

Recipes

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Prep time: 15 min

Beef Stew

Cook time: 2 hrs 40 mins

Ingredients

- 2.4lb chuck beef (cut into 3.5 cm/1.5" cubes)
- 1 tsp each salt and pepper
- 3 tbsp olive oil (divided)
- 1 large onion (cut finely)
- 4 garlic cloves (minced)
- 3 carrots (cut into 2.5 cm/1" pieces)
- 2 celery stalks (cut into 2.5 cm/1" pieces)
- 1/3 cup flour
- 5 cups beef broth
- 2 tsp Worcestershire sauce
- 2 tbsp tomato paste
- 400 g/14 oz baby potatoes (halved or quartered)
- More salt and pepper (to taste)



Instructions

1. Sprinkle beef with salt and pepper.
2. Heat 1 1/2 tbsp oil in a large, heavy based casserole pot over high heat until just starting to smoke.
3. Add 1/3 of the beef and brown aggressively all over - about 4 minutes. Remove to bowl, repeat with remaining beef, adding more oil if required.
4. Turn down heat to medium high. Add 1 tbsp oil if required. Add onion and garlic, cook for 2 minutes until onion is softened slightly and golden on the edge.
5. Add carrot and celery, stir for 1 minute to coat in flavours.
6. Sprinkle flour evenly across surface, then stir to coat.
7. Add broth, tomato paste and Worcestershire sauce. Stir to dissolve tomato paste and flour into liquid.
8. Add cooked beef (including any juices) and potato. Stir. Water level should almost fully cover everything, if not, add a touch of water.
9. Bring to simmer, then adjust heat to low/medium low so it's simmering gently.
10. Cover and cook for 1 hour 45 minutes or until beef is pretty tender (check with 2 forks at 1.5 hrs).
11. Remove lid and simmer for further 30 minutes or until sauce reduces slightly. It should be like a thin gravy and beef should now be very tender.
12. Season to taste with salt and pepper.
13. Serve over creamy mashed potato.

Prep time: 10 min

Meatloaf

Cook time: 1 hr

Ingredients

- 1 1/2 lb ground beef
- 1 egg
- 1 onion (chopped)
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper
- 2 tbsp brown sugar
- 2 tbsp prepared mustard
- 1/3 cup ketchup



Instructions

1. Preheat oven to 350°F.
2. In a large bowl, combine the beef, egg, onion, milk and bread crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan (or form into a loaf and place in a lightly greased 9x13 inch baking dish).
3. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
4. Bake at 350°F for 1 hour.

Prep time: 10 min

Chicken Parmesan

Cook time: 25 min

Ingredients

- 4 skinless boneless chicken breast halves
- 1/2 cup flour
- 2 eggs
- 2/3 cup Panko bread crumbs
- 2/3 cup Italian Seasoning bread crumbs
- 1/3 cup grated parmesan cheese
- 2 tbsp parsley
- 4 tbsp oil (or as needed)
- 24 oz marinara sauce
- 1 cup mozzarella cheese shredded
- 1/4 cup shredded Parmesan cheese
- basil & parsley fresh, chopped



Instructions

1. Preheat oven to 425°F.
2. Place flour in shallow dish. Place the eggs in a second dish (and beat with a fork).
3. Combine Panko, Italian crumbs, grated parmesan, 2 tablespoons fresh parsley, salt and pepper to taste in a third shallow dish.
4. Pound chicken breasts to 1/2 inch thick (if they're very large you can cut them in half).
5. Dip chicken into flour and shake to remove any excess. Dip chicken in beaten eggs & then into bread crumb mixture (press to adhere).
6. Preheat oil in a large pan. Brown chicken on each side, about 4 minutes per side or until golden (it does not need to cook through as it will continue to cook in the oven).
7. Place 1 1/2 cups of marinara sauce in the bottom of a 9x13 dish. Add browned chicken. Top each piece with a couple tablespoons of marinara sauce, mozzarella and parmesan. 8. Bake 20-25 minutes or until golden and bubbly and chicken reaches 165°F. Sprinkle with fresh herbs and serve over pasta.

Prep time: 5 mins

Chili

Cook time: 25 mins

Ingredients

- 1 tbsp olive oil
- 1 medium yellow onion (diced)
- 1lb 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tbsp ground cumin
- 2 tbsp granulated sugar
- 2 tbsp tomato paste
- 1 tbsp garlic powder
- 1 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 1/2 cups beef broth
- 1 (15 oz) can petite diced tomatoes
- 1 (8 oz) can tomato sauce



Instructions

1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, and pepper. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

Prep time: 1 hr

Chicken Enchiladas

Cook time: 15 min

Ingredients

- 3 tbsp vegetable oil
- 1 1/2 lb skinless boneless chicken breast
- salt and pepper
- 2 tsp cumin powder
- 2 tsp garlic powder
- 1 tsp Mexican spice Blend
- 1 red onion (chopped)
- 2 cloves garlic (minced)
- 1 cup frozen corn (thawed)
- 5 canned whole green chiles (seeded and coarsely chopped)
- 4 canned chipotle chiles (seeded and minced)
- 1 (28 oz) can stewed tomatoes
- 1/2 tsp flour
- 16 corn tortillas
- 1 1/2 cups enchilada sauce (canned)
- 1 cup shredded Cheddar and Jack cheeses
- Garnish: chopped cilantro leaves, chopped scallions, sour cream, chopped tomatoes



Instructions

1. Coat large saute pan with oil. Season chicken with salt and pepper. Brown chicken over medium heat, allow 7 minutes each side or until no longer pink. Sprinkle chicken with cumin, garlic powder and Mexican spices before turning. Remove chicken to a platter, allow to cool.
2. Saute onion and garlic in chicken drippings until tender. Add corn and chiles. Stir well to combine. Add canned tomatoes, saute 1 minute.
3. Pull chicken breasts apart by hand into shredded strips. Add shredded chicken to saute pan, combine with vegetables. Dust the mixture with flour to help set.
4. Microwave tortillas on high for 30 seconds. This softens them and makes them more pliable. Coat the bottom of 2 (13 by 9-inch) pans with a ladle of enchilada sauce. Using a large shallow bowl, dip each tortilla in enchilada sauce to lightly coat. Spoon 1/4 cup chicken mixture in each tortilla. Fold over filling, place 8 enchiladas in each pan with seam side down. Top with remaining enchilada sauce and cheese.
5. Bake for 15 minutes in a preheated 350°F oven until cheese melts. Garnish with cilantro, scallion, sour cream and chopped tomatoes before serving. Serve with Spanish rice and beans.

Prep time: 20 min

Stuffed Peppers

Cook time: 1 hr

Ingredients

- 1 lb ground beef
- 1/2 cup uncooked long grain white rice
- 1 cup water
- 6 green bell peppers
- 2 (8 oz) cans tomato sauce
- 1 tbsp Worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- salt and pepper to taste
- 1 tsp Italian seasoning



Instructions

1. Preheat oven to 350°F.
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
3. Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
4. In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
5. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

Prep time: 5 min

Lemon Garlic Salmon

Cook time: 25 min

Ingredients

- 2 tbsp butter
- 2 tsp garlic (minced)
- 1 tsp lemon pepper
- 2 (4 ounce) fillets salmon
- 1 lemon



Instructions

1. Season salmon fillets on both sides with lemon pepper.
2. In a large skillet, melt butter over medium high heat. Stir in garlic. Place salmon in pan. Cook for 10 minutes per inch of thickness, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides. Sprinkle with lemon juice before serving.

Prep time: 5 min

Grilled Chicken Spice Rub

Cook time: 12 min

Ingredients

- 3 chicken breasts
- 1 tsp of garlic powder
- 1 tsp of ground cumin
- 1/2 tsp of ground coriander
- 1/2 tsp of smoked paprika
- 1/2 tsp of salt
- 1/4 tsp of ground black pepper
- 2 tbsp of olive oil



Instructions

1. Preheat grill to medium high heat.
2. In a small bowl, mix garlic powder, cumin, coriander, smoked paprika, sea salt, pepper, and olive oil. Mix until combined.
3. Rub mixture over both sides of the chicken.
4. Place chicken on grill and grill each side for 4-6 minutes depending on thickness. You just want to make sure there is no pink in the middle.

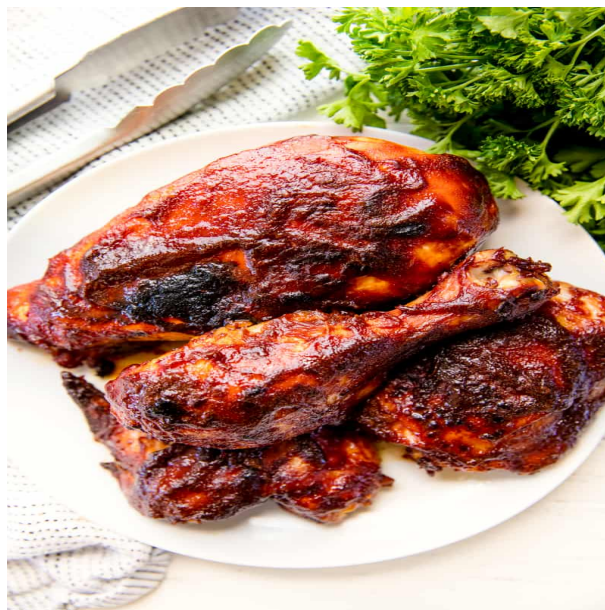
Prep time: 1 hr

Oven Baked BBQ Chicken

Cook time: 40 min

Ingredients

- 4 Skinless Boneless Chicken Breast Halves
- 3 tbsp olive oil
- 1 1/2 tsp smoked paprika
- 2 tablespoons fresh lemon juice
- 3 cloves garlic (minced)
- salt & pepper to taste
- 1 cup BBQ sauce



Instructions

1. Place chicken breast halves and place in a large ziplock bag.
2. Combine olive oil, smoked paprika, lemon juice, and garlic in a small bowl and pour over chicken.
3. Let chicken marinade for at least an hour, up to 24 hours in the fridge.
4. Preheat oven to 350°F.
5. Remove chicken from bag and place on a baking sheet. Season with salt and pepper.
6. Bake for 20 minutes and brush a layer of BBQ sauce on the chicken. Return to the oven and repeat brushing with BBQ sauce every 5 minutes until the chicken is cooked through, about 15 to 20 minutes longer. Chicken is done when it reaches an internal temperature of 165°F when read with a thermometer inserted into the thickest part of the breast.

Prep time: 5 min

Smoked Sausage Skillet

Cook time: 15 min

Ingredients

- (14 ounce) package Smoked Sausage (cut into 1/4-inch slices)
- 1/4 cup olive oil
- 2 cloves garlic (crushed)
- 1 large red bell pepper (sliced thin)
- 1 small yellow onion (sliced thin)
- 1 (10 oz) package frozen broccoli (thawed)
- 1/2 cup chicken broth (or water)
- 1/2 cup tomato sauce
- 2 cups instant rice
- 1/2 cup shredded mozzarella cheese



Instructions

1. Heat olive oil and crushed garlic, stir in smoked sausage slices and cook until smoked sausage is browned.
2. Add pepper, onion, broccoli, chicken broth and tomato sauce and simmer for about 10 minutes until vegetables are tender and the liquid is absorbed.
3. In the meantime, cook rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and