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!



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!



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

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!



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.



This recipe is from Tammy’s Recipes.

Homemade Enchilada Sauce

A smooth, red enchilada sauce that’s easy to make and so delicious!

Yield:

5 cups

Ingredients:

3 cups chicken broth, vegetable broth, or even just water
1 can (14.5 ounces) diced tomatoes*
2 tablespoons olive oil
1 large clove garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/3 cup chili powder
1 teaspoon salt
1/2 cup all-purpose flour

Optional: Cayenne pepper added (to taste) at the end, if you like hot enchilada sauce

Instructions:

1. Place all ingredients into blender** and blend on high until smooth. Pour into a 3- or 4-quart sauce pan. Or, place ingredients into a 4-quart sauce pan (no heat) and blend with an immersion blender (stick blender) until smooth.

2. Heat mixture in sauce pan over medium heat, whisking frequently, until mixture thickens and boils. Let boil for 30 seconds, then remove from heat. Cool. Taste, and whisk in some cayenne pepper if you want a hotter sauce.

Use in any recipe calling for enchilada sauce.



This recipe is from Tammy’s Recipes.

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!

Yield:

about 2 cups

Ingredients:

2 cups cooked pinto beans*
2 tablespoons oil
1 small clove garlic, minced
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1/4 teaspoon ground cumin
~1/2 cup water, as needed
Salt, to taste
Your favorite hot sauce, to taste

Chopped fresh cilantro, optional

Instructions:

1. Heat heavy skillet or pan (I use cast iron) over medium heat. Add oil, then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing with a spoon or spatula as you stir and adding a little water as needed.

2. Cook until beans are hot and as smooth as desired (I like mine chunky!). Add salt to taste and a few splashes of hot sauce along with freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



Baked Teriyaki Salmon

Slightly sweet teriyaki salmon that’s simple to prepare and full of flavor!

Yield:

4 servings

Ingredients:

1 to 1 1/4 pounds fresh or frozen salmon fillets
1/2 cup teriyaki sauce
2 teaspoons olive oil
1 clove minced garlic (or 1/2 teaspoon garlic powder)
2 tablespoons finely chopped onion (or 1/2 teaspoon onion powder)
1/8 teaspoon black pepper
Dash of crushed red pepper flakes, optional
2 tablespoons sesame seeds
1 teaspoon brown sugar

For serving:

Cooked rice or rice noodles and vegetables or stir-fried vegetables of your choice

Instructions:

1. In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic, onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a little to mix everything together.

2. Add the salmon fillets (fresh or still frozen) in a single layer. Remove excess air from bag, seal, and make sure fillets are covered on both sides in the marinade.

3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).

4. When you’re ready to cook the salmon, remove the fillets from the bag and place them in a shallow dish* in a single layer (skin side down if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the fillets, and sprinkle the teaspoon of brown sugar over the tops.

5. Bake in a preheated oven at 350 degrees for 20 minutes, or

until salmon flakes with a fork (145 degrees internal temperature). Don’t bake too long, or salmon will be dry!

Serve hot (immediately) with rice or rice noodles, and/or stir fried vegetables.



This recipe is from Tammy’s Recipes.

Spicy Turkey Lentil Joes

Sloppy Joes with a healthy twist: ground turkey, cooked lentils, and a spicy kick that will have you coming back for seconds! Serve on buns or in lettuce cups.

Yield:

12 servings

Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey*
1 large onion, diced

1 can (15 ounces) or 2 cups tomato sauce
1/3 cup Jamie’s Spice Mix
1-2 tablespoons brown sugar
3 cups cooked and drained lentils***
salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles

Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix, brown sugar and lentils. Simmer over low heat for about 20 minutes, until mixture is thick, stirring occasionally. Add salt to taste, if needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



This recipe is from Tammy’s Recipes.

Jamie’s Spice Mix

A fabulous all-purpose spice mixture using ingredients from the pantry. Try it on ground beef or turkey, salad dressing, french fries, or even pizza!

Yield:

2/3 cup

Ingredients:

2 tablespoons onion powder or granulated onion
2 tablespoons garlic powder or granulated garlic
1 1/2 tablespoons smoked paprika*
1 tablespoon dried basil
1 tablespoon dried oregano
1 tablespoon salt
2 teaspoons freshly ground black pepper
1 teaspoon celery seeds
1/2 teaspoon cayenne pepper

Instructions:

In a small bowl, mix together all ingredients. Store in an air-tight container or shaker bottle in your spice cupboard.



This recipe is from Tammy’s Recipes.

Meatball Rice Medley

A spicy medley of sticky rice, seasoned meatballs, and vegetables

Yield:

12 servings

Ingredients:

2 cups (uncooked) medium or sticky rice
Water, as called for in rice directions
1 tablespoon coconut oil or other oil
1 teaspoon salt
3 tablespoons Jamie’s Spice Mix*
2 cups baby carrots or diced carrots
2 cups green peas, frozen or fresh
2 cups sweet corn, frozen or fresh off the cob

1 tablespoon sugar
Salt, to taste
32 seasoned meatballs, fully cooked and drained (fried on stove top, baked in the oven, or reheated from frozen)**

Instructions:

1. Cook rice with water, oil, salt, and spice mix, according to the package instructions (use the amount of water called for in your rice directions).

2. Cook carrots, peas, and corn a saucepan with water, until tender. Drain.

3. In a large mixing bowl, toss together the cooked rice with the (hot, cooked) meatballs. Add the drained vegetables and tablespoon of sugar. Stir together, adding salt to taste if needed. Serve hot.

