

CAMPBELL COOK BOOK

LIST OF OUR FAVORITES

Introduction

This is a cook book to help and prepare easy and delicious meals. This is not to be sold for gain. This is to be used personally and given as gifts.

Due to Copy Write laws and potential law suits, this will not be sold for profit.

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Our Favorites!!!

Chicken Alfredo

SERVES [2]

INGREDIENTS

12 oz - Fettuccine pasta

2 Tbs - Olive oil

1/2 Cup - Butter

2 - Chicken Breasts

1 Teaspoon - Ground
pepper

1 Tbs - Minced garlic

1 1/2 Tbs - Flour

2 cups - Heavy cream

3/4 Cup - Grated
Parmesan

2 Tbs - Parsley



DIRECTIONS

1. Cook and drain pasta according to package directions
2. Add olive oil to pan over medium high heat, add 2 TBS of butter to the pan, then quickly add chicken season each with salt and pepper
3. cook chicken until golden brown then flip. reduce heat to medium low and let it sit till pink is gone.
4. slice chicken into strips
5. In a large, deep-sided skillet, melt remaining 1/2 cup butter over medium heat. Add garlic to pan, cooking until aromatic, about 30 seconds. Reduce heat to medium-low. Season with remaining salt and pepper.
6. Whisk flour into butter, stirring until no chunks remain. Slowly whisk in cream.
7. Continue to cook just until sauce is steaming and slightly thickened. Whisk 1/2 cup Parmesan into sauce, stirring until smooth. Remove pan from heat and cover until ready to serve.
8. To serve, place pasta in a serving bowl or on plates. Top with sliced chicken and drizzle with sauce. Garnish with parsley and top with additional Parmesan, if desired.

Super Simple Spaghetti W/ Red Sauce



SERVES [2]

DIRECTIONS

1. Cook Spaghetti as directed on the box in a pot
2. While noodles cook, cook hamburger in skillet
3. Drain spaghetti and put back in the pot
4. Mix desired red sauce and hamburger in with the noodles
5. let the sauce heat up and Eat!

INGREDIENTS

- | |
|-----------------------------------|
| 1 box - Spaghetti |
| 1 lb - Hamburger |
| 1 container of desired red sauce. |

Spaghetti Verde

SERVES [4]

INGREDIENT

1 lb - Spaghetti
4 - Poblano Peppers
1/4 - Medium White Onion
1 - Large Garlic Clove
1 Cube - Chicken Bulion
1 Bunch - Fresh Cilantro
4 Tbsp - Unsalted Butter
1 Can - Evaporated Milk
1 Can - Table Cream
Salt - To Taste



DIRECTIONS

1. Cook pasta as directed on package
2. Drain and rinse pasta with cold water
3. Cut poblano peppers into chunks
4. Place peppers into blender
5. Add onion, garlic, chicken bulion, cilantro, evaporated milk
6. Blend until it becomes a smooth sauce
7. Place butter in a hot pot and cook on medium high heat
8. Before butter is completely melted, pour in sauce
9. Wait until boil and stir occasionally, for 3 min.
10. After 3 min. add cooked pasta and stir until pasta is integrated with sauce
11. Add table cream and stir until well integrated
12. Cover pot and remove from heat. Wait 10 min. before serving

Easy Fried Rice

SERVES [4]



INGREDIENT

1 cup - White rice

2 cups - Water

2 - Eggs

Soy sauce

1 Pack - Frozen steam

veggies

Optional - Chicken

DIRECTIONS

1. Cook your rice first, either in a rice cooker or on the stove
2. If you want chicken in your dish, chop the chick up and cook it while the rice is cooking and put to the side
3. Scramble the 2 eggs in the skillet
4. Take cooked rice and put it in skillet with the eggs and mix them together
5. Steam cook the veggies and add them to the dish along with the chicken if desired.
6. Add Soy sauce to dish and mix together until rice doesn't clump together any more.

Pork Chops and Mashed Potatoes

SERVES [2]



INGREDIENTS

2 - Pork chops

4 - Large russet potatoes

1 Package - Country gravy

4 Tbsp - Salted butter

2 cans - Green beans and or corn

2% Milk as needed

Salt and butter to taste

DIRECTIONS

1. Peel Potatoes and boil until soft to the touch with a fork
2. While potatoes are boiling start to cook your pork chops. Cook until all pink is gone on the inside
3. When potatoes are soft to the touch, drain the water and start to mash and mix butter, salt and as much milk you want for desired taste.
4. Heat up beans or corn and eat!

Lasagna



SERVES [6]

DIRECTIONS

1. Boil lasagna noodles till soft.
2. Cook meat in a skillet, and break up into hamburger
3. Mix meat and prego sauce together in the skillet
4. Grab a 9 x 13 in casserole dish
5. Put meat and sauce mix first in the bottom of the pan
6. Add ricotta and cottage cheese on top and sprinkle mozzarella on top also.
7. Place noodles to cover the cheese
8. Repeat until dish is filled
9. Make sure there is a layer of cheese on top (as thick as you want)
10. Preheat oven to 350 Degrees
11. Cook for 25 - 30 min.

INGREDIENTS

- | | |
|------------------------------------|--|
| 1 box - Lasagna Noodles | |
| 1 lb - Beef Hamburger | |
| 1 1/2 lb - Mozzarella cheese | |
| Small container of Ricotta cheese | |
| Small Container of Cottage cheese | |
| 1 Container - Prego Marinara sauce | |

Soups

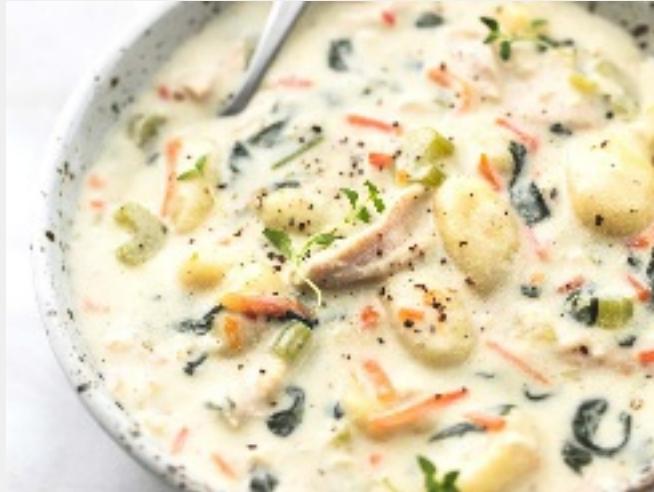


Chicken Gnocci

SERVES [X]

INGREDIENT

3-4 boneless skinless chicken breasts, cooked and diced
1 stalk of celery, chopped
1/2 white onion, diced
2 teaspoons minced garlic
1/2 cup shredded carrots
1 tablespoon olive oil
4 cups low sodium chicken broth
salt and pepper, to taste
1 teaspoon thyme
16 ounces potato gnocchi
2 cups half and half
1 cup fresh spinach, roughly chopped



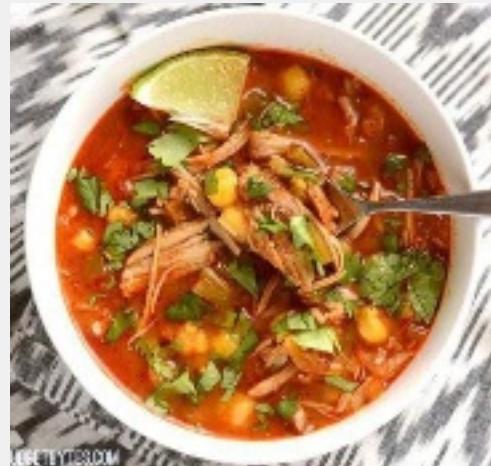
DIRECTIONS

Heat olive oil in a large pot over medium heat. Add celery, onions, garlic, and carrots and saute for 2-3 minutes until onions are translucent.

Add chicken, chicken broth, salt, pepper, and thyme, bring to a boil, then gently stir in gnocchi. Boil for 3-4 minutes longer before reducing heat to a simmer and cooking for 10 minutes.

Stir in half and half and spinach and cook another 1-2 minutes until spinach is tender. Taste, add salt and pepper if needed, and serve.

Posole



Serves [4]

DIRECTIONS

Add together all ingredients into the crock pot

Place crock pot on high and let it cook for 4 hrs

INGREDIENT

1 tsp cumin
1 tbsp oregano
1/2 cup ancho chili
3 bay leaves
1 onion diced
6 cloves garlic
50 oz Hominy
2 lbs pork shoulder
4 cups chicken broth

Chicken Noodle Soup

SERVES [4]

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup carrots, peeled and sliced thin (about 1 1/2 large carrots)
- 1 cup celery, sliced thin (about 2 stalks)
- 1 cup yellow onion
- 2 garlic cloves, minced
- 64 ounces (8 cups) low-sodium chicken broth
- 2 bay leaves
- 1 teaspoon fresh thyme
- 1/2 teaspoon dried oregano
- 1 teaspoon pepper,
- 12 ounces wide egg noodles
- 2 cups shredded cooked chicken
- 3 to 4 tablespoons fresh flat-leaf parsley leaves, finely chopped
- 1 tablespoon lemon juice, optional
- salt, to taste



DIRECTIONS

1. stockpot, add the oil and heat over medium-high heat to warm.
2. Add the carrots, celery, onion, and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
3. Add the garlic and sauté for another 1 to 2 minutes.
4. Add the chicken broth, bay leaves, thyme, oregano, pepper, and bring to a boil. Allow mixture to boil gently for about 5 minutes or until vegetables are fork-tender.
5. Add the egg noodles and boil mixture for about 10 minutes, or until noodles are soft and cooked through. At any time while making the soup, if the overall liquid level is lower than you like and you prefer more broth, adding a cup or two of water is okay. At the end you will adjust the salt level.
6. Add the chicken, parsley, optional lemon juice and boil 1 to 2 minutes, or until chicken is warmed through. Taste soup and add salt to taste, remove the bay leaves, and serve immediately.

Chicken and Potato Chowder



SERVES [4]

INGREDIENTS

DIRECTIONS

1. Melt butter in a large stockpot or Dutch oven over medium heat. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
2. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
3. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes. Stir in chicken and cheese, a handful at a time, until smooth, about 1-2 minutes; season with salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
4. Serve immediately, garnished with parsley, if desired.

- 1/4 cup unsalted butter
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1 teaspoon dried thyme
- 1/4 cup all-purpose flour
- 3 cups chicken broth
- 2 cups milk, or more, as needed
- 2 russet potatoes, peeled and cubed
- 2 cups diced cooked chicken breast
- 1 1/2 cups shredded sharp cheddar cheese
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

Red Meats

Baby Back Ribs

SERVES [4]



INGREDIENTS

2 racks of Baby back ribs

Desired rib rub (I use Famous Daves)

Apple Juice

Desired BBQ sauce (I use Sweet baby rays)

Aluminum foil

Brown sugar

DIRECTIONS

1. Make sure the ribs are defrosted
2. Take ribs out of package and pat dry the blood off of the ribs
3. Lay down 3 layers of aluminum foil big enough to wrap the ribs in the foil
4. place the ribs in the foil, and apply the rub to the top and bottom
5. Lightly sprinkle brown sugar on top
6. Pour a little bit of apple juice to the bottom of the boat
7. Wrap the ribs in foil and make sure it will hold the ribs and fluids
8. Set oven to 270
9. Place oven safe 9 x 13 casserole dish with water on the bottom rack
10. Place ribs on the top rack for 6 to 7 hrs.
11. Remove ribs and apply bbq sauce, place back in oven on broil 500 degrees for 10 min, optional.

Roast Beef



SERVES [4]

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). If roast is untied, tie at 3 inch intervals with cotton twine. Place roast in pan, and season with salt, garlic powder, and pepper. Add more or less seasonings to taste.
2. Roast in oven for 60 minutes (20 minutes per pound). Remove from oven, cover loosely with foil, and let rest for 15 to 20 minutes.

INGREDIENTS

3 pound beef eye round roast

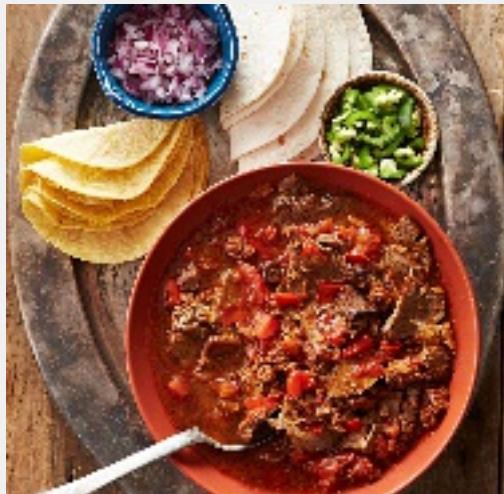
1/2 tsp salt

1/2 tsp garlic powder

1/4 tsp Pepper

Tinga

SERVES [4]



INGREDIENTS

- 1 ½ pounds boneless beef chuck roast
- Salt and pepper
- 1 tbsp vegetable oil
- 1 chopped onion
- 3 cloves garlic, minced
- 3 large tomatoes, chopped
- 1 – 2 canned chipotle chile peppers in adobo sauce
- 1 ½ tsp dried oregano
- 1 tsp ground cumin
- Flour and/or corn tortillas (optional)

DIRECTIONS

1. Sprinkle beef lightly with salt. In a crock pot. Add beef and onion; cook until tender. takes about 3 hrs
2. In saute pan cook garlic over medium heat until brown add chipotle sauce.
3. Shred beef and add to the sauce cooking in the pan along with the oregano and cumin. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes.

Meals W/ Hamburger

Hamburger Pie

SERVES [6]

INGREDIENTS

2 tablespoons extra-virgin olive oil
3 tablespoons unsalted butter
1 medium onion, diced
3 medium carrots, peeled and sliced
1 rib celery, sliced
2 cloves garlic, minced
1 tablespoon kosher salt
3/4 teaspoon dried oregano
3 tablespoons tomato paste
1 pound ground beef
1/4 cup canned low sodium beef broth
1/2 teaspoon Worcestershire sauce
Freshly ground black pepper
4 cups Mashed Potatoes, recipe follows
1/4 cup grated Parmesan, optional
1 1/2 pounds russet potatoes, peeled quartered
2 teaspoons kosher salt, plus more for seasoning
3/4 cup whole milk
6 tablespoons unsalted butter
2 tablespoons chopped fresh flat-leaf parsley
Freshly ground black pepper



DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Heat the olive oil and 2 tablespoons of the butter in a large skillet over medium heat. Add the onion, carrots, celery, garlic, half the salt, and oregano. Cook until vegetables are tender, about 10 minutes. Stir in the tomato paste and cook until mushrooms are soft and tomato paste has turned brick red, about 8 minutes more. Stir in the beef, the broth, the remaining salt, the Worcestershire, and some pepper, breaking up any large clumps of meat, cook until the meat is no longer pink, about 3 minutes.
3. Transfer the meat and vegetables to a 2-quart oval casserole dish and spread the mashed potatoes over the top, leaving a 1/4-inch boarder around the edge. Make a decorative pattern on the top of the potatoes, if desired. Sprinkle with cheese, if using, and dot with the remaining tablespoon of butter. Bake until potatoes brown and the juices bubble around the edge, about 40 minutes. Let cool for 10 minutes before serving.
4. Put the potatoes in a saucepan with cold water to cover by about 1-inch and add the salt. Bring to a simmer over medium-high heat, uncovered, until the potatoes are tender but not mushy, about 15 minutes. At the same time, combine the milk and butter in a small saucepan and warm over low heat until the butter is melted. Remove from the heat and cover to keep warm.
5. Drain the potatoes and return to the saucepan. Toss the potatoes over medium heat until dry. Add the heated milk mixture and mash the potatoes until just slightly chunky, then stir in the parsley and season with salt and pepper, to taste.

Beef Tacos



SERVES [4]

DIRECTIONS

1. Cook stake in a frying pan
2. Season stake with salt and pepper to taste
3. Heat tortillas on pan
4. Add cilantro and onion to tacos in tortillas
4. Serve immediately

INGREDIENTS

2 lbs of thinly sliced stake

1 White Onion
Diced

Salt and Pepper

Cilantro

Corn tortilla

Optional:
Flour tortilla

Hamburgers

SERVES [4]



INGREDIENTS

2 lbs of ground beef

salt and pepper

Hamburger buns

Cheddar cheese - medium

Lettuce

Tomatoes

DIRECTIONS

1. Form ground beef into patties and fry on pan each side 7 min. each.
2. take patties and put on bun
3. add lettuce, cheese, and tomatoes if you want.

Meatloaf



SERVES [6]

INGREDIENTS

DIRECTIONS

- Preheat oven to 350 degrees Fahrenheit.
- In a large bowl, add the beef, bread crumbs, onion, milk, egg, 2 tablespoons ketchup, worcestershire sauce, parsley, salt, garlic powder, and pepper. Use your hands to mush and mix these ingredients together until well combined.*
- Add the meat mixture to a loaf pan. Pat the meat down into an even layer.
- In a small bowl, add 1/4 cup ketchup, the brown sugar, and vinegar. Stir to combine. Pour the sauce on top of the meatloaf and spread it into an even layer.
- Bake uncovered for 55 minutes.
- Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart)

- 1 lb. 90% lean ground beef
- 1 cup dried bread crumbs
- 1/2 cup diced yellow onion
- 1/2 cup milk
- 1 large egg beaten
- 2 tbsp. ketchup
- 1 tbsp. Worcestershire sauce
- 1 tsp. dried parsley leaves
- 3/4 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. ground black pepper
- For the Topping:
 - 1/4 cup ketchup
 - 2 tbsp. packed light brown sugar
 - 1 tbsp. red wine vinegar

Sloppy Joes

SERVES [4]

INGREDIENTS

- 1 Tbsp butter
- 1 tsp olive oil
- 1 lb. ground beef
- 1/3 green bell pepper, minced
- 1/2 large yellow onion, minced
- 3 cloves garlic, minced
- 1 Tbsp tomato paste
- 2/3 cup ketchup
- 1/3 cup water
- 1 Tbsp brown sugar
- 1 tsp yellow mustard
- 3/4 tsp chili powder
- 1/2 tsp Worcestershire sauce
- 1/2 tsp kosher salt
- 1/4 tsp red pepper flakes (optional)
- 1/4 tsp black pepper



DIRECTIONS

- Heat butter and oil in large skillet over MED/MED-HIGH heat. Add beef and brown, breaking apart into crumbles as it cooks, about 5 minutes. Transfer to colander to drain.
- Add onion and bell pepper to same skillet and cook 2-3 minutes, until soft. Add garlic and cook 30 seconds or so, until fragrant. Add beef back to the skillet and add tomato paste. Stir well.
- Add ketchup, water, brown sugar, mustard, chili powder, Worcestershire sauce, salt, red pepper flakes (if using), and black pepper. Stir well to combine.
- Cook over MED heat for 10-15 minutes, until mixture has thickened to your liking. Remove from heat and serve over toasted buns.

Meals W/ Chicken

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Flouta's

SERVES [4]



INGREDIENTS

4 Chicken Breasts

Queso Fresco

Shredded Lettuce

Sour Cream

Corn Tortillas

Salsa of your choice

DIRECTIONS

1. Boil chicken till tender and shred
2. Heat tortillas in microwave for 20 seconds to be able to fold them without breaking
3. Turn pan on with oil to medium
4. Roll shredded chicken into tortillas and fry till they hold shape
5. Put on what you want and eat fresh

Le cordon Blue



SERVES [4]

DIRECTIONS

1. Preheat oven to 400° and line a large baking sheet with parchment paper. Place a chicken breast between two pieces of plastic wrap on a cutting board and flatten to a $\frac{1}{4}$ " thickness with a meat mallet or rolling pin. Top chicken with 2 slices of cheese, then 2 slices of ham. Starting at the top of the breast, roll up tightly and secure with toothpicks. Repeat with remaining chicken breasts.
2. Place flour, eggs, and panko in three shallow bowls. Season flour with salt and pepper. Add melted butter and oregano to panko and mix until incorporated.
3. Working with one at a time, roll chicken first in flour, then eggs, then panko mixture, pressing to coat. Place on prepared baking sheet. Bake until golden and cooked through, 30 minutes.
4. Meanwhile make sauce: In a large skillet over medium heat, melt butter. Add flour and stir until golden, 2 minutes. Slowly whisk in milk, then add mustard. Let simmer until thickened, 5 minutes. Add Parmesan and stir until melted. Season with salt and pepper.
5. Remove toothpicks from chicken and serve with sauce.

INGREDIENTS

- | | |
|-------------------------|--------------------------------|
| 4 chicken breasts | 4 tbsp. butter |
| 8 slices Swiss cheese | 1/4 c. all-purpose flour |
| 8 slices deli ham | 2 c. milk |
| 1 c. all-purpose flour | 2 tbsp. Dijon mustard |
| 2 large eggs, beaten | 1/4 c. freshly grated Parmesan |
| 2 c. panko bread crumbs | |
| salt and pepper | |
| 4 tbsp. melted butter | |
| 1 tsp. dried oregano | |

Rotisserie Chicken W/ Beans and Veggies

SERVES [4]

INGREDIENTS

1 whole rotisserie chicken
1 can refried black beans
veggies of your choice

DIRECTIONS

1. Take rotisserie chicken and peel apart and get all of the meat from the body
2. Heat up the beans in the pot, add water to smooth and make the beans into a thick gravy like texture.
3. Cook what veggies you want to eat.

Chicken Enchiladas

SERVES [6]

INGREDIENTS

- 2 cups shredded, cooked chicken
can use a store-bought rotisserie chicken
- 10 flour tortillas (taco size)
- 2 cups shredded Monterey Jack cheese (or mozzarella)
- 3 tbsp butter
- 3 tbsp flour
- 2 cups chicken broth
- 1 cup sour cream
- 1 (4 oz) can diced green chiles
- salt & pepper & Adobo seasoning, to taste



DIRECTIONS

- Preheat oven to 350F degrees.
- Spray 9 x 13 baking dish with nonstick cooking spray.
- boil your chicken until cooked. Or you could use a store bought rotisserie chicken. It just depends on how much time you have to prepare this and what flavor you want from your chicken. The roasted and rotisserie chicken are going to give you the most flavor.
- Once chicken is cooked, you'll want to shred it using two forks. Or if you have a stand mixer, using the paddle attachment, put your chicken in the mixing bowl. Turn mixer on and within a minute your chicken will be perfectly shredded.
- Add in 1 cup of shredded cheese to shredded chicken along with salt, pepper and Adobo (if using.)
- Place chicken mixture in each of the flour tortillas.
 - Roll them all up and place them in the baking dish.
 - In a medium sauce pan, melt butter.
 - Whisk in flour and let cook and thicken for 1 minute (don't let it burn).
 - Add chicken broth and whisk until smooth.
 - Stir in sour cream and green chiles. Be sure not to let the mixture boil.
 - Take sauce off the heat and pour it over the enchiladas.
 - Top with remaining shredded cheese.
 - Bake for about 20-25 minutes.
 - If you'd like, you can turn the broiler on high and broil these for a minute or two until cheese is slightly browned and bubbly

Chicken Zucchini

SERVES [4]



DIRECTIONS

1. in a medium size skillet over medium high heat add the butter until melted. Add the garlic, oregano, rosemary and thyme. Add the chicken and cook for 3-4 min. on each side or until chicken is no longer pink and 165 degrees. Remove chicken and set aside. on plate
2. Add the zucchini to the pan and salt and pepper. saute for 2-3 min. or until tender. Add chicken back to the pan for a minute or so and serve.
3. Add butter and cream to another large skillet
4. Simmer over low heat for 2 min.
5. whisk in the garlic, italian seasoning, salt and pepper for one minute
6. whisk in the parmesan cheese until melted
7. Serve immediately

INGREDIENTS

- 3 tbs butter
- 4 garlic cloves minced
- 1/4 cup chopped oregano
- 1 tsp rosemary chipped
- 1 tsp thyme chopped
- 1 lb chicken breasts
- salt and pepper
- 2 medium zucchini sliced

Sauce

- 1/2 cup butter
- 1 1/2 cup heavy cream
- 2 tsp garlic minced
- 1/2 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups grated parmesan cheese

Fish



Shrimp W/ Asparagus



DIRECTIONS

1. To prepare the garlic butter shrimp recipe with asparagus: place a large non-stick skillet with 1 tablespoon olive oil and 1 tablespoon butter over medium heat. Add the asparagus and season to taste. Saute the asparagus until crisp-tender, 4-6 minutes. Remove sauteed asparagus from the pan and set aside.
2. In the same pan, add remaining 2 tablespoons butter and add shrimp. Season with salt and pepper, cook shrimp 1-2 minutes on one side.
3. Add the minced garlic, Italian seasoning, and onion powder to the shrimp. Stir to combine and flip the shrimp to cook on the opposite side. Cook shrimp for 1 minute then add 1/4 cup vegetable stock and Sriracha. Allow the sauce to reduce for 1 minute, making sure not to overcook the shrimp.
4. Push the grilled shrimp on the side and add asparagus back to the pan. Stir asparagus to coat them into the sauce and squeeze half of a lemon over the top of the grilled shrimp and asparagus. Allow reheating for 1-2 minutes. Remove grilled shrimp and asparagus from heat, garnish with parsley, lemon slices, and red crushed chili pepper if you like. Serve your **shrimp and asparagus** immediately, enjoy!

INGREDIENTS

- 1 1/2 lbs medium raw **shrimp**, peeled and deveined
- **asparagus** 1 bunch rinsed and trimmed
- 3 tbs **butter**
- 1 tbs **olive oil**
- 5 clove **garlic**, minced
- 1tsp **Italian seasoning**
- 2 teaspoons **onion powder**
- **Salt, pepper**, to taste
- 1/4 cup **vegetable stock**
- 1 tbs **Sriracha** (or any hot sauce you like)
- Juice of 1/2 **lemon**
- Fresh **parsley** or **cilantro**, for garnish

Orange Glaze Salmon

SERVES [4]

INGREDIENTS

- 2 tablespoons butter (or use olive oil if you wish)
- 4 x 6-ounce salmon fillets, with or without skin
- Juice from half an orange (about 1/4 cup fresh squeezed orange juice)
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 4 cloves garlic , crushed
- Kosher salt and ground pepper , to taste
- Half an orange , sliced to serve



DIRECTIONS

- Heat butter (or oil) in a pan or skillet over medium-high heat. Sear salmon skin-side up for 3-4 minutes. Flip and sear for 2 minutes.
- Pour in the orange juice and allow to reduce to half the quantity (it takes about 1 minute to reduce down if your pan is hot enough). Add the garlic and cook until fragrant (30 seconds). Move the salmon to the sides of the pan and add in the honey and soy sauce, stirring well to combine all of the flavours together.
- Bring to a simmer until reduced to a nice syrup (this takes about another 30 seconds to 1 minute), and move the salmon around in the sauce to evenly coat. Remove from heat once the salmon is cooked to your liking.
- Season with salt and pepper to your tastes. Drizzle with the sauce to serve.

Tilapia W/ Rice



SERVES[1]

DIRECTIONS

- In a small saucepan, combine water, rice and butter; bring to a boil. Reduce heat; simmer, covered, until liquid is absorbed and rice is tender, 15-20 minutes.
- Meanwhile, mix seasonings; sprinkle over tilapia. In a large skillet, heat salad dressing over medium heat until hot. Add fillets; cook until fish just begins to flake easily with a fork, 3-4 minutes per side. Serve with rice.

INGREDIENTS

3/4 cup water
1/2 cup uncooked
jasmine rice
1-1/2 teaspoons butter
1/4 teaspoon ground
cumin
1/4 teaspoon seafood
seasoning
1/4 teaspoon pepper
1/8 teaspoon salt
2 tilapia fillets (6 ounces
each)
1/4 cup Italian salad
dressing

Favorite Cookies



Apple Sauce Cookies

YIELDS [2 DOZEN]



DIRECTIONS

1. in a large bowl, combine applesauce and baking soda, stir together and set it aside.
2. in another bowl, sift together dry ingredients (flour, cinnamon, allspice and salt) set aside
3. (bowl with applesauce) combine the shortening and sugar, then add the eggs and mix all together
4. add the sifted ingredients and mix
5. stir in chocolate chips
6. bake at 400 degrees for 8-9 min. exactly

INGREDIENTS

- | |
|---|
| 1 cup applesauce |
| 1 tsp Baking Soda |
| 1/2 cup shortening
(vegetable oil works) |
| 1 cup sugar |
| 2 eggs |
| 2 cups flour |
| 1/2 tsp cinnamon |
| 1/2 tsp allspice |
| 1/2 tsp salt |
| 1 6 oz package dark
chocolate chip |