

Yum food

Logan

November 18, 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 tbsp 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

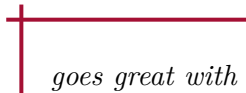


## Ingredients

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 that shit 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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