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| **Vegetarian Chili** (one pan!)  About 2 tbsp **oil**  1 clove **garlic**, minced  1 small white or yellow **onion**, chopped  About 1/2 tsp **chili powder** (to taste), add paprika and/or cayenne if desired  2 cups chicken **broth** (or more)  2 cans crushed **tomatoes**  1 – 2 cans pinto, kidney or black **beans** (rinsed and drained)  ½ - 1 cup dry instant **rice** (optional)  (if you add rice add an additional cup of water with the broth)  ½ package firm tofu, very small pieces (optional)  **Cheese**  In a large pan/pot heat oil on med-hi heat until hot. Add garlic and onion and sauté for a couple minutes (until somewhat soft). Add spices and (preferably) warm broth. Bring to a boil, then add tomatoes and beans (and tofu/meat). Cover and simmer for at least 20 minutes (can leave on low for a couple hours, or in a crock pot). Add rice and leave for another 10 minutes.  Sprinkle with mozzarella or Mexican blend cheese and serve with bread.  Feeds 3-4 (good for leftovers and easily doubled!)  \* You could add cooked ground beef or turkey also. In this case you may want to substitute beef or vegetable broth/stock instead of the chicken broth/stock. |
| **Fettuccini Alfredo (one pan!)**  8 oz (or so) fettuccini or penne **pasta**  1½ (approx) cups **mozzarella/parmesan cheese** mix  1-1½ cups **light whipping cream** (or half-half, don’t recommend heavy cream)  1 clove **garlic**  1 tsp (approx) **Italian seasoning**  ¼ tsp **black pepper** (or so, to taste)  A pinch salt  Cook pasta to “al dente” (not quite as firm as you’d like it to be), drain. Return pasta to pan and add cream and cheese. Over low heat, gently mix (with plastic or wooden spoon) as cheese melts. Add more cream or cheese to reach desired consistency. Add garlic and seasonings.  \*sauce will thicken as it sits, so you may need to add more cream later, or if you add too much don’t worry because it will soak up if left over low heat.  \***chicken variation :** sauté 1-2 white meat chicken breasts (cut into small chunks or slices) in oil and with the garlic and some seasonings over med-hi heat until fully cooked (5-10 minutes?). Add to the pasta mixture after sauce is finished, or right before serving. |