Skillet chicken fajita

**For the Chicken Fajitas**

1 pound [Zaycon Fresh Chicken Breasts](http://reciperunner.com/skillet-chicken-fajitas/zayconfresh.com/refer/zf456195) , sliced thinly

2 tablespoons fresh cilantro or parsley if you don't like cilantro

2 teaspoons extra virgin olive oil

1 teaspoon dried oregano

1/2 teaspoon hot sauce (optional)

1/2 teaspoon chili powder

1/2 teaspoon kosher salt

1/4 teaspoon garlic powder

1/4 teaspoon ground cumin

Juice of half a lime

**For the Peppers and Onions**

2 teaspoons extra virgin olive oil

1 red bell pepper, thinly sliced

1 yellow bell pepper, thinly sliced

1/2 of a yellow onion, thinly sliced

1 teaspoon chili powder

1/2 teaspoon kosher salt

Instructions

In a large bowl combine all of the chicken fajita ingredients minus the lime juice and the pepper and onion ingredients.

Toss the thinly sliced chicken in the marinade until coated, cover, and refrigerate for 15-30 minutes.

Preheat a 12 inch cast iron skillet over high heat with 2 teaspoons of the oil.

When the skillet is hot add in the sliced peppers, onion, chili powder, and 1/2 teaspoon of salt

Saute the peppers and onions for about 4 minutes or until they are golden and have softened slightly.

Remove the peppers and onions from the skillet onto a plate and set aside.

Add another 2 teaspoons of oil to the hot skillet.

Add in the chicken fajita mixture and saute until the chicken is cooked through and no longer pink.

Add the peppers and onions back into the skillet along with the juice of half a lime.

Cook everything for another minute then serve immediately.

Serve the fajitas in lettuce cups or on tortillas and top with pico de gallo if desired.

Beef Stew

Preheat the oven to 350. In a pot, melt the 1 T butter in 1 T of the olive oil.

Cook over moderately high heat, turning occasionally, until browned on all sides, 8 minutes.

Add the chopped onion(1 cup) and garlic and cook over moderate heat, stirring occasionally, until the onion is softened, 5 minutes.

Add the flour(1 T) and stir to coat the meat with it.

Add the wine(750ml), bay leaves and thyme(sprig), season with S&P and bring to a boil, stirring to dissolve any brown bits.

Let this reduce to boil out alcohol.

Cover the casserole and transfer it to the oven. Cook the stew for 1 1/2 hours.

Meanwhile, in a saucepan, cover the pancetta with 2 cups of water and bring to a boil. Reduce the heat and simmer for 30 minutes.

Drain the pancetta and slice it 1/2 inch thick, then cut the slices into 1-inch-wide lardons.

In a large skillet, combine the pancetta(5oz), 15 each of: pearl onions, cremini mushrooms and baby carrots.

Add the remaining 1 tablespoon of olive oil, 1/4 cup of water and a large pinch each of sugar, salt and pepper.

Bring to a boil, cover and simmer until almost all of the water has evaporated, 15 minutes.

Uncover and cook over high heat, tossing, until the vegetables are tender and nicely browned, about 4 minutes.

To serve, stir some of the vegetables and lardons into the stew and scatter the rest on top as a garnish.

STIR-FRIED PORK with RICE

Brown cubed ½ inch pork + soy, syrup +rice, veggie +oranges

1 lb boneless pork chops

11 oz manderian orange

2 T soy sauce

8.8 oz 90 sec brown rice

2 cups frozen veggie

Spiedies  
4 pounds lamb (or pork or chicken) cubed  
1/2 cup olive oil  
1/2 cup vinegar (we used cider vinegar)  
2 1/2 teaspoons garlic powder  
1/2 teaspoon pepper  
1 teaspoon salt  
1 teaspoon dried basil  
1 teaspoon dried parsley  
2 teaspoons dried mint flakes  
1 tablespoon rosemary  
1 teaspoon celery salt

Taco Casserole

* 2 Medium-large Sweet Potatoes
* 1 pound Lean Ground Beef
* 1 Large Onion, Diced
* 3 cloves (Large) Garlic, Minced
* 1 Large Red Bell Pepper, Diced
* 1 cup Frozen Corn Kernels
* 1 can (15 Oz. Size) Black Beans, Rinsed And Drained
* 1 can (14 1/2 Oz. Size) Diced Fire-roasted Tomatoes (Do Not Drain)
* 2 cups Chunky Salsa
* 2 teaspoons Chili Powder
* 2 teaspoons Ground Cumin
* 1 teaspoon Smoked Paprika
* 1 teaspoon Dried Mexican Oregano
* 1/4 teaspoon Cayenne Pepper (or More To Taste)
* 1/2 teaspoon Kosher Salt
* 1/4 teaspoon Ground Black Pepper
* Thick Corn Tortilla Chips, As Needed
* 8 ounces, weight Shredded Mexican Cheese Blend
* 4 ounces, weight Shredded Pepper Jack Cheese
* Sliced Green Onion And Chopped Cilantro, For Garnish (optional)
* Salsa, Guacamole, Sour Cream, To Serve (optional)

#### Instructions

#### Preheat oven to 375°F. Lightly spray a 9 x 13 baking dish with nonstick spray and set aside. Peel and spiralize sweet potatoes, chopping just a bit to shorten very long strands. If you don't have a spiralizer, just dice the sweet potato into small cubes. Set aside. In an extra-large skillet over medium to medium-high heat, brown beef with onion, breaking up any large chunks and stirring occasionally. When the pink color is almost gone from the beef, stir in garlic and cook for another 2 minutes. Stir in red pepper, corn, and sweet potato. Then add the beans, tomatoes, salsa, chili powder, cumin, paprika, oregano, cayenne pepper, salt, and black pepper, folding to combine. Turn heat down just a bit to medium and cook for about 15 minutes, stirring a few times. If you are using diced sweet potatoes rather than spiralized, you will need to cook this a bit longer. Just make sure that the sweet potato has softened. Spread 2 cups of the beef mixture into the bottom of the prepared baking dish. Layer tortilla chips on top, slightly overlapping the chips. Drop half of the remaining beef mixture  by spoonfuls over the chips, and then spread it out into an even layer. Sprinkle half the Mexican cheese and half the pepper jack cheese over the beef mixture. Top with another layer of tortilla chips, followed by the remaining beef mixture and then the cheeses. Cover pan loosely with foil (so the foil doesn't touch the cheese) and cook for about 30 minutes, or until cheese is melted and the casserole is heated throughout. Remove foil, place pan under broiler, and broil until cheese is browned to your liking. Remove from oven and top with optional green onion and/or cilantro. Serve immediately with optional sour cream, guacamole, and/or salsa on the side.

KIlbasa

Get a deep sauce pan that has a lid. Cut up 50/50 mixture of cabbage and vidalia onion extremely thin. Put it in the pan and add one or two hot peppers. Pour in one bottle of beer and 3 table spoons of sugar. Add the Kielbasa on top. Cover and simmer for at least 3 hours. They will be fork tender.

Or

2 small jars of current jelly and 2 tablespoons of yella mustard – crockpot.

Meatballs

In this recipe, you will find that we add the water, cheese and breadcrumbs in layers, which allows the breadcrumbs to be separate from the water. If you add the water, then breadcrumbs ... by the time you get started to mix, the water will be absorbed into the bread and will be hard to mix and dry, which also makes it hard to roll. The longer the meatballs simmer in the sauce, the softer they will be inside and also have the crust from them being fried. **Note:** If possible, ask your butcher to ground the beef, pork and veal together. The pork can be omitted for either beef or veal in same amount of a 1/4 pound.

**Ingredients**

* **Rao's Marinara Sauce**
  + Four 28-ounce cans whole tomatoes with basil, preferably from San Marzano
  + 1/2 cup olive oil
  + 6 tablespoons minced onion
  + 4 cloves garlic, peeled and minced
  + Coarse salt
  + 12 leaves fresh basil, torn (optional)
  + Pinch of dried oregano
  + Freshly ground pepper
* **Rao's Meatballs**
  + 1½ pounds ground beef
  + 1/4 pound ground pork
  + 1/4 pound ground veal
  + 3 cloves minced garlic
  + 1½ tablespoon chopped Italian parsley
  + Salt and pepper to taste
  + 2 eggs
  + 1/2 cup water
  + 1¼ cups grated Pecorino Romano cheese
  + 1/2 cup plain breadcrumbs
  + 2 cups vegetable oil for frying (optional)

**Preparation**

**For Rao's Marinara Sauce:**

Remove tomatoes from cans and place in a large bowl, reserving juices. Using your hands, crush the tomatoes. Remove and discard the hard core from stem end and any skin and tough membrane. Set aside.

Place the oil in a large, nonreactive saucepan over medium-low heat. Add the onion and cook until soft and just beginning to brown, about 3 minutes. Stir in garlic and cook until softened, about 30 seconds. Stir in the tomatoes and the reserved juices. Season with salt. Increase heat and bring to a boil. Immediately reduce heat to low and simmer until slightly thickened, about 1 hour.

Stir in basil, if using, oregano, and season with pepper. Continue cooking 1 minute more. Remove from heat and serve.

**For Rao's Meatballs:**

In a large bowl, combine the three ground meats. Mince clove garlic and add to meat mixture, spreading the meat in bowl as if you're making a well. Then add the parsley, salt, pepper and eggs followed by the water. Begin to sprinkle the cheese on top of the water as if covering it, and then sprinkle the breadcrumbs over the cheese.

After all ingredients are added, mix from the outside of the bowl towards the middle, rotating the bowl as you mix until well combined. When finished, shape mixture into the desired size that you prefer.

The meatballs can then be baked or fried.

Baking: Place the meatballs on a cookie sheet and bake at 350° for 25 to 30 minutes. Take off of pan and add into marinara sauce and simmer over low heat.

Frying: In a medium sauté pan, add the oil over medium high heat. When the oil is hot add the meatballs into the pan and cook till golden brown on both sides for approximately 6 to 7 minutes each side. Take out of pan and add into marinara sauce and simmer over low heat.

When finished, plate and top with more marinara sauce. Serve.

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Pork Cutlets

**Ingredients**

* 2-3lb pork tenderloin
* 1/2 cup all purpose flour or panko
* 1 tsp kosher salt
* 1 tsp ground black pepper
* 1/2 tsp smoked paprika
* 1 cup plain bread crumbs
* 3 XL eggs plus 3 tsp water
* 1/3 cup avocado or canola oil, divided into Tbl increments

**Instructions**

1. Preheat oven to 350F with the rack in the middle.
2. Cut the tenderloin crosswise into 2" rounds.
3. Places each piece between two sheets of plastic wrap and gently pound until they are thin cutlets (less than 1/4” thick).
4. Set up your station with 3 separate pie pans.
5. In the first pie pan place the flour, salt, pepper and paprika and gently mix.
6. In the middle pie pan add the eggs and water whisking to combine.
7. In the last pie pan place the bread crumbs.
8. In a medium non-stick skillet over medium heat add 2 Tbl of oil.
9. Once the oil starts to shimmer, dredge a cutlet in flour coating all sides.
10. Next dip it in the egg flipping to get all sides wet.
11. Gently lift up letting the excess egg drip off.
12. Place the cutlet in the breadcrumbs and coat all sides. At this point you can coat a few and cook all at once being sure you do not crowd the pan.
13. Gently place the cutlets in the hot oil cooking each side about 3-4 minutes or until each side is golden brown.
14. Continue coating and cooking in batches until they are all pan-seared.
15. You will need to add more oil as you cook.
16. Either in a large roasting pan (that has a lid) with a rack in the bottom or a large dutch oven that has a lid (if you can fit a rack in it great, if not it’s OK) take about 2-4’ of aluminum foil and crumble it up like a snake. You want to rest this on top of the rack or the bottom of the dutch oven. The goal here is to have the food be elevated at least 1” above the bottom of the pan.
17. Place about 1/2-1 cup of water at the bottom of the pan. The foil or rack can sit it but the water cannot go over top of the foil or touch the cutlets.
18. Take the pan-seared cutlets and place them on top of the foil. It's okay to stack them if you made a lot. You just don’t want them to touch the water.
19. Cover the roaster or pan very tightly with foil and the lid. You want to steam these now. This is the trick to get them ridiculously tender.
20. Bake for 40 minutes.
21. Remove from the oven and gently remove.

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