

Patrick's Cookbook

Patrick Morgan

2024 Edition - November

Contents

1	DESSERTS AND SNACKS	5
	Canned Cherries with Light Syrup	6
	Kettle Corn	7
	Peanut Butter Cookies	8
	Pumpkin Pie	9
	Rice Krispies Treats	10
	Sweet and Saltines	11
2	ENTREES	13
	Beef Pot Roast	14
	Breakfast Burritos	15
	Breakfast Burritos (Easy Mode)	16
	Cheesy Bacon Hash Brown Casserole	17
	Chicken-Broccoli-Rice Casserole	18
	Coq au Riesling	19
	Extreme Mac and Cheese	20
	Hatch Green Chile Chicken Enchiladas	21
	King Ranch Casserole	23
	Korean BBQ Drumsticks (Slow Cooker)	24
	Lime and Cilantro Rice	25
3	SEASONINGS	27
	Mexican Spice Blend	28
4	SIDES	29
	Green Bean Casserole	30
5	SOUPS	31
	Hungarian Mushroom Soup	32
	Italian Sausage Soup	33
	Tuscan Zuppa Soup	34

Chapter I

DESSERTS AND SNACKS

Canned Cherries with Light Syrup

Ingredients

Cherries	10#	Vinegar	½ cup
Bottled lemon juice	2½ cups	Canning jars/lids/bands (quart)	7
Sugar	5 cups		
Water	25 cups		

Instructions

1. **Prepare the equipment:** Sterilize 7 quart jars and an equal number of lids and bands in boiling water. Check the pressure canner for proper operation, including the seal and vent.
2. **Prepare the cherries:** Wash and pit **10# of cherries**. Prepare a solution with **2½ cups of bottled lemon juice** and **10+ cups of water**. Soak the cherries for **10 minutes** to help preserve their color and flavor.
3. **Prepare the syrup:** Combine **5 cups of sugar** with **10 cups of water** in a large saucepan. Heat at **medium-high** until the sugar is completely dissolved, **stirring occasionally** to prevent sticking.
4. **Pack the jars:** Evenly distribute the prepared cherries into the sterilized jars. Pour the **hot syrup** over the **cherries**, ensuring each jar is filled while leaving approximately **one inch of headspace**. Use a non-metallic spatula to gently stir inside the jars to **remove any trapped air bubbles**.
5. **Place lids:** Wet a clean lint-free with **vinegar** to clean and dry the jar rims. Apply lids and rings, then tighten lightly with fingertips. (Always use new lids!)
6. **Process in canner:** Place the filled jars on the rack inside the pressure canner. Add water as per the canner's instructions, usually around 2-3 inches. Secure the lid and heat until steam flows freely from the vent. Continue to **vent for 10 minutes**, then close the vent and attach the pressure regulator weight. Process the jars at **10-15 pounds of pressure** (adjusted for altitude) for **10 minutes**.
7. **Cool down and store:** Turn off the heat and let the pressure canner **cool naturally** until the pressure gauge reads zero. Carefully remove the jars using a jar lifter and place them on a towel or cooling rack, avoiding drafty areas. After 12-24 hours, check that each jar is sealed by pressing the center of the lid; it should not flex up or down. Label the jars with the canning date and store in a cool, dark place.

Kettle Corn

This recipe is for a 3 quart stir-type popcorn maker.

Ingredients

Popcorn	1/3 cup.	Mexican Vanilla	1/4 tsp.
Coconut Oil	2 Tbsp.	Butter	1/2 Tbsp.
Turbinado Sugar	3 Tbsp.	Salt	1/4-1/2 tsp.

Directions

1. Add **oil** and **vanilla** to popcorn maker plate.
2. Sprinkle in **popcorn** and **sugar**.
3. Thinly slice butter and place on dripping shelf.
4. Turn on popcorn maker.
5. Two or three times during popping, gently shake the popcorn maker side to side to dislodge stuck kernels. **TAKE CARE!**
6. When the pops slow to every 3 seconds, quickly turn off power and transfer popcorn to a large bowl.
7. Salt to taste.

Peanut Butter Cookies

Classic peanut butter cookies with a perfectly crisp exterior and soft center, finished with the traditional crisscross pattern.

Makes 2 dozen.

Ingredients

Peanut butter (JIF creamy)	1¼ cups	Mexican vanilla	1 tsp.
Eggs, large	2	Coarse salt	½ tsp.
Sugar	1 cup	Additional sugar for sprinkling	
Baking soda	1 tsp.		

Directions

Preheat oven to 350°F –

1. In a large bowl, combine **peanut butter, eggs, sugar, baking soda, Mexican vanilla**, and **salt** until well mixed.
 2. Using a 1¾" cookie scoop, drop dough onto ungreased cookie sheets, spacing balls 2 inches apart.
 3. Press each cookie with a fork twice, creating a crisscross pattern on top.
 4. Sprinkle cookies with additional **sugar**.
 5. Bake for *12-13 minutes* until edges are set. If baking two sheets at once, rotate their positions after *6 minutes*.
 6. Let cookies cool on cookie sheet for *3-5 minutes* before transferring to a wire rack.
-

Pumpkin Pie

Ingredients

Frozen Pie Crusts	2	Milk	½ cup
Cream Cheese	8 oz.	Butter (melted)	¼ cup
Canned Pumpkin	2 cups	Vanilla Extract	1 tsp.
Sugar	1 cup	Cinnamon, ground	½ tsp.
Salt	¼ tsp.	Ginger, ground	½ tsp.
1 egg, plus 2 yolks	3 eggs	Whipped Cream	1 cup
Heavy Cream	½ cup		

Directions

Preheat Oven to 350°F — Thaw **pie crusts** about **15 minutes** at room temperature — Lightly beat eggs

Pie Crusts

1. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell to the edges with dried beans.
2. Bake the **pie crusts** at 350°F for **10 minutes**, then remove the beans and foil and bake for another **5-10 minutes** until dried and beginning to color. Keep warm.

Filling

1. In a large mixing bowl beat the **cream cheese** with a hand mixer.
2. Add the **pumpkin**, then beat until combined.
3. Add the **sugar** and **salt**, then beat until combined.
4. Add the **eggs and yolks**, **milk**, **cream**, and **butter**, then beat until combined.
5. Add the **vanilla**, **cinnamon**, and **ginger**, then beat until combined.
6. Pour the filling into the pie crusts and loosely wrap the edges with aluminum foil to prevent burning.
7. Bake for **40 minutes** at 350°F
8. Remove foil from edges and bake for **10 minutes**, or until the center is set.
9. Cool on a wire rack until room temperature. Slice and serve topped with **whipped cream**.

Rice Krispies Treats

Ingredients

Salted butter (Kerrygold) 6 Tbsp
Small marshmallows 16 oz bag
Mexican vanilla extract 1 tsp
Rice Krispies cereal 6 cups

Directions

Use a **large pot** — Line a **9"×9" baking dish** with parchment paper

1. In the pot, melt **butter** over *medium-low* heat.
2. Add all but 1 cup of **marshmallows** to the melted butter.
3. Reduce heat to *low* and stir continuously until **marshmallows** are completely melted.
4. Remove from heat, add **vanilla extract** and stir to combine.
5. Add **Rice Krispies cereal** and remaining 1 cup **marshmallows**, stirring until well combined.
6. Pour the mixture into the prepared **baking dish**, spreading it evenly.
7. Allow to cool for *1 hour* before cutting into squares.
8. Store at room temperature away from light and heat.

Note: These treats taste best after 2 days.

Sweet and Saltines

Ingredients

Saltine crackers	2-3 sleeves	Lindt milk chocolate bars	8 oz
Kerrygold butter	2 sticks (1 cup)	Crushed nuts or pretzels	¼ cup
Light brown sugar	1 cup	Cooking spray	as needed

Directions

Preheat oven to $425^{\circ}F$ — Line a large cookie sheet with foil and **cooking spray**— Prepare a second large cookie sheet with crushed ice — Crush **nuts** and/or **pretzels** — Break apart candy bars into 1" pieces — Have a candy thermometer ready

1. Arrange **saltine crackers** in a single layer, salt side down, on the prepared sheet.
2. In a medium saucepan, combine **butter** and **brown sugar**.
3. Heat the mixture over medium heat, stirring constantly until the butter is completely melted and the sugar is dissolved.
4. Once the mixture starts to bubble, stop stirring and let it cook undisturbed. Cook until it reaches $285^{\circ}F$ (soft-crack stage) on a candy thermometer, about *3-5 minutes*. Watch for visual cues: the caramel should be a deep golden brown color and have a smooth, glossy appearance. You may see wisps of smoke starting to form.
5. Immediately remove from heat and pour evenly over the arranged **crackers**. Work quickly as the caramel will start to set.
6. Bake for *3-5 minutes* until the caramel is bubbly all over. Watch carefully.
7. Remove from oven and quickly arrange **chocolate** over the top.
8. Wait about *1 minute*, then spread the melted chocolate evenly.
9. Sprinkle crushed **nuts** and/or **pretzels** over the melted chocolate.
10. To cool quickly, place the hot cookie sheet with the crackers on top of the ice-filled sheet. For faster setting, place in the freezer if possible.
11. Once cold but not frozen, break into pieces.
12. Store in an airtight container.

Chapter 2

ENTREES



Beef Pot Roast

Beef Pot Roast is a classic comfort food, perfect for a hearty family meal. This recipe combines tender beef with flavorful vegetables and a rich broth, slow-cooked to perfection.

Ingredients

Beef chuck roast	3-4 lbs	Red wine	½ cup
Onion, large	1	Worcestershire sauce	2 Tbsp.
Garlic cloves	6	Tomato paste	3 Tbsp.
Carrots	4	Dried thyme	1 Tbsp.
Potatoes, Yukon Gold	4	Dried rosemary	1 Tbsp.
Celery stalks	2	Bay leaves	2
Mushrooms	½ lb	Onion powder	1 tsp
Beef broth	1 cup	Garlic powder	1 tsp
		Salt	2 tsp
		Black Pepper, ground	1 tsp

Directions

Season the **beef roast** generously with **salt**, **pepper**, **onion powder**, and **garlic powder** — Slice the **onions** — Mince the **garlic** — Peel and cut the **carrots** into chunks — Cut the **potatoes** into chunks — Chop the **celery** — Slice the **mushrooms**

1. Heat a large skillet over medium-high heat and sear the **beef** on all sides until browned.
2. Place the sliced **onions**, minced **garlic**, **carrots**, **potatoes**, **celery**, and **mushrooms** in the crock pot.
3. In a separate bowl, whisk together the **beef broth**, **red wine**, **Worcestershire sauce**, **tomato paste**, **dried thyme**, **dried rosemary**, then add **bay leaves**.
4. Pour the mixture over the vegetables in the crock pot.
5. Place the seared **beef roast** on top of the vegetables.
6. Cover the crock pot and cook on **low heat for 8-10 hours** or on **high heat for 4-6 hours**, until the beef is tender and easily shreds with a fork.
7. Once cooked, remove the **beef** from the crock pot and let it rest for a few minutes before slicing or shredding.
8. Serve the beef pot roast with the vegetables and drizzle with broth.

Breakfast Burritos

Ingredients

Breakfast sausage	16-24 oz.	Salt	1 tsp.
Bell pepper	1	Black pepper	½ tsp.
Onion	1	Ground mustard	¼ tsp.
Green chilis	1 (6oz.) can	MSG	¼ tsp.
Eggs	12	Cooking oil (or spray)	1 tsp.
Milk	1 ½ cups	Frozen tater tots	30 oz.
Sour cream	¾ cup	Tortillas, burrito size	12-16
		Shredded cheese	3-4 cups

Directions

Preheat oven to 350°F — Dice **bell peppers** and **onions** — Drain **chilis**

1. Cook the **breakfast sausage**, **bell peppers**, **onions**, and **chilis**, over medium heat, crumbling the sausage until cooked through. Drain grease.
2. Whisk together the **eggs**, **milk**, **sour cream**, **salt**, **black pepper**, **ground mustard**, **MSG** and until smooth.
3. Lightly grease a 9"×13" baking pan with **oil or cooking spray**. Place the **tater tots** in the bottom of the pan.
4. Sprinkle the cooked **sausage** mixture over the **tater tots** in the prepared pan. Pour the **egg** mixture evenly over the top.
5. Bake at 350°F for 30 minutes covered, then 30-45 minutes uncovered until set.
6. If freezing, let the casserole cool to room temperature. Scoop about ½ cup of the casserole onto each **tortilla**, sprinkle with **cheese**, fold the sides, and roll up into a burrito.
7. To freeze, wrap burritos in parchment paper or plastic wrap, and place in a freezer bag. Reheat in the microwave or oven as desired.

Breakfast Burritos (Easy Mode)

These Easy Breakfast Burritos are perfect for busy mornings, combining classic breakfast flavors in a convenient handheld meal. They can be prepped quickly and are freezable for grab-and-go breakfasts, requiring just two minutes in the microwave to reheat.

Ingredients

Vegetable oil	3 tbsp	Pepper	½ tsp
Hash brown potatoes	4 cups	Salt	½ tsp
Breakfast sausage,	1 lb.	Cheddar and/or Jack Cheese	2 cups
Eggs	8	Flour tortillas	12
Chopped Green Chiles	1 can		

Directions

1. Heat 2 tablespoons **oil** in a nonstick skillet. Add **hash browns**, press down lightly, and cook without moving for 7 minutes. Drizzle with remaining **oil**, turn, and cook until browned and hot.
2. Beat **eggs**, **green chiles**, **salt**, and **pepper** in a bowl. Cook **sausage** in the skillet until browned, then stir in **egg** mixture and cook until scrambled.
3. To assemble burritos, spoon a line of **hash browns** down the center of each **tortilla**. Top with **cheese** and **egg** mixture.
4. Roll up each **tortilla** tightly to secure the filling. Serve immediately, or follow freezing instructions.
5. To freeze, wrap each burrito in foil and store in a freezer bag for up to 1 month. To reheat, wrap in a damp paper towel and microwave until heated through.

Cheesy Bacon Hash Brown Casserole

Ingredients

Frozen hash browns, thawed	30 oz.	Sliced mushrooms	8 oz. can
Cream of chicken soup	10.5 oz. can	Sun-dried tomatoes	½ cup
Sour cream	1¾ cups	Garlic powder	1 tsp.
Butter, melted	½ cup	Onion powder	1 tsp.
Onion, diced	¾ cup	Black pepper	½ tsp.
Sharp cheddar cheese	2 cups	Cayenne pepper (<i>optional</i>)	¼ tsp.
Gruyère cheese	1 cup	Potato chips, crushed	2 cups
Bacon, cooked & crumbled	1 lb.		

Directions

Preheat oven to **350°F**— Grease a 9x13 inch baking dish — Thaw and pat dry **hash browns** — Dice **onion** — Shred **cheddar** and **Gruyère** cheese — Cook and crumble **bacon** — Drain and chop **mushrooms** — Crush **potato chips**

1. Rehydrate **sun-dried tomatoes** in hot water for *10 minutes*, then drain and chop.
2. In a large bowl, mix **hash browns**, **cream of chicken soup**, **sour cream**, melted **butter**, diced **onion**, 1½ cups **cheddar cheese**, **Gruyère cheese**, ¾ of the crumbled **bacon**, chopped **mushrooms**, chopped **sun-dried tomatoes**, **garlic powder**, **onion powder**, **black pepper**, and **cayenne pepper** (if using).
3. Spread the mixture evenly in the prepared baking dish.
4. Top with remaining ½ cup **cheddar cheese** and crushed **potato chips**.
5. Bake for *50-55 minutes* until golden brown and bubbly.
6. Remove from oven and sprinkle remaining **bacon** on top.
7. Let cool for *5-10 minutes* before serving.

Chicken-Broccoli-Rice Casserole

Ingredients

Long-grain white rice	2 cups	Garlic powder	2 tsp
Chicken breasts	2 lbs	Onion powder	2 tsp
Mixed vegetables, frozen	16 oz	Smoked paprika	1 tsp
Mushrooms, sliced, canned	4 oz	Hot paprika	¼ tsp
Cream of chicken soup	10 oz	Salt	1 tsp
Sour cream	½ cup	Black pepper	½ tsp
Chicken broth	¼ cup	Olive oil	2 Tbsp
Cheddar cheese, shredded	8 oz	French fried onions	1½ cups
Parmesan cheese, grated	½ cup		

Directions

Preheat oven to 375°F — Grease a 9x13 inch baking dish — Cut raw **chicken** into small pieces — Drain **canned mushrooms**

1. Cook **rice**. Once done, fluff with a fork and set aside.
2. In a large skillet, heat **olive oil** over medium-high heat. Add cubed **chicken** and cook for *5–7 minutes*, stirring occasionally, until lightly browned but not fully cooked. Remove from heat.
3. In a large bowl, whisk together **cream of chicken soup**, **sour cream**, and **chicken broth**. Add **garlic powder**, **onion powder**, **dried thyme**, **salt**, and **black pepper**. Mix well.
4. Add the cooked **rice**, frozen **mixed vegetables** (no need to thaw), drained **canned mushrooms**, and partially cooked **chicken** to the bowl with the sauce. Gently fold everything together until well combined.
5. Transfer half of the mixture to the prepared baking dish. Sprinkle with 1 cup of **cheddar cheese**.
6. Add the remaining mixture on top and sprinkle with the remaining **cheddar cheese** and **Parmesan cheese**.
7. Top with **French fried onions**.
8. Cover the dish with aluminum foil and bake for *30 minutes*.
9. Remove foil and bake for an additional *10–15 minutes*, until the casserole is bubbly, the cheese is melted, and the French fried onions are golden brown.
10. Remove from oven and let stand for *5–10 minutes* before serving.

Coq au Riesling

Ingredients

Chicken thighs, bone-in	2½-3 lbs	Fresh parsley	2 sprigs
Thick-cut bacon	6 oz	Bay leaves	2
Riesling wine	2 cups	Better than Bouillon, chicken	1½ tsp
Leeks	4 medium	Water	1½ cups
Cremini mushrooms	8 oz	Heavy cream	½ cup
Butter	½ cup	Egg yolk	1
Garlic head	1 whole	All-purpose flour	1 Tbsp
Fresh thyme	2 sprigs	Salt and black pepper	to taste

Directions

Cut **garlic** head in half horizontally — Clean **leeks** thoroughly and slice into ½" rounds — Quarter **mushrooms** — Dice **thick-cut bacon** into ¼" pieces — Chop **parsley** for garnish — Mix **Better than Bouillon** with **hot water** until dissolved.

1. In a large bowl, combine **chicken thighs**, halved **garlic head**, 1 sprig **thyme**, 1 sprig **parsley**, 1 **bay leaf**, and 1 tsp **salt**. Pour in **Riesling**. Cover and refrigerate for up to *12 hours*.
2. When ready to cook, remove **chicken** from marinade and pat dry. Reserve the **wine marinade**.
3. Melt ¼ of the **butter** in a large Dutch oven over medium-high heat. Cook diced **bacon** until golden. Remove with a slotted spoon.
4. Add another ¼ of **butter**, then cook **leeks** with a pinch of **salt** until soft, about *5 minutes*. Remove to bacon bowl.
5. Add another ¼ of **butter** and cook **mushrooms** until golden. Remove to same bowl.
6. Melt remaining **butter**. Season **chicken** with **salt** and **pepper**, then brown on all sides until deep golden, about *8-10 minutes*.
7. Remove **chicken**. Lower heat and stir **flour** into pan drippings. Cook for *2 minutes*, then add reserved **wine marinade** and **bouillon mixture**, scraping bottom of pan.
8. Return **chicken** to pot. Simmer covered for *90 minutes*, until meat is very tender.
9. Remove **chicken**. Whisk **cream** and **egg yolk** in a small bowl. Off heat, whisk into sauce. Return to low heat and cook until thickened.
10. Add back **bacon**, **leeks**, **mushrooms**, and **chicken**. Warm through gently. Garnish with chopped **parsley**.

Extreme Mac and Cheese

Ingredients

- 1 Tbsp. salt
- 1 lb. small elbow macaroni
- 8 oz. sharp cheddar cheese
- 8 oz. pepper jack cheese
- ¼ cup butter
- 3 × 10¾ oz. cans Cheddar Cheese Soup
- 2 cups milk
- 8 oz. diced ham
- ½ tsp. black pepper, ground
- ½ tsp. mustard, ground

Directions

1. Preheat oven to 375°F.
2. Bring a large pot of water to boil, add salt.
3. Grate and combine cheeses.
4. Cook macaroni in boiling water until al-dente.
5. Reserve 1 cup of pasta water and drain.
6. Return macaroni to pot, add butter and stir until coated.
7. Mix in cheddar cheese soup, pasta water, milk, pepper, ground mustard, ham, and ½ of the cheese.
8. Transfer mixture to a 9×13 dish, spread evenly.
9. Top with remaining shredded cheese.
10. Bake for 20-25 minutes or until cheese is golden.

Hatch Green Chile Chicken Enchiladas

Ingredients

Chicken breasts	2 lbs	Heavy cream	1 cup
Hatch green chiles	2 cups	Chicken broth	1 cup
Onion, diced	1 medium	All-purpose flour	¼ cup
Garlic cloves, minced	3	Butter	¼ cup
Cilantro, chopped	¼ cup	Vegetable oil	2 Tbsp
Lime juice	2 Tbsp	Ground cumin	2 tsp
Corn tortillas	12 (6-inch)	Dried oregano	1 tsp
Monterey Jack cheese	1 pound	Salt	1 tsp
Sour cream	1 cup	Black pepper	½ tsp

Roasted Hatch Green Chiles

Preheat air fryer to $400^{\circ}F$

1. Wash and dry the **Hatch green chiles**.
2. Place **chiles** in the air fryer basket in a single layer, leaving space between each chile.
3. Air fry at $400^{\circ}F$ for *5-7 minutes*, then flip and cook for another *5-7 minutes* until the skin is blistered and charred.
4. Remove from the air fryer and place in a bowl covered with plastic wrap to steam for *10-15 minutes*.
5. Once cooled, peel off the skin, remove seeds, and chop the **chiles**.

(Continue with enchilada recipe...)

Hatch Green Chile Chicken Enchiladas

Preheat oven to 350°F — Grease a 9x13 inch baking dish — Shred **Monterey Jack cheese** — Dice **onion** — Mince **garlic** — Chop **cilantro** — Juice **lime**

1. In a large skillet, heat **vegetable oil** over medium-high heat. Season **chicken breasts** with **salt** and **pepper**, then cook until golden brown and cooked through, about *6-8 minutes* per side. Remove from heat, let cool, then shred the **chicken**.
2. In the same skillet, sauté **onions** until translucent, about *5 minutes*. Add **garlic** and cook for another *minute*. Add 1 cup of chopped **roasted Hatch green chiles**, **cumin**, and **oregano**. Cook for *2-3 minutes* until fragrant.
3. Add shredded **chicken** to the skillet and mix well. Season with **salt** and **pepper** to taste. Set aside.
4. In a saucepan, melt **butter** over medium heat. Whisk in **flour** and cook for *1-2 minutes*. Gradually whisk in **chicken broth**, **heavy cream**, and **sour cream**. Bring to a simmer and cook until thickened, about *5 minutes*. Stir in remaining 1 cup of **roasted Hatch green chiles**, **lime juice**, and **cilantro**. Season with **salt** and **pepper** to taste.
5. Warm **corn tortillas** in the microwave or on a griddle until pliable. Dip each **tortilla** in the sauce, then fill with the **chicken** mixture and some **Monterey Jack cheese**. Roll up and place seam-side down in the prepared baking dish.
6. Pour the remaining sauce over the **enchiladas** and sprinkle with remaining **Monterey Jack cheese**.
7. Bake for *25-30 minutes*, until the **cheese** is melted and bubbly.
8. Garnish with additional **cilantro**, if desired. Serve hot with your favorite sides like **Mexican rice**, **refried beans**, or a fresh salad.

King Ranch Casserole

Ingredients

Chicken, boneless	2 lbs	Campbell's cream of mushroom&chicken condensed soup	2 x 10 oz cans
Water	2 cups	Ro-Tel	10-14 oz can
Mexican spice mix	3 Tbsp	Corn tortillas, medium	14
Caldo de tomate bouillon	1 Tbsp	Cheddar cheese	16 oz
Better Than Bouillon - Chicken	1 Tbsp	Lard	2 Tbsp + 1 tsp
Onion	1		
Bell pepper	1		

Directions

Preheat oven to 375°F — Quarter **corn tortillas** — Grease a 9x13 inch baking dish with 1 tsp **lard** — Dice **onion** and **bell pepper** — Shred **cheese** — Heat 2 cups of **water**

1. Mix **hot water**, **bouillon**, **caldo de tomate**, and **spices**.
2. Add the **broth** and **chicken** to a pressure cooker (e.g. Instant Pot).
3. Cook on *high* pressure for *5 minutes*, then allow for natural release for *5 minutes*.
4. Remove the **chicken** and shred it in a large bowl. Simmer the **cooking broth**.
5. In a large skillet, melt 2 Tbsp **lard** over medium heat. Sauté **onion** and **bell pepper** for *5 minutes*.
6. Raise heat to *high* and lightly scorch the **onion** and **bell pepper** for *1-2 minutes*
7. Reduce heat to *medium*. Add **condensed soup**, **diced tomatoes and chilis**, and **broth** to the skillet. Stir to combine.
8. Bring to a simmer, reduce heat to *medium-low*, and stir occasionally for *5 minutes*.
9. Add the **shredded chicken** to the sauce and stir to coat evenly. Remove from heat.
10. Layer ingredients in the prepared baking dish:
 - 1/3 of the **tortilla quarters**
 - 1/2 of the **chicken mixture**
 - 1/3 of the **shredded cheese**

Repeat layers, then top with remaining **tortillas** and **cheese**.

11. Bake uncovered for *30-35 minutes* until bubbly and cheese is melted.
12. Let stand for *10 minutes* before serving.

Korean BBQ Drumsticks (Slow Cooker)

Ingredients

Gochujang ½ cup	Black pepper ½ tsp.
Soy sauce 6 Tbsp.	Chicken drumsticks 12-14
Honey 4 Tbsp.	Sesame seeds 2 Tbsp.
Brown sugar 6 Tbsp.	Green onions, sliced 4
Garlic, minced 8 cloves		
Fresh ginger, grated 2 Tbsp.		
Sesame oil 2 Tbsp.		
Rice vinegar 2 Tbsp.		
Mirin 4 Tbsp.		

Directions

Mince **garlic** — Grate **ginger** — Slice **green onions** — Pat dry **drumsticks**

1. Combine all sauce ingredients (**gochujang** through **black pepper**) in a medium bowl. Mix thoroughly and divide: 2/3 for marinade, 1/3 for basting (store separately).
2. Place **drumsticks** in a large container, pour marinade portion over chicken. Cover and refrigerate for *2-4 hours*.
3. Transfer **drumsticks** to slow cooker, discarding used marinade. Cook on *LOW* for *6-8 hours* or *HIGH* for *3-4 hours* until internal temperature reaches *165°F*.
4. Preheat air fryer to *400°F*. Working in batches of 4-6, brush **drumsticks** with reserved sauce and air fry *3-5 minutes* until crispy, brushing again halfway through. Keep finished batches warm at *200°F*.
5. Garnish with **sesame seeds** and **green onions**. Serve immediately while crispy.

Lime and Cilantro Rice

Ingredients

Long-grain white rice	2 cups	Lime zest	1 lime
Chicken broth	3 cups	Cilantro, fresh	½ cup
Olive oil	2 Tbsp.	Butter	2 Tbsp.
Onion, small	1	Jalapeño (optional)	1 Tbsp.
Garlic cloves	3		
Salt	1 tsp.		
Lime juice, fresh	¼ cup		

Directions

Rinse **rice** until water runs clear — Finely dice **onion** — Mince **garlic** — Zest and juice **limes** — Finely chop **cilantro** — If using, finely dice **jalapeño**

1. Heat **olive oil** in a medium saucepan over medium heat. Sauté **onion** for 2-3 minutes until translucent.
2. Add **garlic** (and optional **jalapeño**) and cook for 30 seconds until fragrant.
3. Add rinsed **rice** to the pan and stir to coat with oil. Toast for about 2 minutes, stirring frequently.
4. Transfer rice mixture to rice cooker. Add **chicken broth** to appropriate fill line. Stir gently to combine.
5. Close lid and cook on standard white rice setting until cycle is complete.
6. Once done, let rice sit for an additional 5-10 minutes with the lid closed.
7. Open lid and fluff rice with a fork. Add **lime juice**, **lime zest**, chopped **cilantro**, and **butter**. Fold gently until well combined and butter is melted.
8. Taste and adjust seasoning, if needed, with salt, lime juice, or cilantro to preference.

Chapter 3

SEASONINGS



Mexican Spice Blend

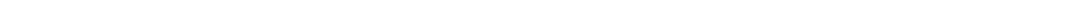
*This Mexican Spice Blend is inspired by Tex-Mex and northern Mexican cuisine. It combines smoky, spicy, and earthy notes to create a versatile seasoning mix. **Makes 1 cup.***

Ingredients

Black pepper, ground	1 tsp
Cayenne pepper	¼ tsp
Chili powder	4 tsp
Chipotle powder	1 tsp
Cinnamon, ground	1 tsp
Cloves, ground	½ tsp
Coriander, ground	2 Tbsp
Cumin, ground	4 Tbsp
Garlic powder	2 tsp
Mexican oregano	2 tsp
Onion powder	2 tsp
Paprika, smoked	2 Tbsp

Chapter 4

SIDES



Green Bean Casserole

Ingredients

- 1½ lbs fresh green beans, trimmed
- ½ cup (1 stick) butter
- ½ pound fresh mushrooms, sliced
- 1 small onion, chopped
- ¼ cup all-purpose flour
- 1½ cups whole milk
- 1 cup sour cream
- 4oz (1 cup) cheddar cheese, shredded
- 1 tsp salt
- 1 tsp ground black pepper
- 2 cups French-fried onions

Directions

1. Preheat oven to 350°F. Spray a 2½-quart baking dish with nonstick cooking spray.
2. Bring a large pot of water to a boil.
3. Add green beans and blanch for 5 minutes.
4. Drain and immediately plunge beans into a large bowl of ice water. Drain again.
5. In a large skillet, melt butter over medium heat.
6. Add mushrooms and onion to the skillet; cook for about 5 minutes, or until vegetables are tender.
7. Stir in flour to the skillet, and cook for 2 minutes, stirring constantly.
8. Gradually stir in milk to the skillet, and cook for 2 to 3 minutes, or until mixture thickens.
9. Stir in sour cream, cheese, salt, pepper, and blanched green beans to the skillet.
10. Spoon mixture from the skillet into the prepared baking dish.
11. Bake for 25 minutes.
12. Sprinkle the baking dish evenly with French-fried onions.
13. Bake for 15 minutes longer, or until hot and bubbly.

Chapter 5

SOUPS



Hungarian Mushroom Soup

Ingredients

Unsalted butter	8 Tbsp.	All-purpose flour	6 Tbsp.
Onions, medium	2	Sour cream	1 cup
Mushrooms	2 lbs.	Fresh parsley	½ cup
Chicken broth	6 cups	Lemon juice	4 tsp.
Soy sauce	2 Tbsp.	MSG	¼ tsp.
Hungarian hot paprika	1 tsp.	Salt	1 tsp.
Hungarian sweet paprika	4 tsp.	Black pepper	½ tsp.
Dried dill weed	4 tsp.		
Milk	2 cups		

Directions

Chop **onions** (4 cups) — Slice **mushrooms** — Chop **parsley**

1. Melt **butter** in a large pot (5+ Qt.) over medium heat.
2. Add **onions** and cook, stirring until softened, about 5 minutes.
3. Add **mushrooms** and sauté for 5 more minutes.
4. Stir in **chicken broth**, **soy sauce**, **hot paprika**, **sweet paprika**, and **dried dill weed**.
5. Reduce heat to low, cover, and simmer for 15 minutes.
6. Whisk **milk** and **flour** together in a separate bowl; stir into soup until blended.
7. Cover and simmer for 15 more minutes, stirring occasionally.
8. Add **sour cream**, **parsley**, **lemon juice**, **salt**, **MSG**, and **black pepper**.
9. Stir over low heat until warmed through, about 3 to 5 minutes.
10. Serve immediately.

Italian Sausage Soup

Ingredients

Sweet Italian sausage	1 lb	Tomato sauce, unsalted	12 oz. can
Hot Italian sausage	1 lb	Diced tomatoes w/basil & garlic . .	24 oz. can
Onion, large	1	Chicken broth	12-14 cups
Garlic bulbs, minced	2	Italian herb mix	1 tsp
Carrots, chopped	3	Basil	1 tsp
Celery stalks, chopped	3	Parsley	3 Tbsp
Russet potatoes, chopped	3	Bay leaves	3
Zucchini, chopped	1	Oregano	½ tsp
Frozen vegetables (stir fry mix)	1 lb	Sugar	1 Tbsp
Mushrooms, sliced	12 oz. can	Onion salt	1 tsp
		MSG (<i>optional</i>)	1 tsp

Directions

Chop **onion**, **carrots**, **celery**, **potatoes**, and **zucchini** — Mince **garlic** — Drain **mushrooms**

1. Brown **meat** into small chunks.
2. Combine all ingredients in a large stock pot.
3. Bring to a boil, reduce heat and simmer covered for *30 minutes*.
4. Stir occasionally and vigorously to thicken broth.
5. For canning: process at *15 pounds* for *90 minutes*.

Add 1-2 cups of water per quart when reheating.

Tuscan Zuppa Soup

Ingredients

Italian sausage	1 lb.	Cannellini beans	1 (15 oz.) can
Onion, medium	1	Heavy cream	1 cup
Garlic	4-6 cloves	Salt	½ tsp.
White wine (<i>optional</i>)	¼ cup	Pepper	¼ tsp.
Kale	1 bunch	Red pepper flakes	¼ tsp.
Potatoes, large	3-4	MSG (<i>optional</i>)	¼ tsp.
Chicken broth	8 cups		

Directions

Dice **onion** — Mince **garlic** — Dice **potatoes** into ¼in. pieces — Remove stems from **kale** and tear leaves into bite sized pieces

1. Brown the **Italian sausage** over medium heat until fully cooked. Remove and set aside, retaining drippings in the pot.
2. Sauté **onions** in the same pot until translucent, then add **garlic** and cook for an additional minute.
3. Deglaze the pan with **white wine**.
4. Return **sausage** to the pot along with **chicken broth** and **potatoes**. Bring to a boil, then simmer until potatoes are tender, stirring occasionally, about **10-15 minutes**.
5. Stir in **kale** and **cannellini beans** (do not drain). Simmer until kale is wilted, about **5 minutes**.
6. Stir in **heavy cream**. Season with **salt**, **pepper**, **red pepper flakes**, and **MSG** to taste.