

# Recipes I've Collected

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Volume Conversions

Teaspoons	Tablespoons	Cups
3 tsp	1 Tbsp	$\frac{1}{16}$ cup
6 tsp	2 Tbsp	$\frac{1}{8}$ cup
12 tsp	4 Tbsp	$\frac{1}{4}$ cup
24 tsp	8 Tbsp	$\frac{1}{2}$ cup
36 tsp	12 Tbsp	$\frac{3}{4}$ cup
48 tsp	16 Tbsp	1 cup

Fl oz	Cup	Pint	Quart	Gallon
8	1	$\frac{1}{2}$	$\frac{1}{4}$	$\frac{1}{16}$
16	2	1	$\frac{1}{2}$	$\frac{1}{8}$
32	4	2	1	$\frac{1}{4}$
128	16	8	4	1

## Weight-Volume Conversions

Ingredient	Grams	Volume
All-purpose flour	120	1 cup
Almond flour	96	1 cup
Almonds (sliced)	43	1/2 cup
Baking Powder	4	1 teaspoon
Baking Soda	3	1/2 teaspoon
Bananas (mashed)	227	1 cup
Blueberries (fresh)	170	1 cup
Blueberries (frozen)	142	1 cup
Bread flour	120	1 cup
Butter	113	1/2 cup / 8 tablespoons / 1 stick
Butter	14	1 tablespoon
Buttermilk	227	1 cup
Cashews (chopped)	113	1 cup
Chocolate (chopped)	170	1 cup
Chocolate chips	170	1 cup
Cocoa powder (unsweetened)	42	1/2 cup
Coconut Oil	113	1/2 cup
Condensed Milk	78	1/4 cup
Confectioner's Sugar/ Powdered Sugar (unsifted)	113	1 cup
Cookie Crumbs	85	1 cup
Corn Syrup	312	1 cup
Cornstarch	28	1/4 cup
Cranberries (dried)	57	1/2 cup
Cream (heavy cream, light cream, half-and-half)	227	1 cup
Cream cheese (block, not the spread)"	227	1 cup
Dried Buttermilk Powder	25	2 tablespoons
Dried Powdered Nonfat Milk	21	1/4 cup
Dried Potato Flakes (instant mashed potato flakes)	43	1/2 cup
Dried Whole Milk Powder	50	1/2 cup
Egg (fresh, without shell)	50	1 large
Egg Whites (fresh)	30	1 large
Egg Yolk (fresh)	18	1 large
Espresso Powder	7	1 tablespoon
Dried Buttermilk Powder	25	2 tablespoons
Dried Powdered Nonfat Milk	21	1/4 cup
Dried Potato Flakes (instant mashed potato flakes)	43	1/2 cup
Dried Whole Milk Powder	50	1/2 cup
Egg (fresh, without shell)	50	1 large
Egg Whites (fresh)	30	1 large
Egg Yolk (fresh)	18	1 large
Espresso Powder	7	1 tablespoon
Lard	113	1/2 cup

<b>Ingredient</b>	<b>Grams</b>	<b>Volume</b>
Macadamia Nuts (whole)	149	1 cup
Maple Syrup	156	1/2 cup
Meringue Powder	43	1/4 cup
Milk (evaporated)	113	1/2 cup
Milk (fresh)	227	1 cup
Oats – Old Fashioned Rolled Oats	100	1 cup
Oats – Quick Cooking	89	1 cup
Oats – Steel Cut (raw)	100	1/2 cup
Olive Oil	50	1/4 cup
Pastry Flour/ Cake Flour	120	1 cup
Peanut Butter	135	1/2 cup
Pecans (diced)	57	1/2 cup
Pistachios (shelled)	60	1/2 cup
Poppy Seeds	18	2 tablespoons
Pretzel sticks (broken / big crumbs)	73	1 cup
Pumpkin (canned)	227	1 cup
Raisins	75	1/2 cup
Raspberries (fresh)	120	1 cup
Rice Flour	142	1 cup
Salt (table)	18	1 tablespoon
Self-Rising Flour	113	1 cup
Sour Cream (14% m.f)	230	1 cup
Sugar (brown)	213	1 cup (packed)
Sugar (white granulated)	200	1 cup
Sun-Dried Tomatoes (dry pack)	170	1 cup
Tahini paste	128	1/2 cup
Vanilla Extract	14	1 tablespoon
Vegetable Shortening	46	1/4 cup
Walnuts (chopped)	113	1 cup
Walnuts (whole)	64	1/2 cup
Water	227	1 cup
White Chocolate Chips	170	1 cup
Whole Wheat Flour	113	1 cup
Yeast (instant)	7	2 1/4 teaspoons
Yogurt	227	1 cup

## **Chapter 1**

# **Crock Pot and Slow Cooker**

## BBQ Loafers

*This recipe is from Mom.*

### Ingredients

- 1 lb. boneless skinless chicken thighs
- 1  $\frac{1}{4}$  cup BBQ sauce
- $\frac{1}{2}$  cup chili sauce
- 1 cup chopped white onion
- Sandwich buns
- Spray crock pot with oil
- Add onions, then chicken, then sauces (stir sauces if needed)

### Instructions

Cook 4–5 hours

Arrange samich and devour! P.S. you have sauce on your chin, here's a shirt sleeve!!!



## Chilli

*This recipe is from Mom.*

### Ingredients

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, chopped (1/2 cup)
- 2 cups Old El Paso® Thick 'n Chunky salsa
- 1 can (15 oz) tomato sauce
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 2 teaspoons chili powder
- 1 can (15 to 16 oz) pinto beans, drained, rinsed
- Cheddar cheese, sliced green onions and sour cream

### Instructions

1. Brown onion and beef. Drain off fat.
2. Mix beef/onions and all the remaining ingredients except beans.
3. Cover and cook on low temp for 3 hours.
4. 30 minutes before eating stir in drained beans.

## Honey-Garlic Chicken Thighs

### Ingredients

- 4 skinless, boneless chicken thighs
- 1/2 cup soy sauce
- 1/2 cup ketchup
- 1/3 cup honey
- 3 cloves garlic, minced

### Instructions

Lay chicken thighs into the bottom of a 4-quart slow cooker. Whisk remaining items together and pour over the chicken. Cook low for 6 hours.

## **Italian Chicken & Turkey Sausage with Beans**

### **Ingredients**

- Olive oil
- Chicken thighs, boneless skinless
- 1 lb turkey sausage or 85/15 ground turkey
- 1 small to medium onion, diced
- 3 cups Chicken broth
- 1 15oz can tomato sauce
- 3 TB minced garlic
- 1 Tsp black pepper
- 1 TBS Italian seasonings
- 15 oz can Cannellini(white kidney) beans, drained
- ¾ cup Parmesan cheese, shredded or grated

### **Instructions**

1. Spray crock pot with oil.
2. Brown turkey sausage and onion and garlic, add pepper and Italian seasoning, place in crock pot.
3. Add oil to pan, chicken, sprinkle with pepper, and brown. Flip and repeat. Add to crock pot.
4. Mix together chicken broth and tomato sauce. Pour into skillet and bring to a slight boil, scraping pan periodically. Let boil a minute, then pour over food in crock pot.
5. Set crock: Low for 6 – 7 hours or High for 4 – 5 hours.
6. Fill empty skillet partially with hot water and squirt of soap, return to stove and boil for 5 minutes, scrapping bottom of pan, turn stove off and let cool.
7. 30 minutes before it is done stir in Cannellini beans and parmesan cheese.

## Jambalaya

*This recipe is from Mom.*

*This easy recipe can be adapted to your tastes by using all green peppers instead of celery. But celery, onions, and peppers are the holy trinity of Cajun flavors traditional to jambalaya. When I made it, I omitted the celery and added red and yellow bell peppers.*

### Ingredients

- 1/2 lb. andouille or spicy pork sausage, cut into pieces
- 3 stalks celery, chopped
- 1 lb. boneless skinless chicken thighs, cut into 1" pieces
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 (14 oz.) cans diced tomatoes, undrained
- 1 Tbsp. sugar
- 1/8 teaspoon pepper
- 1 green bell pepper, cut into 1" pieces
- 1-3 tsp. Tabasco Sauce
- 1/8 tsp. cayenne pepper
- 1/2 tsp. dried thyme leaves
- 1/2 tsp. dried basil leaves
- 1/2 cup uncooked orzo pasta
- 1 lb. frozen fully cooked shrimp, thawed

### Instructions

In medium saucepan, cook sausage until some of the fat is rendered. Discard fat, and combine sausage with all ingredients except orzo and shrimp in slow cooker. Cover and cook on LOW for 7 to 9 hours until chicken is cooked through. Increase heat to HIGH. Stir in orzo, cover and cook for 15 minutes, or until orzo is tender. Add shrimp, stir, cover and cook an additional 3-5 minutes until shrimp is heated through.

If you have a new, hotter cooking crockpot check the dish after 5 hours on low. The pasta should cook in about the same time.

## Mexican Casserole

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound ground turkey - *or chicken, I used 93% lean ground turkey*
- 1 medium yellow onion - *diced*
- 1 cup uncooked quinoa
- 2 cans red enchilada sauce – *(10 ounce cans) (mild or medium) or 2 1/2 cups homemade red enchilada sauce*
- 1 can black beans – *(15 ounces), drained and rinsed*
- 1 can fire-roasted diced tomatoes in their juices – *(15 ounces)*
- 1 cup corn kernels - *fresh or frozen*
- 1 red bell pepper - *cored and diced*
- 1 green bell pepper - *cored and diced*
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1/2 cup water
- 1 cup shredded Mexican blend cheese - *divide*

### Instructions

Heat olive oil in a large skillet over medium high. Add turkey and onion. Cook and stir about 5 minutes. Transfer to the bottom of a large slow cooker.

To the slow cooker, add the quinoa, enchilada sauce, black beans, tomatoes, corn, red bell pepper, green bell pepper, chili powder, cumin, garlic powder, and 1/2 cup water. Stir to combine, then cover and cook on high for 2 1/2 to 3 hours or low for 5 to 6 hours, until the liquid is absorbed and the quinoa is tender.

Remove the lid and stir. Taste and adjust any seasonings as desired. Stir in 1/2 cup of the shredded cheese, then sprinkle the remaining cheese over the top. Cover and cook on high until the cheese melts, about 10 to 15 minutes. Serve hot with any desired toppings.

## Barbacoa Brisket

*This recipe is from Mom.*

### Ingredients

- 1 TBS finely chopped fresh oregano
- 1 TBS dark brown sugar
- 2 TBS olive oil
- 1 TBS minced chipotle chiles in adobo sauce
- 1 TBS adobo sauce
- 1 tps ground cumin
- $\frac{3}{4}$  tsp kosher salt
- $\frac{1}{2}$  tsp freshly ground black pepper
- 3 garlic cloves, grated
- Trimmed beef brisket: 1 LB
- 2 cups chopped tomatoes
- 1 cup chopped onion
- 1 red bell pepper, chopped
- 1 jalapeño, seeded and chopped

### Instructions

Combine first 9 ingredients (through garlic) in a medium bowl, stirring well to combine. Rub mixture into brisket.

Arrange tomatoes, onion, bell pepper, and jalapeño in the bottom of a 6-quart slow cooker. Place the brisket on top of vegetables, and drizzle any remaining spice mixture over brisket and vegetables. Cover and cook on LOW for 8 hours.

Remove the brisket from the slow cooker, and shred meat with 2 forks. Return brisket to cooker and toss with the vegetables.

## Chicken Fajitas

- 1 yellow onion, sliced
  - 3 sweet peppers, sliced
  - 1 ½ pounds boneless chicken breast or thighs
  - 1/4 to ½ cup chicken broth, depending on preference (leave this out if you prefer a drier fajita filling)
  - ½ teaspoon salt
  - 2 tablespoons cumin
  - 1 ½ tablespoons chili powder
  - Squeeze of lime juice
  - Tortillas
  - Fajita fixings
1. Combine sliced onion and peppers in the bottom of a greased crockpot.
  2. Lay chicken on top of veggies.
  3. Pour chicken broth over top.
  4. Sprinkle everything with cumin, salt, and chili powder.
  5. Give a nice squeeze of lime juice over the top.
  6. Cover and cook on low for 4-8 hours or until meat is shreddable.
  7. When meat is done, shred with two forks and stir back into juices. Serve meat mixture with slotted spoon on tortillas with your choice of fixings.

## Chicken Enchilada Dip

### Ingredients

- 2 cups chopped fresh tomatoes (about 2 medium)
- 1 cup chopped onion
- 2 cloves garlic
- 1 fresh jalapeño pepper, stemmed
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1 pound boneless, skinless chicken breast
- 8 ounces reduced-fat cream cheese
- 1 15-ounce can black beans, rinsed
- 1 cup corn, fresh or frozen (thawed)
- 1 cup shredded sharp Cheddar cheese
- 2 tablespoons sliced scallions
- 2 tablespoons chopped fresh cilantro

### Instructions

Combine tomatoes, onion, garlic, jalapeño, chili powder, cumin and salt in a blender. Puree until smooth.

Pour the sauce into a 5- to 6-quart slow cooker. Nestle chicken into the sauce. Cover and cook on High for 3 hours or on Low for 6 hours.

Remove the chicken and shred using two forks. Stir the chicken back into the sauce in the slow cooker. Add cream cheese, beans, corn and Cheddar. Stir to combine. Cover and cook on High until the cheese is melted and the sauce is hot, 10 to 15 minutes.

Serve the dip topped with scallions and cilantro.

Cover and refrigerate for up to 1 day.



## Mozzarella-Stuffed Meatballs

### Ingredients

- Low moisture mozzarella cheese
- 1 pound ground beef
- 1 pound hot Italian sausage
- 1/2 tsp garlic powder
- 2 tsp salt
- 1 tsp black pepper
- 1 cup bread crumbs
- 1/4 cup parmesan cheese
- 2 eggs
- 1/2 cup whole milk
- 1/2 cup chopped parsley

### Instructions

Cut low moisture mozzarella cheese into 3/4 inch cubes, store in refrigerator while preparing the meat.

Combine other ingredients in a large mixing bowl.

Roll golf ball sized balls with the meat mixture. Squish mozzarella cube into the center and pull the edges of the meat ball around it until it's a new ball again.

Arrange meatballs in slow cooker and cover in tomato sauce.

Cook on high for 2 to 2.5 hours.

## Pinto Beans

The best crock pot pinto beans! No soaking, perfectly seasoned, and healthy. Use this recipe anytime you need canned beans or mash them for refried beans.

Makes 6 cups.

### Ingredients

- 1 lb dry pinto beans – 2 cups
- 2 teaspoons extra-virgin olive oil
- 1 small yellow onion - *chopped into 1/4-inch dice*
- 1 jalapeno - *cored, seeded, and finely chopped*
- 1.5 teaspoons kosher salt
- 3 cloves garlic - *minced*
- 2 bay leaves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/8 to 1/4 teaspoon cayenne pepper - *optional*
- 3 cups water
- 4 cups low-sodium chicken broth - *or vegetable broth, divided*
- For serving: queso fresco or shredded Monterey jack cheese - *diced tomatoes, diced red onion, chopped fresh cilantro, avocado (optional)*

### Instructions

1. Place pinto beans into large colander. Thoroughly rinse them. Pick the beans over, removing any damaged or clearly misshapen beans and discarding them. Transfer the rinsed beans to a 6-quart or larger slow cooker.
2. Heat the oil in a medium nonstick skillet over a medium-high heat. Once the oil is hot, add the jalapeno, and 1/2 teaspoon salt. Sauté for two minutes, then add the garlic, and let cook just until fragrant, about 30 seconds. Transfer to the slow cooker. Add the sautéed vegetables, bay leaves, cumin oregano, and remaining teaspoon of salt. Pour the broth and water over the top.
3. Cover and cook on HIGH for 8 to 10 hours, until the beans are tender. All slow cookers are different and can heat things differently, so if yours tends to run hot, check on it earlier. Depending upon your model, there may be some liquid still in the slow cooker. Discard the bay leaves.
4. FOR REGULAR PINTO BEANS (not refried): drain the liquid if you like, or leave the liquid in the crock pot and serve the beans with it, or use a slotted spoon for serving and drain the beans at the end prior to storing. Taste and adjust seasoning as desired.

5. FOR REFRIED BEANS: reserve 1 cup of the cooking liquid, drain the beans, and return them to your slow cooker (if you don't have that much liquid in your slow cooker, you can use regular water instead). With a potato masher or a pastry cutter, mash the beans until they reach your desired consistency adding some of the reserved liquid as needed. (You can also scoop the beans into a blender in batches and puree them that way– be sure to let the beans cool somewhat first so that they do not splatter). Taste and adjust the seasoning as desired.

### Notes

- Refrigerate leftover beans or freeze for up to three months.
- For easy portions: let the beans cool *completely*, then portion them into zip-top freezer bags labeled with the date. Seal the bags, removing as much air as possible, and squish the beans so that the bags lie flat. Freeze flat and remove from freezer as you need them. Let the beans thaw overnight in the refrigerator, then reheat gently on the stove with a splash of water or broth as needed to then them back out.

## Quick Salsa Chicken

### Ingredients

- 4 frozen chicken thighs
- 3 cups mild salsa picante
- ½ cup chicken broth or water
- 3 TBS minced garlic

### Instructions

Spray crock pot, drop in chicken, mix all other ingredients together in a bowl and pour over chicken.  
Cook on low 5 hours and serve over rice or with tortillas.

## Salsa Verde Chicken

*This recipe is from Mom.*

Only four ingredients! 5 minutes prep time, cook 4 hours.

### Ingredients

- 4 boneless, skinless chicken breasts
- 2 cups salsa verde
- 1 bottle beer
- 2 teaspoons cumin
- salt and black pepper
- (optional) 1 jalapeno, stem removed, diced, leave seeds in for extra heat if desired

### Instructions

Add chicken to the slow cooker. Top with salsa verde and beer, sprinkle with cumin and a few generous pinches of salt and a pinch of pepper. Use pair of tongs or a spoon to turn the chicken so that both sides are coated. Cover. Cook for 3 to 4 hours on high heat, or 7 to 8 hours on low heat.

The chicken is ready when it easily shreds with a fork. Shred chicken in slow cooker and toss with juices. Remove chicken with slotted spoon and serve warm. Or, store shredded chicken in sealed container in the refrigerator for up to 5 days, or in freezer for up to three months.

**Notes** 29 March 2022: Did this with 4 cups salsa verde, 1 bottle beer, 2 jalapenos, and a pack of frozen chicken thighs. It worked really well. Would probably be good topped with lime.

## Crockpot Beans and Chilli

### Ingredients

- 3 15-oz cans cannellini beans, rinsed, drained, and divided
- 1 25-oz can hominy, rinsed and drained
- 3 cups unsalted chicken stock
- 2 cups peeled cubed butternut squash
- 1 cup chopped yellow onion
- 2 TBS ground cumin
- 1 TBS chili powder
- ½ tsp kosher salt
- 2 garlic cloves, chopped
- 2 oregano sprigs
- 5-oz can diced green chiles, drained and divided
- 1 ¼ lbs. skinless, boneless chicken thighs
- Fresh cilantro leaves
- Cheddar cheese
- 1/4 cup chopped green onions
- 1 jalapeño and lime wedges

### Instructions

Process 1 can of beans in food processor until smooth. Place bean puree, remaining 2 cans of beans, hominy, and next 8 ingredients (through oregano) in a 6-quart electric slow cooker.

Reserve 1 tablespoon green chiles. Add remaining green chiles to cooker. Top with chicken thighs. Cover and cook on LOW 8 hours.

Shred chicken; stir into chili. Cover and keep warm.

Place chili bowls; top evenly with remaining chilies and cilantro, cheese, green onions, and jalapeño. Serve with lime wedges.

## Slow Cooker Turkey Breast

- 1 bone-in turkey breast (6 to 7 pounds), skin removed
- 1 tablespoon olive oil
- 1 teaspoon dried minced garlic
- 1 teaspoon seasoned salt
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon pepper
- 1/2 cup water

### Directions

1. Brush turkey with oil or butter.
2. Combine the garlic, seasoned salt, paprika, Italian seasoning and pepper; rub over turkey. Transfer to a 6-qt. slow cooker; add water.
3. Cover and cook on low for 5-6 hours or until tender.

Yield: 14 servings.

**Wine:** Medium-Bodied White Wine: Enjoy this recipe with a medium-bodied white wine such as **Riesling** or **Gewürtztraminer**





## **Chapter 2**

# **Grill**

## Turkey Burgers

*This recipe is from Mom.*

### Ingredients

- 3 tbs bread crumbs
- 1 tsp dried parsley
- 1 tbs Worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 egg slightly beaten
- 1–2 lbs ground turkey

## **Chapter 3**

## **Other**

## Beer Bread

*This recipe is from Mom.*

### Ingredients

- 3 cups flour, sifted, white or whole wheat
- 3 teaspoons baking powder (omit if using self-rising flour)
- 1 teaspoon salt (omit if using self rising flour)
- 1/4 cup sugar
- 1 (12-oz) can beer (*plus a little from 2nd beer*)
- 1/2 cup melted butter (1/4 cup will do just fine)

### Instructions

1. Preheat oven to 375 degrees
2. Mix dry ingredients and beer
3. Pour into a greased loaf pan
4. Pout melted butter over the mixture
5. Bake 1 hour, remove pan and cool for at least 15 minutes

## Cast Iron Veggie Mix

*From u/iusedtobeonimgur via r/EatCheapAndHealthy*

It was basically a 1-pan recipe.

### Ingredients

- 1 Onion
- 1 Poblano ( or green pepper)
- 1 jalapeno
- 1 red pepper
- 2 cans of black beans
- 1 can of corn
- 1 tsp Paprika
- 1 tsp chili powder
- 2 tsp cumin
- Chopped cilantro
- 1 Lime
- Salt to taste

### Instructions

1. Start by dicing all the vegetables. Cook the onions on medium heat until it's getting brown.
2. Add the spices. Toast them for a minute.
3. Add the peppers. Cook for 5 minutes.
4. Drain and rinse black beans. Add to the pan. Add half a cup of water. Let simmer until the black beans are soft.
5. Add corn, mix.
6. Add chopped cilantro and lime juice. Season to taste with salt.



## **Chapter 4**

# **Sweets and Desserts**

## Jack Daniel's Chocolate-PeeeeeCan Pie

*This recipe is from Mom.*

### Ingredients

- Prepared pastry dough for one 9-inch pie
- 3 extra-large eggs
- 2 extra-large egg yolks
- $\frac{2}{3}$  cup sugar
- $\frac{3}{4}$  cup dark corn syrup
- 5 tablespoons butter, melted
- $\frac{1}{4}$  cup Jack Daniel's or other whiskey
- $\frac{2}{3}$  cup chopped bittersweet chocolate or semisweet chocolate morsels, divided
- $1\frac{1}{4}$  cups pecan halves or pieces, divided

### Instructions

*Optional: soak the pecans in whiskey for a couple hours to increase the flavor.*

1. Preheat oven to 350 degrees. Ease pastry dough into a 9-inch pie plate. Trim dough and flute edges if desired. Place pie plate on a baking sheet.
2. In a large bowl, whisk together eggs, egg yolks and sugar until well combined. Whisk in corn syrup, butter and Jack Daniel's until well blended.
3. Sprinkle  $\frac{1}{3}$  cup of the chocolate pieces over bottom of pastry crust. Pour in pie filling. Sprinkle  $\frac{1}{2}$  cup pecans over filling. Sprinkle remaining  $\frac{1}{3}$  cup chocolate pieces over, then top with remaining  $\frac{3}{4}$  cup pecans.
4. Bake pie 50 to 55 minutes or until set in center. Turn off oven; leave pie in the oven with the door closed 15 minutes longer to crisp top. Transfer pie to a wire rack; cool at least 2 hours.
5. If preparing pie a day ahead, cover and refrigerate after cooling on rack. For best flavor, let refrigerated pie stand at room temperature 1 hour before serving. To serve, cut into small wedges; top with ice cream.



## Reeses peanut butter no-bake bars

*This recipe is from Mom.* Not actually Reeses brand or endorsed, just what the recipe said when Mom sent it to me.

### Ingredients

- 1 cup salted butter (melted)
- 2 cups graham cracker crumbs. (*1 package of crackers  $\approx$  1 cup crushed. Use food processor to chop and grind to fine powder*)
- $\frac{1}{4}$  cup brown sugar
- $1\frac{3}{4}$  cup powdered sugar
- 1 cup peanut butter
- $\frac{1}{2}$  teaspoon vanilla
- 1 (11 oz) bag chocolate chips (*originally calls for milk chocolate, I've found I like the semi-sweet or bittersweet, as there is enough sugar elsewhere.*)

### Instructions

1. Combine all ingredients, except chocolate chips, in a medium sized bowl. Stir until mixture is smooth and creamy.
2. Place parchment paper in pan if desired. Pour peanut butter mixture into  $9" \times 13"$  pan. (*Or smaller. I like it with a bit more thickness*). May require pressing and spreading into pan by hand.
3. Melt chocolate chips in microwave (at half power) for 1-2 minutes. (*Stir occasionally to prevent some of chocolate burning. Or use a double boiler or some other method for melting.*) Pour accross peanut butter mixture and spread with spatula. Tap pan on counter to even out chocolate.
4. Refrigerate for an hour. Cut while bars are still cool.

## Old World Raspberry Bars

Weight measurements from Mom. Other notes from Dad.

### Ingredients

- 2  $\frac{1}{4}$  cup all purpose flour. (8.94 oz)
- 1 cup sugar (7.45 oz)
- 1 cup chopped pecans
- 1 cup butter or margarine, softened (8 oz)
- 1 egg
- 10 oz raspberry preserves (*or 10 oz of your favorite fruit preserves*)

### Instructions

Heat oven to 350° F. In a large mixer bowl, combine all ingredients *except* raspberry preserves. Beat at low speed, scraping bowl often, until well mixed (2 to 3 minutes). *Reserve 1  $\frac{1}{2}$  cup mixture*; set aside. Press remaining mixture into 8 inch square baking pan; spread preserves to within  $\frac{1}{2}$  inch from edge. Crumble reserved  $\frac{1}{2}$  mixture over preserves. Bake for 40 to 50 minutes, or until lightly browned. Cool completely; cut into bars.

**Notes** From Mom:

- cook for an hour
- use 13 inch by 9 inch pan, not any smaller

## **Chapter 5**

# **Soup**

## Zuppa Toscana

*From C. Howell*

This is a much requested recipe on the site given its name! Someone who used to work at the Olive Garden sent in the original recipe and I've adapted it to serve just 6-8. Try it since it is really yummy!

It is a very good soup and hits the spot on cold winter days. I've included this and a few other Olive Garden-inspired recipes on the site for all of our visitors that enjoy eating at the restaurant chain. In my opinion, making these recipes at home makes them even better than the ones you eat at the restaurant! :)

Makes: 6-8 servings

### Ingredients

- 1 lb ground Italian sausage
- 1½ tsp crushed red peppers
- 1 large diced white onion
- 4 Tbsp bacon pieces
- 2 tsp garlic puree
- 10 cups water
- 5 cubes of chicken bouillon
- 1 cup heavy cream (*CH: I do about 16 oz of heavy cream because I prefer it on the creamier side*)
- 1 lb sliced Russet potatoes, or about 3 large potatoes
- ¼ of a bunch of kale (*CH: I use a whole bunch of kale because I love it*)

### Instructions

1. Sauté Italian sausage and crushed red pepper in a large pot. Drain excess fat, refrigerate while you prepare other ingredients.
2. In the same pan, sauté bacon, onions and garlic over low-medium heat for approximately 15 mins. or until the onions are soft.
3. Add chicken bouillon and water to the pot and heat until it starts to boil.
4. Add the sliced potatoes and cook until soft, about half an hour.
5. Add the heavy cream and just cook until thoroughly heated.
6. Stir in the sausage and the kale, let all heat through and serve. Delicious!

Buon appetito!