

Yum food

Logan

November 19, 2023







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Chapter 1

Meal Prep

Korean Ground Beef

 1 min  15 min  X°F, 15 min  X min  4 

Ingredients

2lb ground beef
4 tsp Garlic Powder
1 tbspg ginger
2 tsp sesame oil
1/2 cup soy sauce
1/3 cup (light) brown sugar
1/4 tsp crushed red pepper
2 (green / yellow) onions
2 cups (spanish) rice

Steps

- 1 cook rice in instant pot
- 2 put ground beef in pan and cook till brown
- 3 mix garlic powder, ginger, sesame oil, soy sauce, brown sugar, crushed red pepper, and onions and add to pan



onions can be replaced with jalapeno and sweet peppers; beef/ingred ratio needs fixed



. KOREAN GROUND BEEF

Arroz Con Pollo



10 min



20 min



4

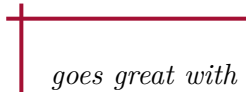


Ingredients

4 tbsp olive oil
3 chicken breasts
2 tsp salt
1/4 tsp black pepper
1 chopped onion
1 chopped green pepper
1 chopped red pepper
3 tsp garlic powder
2 cups rice
2 tsp cumin
2.5 cups hot water

Steps

- 1 cook chicken in a pan till ready
- 2 cook peppers and onions in a pan till ready
- 3 cook rice in instant pot (add chicken and peppers and onions to instant pot)



goes great with shredded cheese and burrito shells



. ARROZ CON POLLO

Chapter 2

Dessert

Peanut Butter Pie



20 min



0 min



20 min



6

Ingredients

.5 cup peanut butter
.5 cup powdered sugar
1 block cream cheese
1 container cool whip
1 Graham cracker crust

Steps

- 1 throw in a bowl and blend it
- 2 kapeesh kapoosh kapash



. PEANUT BUTTER PIE

Babe Ruth Bars



5 min



5 min



15 min



12

Ingredients

1 cup sugar
1 cup corn syrup
1.5 cup peanut butter
4 cup rice crispies
1 cup chocolate chips
1 cup butterscotch chips

Steps

- 1 Bring to a boil the sugar and corn syrup.
- 2 Add peanut butter and rice crispies.
- 3 Press into 9x13 pan.
- 4 Melt chocolate chips and butterscotch chips. Spread on top



. BABE RUTH BARS

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