

Hot Corn Dip



Ingredients

- * 2 tablespoons unsalted butter
- * 3 1/2 cups corn kernels (from 4 ears fresh white or yellow corn)
- * 1/2 teaspoon salt
- * 1/8 teaspoon freshly ground black pepper
- * 1 cup finely chopped yellow onions
- * 1/2 cup finely chopped red bell peppers
- * 1/4 cup chopped green onions (green and white parts)
- * 1 jalapeno, seeded and minced
- * 2 teaspoons minced garlic
- * 1/2 to 1 cup mayonnaise
- * 4 ounces monterey jack or cheddar, shredded
- * 4 ounces sharp cheddar, shredded
- * 1/4 teaspoon cayenne
- * Tortilla chips, for dipping

Preheat the oven to 350 degrees F.

Melt 1 tablespoon of the butter in a large heavy skillet over medium-high heat. Add the corn, salt, and pepper. Cook, stirring occasionally, until the kernels turn deep golden brown, about 5 minutes. Transfer to a bowl. Melt the remaining tablespoon of butter in the skillet. Add the onions and bell peppers and cook, stirring often, until the onions are wilted, about 2 minutes. Add the green onions, jalapeno, and garlic and cook, stirring, for 2 minutes, or until the vegetables are softened. Transfer to the bowl with the corn. Add the mayonnaise, 1/2 of the monterey jack and half of the cheddar, and the cayenne and mix well. Pour into an 8-inch square baking dish and sprinkle the remaining cheese on top. Bake until bubbly and golden brown, 10 to 12 minutes. Serve hot with the chips

Tostada Pizza



Ingredients

- * 1 pound lean ground beef
- * 3/4 cup water
- * 1 4-ounce can diced green chile peppers, drained
- * 1/2 of a 1-1/2-ounce envelope (about 2 tablespoons) taco seasoning mix
- * 1 teaspoon chili powder
- * 1 tablespoon cornmeal
- * 1 10-ounce package refrigerated pizza dough
- * 1 15-ounce can pinto beans with jalapeño peppers, rinsed and drained
- * 1 cup shredded cheddar or Monterey Jack cheese (4 ounces)
- * 1 cup shredded lettuce
- * 1 medium tomato, chopped
- * 1/2 cup thinly sliced green onions (4)
- * Bottled taco sauce (optional)

1. In a large skillet cook ground beef until brown. Drain off fat. Stir in the water, chile peppers, taco seasoning mix, and chili powder. Bring to boiling; reduce heat. Simmer, uncovered, 15 to 20 minutes or until most of the liquid is gone.

2. Meanwhile, grease a baking sheet and sprinkle with the cornmeal. Pat pizza dough into a 12x8-inch rectangle on the baking sheet. Bake in a 400 degree F oven for 5 minutes.

3. In a small bowl mash pinto beans with a fork. Spread beans over partially baked dough to within 1/2 inch of edges. Spoon meat mixture over beans. Bake, uncovered, 10 minutes more or until crust is just golden. Sprinkle with the cheese. Bake 1 to 2 minutes more or until cheese is melted. Top with lettuce, tomato, and green onions. If desired, serve with taco sauce. Makes 6 servings.

Sweet and Sour Meatballs



Ingredients

- Meatballs (I buy pre-cooked frozen meatballs, usually Turkey)
- 1 tsp. oil
- 1 cup pineapple juice (I buy the dole 6-pack and keep in cupboard)
- 1/3 cup water
- 1 T Vinegar
- 1 T Soy Sauce
- 1/2 cup brown sugar
- 3 T cornstarch
- 1 can crushed pineapple
- 1 large green pepper, cut in squares

Microwave meatballs to cook. I usually cut up the meatballs in pieces and brown in the pan, but that's not necessary if you're happy with them straight out of the microwave. Set aside.

Mix oil, pineapple juice, water, vinegar, soy sauce, brown sugar, cornstarch, and heat. It will thicken in 1-2 minutes. Add meatballs, crushed pineapple and pepper. Serve over rice.

Easy Crock Pot Chili



Ingredients

- 12 oz. ground beef
- 1 c chopped onion
- 1/2 c chopped green bell peppers
- 14oz. can diced/stewed tomatoes
- 15 oz. can dark red kidney beans (rinsed and drained)
- 8 oz. can tomato sauce
- 1/2 can drained corn
- 1 pkg. chili seasoning

Brown meat and drain fat. Put all ingredients in crock pot and cook over low heat 4-8+ hours. I usually add enough water so it's the consistency I like, and so it doesn't dry out in the crock pot. You can pretty much add anything you want.

Almond Chicken Dijon



- 4 boneless skinless chicken breast fillets
- 2 tablespoons Dijon mustard
- 2 tablespoons mayonnaise
- 1/2 cup almonds, chopped

Preheat oven to 375°F. Place chicken in a lightly greased baking pan. Blend mustard and mayo together and spread on top of chicken. Top with almonds. Bake for 20-25 minutes, or until chicken is cooked.

Swiss Cheese Chicken



- 6 pieces of chicken
- 1 can cream of chicken soup
- 1 cup sour cream
- 6 slices of swiss cheese (I buy this and keep in the freezer just for this dish)
- 1 box chicken stovetop stuffing (I've used crushed up croutons)

Lay chicken out in 9x13" pan. Put slice of cheese on each piece of chicken. Mix soup and sour cream and spread on top of chicken. Sprinkle stuffing on top. Cover and bake at 350 for an hour or until cooked through.

Easy Crock Pot Beef Stew



5-7lb. chuck roast (I buy stew meat and make into smaller pieces)
1 can corn drained
1 can peas drained
1 can green beans drained
carrot slices
1 29 oz. can whole/sliced canned potatoes
1 14.5oz. can Del Monte diced tomatoes with basil garlic and oregano
1 large white onion chopped
1 beef stew seasoning packet
beef bullion cubes (1 per 1c water added)
garlic salt and pepper to taste
4-6 cup warm water

Slice off excess fat from chuck and cut into bite sized pieces. Add all ingredients to crock-pot. Set crock pot to high and cook until veggies are tender and meat is cooked through.

Crock Pot Crazy Chicken



10 ounce jar apricot jam or preserves
10 ounce bottle Thousand Island dressing
1 package dry onion soup mix
4 to 6 chicken breasts

Put all ingredients in crock pot and cook low for 6 hours.

Creamy Ranch Chicken



- 6 slices bacon (I use pre-cooked bacon pieces)
- 4 skinless, boneless chicken breast halves, cut into bite-size pieces
- 2 Tbsp. all-purpose flour
- 2 Tbsp. ranch dry salad dressing mix
- 1-1/4 cups whole milk (I've used non-fat milk, and it's less creamy, but healthier and still yummy)
- 3 cups dried medium noodles
- 1 Tbsp. finely shredded Parmesan cheese

Directions

1. Cut bacon into narrow strips. In a large skillet cook bacon over medium heat until crisp. Drain bacon on paper towels; discard all but 2 tablespoons drippings.
2. In the same skillet cook chicken in reserved drippings until tender and no longer pink, turning to brown evenly. Sprinkle flour and salad dressing mix over the chicken in the skillet; stir well. Stir in milk. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in bacon. Meanwhile, cook noodles according to package directions. Serve chicken mixture with noodles; sprinkle with Parmesan. Makes: 4 servings

Lemon Mustard Chicken



- * 2-1/2 to 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks)
- * 2 tablespoons cooking oil
- * 1 tablespoon Dijon-style mustard
- * 1 tablespoon lemon juice
- * 1-1/2 teaspoons lemon-pepper seasoning
- * 1 teaspoon dried oregano or basil, crushed
- * 1/8 teaspoon cayenne pepper

Directions

1. Skin chicken. Place chicken pieces, bone side up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 15 to 20 minutes or until light brown.
2. Meanwhile, in a bowl stir together oil, mustard, lemon juice, lemon-pepper seasoning, oregano, and cayenne pepper. Brush mustard mixture on chicken. Turn chicken; brush with remaining mixture. Broil for 5 to 15 minutes more or until chicken is no longer pink (170 degrees F for breasts; 180 degrees F for thighs and drumsticks). Makes 6 servings.

Beef Stroganoff



Ingredients

- * 12 ounces boneless beef sirloin steak
- * 1 8-ounce carton dairy sour cream
- * 2 tablespoons all-purpose flour
- * 1/2 cup water
- * 2 teaspoons instant beef bouillon granules
- * 1/4 teaspoon black pepper
- * 2 cups sliced fresh mushrooms (we don't do these – ew)
- * 1/2 cup chopped onion (1 medium)
- * 1 clove garlic, minced
- * 2 tablespoons butter or margarine
- * 2 cups hot cooked noodles

Directions

1. If desired, partially freeze beef for easier slicing. Trim fat from meat. Thinly slice meat across the grain into bite-size strips. In a small bowl stir together sour cream and flour. Stir in water, bouillon granules, and pepper; set aside.
2. In a large skillet cook and stir the meat, mushrooms, onion, and garlic in hot butter over medium-high heat for 5 minutes or until desired doneness. Drain off fat.
3. Stir sour cream mixture into skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve over noodles.
4. Makes 4 servings

Easy Beef Fajitas



- 1 pack stir fry beef
- 1 bell pepper cut into strips
- 1 onion cut into strips
- 1 can brown gravy

Cook beef until cooked throughout. Add pepper, onion and gravy and cook. Add water if you'd like it thinner. Serve on tortillas.