# Alan and AJ's



# Recipes for Two

Fifteen Minutes to 2 Hours

# Recipes for Two



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"Do it again!" >:(

# Zuppa Toscana (Like Olive Garden's)

Prep Time: 35 minutes How many: 10 Servings Ingredients:

- 1 lb. spicy Italian sausage; crumbled
- 1/2 lb. Smoked bacon; chopped
- 1 qt. water
- (2) 14.5 oz cans (~3 2/3 cups) chicken broth
- 2 Irg russet potatoes; scrubbed clean, cubed
- 2 garlic cloves; peeled, crushed
- 1 med onion; peeled, chopped
- 2 cups chopped kale or Swiss chard
- 1 cup heavy whipping cream
- Salt and pepper to taste



Source: Internet

## Instructions:

- In a skillet over medium-high heat, brown sausage, breaking into small pieces as you fry it; drain, set aside.
- In a skillet over med-high heat, brown bacon; drain, set aside.
- Place water, broth, potatoes, garlic and onion in a pot; simmer over medium heat until potatoes are tender.
- Add sausage and bacon to pot; simmer for 10 minutes.
- 6 Add kale and cream to pot; season with salt and pepper; heat through.

#### \*low carb option

Substitute cauliflower for potatoes.













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# Taco-Seasoned Stuffed Peppers

Prep Time: 25 mins/ Total 40 How many: 4 servings Ingredients:

- 2 medium bell peppers, cut in half lengthwise, seeded
- 1/2 lb lean (80%) ground beef
- 2 tablespoons chopped onion
- 2 tablespoons favorite taco ssng (from 1 oz package)
- 1 can (15.5 oz) kidney beans, drained, rinsed
- 1 can (8 oz) tomato sauce
- 1/4 cup sour cream
- 1/4 cup shredded cheese
- 1/4 cup chopped tomato (1/2 small)



Source: The Internet: 'tablespoon'

## Instructions:

- Heat oven to 350 deg F. In 2 qt saucepan, heat 6 cups water to boiling. Add bell pepper halves; boil 5 minutes or until slightly softened. Drain; set aside.
- Meanwhile, in 8-inch nonstick skillet, cook meat and onion over med-high heat, stirring frequently until meat is no longer pink; drain. Stir in taco seasoning mix, kidney beans and tomato sauce. Heat to boiling. Reduce heat to med-low; simmer 5 minutes, stirring occasionally.
- In ungreased 8-inch square glass baking dish, arrange pepper halves. Spoon beef mixture evenly into each.
- Bake 10 to 12 minutes or until peppers are tender. Top individual servings with sour cream, cheese and tomato.

## \*Tip

There are 4 tbsp of seasoning in a package. Save the rest to make this recipe again at a later date, or use it to make half a recipe of tacos using the directions on the package.













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# Kraft Speedy Chicken Stir Fry

Prep Time: 10 mins prep/ 20 mins total How many:4 Servings Ingredients:

- Special Sauce- set aside:
- 1/2 cup Asian Toasted Sesame Kraft Dressing
- 1/4 tsp powder or fresh clove garlic
- 1/4 tsp ginger powder or 1/2 tsp fresh paste
- 1/4 tsp crushed red pepper
- 2 tbsp soy sauce
- The rest:
- 2 cups broccoli florets
- 1/3 cup Planters dry-roasted peanuts (other)
- 1 lb. chicken; sliced thinly and consistently
- 8 oz angel hair pasta



Source: Internet

- Salt some water; cook pasta for about 3 minutes.
- Add broccoli to water with pasta; cook for 2 3 more minutes, for a total of cooked 5 minutes.
- Get oil hot in a pan and stir fry the chicken for 6 7 minutes; oil and pan should be hot; hence "Stir Fry."
- Add Kraft dressing and the special sauce set aside earlier.
- Divide pasta, broccoli and chicken onto plates; drizzle some Kraft dressing and sprinkle the peanuts on top.













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## **Buttermilk Pancakes**

Prep Time: 10 mins/ 30 total How many: Many Ingredients:

- 1 egg
- 1 cup buttermilk (more/less for thickness)
- 2 tbsp melted butter or shortening
- 1 cup flour
- 1 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt



Source: Betty Crocker Cookbook

- Beat egg.
- Add the rest of the ingredients; beat with whisk or hand beater until smooth.
- Grease griddle/skillet and pour batter to desired size of pancake.
- Turn over as soon as the surface looks puffed and bubbles break the whole way through. Cook over Low-Med heat to prevent outside from cooking too quickly and burning, yet pancake cooks the whole way through.
- Bake other side until golden-brown.













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# Langostino Salad

Prep Time: Under 30 min total How many:4 servings Ingredients:

- 8 oz langostinos; cooked and peeled
- 1 avocado; sliced
- 2 plum tomatoes; diced
- 1/2 cup red onion; diced
- 1 tablespoon lemon juice
- 1 head green leaf lettuce; rinsed and dried
- Dressing:
- 1 garlic clove; minced or pressed
- 1 tbsp balsamic vinegar
- Salt and freshly ground black pepper to taste
- 3 tbsps olive oil



Source: Internet

- To make the dressing, combine the garlic, balsamic vinegar, salt and pepper in a small bowl. Whisk to mix well, then add the olive oil and whisk until thoroughly mixed and emulsified. Taste the dressing for seasoning and set aside.
- In a medium bowl, combine the langostinos, avocado, tomatoes, and onion. Drizzle the lemon juice over and stir gently to thoroughly mix the ingredients.
- Stack a few of the lettuce leaves on a chopping board and loosely roll them up. Cut across the leaves to form strips. Repeat with the remaining lettuce. Arrange the lettuce on individual plates.
- Whisk the salad dressing to remix and pour it over the langostino salad. Stir to evenly coat the ingredients in dressing. Spoon the langostino salad over the lettuce and serve.













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# Fresh Pasta Salad

Prep Time: 25 Minutes, Tops How many: Lots Ingredients:

- Cherry tomatoes
- Olive oil
- Sundried tomatoes
- Tortellini
- Green beans or asparagus
- Lemon juice

## Optional:

- Mozzarella balls
- Pine nuts
- Vinaigrette
- Seasoning and/or herbs



Source: Sally

- Out cherry tomatoes in half and set aside.
- Cook tortellini in pot, and asparagus or beans in a bowl and set aside.
- 3 Combine all ingredients and serve.















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# Baked Macaroni and Cheese

Prep Time: 45 minutes How many: Lots Ingredients:

- Cheddar Cheese, shredded
- Parmesan (optional)
- 3 tbsp butter
- Elbow macaroni
- Bread cubes, dried the day before



Source: Mom

- Preheat oven to 350^F.
- Cook macaroni noodles. Drain and rinse. Set aside.
- Melt 1 tbsp butter, whisk in 1 tbsp flour with s&p to taste. As it thickens, add 2-3 inches of milk gradually.
- Stir until thick and bubbly. Add cheddar (& parmesan) and stir until melted. Put macaroni into baking dish and pour cheese mixture over the top. Stir a bit.
- 6 Melt 2 tbsp butter and seasoning; stir in bread. Sprinkle on top.
- Bake at 350<sup>^</sup>F for 1/2 hour.













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# Southern Hushpuppies

Prep Time: 35 minutes How many: Lots Ingredients:

- 1 quart vegetable oil for frying, as need-
- 1 cup buttermilk
- 1/4 cup vegetable oil
- 2 eggs, room temperature
- 1 cup cornmeal
- 1 cup all purpose flour (can use 2/3 more)
- 1/4 cup white sugar (might use 2 tbsp)
- 1/2 tsp baking soda
- 1/2 tsp salt (could use more)
- 1/2 cup minced onion
- 4 green onions, minced
- 2 jalapenos, minced (optional)

- Heat 1 qt vegetable oil to 365°F.
- Preheat oven to 200°F.
- Whisk buttermilk, 1/4 cup vegetable oil, and eggs in bowl.
- Combine cornmeal, flour, sugar, baking soda, and salt in separate bowl. Fold buttermilk mixture, onion, jalapenos, and green onions into cornmeal mixture until just mixed.
- Drop 6 to 8 tbsp sixed balls of batter into hot oil; fry until each is golden-brown, turning to cook evenly, about 6-10 minutes per. Remove with slotted spoon and place on paper bags to drain. Repeat with remaining batter.
- Transfer to baking sheet to keep warm in oven until ready to serve.















Source: Internet

# Fried Fish

Prep Time: 40 minutes How many: 3-4 servings Ingredients:

- 1 lb chosen thin fish
- 1 quart oil for frying
- S&p
- 1/4 tsp paprika



Source: Internet

- Pour an inch of oil into deep skillet. Heat to 375^F.
- Combine flour, salt, pepper, and paprika in bowl. Dip fish into mixture.
- Fry for 5 minutes on each side, then move to platter.













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# Chicken Scampi

Prep Time: 45 minutes How many: Approx. 4 Ingredients:

- 3-4 chicken breasts
- 1/4 cup olive oil
- 1/2 cup butter
- 2 tsp minced garlic
- 1/2 cup chopped green onion
- 1/2 tsp salt
- 1 tsp Italian seasoning
- Pepper
- 4 Roma tomatoes, cut into 1 inch pieces
- Rice or noodles enough for 3 people



Source: Internet

- Add olive oil and butter in skillet on low heat.
- Add onion and garlic and sauté.
- Add Italian seasoning, salt, and pepper.
- Slice chicken into pieces and put into skillet with mixture.
- Heat until chicken is no longer pink through.
- Optional- let the chicken sit with everything else for a few moments on low to let the flavor set in.
- Add tomatoes to just heat through.
- Serve over rice or noodles.













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# **Mexican Caviar**

Prep Time: 40 minutes How many: Lots Ingredients:

- 2 15 ounce cans black eye peas
- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 garlic clove, minced
- 1/4 cup onion, minced
- 1 red pepper, diced
- 1 green pepper, diced
- 2 green onions, minced
- 4 tbsp minced pimento
- S&p to taste
- Parsley
- 2 jalapenos (optional)



Source: Mom

- Rinse and drain peas.
- Combine with rest of ingredients except for parsley and mix thoroughly. Refrigerate, covered, at least 24 hours.
- 3 Just before serving, toss with the 1/2 cup minced parsley.













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# 45 - 120 Minute Recipes



"Two hour recipes? For how many people?"

# Tzatziki Sauce

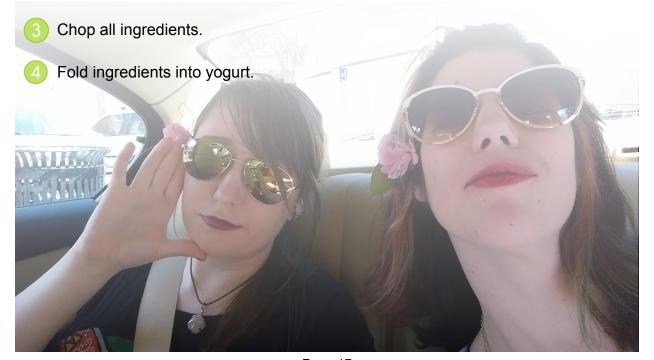
Prep Time: Overnight How many: We'll find out >:P Ingredients:

- 2 (8oz) plain yogurt containers
- 2 cucumbers; peeled and seeded
- 2 tablespoons olive oil
- 1/2 lemon; juiced
- · Salt and pepper to taste
- 1 tablespoon chopped fresh dill
- 3 cloves garlic; peeled



Source: Internet

- 1 Drain yogurt in cheese cloth over a bowl in the refrigerator overnight.
- Also salt and drain cucumber for a few hours.



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# Blackberry Cornmeal Cake

Prep Time: ~20 min/ total more than 60 How many: 8 servings Ingredients:

- 1 1/4 cups flour
- 1/2 cup cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cup sugar; plus 1/4 for sprinkling
- 1/2 cup milk
- 2 eggs
- 7 tablespoons unsalted butter, melted; plus 1 tablespoon butter for pan
- 320 grams fresh blackberries, washed & dried



Source: Internet

#### Instructions:

- Heat oven to 375 deg F. Sift flour into bowl and stir to combine with other dry ingredients with a whisk. Melt butter in another bowl and cool to room temperature; add remaining wet ingredients and whisk to combine. Carefully pour the wet ingredients over the dry and whisk together.
- In a 10 inch round pan or cast iron skillet, melt the remaining tablespoon of butter in the oven until pan is well heated (about 5 minutes). Pour the batter into the pan, lightly cover in berries and sprinkle with sugar.
- Bake for 45-50 minutes or until a toothpick or bamboo skewer inserted into the center comes out clean. Cool for 30 minutes before serving. Can be served warm or at room temperature.

## \*Vegan Alternative

Substitute water or almond/soy milk for milk, one large ripe banana smashed for eggs, and mild vegetable oil instead of butter.

#### \*Rice cooker

Step 1– start to heat the bowl. Step 2– melt butter and add batter. Cook 5 mins and cover lightly w/ berries and sugar. Bake 55 mins. Allow to cool 20-30 mins before removing to rack. May have to cook much longer. If not drying properly, remove top vent/filter.













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# Ghostly Shepard's Pie

Prep Time: 30 min/ 55 total How many: 6 servings Ingredients:

- 1lb lean (~ 80%) ground beef
- 1 med chopped onion (1 1/2 cup)
- 1 bag (12oz) frozen mix veggies
- 1 can (14.5 oz) diced tomatoes
- 1 jar (12oz) beef gravy
- 2 2/3 cups water
- 1/4 cup butter
- 1/4 teaspoon garlic powder
- 2/3 cup milk
- 2 cups dry mashed potatoes



Source: Internet

- Heat oven to 375°F. In 12 inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Set 12 peas from frozen veggies aside for garnish. Add remaining veggies, tomatoes and gravy to beef mixture. Heat to boiling. Reduce heat to med-low. Cover and cook 8 to 10 mins, stirring occasionally, until veggies are crisp-tender.
- Meanwhile, in 2 qt saucepan, heat water, butter and garlic powder to boiling. Remove from heat; add milk. Stir in dry potatoes; blend well.
- Spoon beef mixture into ungreased 8 inch glass baking dish. With large spoon, make 6 mounds of potato on top of beef to look like ghosts. Place 2 reserved peas on each mound to look like eyes. Bake 20 to 25 minutes or until potatoes are set and mixture is hot.













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# New England Clam Chowder

Prep Time: 50 minutes total How many:8 servings Ingredients:

- 4 slices bacon
- 1/2 cup chopped onion
- 3 potatoes, peeled, cubed
- 1 tbsp all-purpose flour
- 1 cup bottled clam juice
- 1 cup half & half
- 2 (6 oz) cans minced clams
- Salt and pepper to taste
- 1/2 cup heavy cream (optional)
- 2 tbsp fresh parsley, chopped
- Celery and carrots (optional) chopped



Source: All recipes (internet)

- Fry bacon in large saucepan until crisp (~10 mins). Drain on paper towels, reserving fat in pan; crumble and set aside.
- In same saucepan with bacon fat, sauté the onion and potatoes for 3-5 minutes.
- Make roux with butter and flour. Cook for 5 minutes, then set aside.
- Pour clam juice into vegetable mixture and bring to boil. Reduce to low and simmer for 15 minutes, or until potatoes are tender.
- Whisk roux into the half & half and heavy cream, season with s&p, add clams, add all to soup mixture and allow to heat through for ~5 minutes. Garnish with parsley and crumbled bacon. (If cream was used, do not allow to boil.)













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## Fresh Cornish Game Hens

Prep Time: 85 minutes total How many: ~6 servings Ingredients:

- 1 tbsp salt
- 2 tbsp lemon pepper
- 1 tbsp dried basil
- 1 tbsp poultry seasoning
- 2 tbsp olive oil
- 6 game hens (1/2 lb. ea) rinsed, dried
- 1 green bell pepper, large; dice thoroughly
- 2 stalks celery, diced
- 1 onion, large; diced



Source: Internet

## Instructions:

- Preheat oven to 375^F
- In small bowl, mix salt, lemon pepper, basil, and poultry seasoning. Rub olive oil on the hens and season with the mixture. Place on baking sheet with lots of space between them. (May need 2 pans) Loosely stuff with pepper, celery, and onion.
- Roast in oven for ~1 hour. (Thermometer reads 165^F and juices run clear) Remove from oven, tent with foil, and let rest for 10 minutes before carving or serving.

Tip- Don't crowd hens because the skin won't crisp right and they will take longer to cook.

Tip- Line pan with foil under a wire rack for easy clean up afterward.













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# Cornish Game Hens with Garlic and Rosemary

Prep Time: 65 minutes total How many:8 servings Ingredients:

- 8 Cornish game hens
- Salt & Pepper to taste
- 2 lemons, quartered
- 8 sprigs fresh rosemary
- 1/4 cup & 2 tbsp olive oil
- 48 cloves garlic
- 2/3 cup white wine
- 2/3 cup low sodium chicken broth
- For garnish, sprigs of rosemary



Source: All recipes (internet)

- Preheat oven to 450^F.
- Rub hens with 2 tbsp olive oil. Lightly season with s&p. Place 1 lemon wedge and 1 sprig rosemary in each game hen cavity. Arrange in a large heavy roasting pan and arrange garlic cloves around hens. Roast in oven for 25 minutes.
- Reduce temperature to 350<sup>r</sup>F. In mixing bowl, whisk together wine, broth, and remaining 2 tbsp oil; pour over hens. Continue to roast about 25 minutes longer, or until golden brown. Baste every 10 minutes with juice from pan.
- Transfer hens to platter, pouring any cavity juices into the roasting pan. Tent hens with foil to keep warm. Transfer pan juices and cloves to sauce pan and boil until liquids reduce to a sauce consistency ~6 minutes. Cut hens in half lengthwise and arrange on plates. Spoon sauce and garlic around hens. Garnish with rosemary and serve.













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# Meatloaf

Prep Time: 75 minutes total How many:Lots Ingredients:

- 1 1/2 lb ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- Salt & Pepper to taste
- 2 tbsp brown sugar
- 2 tbsp prepared mustard
- 1/3 cup ketchup



Source: All recipes (internet)

- 1 Preheat oven to 350^F.
- In large bowl, combine beef, egg, onion, milk, and bread or cracker crumbs. Season with s&p and place in lightly greased 5X9 loaf pan, or form into a loaf and place in a lightly greased 9X13 baking dish.
- In separate bowl, combine sugar, mustard, and ketchup. Mix well and pour over meatloaf.
- A Bake at 350°F for 1 hour.













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## Coach's Chili

Prep Time: 2 hours How many:10-12 servings Ingredients:

- 3 ob ground beef
- 4 tbsp oil
- 2 cups chopped onion
- 2 tbsp garlic, finely chopped
- 1-2 tbsp chili powder
- 1 green pepper, chopped
- 2 stalks celery, chopped
- 2 tsp Worcestershire sauce
- 5 whole cloves
- 1 tbsp sugar
- 1/2 tsp red pepper flakes OR 1/2 tsp tobasco
- 1 6 oz can tomato paste OR 2 8 oz cans tomato sauce
- 1 tsp oregano
- 3 tsp paprika
- 1/2 tsp pepper
- 1 bay leaf
- 1 10 1/2 oz can undiluted beef broth
- 1 28 oz can tomatoes
- 2 tsp salt
- 2 15 oz cans kidney beans, drained
- 2 tbsp green chili powder (optional)
- 2 tsp cumin (optional)
- Dash cinnamon (optional)



Source: Mom and Dad

- In skillet, heat oil. Cook meat on high for 2-3 minutes.
- With slotted spoon, place meat in a 4 qt casserole dish or Dutch oven. Add the rest of the oil to the skillet. Cook onion, garlic, pepper, and celery 4-5 minutes. Stir frequently.
- 3 Remove skillet from heat. Add chili powder and pepper flakes and stir until onions are coated with the mix. Add tomato paste. Pour in beef stock and the rest of the ingredients except the beans. Stir thoroughly and combine with the meat in the casserole dish.
- Bring to boil, stirring once or twice. Half cover pot and put on low heat; simmer for 1 1/2 hours.
- Leftovers can be refrigerated; may prefer to skim the fat off the top.













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# Chicken Piccata

Prep Time: ~45 How many:4 servings Ingredients:

- 4 pcs chicken breasts
- Couple cups flour
- Olive oil
- 4 tbsp butter
- S&p
- 1/3 cup lemon juice
- 1/4 cup capers, rinsed
- 1/2 cup chicken stock



Source: Alan

- Butterfly the chicken breasts.
- 2 Butter the chicken, add salt and pepper, and dredge in flour until well coated.
- Add 2 tbsp butter and olive oil in skillet over medium heat until it's sizzling. Cook chicken. Repeat for all breasts.
- Place chicken aside on a plate. Add lemon juice, capers, and chicken stock to skillet. Scrape up brown bits for flavor and boil. Check for seasoning, then add chicken back in. Simmer for 5 minutes.
- Remove chicken from skillet again. Add 2 tbsp to skillet and whisk vigorously. Pour over chicken on the plates, garnish if desired, and serve.













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# **Pasties**

Prep Time: 75 minutes How many: 8 servings Ingredients:

- 1 stick of butter Or
- 1 stick of shortening
- 4-5 cups flour
- 1 tbsp salt
- Water enough to make dough



Source: Alisha Mulder

- Preheat oven to 350<sup>^</sup>F. Cut butter or shortening into flour with 2 knives or pastry cutter until flour forms round pea-sized balls. Don't over-mix or it will become tough. Add water until dough clumps together. If too sticky add more flour.
- 2 Divide into 8 balls. Make round 'things' and flatten out with rolling pin or hands.
- Fill with meat, veggies, or other fillings prepared separately. Fold over and pinch edges together. (Use water around edges of dough, fold, then crimp together with fork.)
- Bake at 350<sup>^</sup>F for about 45 minutes.













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# Thai Chicken and Cellophane Noodles

Prep Time: 45 minutes How many:4-6 Ingredients:

- 1 pkg 3 3/4 oz cellophane noodles
- 1 lb skinless boneless breast halves or thighs
- 2 tbsp vegetable oil
- 1 cup thinly sliced carrots
- 4 Serrano chilies, seeded and finely chopped
- 2 cups shredded Chinese cabbage
- 1 cup diagonally sliced celery
- 3 green onions with tops cut into 2 inch pieces
- 1/3 cup fish sauce or soy sauce
- 2 tsp finely shredded lime peel



Source: Dizzy Nordstrom

- Cover noodles with cold water. Let stand 20 minutes; drain. Cut into 3-4 inch pieces. Cut chicken into thin slices.
- Heat wok or 12 inch skillet until hot. Ad oil and tilt to coat sides. Add chicken, carrots, and chilies. Stir fry about 4 minutes or until chicken is white and remove from wok.
- Add cabbage, celery, and onions; stir fry one minute.
- Stir in chicken, noodles, and remaining ingredients. Stir fry one minute or until hot.













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# Strawberry Pie

Prep Time: 60 min (3 hrs cooling time) How many:10 or so Ingredients:

#### Pastry:

- 1 cup flour
- 1/2 tsp salt
- 1/3 cup and 1 tbsp shortening
- 2 to 3 tbsp cold water

## Filling:

- 1 1/2 qt (6 cups) strawberries, hulled
- 1 cup sugar
- 2 tbsp cornstarch
- 1/2 cup water
- 1 pckg 3 oz cream cheese, softened
- 1 tsp grated lemon peel



Source: Betty Crocker

- Mix flour and salt. Cut in shortening until particles are size of peas. Sprinkle with water a bit at a time, tossing with fork, until dough is moistened and almost cleans the sides of the bowl.
- Gather into a ball. Shape into a flattened round, cover with saran wrap; refrigerate for 45 minutes.
- Heat oven to 475^F. Roll dough flat with floured rolling pin. Ease into pie plate. Trim, fold, roll, and/or flute edges. Prick bottom and sides of pastry with fork. Bake 8-10 minutes until crust is a light brown color and put on cooling rack.
- Mash enough strawberries to equal 1 cup. In a 2 qt saucepan, mix sugar and cornstarch. Gradually stir in 1/2 cup water and the mashed strawberries. (Can add some red food coloring if desired.) Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir for one minute; cool.
- Beat cream cheese and lemon peel until smooth. Spread evenly in pie crust. Top with remaining berries. Pour berry mixture over top. Refrigerate for 3 hours or until well set. Store in refrigerator. Serve with whipped cream and/or ice cream.





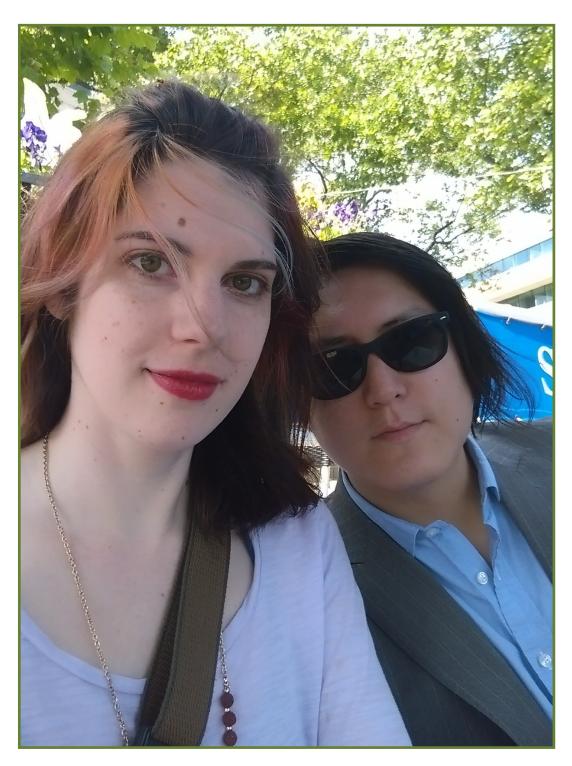








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Hope you enjoyed cooking with us!