Grilled Steak Stir Fry Salad

Thin-sliced grilled steak and grilled stir-fry veggies, tossed together with Romaine lettuce, fresh diced tomatoes, and feta cheese for a flavor-rich and filling salad!

Yield:

4-6 servings (as a main dish)

Ingredients:

8 cups bite-size broccoli florets
1 large red onion
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 teaspoons (about 4 cloves) minced garlic
1/2 cup oil
1 red bell pepper, halved and sliced or chopped
3 cups thinly sliced grilled steak (freshly grilled or leftover)
2 heads of Romaine lettuce, washed and cut into bite-sized pieces (about 12-16 cups)
2 cups diced fresh tomatoes
1/2 cup crumbled feta cheese
Croutons, optional
Ranch salad dressing, optional*

Instructions:

1. Preheat grill (or prepare charcoal grill), including a grill plate/pan/grid for grilling vegetables.* In a large mixing bowl, toss together the broccoli, onion, salt, pepper, garlic, oil, and red pepper.

2. Spread vegetables on the hot grill pan. Grill on MEDIUM with lid closed for about 8 minutes. Leaving vegetables on grill, stir thoroughly and then sprinkle the steak on top of

the veggies. Close lid again and grill for an additional 8 minutes or until vegetables are crisp-tender and steak is hot.

3. Remove platter from grill and allow to cool for a few minutes. In a large mixing bowl, toss together the Romaine lettuce and fresh tomatoes. Stir in the still-hot/warm steak and veggie mixture. Gently toss in the feta cheese and croutons (if using). Serve immediately with your favorite Ranch dressing.**



This recipe is from Tammy's Recipes.

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Tammy's Chili

Even-bodied chili, slightly sweet and full of flavor; this is our favorite homemade chili!

Yield:

4-5 cups

Ingredients:

1 pound ground beef
2 medium onions, chopped (about 1 cup)
1 cup chopped green bell peppers
1 clove garlic, minced
28 ounces tomatoes (diced)
8 ounces tomato sauce (use some tomato paste instead for a thicker chili with less cooking time)
2 teaspoons chili powder
1 teaspoon salt (or more; salt to taste)
1/8 teaspoon black pepper
2 teaspoons freshly ground cumin
1/8 teaspoon cayenne red pepper
1/4 teaspoon paprika
15.5 ounce can of kidney beans, rinsed and drained
1/8 cup brown sugar

For serving:

Shredded cheese, sour cream, diced avocado, freshly chopped cilantro, corn chips and/or hot sauce!

Instructions:

1. Cook and stir beef, onions, garlic, and green peppers in a skillet or stock pot until meat is brown. Drain grease.

2. In stock pot, combine all ingredients and bring to a boil. Reduce heat, cover, and simmer for 1 1/2-2 hours, stirring occasionally. Or, simmer uncovered for about 45 minutes. If you use tomato paste instead of the tomato sauce, the chili will get thicker faster, and might only need to simmer for 20-30 minutes.

3. Serve hot with chips, cheese, sour cream, hot sauce, diced avocado, and/or fresh cilantro.







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 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!



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.

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.

Grilled Chicken Quesadillas with Black Beans and Corn

Slices of grilled chicken breast, black beans, shredded cheese, and corn tucked into a flour tortilla and grilled until toasty hot! Served with shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy meal everyone will LOVE!

Yield:

6 servings (3 if used as a main dish)

Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black beans, rinsed and drained
1/2 of a 15-ounce can of corn, drained (optional)
2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 medium grilled chicken breasts, sliced
Hot sauce, optional
1/2 cup chopped fresh cilantro
6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce
Sour cream
Diced tomatoes
Fresh cilantro, chopped
Hot sauce

Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.

2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.

3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they’re browning too quickly, or turn up the heat if they’re getting hot inside but not crisp and browned on the outside.

4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve with lettuce, sour cream, tomatoes, hot sauce, and cilantro. You can stuff some toppings inside, or just spoon on top, or dip.



This recipe is from Tammy’s Recipes.