

Slow-Cooked Pepper Steak

A flavorful beef steak with bell peppers, prepared in a slow cooker

Yield:

6-8 servings

Ingredients:

2 pounds inexpensive beef steak
2 tablespoons oil
1/4 cup soy sauce
1 large onion, chopped
1 clove garlic, minced
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground ginger
4 large tomatoes, washed and coarsely chopped
2 large bell peppers (any color), cut into thin strips
1/2 cup cold water
1 tablespoon cornstarch
Hot cooked rice, for serving

Instructions:

1. Trim fat from meat and cut into thin strips. Brown meat in oil in skillet. Transfer to a slow cooker.
2. Combine soy sauce, onion, garlic, sugar, salt, pepper, and ginger. Pour over beef. Cover and cook on low for 5-6 hours, or until the meat is tender.
3. Add tomatoes and green peppers, stirring into beef mixture. Continue cooking on low for another 60-90 minutes, until peppers are to desired tenderness.

4. Combine the cold water and cornstarch in a small bowl, until smooth; stir into slow cooker and cook on high until thickened.

5. Serve over hot cooked rice.



This recipe is from Tammy's Recipes.

Grilled Copper River Salmon

Easy grilled Copper River Salmon, tender, flaky, and full of flavor!

Yield:

4 servings

Ingredients:

16-24 ounces Copper River Salmon fillets
1 teaspoon liquid smoke flavoring
Fresh, coarsely-ground black pepper
1 teaspoon minced garlic, or about 2 cloves

olive oil

Salt

Instructions:

1. Rinse salmon and pat it dry. With skin-side-down, lightly sprinkle liquid smoke over the salmon. Sprinkle freshly-ground black pepper over the salmon, along with the minced garlic.

2. Drizzle with olive oil to coat, and sprinkle generously with salt.

3. Pre-heat grill on HIGH for 10-15 minutes. Place salmon, flesh-side-down, on grill and grill with lid down on MEDIUM heat for about 8 minutes (for thin fillets; a few minutes longer for thicker fillets).

Flip salmon after 4 minutes of grilling time has passed. Salmon is done when it flakes apart easily with a fork and is hot in the middle. Don't over-cook, or it can be dry.

Serve hot with some cooked rice and grilled veggies or a salad!



This recipe is from Tammy's Recipes.

Fish Tacos

Steaming hot tortillas filled with grilled white fish (we like Mahi Mahi), shredded cheese, chipotle sauce, diced avocado and tomato, and freshly snipped cilantro! These fish tacos are easy and one of my favorite ways to serve grilled fish!

Yield:

12 fish tacos (3-4 servings)

Ingredients:

12 corn tortillas, about 5" in diameter*
several tablespoons of oil, for cooking tortillas

Filling ingredients:

1-2 cups hot cooked pinto beans or refried beans
3 cups sliced or diced grilled mahi mahi or other white fish
(freshly grilled or re-warmed)
Chipotle hot sauce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese or Mexican
cheese blend
1 large or 2 small avocados, diced
1 large or 2 small tomatoes, diced
2 stalks of green onions, chopped
1/2 cup (loosely measured) freshly chopped cilantro

Optional ingredients:

Hot cooked rice
Sour cream or tzatziki sauce
Shredded lettuce
Finely chopped cucumbers

Instructions:

1. Heat a heavy skillet or griddle over medium-high heat. Add ~1 teaspoon oil (sprinkle or spray on) to the hot surface and cook the corn tortillas, one at a time, for a minute or two on each side, until a few light brown spots appear. Tortillas should still be pliable and somewhat soft.***

2. To assemble tacos, place a tablespoon or two of the beans on the hot tortilla. Top with 1/4 cup of the fish, a splash of Chipotle hot sauce, a couple tablespoons of shredded cheese, and a pinch of avocado, tomato, green onions, and cilantro (and any additional ingredients you're using).



This recipe is from Tammy's Recipes.

Grilled Lemon-Garlic Mahi

Mahi Fillets

Tender and flaky fillets of Mahi Mahi grilled with tangy lemon and garlic

Yield:

4 servings

Ingredients:

Two 6-8 ounce Mahi Mahi fillets, thawed

Liquid smoke flavoring*

Lemon juice

Freshly ground black pepper

Salt

Oil*

2 tablespoons butter

1/2 tablespoon (2-3 cloves) minced garlic

1/2 teaspoon dried parsley flakes

3 cups hot cooked rice (1 cup uncooked), for serving

Instructions:

1. Spray or sprinkle liquid smoke, lemon juice, pepper, salt, and oil (apply in order listed) over both sides of the mahi mahi fillets.
2. In a small bowl, mash together the butter, garlic, and parsley.
3. Preheat grill on HIGH for 10 minutes. Turn heat down to medium. Place fish directly onto grill** and grill for 5 minutes with grill lid closed.
4. Flip fillets and dab butter mixture on top. Grill approximately 5 minutes longer or until done, with lid closed the entire time.

Serve hot over a bed of hot cooked rice for a delicious main course!



This recipe is from Tammy's Recipes.

Slow-Cooked Herbed Beef and Potatoes

Savory and tender, this beef is simmered in a slow cooker and served over potatoes

Yield:

8 hearty servings

Ingredients:

2 pounds beef stew meat (in large cubes) or beef roast (chuck roast or similar)

1 large onion, diced

6 bay leaves

1/2 teaspoon black pepper
1 teaspoon dried thyme (or 1 tablespoon fresh)
1/4 teaspoon dried sage (or 1 teaspoon fresh)
1/2 teaspoon dried savory (or 1/2 tablespoon fresh)
2 teaspoons salt
2-3" of water in slow cooker (about 4 cups)

Additional ingredients:

1/2 cup all-purpose flour
1 cup milk or water

3 pounds potatoes, washed and cut into 1" chunks*
2 tablespoons butter
1 teaspoon salt

Instructions:

1. Place beef, onions, seasonings, and water (about 4 cups) into slow cooker. I use a 6-quart slow cooker, but I think this would fit in a 3-4-quart one as well. Cook on HIGH for 6 hours.

2. After about 5 1/2 hours of cooking, wash and cube the potatoes and place in a stock pot. Cook, covered, until potatoes are soft. (Reduce heat after potatoes start to boil.)

3. While potatoes are cooking, whisk together the 1/2 cup all-purpose flour and 1 cup milk or water in a small bowl. Remove the 6 bay leaves from the beef. Stir in the flour/milk mixture, into the hot beef, and cover again. Allow to heat for 10 minutes (still on HIGH) and stir again. Cover again, and heat until bubbly.

4. Drain potatoes briefly, return to pan, and stir in 2 tablespoons butter and 1 teaspoon salt. Potatoes can still be chunky. Or, you can use a hand mixer to make mashed potatoes. (Add 1/2 cup milk if making mashed potatoes.)

Serve the hot beef over the potatoes and enjoy!



This recipe is from Tammy's Recipes.

Pasta with White Bean Sauce

A cheesy creamy white sauce with a hidden ingredient – beans! Serve hot over pasta, add cooked vegetables, or serve with grilled chicken for a delicious, filling dinner!

Yield:

4 servings

Ingredients:

1/2 cup chopped onion

1/8 teaspoon cayenne pepper or 1 chopped jalapeno or other hot pepper

1/4 teaspoon black pepper

2 tablespoons butter

2 cloves garlic, minced

1 tablespoon all-purpose flour

1 1/2 cups milk

1/4 cup water

2 teaspoons chicken base or 2 chicken bouillon cubes

2 cups cooked white beans (such as Great Northern) or one 15-ounce can, drained and mashed*

1 1/2 cups (6 ounces) shredded Mozzarella or Monterey Jack cheese

1/2 to 1 teaspoon salt (to taste)

Shredded Parmesan and/or fresh parsley, optional

8 ounces pasta, cooked according to package instructions

Instructions:

1. In a medium-large stock pot over medium heat, saute onion, cayenne or pepper, and black pepper in butter, until onion is soft. Add garlic and stir. Add the flour and stir to coat, until flour is bubbly.

2. Add the milk, water, and chicken base while whisking briskly. Continue to whisk and heat until mixture bubbles and thickens slightly.

3. Reduce heat and stir in beans, heating through. (See additional notes about blending the sauce for a smooth sauce.) Add cheese and stir until melted. Add salt to taste (we like about 1 teaspoon, but you may need less, especially if you started with canned beans!).

Serve hot sauce over freshly cooked pasta. Sprinkle with shredded Parmesan cheese or fresh parsley for garnish, if desired.

Serving suggestions: Grilled chicken or other grilled meat, cooked broccoli, cooked carrots, green salad.



This recipe is from Tammy's Recipes.

Freezer-Friendly Bean and Rice Burritos

Easy individually-wrapped bean and rice burritos for the freezer! These burritos are simple and delicious!

Yield:

8 burritos

Ingredients:

4 cups cooked pinto beans (or beans of your choice)

4 cups cooked rice (1 1/3 cups dry rice, cooked)

4 cups (16 ounces) shredded Mexican or cheddar cheese

Salt, to taste

Hot sauce, optional (we like Tapatio or Cholula)

8 burrito-size flour tortillas

Sour cream or hot sauce, for serving

Instructions:

1. In a large bowl, toss together the beans, rice, cheese, and some splashes of hot sauce (if using). Add a little salt if you haven't already salted your beans or rice.
2. Spread about 1 1/2 cups of the beans and rice mixture on each tortilla. Fold into burritos (see below). Wrap individually in pieces of foil.
3. Place foil-wrapped burritos in a gallon-size freezer Ziplock bag, removing excess air if possible. Label with name and date. Freeze for up to 6 months (if tightly wrapped).

Reheating instructions:

From frozen: Place frozen burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 35-40 minutes, until hot inside. Serve with sour cream or hot sauce!

From thawed (or freshly made): Place burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 25 minutes, until hot inside. Serve with sour cream or hot sauce!





This recipe is from Tammy's Recipes.

Easy Baked Salmon Fillet

Juicy, flaky seasoned salmon fillet, baked in the oven! Start from frozen or thawed, and have a fabulous dinner with 5 minutes' prep!

Yield:

4 servings

Ingredients:

4 salmon fillets (6-8 ounces each), frozen or thawed

2 teaspoons liquid smoke flavoring*

Freshly ground black pepper

Lemon pepper seasoning

Salt

Freshly-squeezed lemon juice, optional

Serving suggestions: cooked rice, potato wedges, and a green

vegetable or salad

Instructions:

1. Preheat oven to 425 degrees. Line a baking sheet (with sides, to catch drippings) with foil. Place a wire rack (I use a wire cooling rack) on the foil-lined sheet. Place salmon fillets on wire rack, a few inches apart.

2. Season both sides of the salmon fillets with a thin coating of liquid smoke flavoring, some freshly ground black pepper, a sprinkling of lemon pepper seasoning, and some salt. Squeeze fresh lemon juice over, if desired. If you're using good salmon that was properly cared for/processed (and doesn't smell "fishy"), feel free to skip the lemon juice. □ If your salmon has skin on one side, place it skin-side-down and just season the top.

3. Bake salmon on wire rack/baking sheet in the middle of the oven for about 15-20 minutes (thawed) or 30-35 minutes (frozen). Salmon is done when the flesh flakes easily with a fork and internal temperature is 145 degrees.

Serve with hot rice, salad, and/or a green vegetable.



This recipe is from Tammy's Recipes.

Mexican Black Bean Burgers

Homemade vegetarian burgers made with black beans and a Mexican flair! Hot sauce and fresh cilantro in these black bean burgers will have you coming back for seconds!

Yield:

8 burgers (about 4 inches in diameter)

Ingredients:

3 1/2 cups cooked black beans (or 2 cans, rinsed and drained)

1/4 teaspoon granulated onion or onion powder

1/4 teaspoon granulated garlic or garlic powder

1 1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 large eggs

1-2 tablespoons hot sauce (We like Tapatio!)

1/2 cup (loosely measured) chopped fresh cilantro

1 to 1 1/2 cups bread crumbs

Oil, for cooking

For serving (pick and choose!):

Lettuce leaves, washed

Fresh tomato slices

Fresh cilantro

Sour cream

Chopped jalapenos

Sliced avocado

Fresh tomato salsa

Hamburger buns

Instructions:

1. In a food processor bowl, combine the black beans, granulated onion and garlic, salt, pepper, eggs, hot sauce, and cilantro. Pulse until mixture is creamy (some small pieces of beans is okay!)

If your food processor is small, you can do this in two batches, but be sure to put one of the eggs in each batch, as the egg helps it be thin enough to blend.

If you don't have a food processor, you could try doing this in the blender, but you will have to stir it down a bit to make sure everything gets blended. Or, put everything in a bowl and blend with clean hands. Freshly-cooked and still-warm (but not hot!) beans will make this process easier.

2. Transfer creamed bean mixture to a mixing bowl, and then stir in enough of the bread crumbs to make a sticky dough, similar to cookie dough. Cover and let rest for about 10 minutes, to thicken. (You can prepare your toppings during this time!)

3. Preheat a skillet (I use cast iron) or griddle or indoor grill over medium heat. With slightly wet hands, form burger dough into 8 patties, about 1/2-inch thick.

4. Add some oil (about 2 tablespoons) to the skillet or griddle (or lightly spray an indoor grill with oil) and when oil is hot (hold hand over it to feel heat rising), fry burgers for about 3-4 minutes on each side, until browned on the outside and hot in the middle (middle will be moist). You can adjust the heat if the burgers seem to be cooking too slowly or browning too quickly.

Serve hot with toppings and enjoy!



Caesar Fish Salad

A crisp Caesar salad with oven-fried white fish fillets, topped with creamy Caesar dressing and sprinkled with Parmesan cheese

Yield:

4 dinner salads

Ingredients:

24 ounces white fish fillets (Tilapia, Pollock, Cod)

For the fish coating*:

1 cup flour

1 teaspoon salt

1/2 teaspoon chili powder

1 teaspoon paprika

1 teaspoon granulated garlic

1/4 teaspoon ground black pepper

2 large eggs
1 tablespoon milk

2 tablespoons butter, melted

For the salad:

2 large heads of romaine lettuce, washed and torn

1/3 cup grated Parmesan cheese

1 cup croutons, optional

~1/3 cup Caesar salad dressing

Sliced fresh tomato, optional

Sliced red onion, optional

Lemon zest, for garnish, optional

Additional Parmesan cheese, for garnish

Instructions:

1. In a shallow container or bowl, whisk together the flour, salt, chili powder, paprika, garlic, and pepper. In a separate shallow bowl or container, whisk together the eggs and milk.
2. Place melted butter in a 9×13-inch baking dish. Preheat oven to 400 degrees.
3. Pat fish fillets with paper towel to remove excess water. Dip each fillet first in the flour mixture, then in the egg mixture, and then once again in the flour mixture. Place coated fillets in the prepared 9×13.
4. Bake fish at 400 degrees until crisp on the outside and flaky inside, about 15-20 minutes. (Fish should reach an internal temperature of 145 degrees.) You may flip once during baking, if desired.
5. In a big salad bowl, toss together the romaine lettuce, Parmesan cheese, croutons (if using), and enough Caesar salad dressing to coat the lettuce to your liking. (Don't use too much!!) Spoon salad onto plates or into large salad bowls. Sprinkle diced tomatoes or red onions on top, if using.

Sprinkle with lemon zest (optional) and additional Parmesan cheese, to taste.

6. Serve salad with the hot fish on top or on the side. Enjoy!



This recipe is from Tammy's Recipes.