

## **Weekday Beef Stew**

### **INGREDIENTS**

- 1 sheet frozen puff pastry, thawed
- 1 package (15 ounces) refrigerated beef roast au jus
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 package (16 ounces) frozen vegetables for stew
- 3/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1-1/4 cups water

### **DIRECTIONS**

- Preheat oven to 400°. Unfold puff pastry. Using a 4-in. round cookie cutter, cut out 4 circles. Place 2 in. apart on a greased baking sheet. Bake until golden brown, 14-16 minutes.
- Meanwhile, shred beef with 2 forks; transfer to a large saucepan. Add tomatoes, vegetables and pepper; bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into beef mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes.
- Ladle stew into 4 bowls; top each with a pastry round.

## **Weeknight Lazy Lasagna**

### **INGREDIENTS**

- 8 ounces uncooked lasagna noodles, broken into 2-inch pieces
- 1 cup part-skim ricotta cheese
- 1 cup shredded part-skim mozzarella cheese, divided
- 1/3 cup grated parmesan cheese
- 1 jar (24 ounces) pasta sauce with meat

### **DIRECTIONS**

1. Preheat oven to 400°. Cook lasagna noodles according to package directions. Meanwhile, in a large bowl, mix ricotta cheese, 1/2 cup mozzarella cheese and Parmesan cheese. Drain noodles well; stir into cheese mixture.
2. Spread 1 cup pasta sauce into a greased 11x7-in. baking dish. Layer with half of the noodle mixture and 1 cup sauce; layer with the remaining noodle mixture and sauce. Sprinkle with remaining cheese.
3. Cover with greased foil; bake until heated through, 10-15 minutes.

## **Easy Peasy Biscuits**

### **INGREDIENTS**

- 4 cups all-purpose flour
- 4 tablespoons baking powder

- 1 tablespoon sugar
- 1 tablespoon ground flaxseed
- 1 teaspoon sea salt
- 1 cup coconut oil, solid
- 1-1/2 cups 2% milk

#### **DIRECTIONS**

1. Preheat oven to 450°. In a large bowl, whisk flour, baking powder, sugar, flaxseed and salt. Add coconut oil and cut in with a pastry blender until mixture resembles coarse crumbs. Add milk; stir just until moistened.
2. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to a rectangle 1/2 in. thick; fold dough into thirds (as you would a letter). Pat or roll dough again into a rectangle 1/2 in. thick; cut with a pizza cutter or knife into 24 biscuits, each about 2-1/2 in. square. Place 1 1/2 in. apart on an ungreased baking sheet. Bake until light brown, 8-10 minutes. Serve warm.
3. **Freeze option:** Freeze cut biscuit dough on waxed paper-lined baking sheets until firm. Transfer to airtight containers; return to freezer. To use, bake biscuits as directed.
4. **Freeze option:** Freeze cooled baked biscuits in airtight containers. To use, heat in a preheated 350° oven 15-20 minutes.

## **PECAN PIE COBBLER**

#### **INGREDIENTS**

- 1/2 cup butter, cubed
- 1 cup plus 2 tablespoons all-purpose flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup 2% milk
- 1 teaspoon vanilla extract
- 1-1/2 cups coarsely chopped pecans
- 1 cup packed brown sugar
- 3/4 cup brickle toffee bits
- 1-1/2 cups boiling water
- Vanilla ice cream, optional

#### **DIRECTIONS**

1. Preheat oven to 350°. Place butter in a 13x9-in. baking pan; heat pan in oven 3-5 minutes or until butter is melted. Meanwhile, combine the flour, sugar, baking powder and salt. Stir in milk and vanilla until combined.
2. Remove baking pan from oven; add batter. Sprinkle with pecans, brown sugar and toffee bits. Slowly pour boiling water over top (do not stir). Bake, uncovered, until golden brown, 30-35 minutes. Cool on wire rack for 30 minutes (cobbler will thicken upon cooling). Serve warm and if desired, with ice cream.

## **Stovetop Cheeseburger Pasta**

## **INGREDIENTS**

- 1 package (16 ounces) penne pasta
- 1 pound ground beef
- 1/4 cup butter, cubed
- 1/2 cup all-purpose flour
- 2 cups 2% milk
- 1-1/4 cups beef broth
- 1 tablespoon Worcestershire sauce
- 3 teaspoons ground mustard
- 2 cans (14-1/2 ounces each) diced tomatoes, drained
- 4 green onions, chopped
- 3 cups shredded Colby-Monterey Jack cheese, divided
- 2/3 cup grated Parmesan cheese, divided

## **DIRECTIONS**

- Cook pasta according to package directions; drain.
- Meanwhile, in a Dutch oven, cook and crumble beef over medium heat until no longer pink, 5-7 minutes. Remove from pan with a slotted spoon; pour off drippings.
- In same pan, melt butter over low heat; stir in flour until smooth. Cook and stir until lightly browned, 2-3 minutes (do not burn). Gradually whisk in milk, broth, Worcestershire sauce and mustard. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Stir in tomatoes; return to a boil. Reduce heat; simmer, covered, 5 minutes.
- Stir in green onions, pasta and beef; heat through. Stir in half of the cheeses until melted. Sprinkle with remaining cheese; remove from heat. Let stand, covered, until melted.

# **Turkey Biscuit Skillet**

## **INGREDIENTS**

- 1 tablespoon butter
- 1/3 cup chopped onion
- 1/4 cup all-purpose flour
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 1/4 cup fat-free milk
- 1/8 teaspoon pepper
- 2 cups cubed cooked turkey breast
- 2 cups frozen peas and carrots (about 10 ounces), thawed
- 1 tube (12 ounces) refrigerated buttermilk biscuits, quartered

## **DIRECTIONS**

- Preheat oven to 400°. Melt butter in a 10-in. cast-iron or other ovenproof skillet over medium-high heat. Add onion; cook and stir until tender, 2-3 minutes.

- In a small bowl, mix flour, broth, milk and pepper until smooth; stir into pan. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add the turkey and frozen vegetables; heat through. Arrange biscuits over stew. Bake until biscuits are golden brown, 15-20 minutes.

## **Cheesy Chicken & Broccoli Orzo**

### **INGREDIENTS**

- 1-1/4 cups uncooked orzo pasta
- 2 packages (10 ounces each) frozen broccoli with cheese sauce
- 2 tablespoons butter
- 1-1/2 pounds boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 medium onion, chopped
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

### **DIRECTIONS**

- Cook orzo according to package directions. Meanwhile, heat broccoli with cheese sauce according to package directions.
- In a large skillet, heat butter over medium heat. Add chicken, onion, salt and pepper; cook and stir 6-8 minutes or until chicken is no longer pink and onion is tender. Drain orzo. Stir orzo and broccoli with cheese sauce into skillet; heat through.