:

4 boneless skinless chicken breasts, each cut into about 4 strips (about 1 1/4 to 1 1/2 pounds)

Garlic salt

Lemon pepper seasoning

10 cups yellow squash, washed and sliced 1/4-inch thick (cut large slices in half as well)

6 ounces fresh spinach leaves, coarsely chopped

3 tablespoons butter

4 ounces sliced Muenster cheese (can also use provolone or baby swiss, or even mozzarella)

Instructions:

1. Preheat oven to 375 degrees. Grease a 9 x 13-inch baking dish and place chicken inside. Sprinkle chicken with garlic salt and lemon pepper; turn chicken over and sprinkle other side with seasonings also. Cover dish with foil and bake for 60 minutes or until chicken is fully cooked.

2. After about 30 minutes of baking time has passed, heat 2 tablespoons butter in a large stock pot. Saute squash in butter until tender.

3. Add remaining tablespoon of butter to the pot, and add spinach leaves. Cook and stir just until spinach is wilted. Remove from heat and toss with just a little salt.

4. Take the dish of chicken from the oven, uncover, and spoon the squash mixture over the chicken. Place slices of cheese on top, enough to make a thin layer over the vegetables.



This recipe is from Tammy's Recipes.