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 on 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!



Slow-Cooked Herbed Beef and 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!



Easy Steak and Veggie Omelette

This recipe is from Tammy’s Recipes.

Beef Chop Suey

This recipe for Chop Suey is a delicious combination of beef and Chinese vegetables, served over hot rice.
Yield:

12 servings
Ingredients:

2 to 2 1/2 pounds beef round roast, fat trimmed and thinly sliced into bite-size pieces
2 large cloves garlic, peeled and minced
1/4 cup Tamari sauce (can substitute soy sauce)
4 cups boiling water

Vegetables:

2 onions, halved and thinly sliced
2 carrots, thinly sliced

3 ribs celery, thinly sliced
1-2 green, red, OR yellow bell peppers, thinly sliced into sticks
6 large ribs bok choy, sliced with leaves
6 cups fresh bean sprouts (or 1 large can, drained)
8 ounce can sliced water chestnuts, drained (reserve juice)
5 ounce can (drained weight) bamboo shoots, sliced (reserve juice)
8 ounce can sliced mushrooms, drained (reserve juice)

Oil, as needed

2 beef bouillon cubes (or equivalent of beef base)
1 tablespoon fresh grated ginger
1 tablespoon brown sugar
Salt, to taste
1/4 cup cornstarch

For serving:

2 cups (uncooked measurement) white rice (6 cups cooked rice)
Tamari sauce, for serving (optional)
Crushed red pepper, for serving (optional)
Instructions:

1.
In a large stock pot, brown meat well with the garlic and tamari sauce.
Add 4 cups of boiling water. Simmer meat for 30-45 minutes. Prepare
vegetables by washing, slicing, or draining as needed.

2. Cook rice according to package instructions. While rice is cooking, heat a heavy skillet over medium heat. Add a tablespoon or two
of oil, and stir-fry the vegetables one at a time until crisp-tender:
onions, carrots, celery, peppers, and bok choy (but not the bean sprouts

or canned vegetables). After the vegetable is crisp tender, put it into
a heat-safe bowl (not in the pan with the meat) while you continue
cooking the other vegetables.

3. When vegetables are all crisp-tender, add all vegetables to the
meat (still simmering). Add the beef bouillon, ginger, and brown sugar.
Add salt to taste. Whisk together the reserved juice from the canned
vegetables and the cornstarch. Add to the hot beef mixture and cook and
stir to thicken slightly.

4. Serve hot meat and vegetable mixture over the hot cooked rice. Enjoy with additional tamari sauce on the side and crushed red pepper on top if you wish.



Beef Chop Suey

This recipe is from Tammy’s Recipes.

Grilled Cedar Plank Salmon

Grilled salmon fillet on a cedar plank for amazing flavor!
Yield:

Varies, but approx. 4-6 servings
Ingredients:

One (2-3 pounds) salmon fillet*
Lemon juice
Liquid smoke flavoring
Black pepper
Salt
Garlic (dry, granulated)
Paprika
2 tablespoons melted butter

1 large cedar plank** for grilling, soaked in water for 30+ minutes
Instructions:

1. Preheat gas grill on high, or prepare charcoal grill.

2. Rinse salmon fillet and pat dry. Place salmon skin-side down on a
clean counter or tray. Sprinkle lemon juice and liquid smoke flavoring
over the top. Sprinkle a layer of black pepper, salt, and granulated
garlic over the salmon. Then, a light sprinkling of paprika. Drizzle
melted butter over top.

3. Reduce grill heat to medium. Place the soaked cedar plank on the

grill and close the lid for 3-4 minutes, until it starts to smoke. Place
salmon fillet, skin-side-down, on the cedar plank. Grill with lid
closed for 20-25 minutes, until salmon flaked in the thickest part or
and internal temperature of 145 degrees.

Serve hot! We like to eat grilled salmon with hot cooked rice and/or roasted vegetables (like broccoli and cauliflower).



Grilled Cedar Plank Salmon

This recipe is from Tammy’s Recipes.

Grilled Half Chicken

A whole chicken, cut in half and grilled for a tender, moist, rotisserie-like chicken!
Yield:

6 servings (varies depending on size of chicken)

Ingredients:

1 whole chicken (4-6 pounds), cut in half (see video below)
4 cups water
1 tablespoon salt
1/2 tablespoon granulated garlic
1 teaspoon black pepper

To season:

Oil
salt
pepper
granulated garlic
paprika
Instructions:

1. Brine chicken by placing the chicken, water, salt, garlic, and pepper in a non-metal bowl in the fridge for 2-6 hours.

2. Drain chicken and rinse under cold water. Let stand for 30 minutes
at room temperature. Preheat gas grill on high (or prepare charcoal
grill).

3. Liberally coat chicken halves with oil. Lightly season with salt, pepper, granulated garlic, and paprika.

4. Place chicken skin-side-up on pre-heated grill grate and close the
grill lid. Reduce grill temperature between low and medium-low. Grill
for 50-70 minutes or until internal temperature at the densest point is
180 degrees.

Optional: Grill chicken skin-side-down for the last 5 minutes for lovely grill marks on the outside!



Grilled Half Chicken

This recipe is from Tammy’s Recipes.

Grilled Peppers with Chicken Santa Fe

Crisp-tender grilled bell pepper halves, stuffed with a delicious Chicken Santa Fe rice and shredded Mexican cheese blend
Yield:

8 stuffed pepper halves
Ingredients:

4 large bell peppers (any color), halved with stems and seeds removed
Olive oil
1 clove garlic, minced
1/2 cup diced onion
1/2 cup diced fresh tomato

1/4 cup chopped bell pepper (any color)
6 cups hot cooked rice*
2 grilled chicken breasts (freshly grilled or leftover), thinly sliced
1 teaspoon salt (or more to taste)
1/4 teaspoon black pepper
2 tablespoons chopped fresh cilantro

For serving:

Chopped fresh cilantro, optional
Sliced green onions, optional
Shredded Mexican cheese blend
Your favorite hot sauce (we like Cholula or Tapatio)
Instructions:

1.
Preheat grill or prepare charcoal grill. Brush oil on the rims of the
cut pepper halves (oil on the cut part). Grill peppers cut-side-down on
MEDIUM for about 6 minutes. Then flip and grill on LOW for an additional
5 minutes or so. You want the peppers to be crisp-tender and with some
dark grill marks (but not burnt).

2. Heat a large heavy skillet (I use cast iron) over medium heat. Put
a couple tablespoons of oil in the skillet, and then add the garlic,
onion, tomato, and bell pepper. Saute for a couple minutes. Add the
grilled chicken, rice, salt, and pepper, and toss everything together.
Saute until everything is hot. Toss in the fresh cilantro and stir. Add
additional salt if needed (taste).

3. To serve, place the grilled pepper halves on plates and stuff with (or spoon in) the fried rice mixture. Top with fresh cilantro, green onions, shredded cheese, and hot sauce. Enjoy!



Grilled Peppers with Chicken Santa Fe

This recipe is from Tammy’s Recipes.

Hearty Beef and Lentil Chili

A delicious chili made with beef, lentils, tomatoes, vegetables, and seasonings! This easy, from-scratch chili tastes amazing!
Yield:

about 5 quarts
Ingredients:

2 to 2.5 pounds ground beef or inexpensive steak*
1 medium onion, diced (about 1 cup)
2 cloves garlic, minced

1 bell pepper (any color), diced
2 cans (14.5 ounces each) diced tomatoes (or 4 cups diced fresh tomatoes)
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon paprika
1 tablespoon brown sugar
A few splashes of your favorite hot sauce (or a dash of cayenne pepper)
2 teaspoons salt (or to taste)
6 cups water
1 pound dry lentils (about 2 1/2 cups of dry lentils), rinsed

Optional, for serving:

Shredded cheese
Sour cream
Chopped fresh cilantro
Hot sauce
Tortilla chips
Instructions:

1.
In a large stock pot, brown ground beef with onion, garlic, and pepper.
Drain grease and return to pan. Add remaining ingredients, except
lentils and optional ingredients, to the drained meat mixture.

If using steak, trim as much fat as possible from meat and cut into
small pieces. In a large stock pot, brown meat with onion, garlic, and
pepper. Do not drain. Add remaining ingredients except lentils and
optional ingredients.

2. Cover and bring to a boil. Simmer covered, on medium-low

heat for
at least 30 minutes. Add lentils and stir. Cover and simmer for an
additional 60 minutes or until lentils are tender. If this chili is too
“soupy” for your tastes, simmer uncovered for another 15 minutes or so,
until it’s the thickness you desire. (And if it’s too thick, add a
splash of water.)

3. Serve hot, with optional ingredients of your choice. Enjoy!

See additional notes below for the crock pot version of this recipe!

Hearty Beef and Lentil Chili, served with homemade cornbread
Additional Notes:

***Using ground beef vs. inexpensive steak:**

Using ground beef is faster, since you don’t need to dice it before cooking.

Using steak is great for making this chili in the slow cooker, since
you can trim the fat before cooking, and don’t need to use a separate
pan to brown the meat before putting it in the crock pot.

Making lentil chili in the slow cooker:

I recommend using an inexpensive steak, with the fat trimmed as well
as possible, so you can make this chili start-to-finish in your crock
pot! If you choose to use ground beef instead, brown it in a pan on the

stove, drain the grease, and then add to your crock pot.

Add all ingredients (except optional ingredients) to a 6-quart crock
pot. (If your slow cooker is smaller than 6 quarts, reduce the recipe to
fit.) Cook on HIGH for 8-10 hours. Keep warm until ready to eat! Serve
with your choice of the optional ingredients listed.

Slow cooker prep time: 20-30 minutes
Slow cooker cook time: 8-10 hours



Hearty Beef and Lentil Chili

This recipe is from Tammy’s Recipes.

Biscuit Crust Pizza

A flaky, melt-in-your-mouth biscuit dough pizza that’s quick and easy!
Yield:

12 slices
Ingredients:

Biscuit Crust Ingredients:

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
5 tablespoons cold butter, sliced
3/4 cup milk

Topping Ingredients:

1 tablespoon melted butter
3/4 cup pizza sauce
3 cups (12 ounces) shredded mozzarella cheese
Any other toppings of your choice – pepperoni, onions, green peppers, black olives, pineapple, oregano, etc.

Optional: Parmesan cheese, for serving
Instructions:

1.
In a medium-sized mixing bowl, whisk together the flour, baking powder,
and salt. Cut in the cold butter with a fork or pastry blender. Stir in
the milk, just enough to moisten and turn dough into a big lump.

2. Turn dough out onto a lightly-floured surface and gently knead
8-10 times. Press or roll onto a greased or silicone-lined baking sheet
(13×18-inch) or pizza pan (16-inch round).

3. Spread the tablespoon of melted butter over the crust. Spread with sauce, cheese, and any toppings desired.

4. Preheat oven to 425 degrees. Bake on lower oven rack for

about 17
minutes, until crust is lightly browned on the bottom and cheese is hot
and melted on top. If the top isn’t browned enough by then, move the
pizza to the top rack in the oven and bake for a few more minutes.

5. Cut into 12 slices and serve hot!



Biscuit Crust Pizza

This recipe is from Tammy’s Recipes.

Chicken a la King

A creamy chicken gravy with peppers and mushrooms, served over hot rice
Yield:

4 servings
Ingredients:

1/4 cup (1/2 stick) butter
1/3 cup all-purpose flour
1/2 teaspoon salt
1 cup chicken broth
1 cup milk
2 cups diced cooked chicken
1 4-ounce can sliced mushrooms, drained
1/4 cup chopped red bell pepper
1 cup white rice, cooked according to package instructions (3 cups after cooking)
Instructions:

1.
In a 3- or 4-quart saucepan, melt butter. Whisk in the flour and salt.
Add chicken broth and milk all at once, and cook and stir until bubbly
and thickened.

2. Stir in the chicken, mushrooms, and bell pepper. Heat through. Serve over hot rice.



Chicken a la King

This recipe is from Tammy’s Recipes.

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.)



Beef Enchiladas

This recipe is from Tammy’s Recipes.