

# Recipes

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## Banana Coffee Cake

### Ingredients

#### *Cake*

- 3 overripe bananas, mashed
- 2 large eggs
- 1  $\frac{1}{4}$  cups all purpose flour
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{2}$  cup unsalted butter, melted
- $\frac{1}{2}$  cup plain Greek yogurt
- $\frac{1}{4}$  cup milk
- 1 tsp vanilla extract
- $\frac{3}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{2}$  tsp salt

#### *Cinnamon Sugar Swirl*

- $\frac{1}{2}$  cup brown sugar
- 2 tsp ground cinnamon
- a pinch of salt

#### *Crumb Topping*

- 1 cup all purpose flour
- $\frac{2}{3}$  cup granulated sugar
- $\frac{1}{2}$  cup unsalted butter, softened
- $\frac{1}{4}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp salt

### Instructions

Preheat oven to 350°F. Procure a 9 in. × 9 in. baking pan and line with parchment paper or spray with nonstick cooking spray.

1. In a large mixing bowl, combine the wet ingredients for the cake and mix well.
2. In a separate bowl, combine the dry ingredients for the cake and mix well.
3. Add the dry ingredients to the wet ingredients, stirring constantly as they are added. Mix until just combined.
4. Set aside the batter.
5. In a small bowl, combine the ingredients for the cinnamon sugar swirl and mix well.
6. In a separate small bowl, combine the ingredients for the crumb topping. Use a fork to cut the butter into the dry ingredients. Continue until the mixture forms small clumps and has the texture of wet sand.
7. Retrieve the batter and baking pan. Pour half the batter into the pan and wait for it to settle evenly. Spread the cinnamon sugar swirl over the layer of batter, then pour the remaining batter over the cinnamon sugar. Finally, evenly spread the crumble topping over the top.
8. Bake for 45 to 55 minutes, until a knife inserted comes out mostly clean. Allow to cool before serving. Store in fridge for up to a week. Reheats well when covered in microwave.

## Buffalo Chicken Sandwiches

### Ingredients

#### *Buffalo Chicken*

- 1 bottle mild or spicy buffalo wing sauce (such as Frank's<sup>1</sup>)
- 3 to 4 lbs boneless, skinless chicken breast
- 1 small white onion, diced or chopped
- 1 to 2 green bell peppers, diced or chopped
- 2 to 4 cloves garlic, finely minced or crushed
- 1 package dry ranch salad dressing mix
- 2 tbsp salted butter

#### *Sandwich*

- hoagie rolls, split lengthwise
- sliced Swiss, sliced provolone, or freshly grated Parmesan
- any additional desired sandwich toppings

### Instructions

Procure a crock pot with at least 1 gallon capacity.

1. Chop or dice the onion and green bell peppers to desired size and finely mince or crush the garlic.
2. Combine all the ingredients for the buffalo chicken in the crock pot—except for the butter.
3. Cook on low for 7 to 9 hours, until internal temperature of the chicken reaches 165°F.
4. Once cooked, shred the chicken. This can be done either with two forks or a large spaghetti spoon.
5. Add the butter to the shredded chicken and mix gently until completely melted.
6. To serve, toast hoagie rolls. Optionally, melt cheese and pepper onto rolls while toasting. Pile buffalo chicken on rolls and add any additional toppings.
7. If desired, keep buffalo chicken sealed in fridge for up to a week. Reheat covered in microwave, prepare sandwich as before.

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<sup>1</sup><https://www.franksredhot.com/en-us/products/franks-redhot-buffalo-wings-sauce>

## Dill Dip

### Ingredients

- 2/3 cup mayonnaise
- 2/3 cup sour cream
- 2 tsp dried dill weed
- 1 tsp dried parsley flakes
- 1 tsp dried onion flakes
- 1 tsp beau monde<sup>†</sup>
- 1 loaf Jewish rye bread or seedless rye

### Instructions

Procure a medium-large bowl with a lid, make space in refrigerator.

1. Using a spoon, mix all ingredients (except bread) in the bowl.
2. Chill for several hours, preferably overnight.
3. Serve with bread to dip.

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<sup>†</sup>If necessary, 1 tsp beau monde can be substituted by grinding together  $\frac{1}{2}$  tsp seasoned salt,  $\frac{1}{4}$  tsp salt,  $\frac{1}{8}$  tsp onion powder,  $\frac{1}{8}$  tsp garlic powder, and  $\frac{1}{8}$  tsp celery seed.

## Garlic Chicken Parmesan

### Ingredients

- 3 lb chicken breast
- 3 baby red potatoes
- 10 cloves garlic
- 4 tbsp Irish butter
- 4 tbsp fresh thyme
- 4 tbsp fresh chopped parsley
- freshly grated Parmesan
- olive oil

### Instructions

Procure a medium-large crock-pot and a medium to large skillet.

1. Cut the chicken into pieces smaller than a fist, then season the pieces with salt and pepper.
2. Heat 1 to 2 tbsp of olive oil in the skillet on medium-high heat.
3. Sear the chicken on all sides until golden brown. About 3 minutes per side.
4. Wash and quarter the potatoes. Chop the garlic and parsley. Pull the leaves from the thyme. Add all to crock-pot.
5. Add the chicken, butter, 4 heaping tbsp of grated parmesan, and 4 tbsp of oil to the crock-pot and season generously with salt and pepper. Mix everything together.
6. Set the crock-pot pot to low and cook for 8 hours, occasionally stirring. Alternatively, set to high for 4 hours.
7. Garnish with parmesan to taste and serve.

# Glazed Chicken and Garlic Noodle Meal Prep

## Chicken

### Ingredients

#### *Chicken*

- 8 boneless, skinless chicken thighs
- 1/2 tbsp vegetable oil

#### *Marinade*

- 1/4 cup brown sugar
- 2 cloves garlic, minced or crushed
- 2 1/2 tbsp soy sauce
- 1/2 tbsp oyster sauce
- 1/4 tsp ground ginger
- 1 tbsp vegetable oil
- freshly cracked pepper

#### *Garnish*

- 2 green onions, chopped
- 1 tsp toasted sesame seeds

#### *Glaze*

- 1/4 cup brown sugar
- 2 cloves garlic, minced or crushed
- 1 tbsp lite soy sauce
- 1 tbsp oyster sauce
- 1 tbsp hoisin sauce
- 1/4 tsp ground ginger
- 1 tbsp vegetable oil
- freshly cracked pepper

### Instructions

Procure a shallow dish or sealable plastic gallon bag to marinate the chicken in as well as a large nonstick skillet.

1. Start by preparing the marinade. Finely mince or crush the garlic. In a small bowl combine this with the rest of the marinade ingredients. Season generously with freshly cracked pepper. Taste for seasoning and adjust as desired.
2. Place the chicken thighs in a shallow dish or plastic gallon bag, then pour the marinade to coat. Turn over the chicken or the container to evenly coat each piece. If possible, lightly pound the chicken to help the marinade soak in.
3. Let marinade in refrigerator for at least 30 minutes. For best results, marinate overnight. Do not marinate for longer than 24 hours.
4. Once marinated, remove the chicken from the marinade and discard leftover marinade.
5. In a small bowl, combine all the ingredients for the glaze. Finely mincing or crushing the garlic, generously seasoning with pepper, and tasting for seasoning as before with the marinade.
6. Heat a large nonstick skillet over medium-high heat. Coat the skillet with 1/2 tbsp vegetable oil.
7. Cook chicken in batches to avoid overcrowding. Set aside cooked chicken on a plate. Ensure chicken is browned evenly on both sides and internal temperature reads 165°F.
8. Once the chicken is finished cooking and removed from the pan, add the glaze to the skillet still on medium-high heat. Allow to come to a boil and whisk constantly to incorporate any bits of browned chicken still in the skillet. Continue boiling and whisking until it reduces to a thick and sticky glaze.
9. Add the cooked chicken to a bowl with sealing lid, pour the glaze over the chicken, then seal and shake vigorously to thoroughly coat the chicken with the glaze.
10. Garnish with toasted sesame seeds and chopped green onions as desired.

## Garlic Noodles

### Ingredients

#### *Noodles*

- 16 oz angel hair pasta
- 8 cloves garlic, minced
- 1 bunch green onions, chopped
- 8 tbsp salted butter

#### *Garnish*

- ~ 1 green onion, chopped
- toasted sesame seeds

#### *Sauce*

- 4 tbsp oyster sauce
- 4 tbsp brown sugar
- 4 tsp lite soy sauce
- 2 tsp sesame oil

### Instructions

Procure a large nonstick skillet and a large pot.

1. In a small bowl, mix together all the ingredients for the sauce until completely combined.
2. Fill a large pot with water, lightly salt the water, and boil over high heat. Cook the noodles according to the package directions, until al dente. Once cooked, drain and set aside.
3. Mince the garlic and chop the green onions. Set aside a handful of the chopped green onions for garnish.
4. In a large nonstick skillet over medium-low heat, melt the butter. Once the butter is completely melted and bubbly, add the garlic and green onions—except for the few that were set aside for garnish.
5. Sauté garlic and green onions until soft and fragrant.
6. Remove the skillet from heat and add the drained noodles and sauce mixture to the skillet. Stir and flip well to coat the pasta evenly.
7. Garnish with reserved green onions and toasted sesame seeds.

## Broccoli

### Ingredients

- 1 10oz bag frozen broccoli (or 1 crown fresh broccoli)

### Instructions

1. Steam broccoli according to package directions. Alternatively, cut a fresh broccoli crown into florets and steam in a steamer to desired softness—no more than 7 minutes.

## Meal Prep

This dish will keep in a refrigerator for up to a week. To store, package individual servings in glass or plastic food storage containers. For containers with multiple compartments, best results are found when the noodles are kept separate from the chicken and broccoli—which can be kept together. Reheat loosely covered in microwave on high for about 2 minutes.

# Meatless Beef Chili

## Ingredients

- ~ 2 lbs Quorn Meatless Grounds<sup>1†</sup>
- 2 15 oz cans of dark red kidney beans, drained
- 2 15 oz cans of tomato sauce
- 1 28 oz can of crushed tomatoes
- 1 small white onion, diced
- 1 box Carroll Shelby's Chili Kit<sup>2‡</sup>
- 2 bags oyster crackers (optional)

## Instructions

Procure a crock pot with about 1 gallon capacity.

1. Peel and dice the onion.
2. Brown the grounds in a skillet over medium high heat. While browning, add about half of the large red “chili spices” packet and about a cup of water to help absorb the spices. When the grounds are about half done, add the diced onion.
3. Once the grounds are browned and the onions have caramelized, add contents of skillet to crock pot.
4. Drain the kidney beans and add them to the crock pot.
5. Add all other canned ingredients to crock pot.
6. Add all remaining spices to crock pot.
7. Stir well, then cook on low for 8 hours. Stir occasionally.
8. Optionally serve with oyster crackers and coarse salt on top. Keep in fridge for up to a week. Reheats well when covered in microwave.

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<sup>†</sup>Optionally, use regular beef grounds if desired.

<sup>‡</sup>If this exact box cannot be obtained, the contents are: 32 grams masa flour, 1.5 grams cayenne pepper, and 72 grams of “chili spices”. One can approximate Carroll Shelby's “chili spices” with regular chili powder and a pinch of paprika. Taste for seasoning when using this method.

<sup>1</sup><https://www.quorn.us/products/quorn-meatless-grounds>

<sup>2</sup><https://carrollshelbyschili.com/products>



## Mom Bread

### Ingredients

#### *Dry*

- 2 – 4 cups all purpose flour
- 2 cups whole wheat flour<sup>a</sup>
- 1 cup plain rolled oats
- 1 cup rye flour<sup>b</sup>
- 1 cup dry milk powder
- 1/4 cup wheat gluten
- 1/4 cup wheat germ<sup>c</sup>
- 1/4 cup wheat bran<sup>c</sup>
- 1/4 cup oat bran<sup>c</sup>
- 1/2 tbsp active dry yeast
- 1 tbsp salt

#### *Wet*

- 2  $\frac{1}{4}$  cups water
- 1/4 cup honey<sup>d</sup>
- 1/4 cup salted butter
- 1/2 tbsp active dry yeast

#### *Miscellaneous*

- 1 tbsp salted butter
- nonstick cooking spray
- a pinch coarse salt (optional)

### Instructions

Procure a stand mixer, 8 in. × 4 in. bread pan, and a wire cooling rack. Make space on a clean surface to knead dough.

1. From the wet ingredients, combine the water, honey, and butter—**not** the yeast—in a microwave safe bowl.
2. Microwave the mixture uncovered for 2 minutes on high.<sup>e</sup>
3. Add the 1/2 tbsp of yeast to the warmed mixture.
4. In a stand mixer set to the slowest setting, combine all of the dry ingredients except for the all purpose flour.
5. Once the dry ingredients are thoroughly mixed, add the wet mixture and keep the stand mixer running.
6. To the running stand mixer, add 1/4 cup of all purpose flour at a time until the dough separates from the sides of the bowl and forms a large, slightly sticky ball.
7. Pour the dough onto a well floured (with all purpose flour) kneading surface and set aside stand mixer—do not rinse or clean yet. Flour hands and knead until dough bounces when depressed. Add more all purpose flour as necessary to keep it from sticking.
8. Spray the bowl of the stand mixer with nonstick cooking spray. Place dough inside and cover with kitchen towel. Let rise at room temperature until doubled in size, about 30 minutes.
9. Once risen, remove dough to well floured surface and divide into two equal balls.
10. Using a rolling pin, separately roll each ball into a 1/2 in. thick rectangle with the long side roughly twice as long as the short side.
11. Starting from one of the short ends of the rectangle, tightly roll the dough into a cylinder. Pinch closed the seam at the opposite short end of the rectangle, as well as the ends of the cylinder. Repeat this and previous step for second dough ball.<sup>f</sup>

12. Spray bread pan with nonstick cooking spray. Place dough in prepared bread pan.
13. Cover with kitchen towel and allow to rise at room temperature for 30 minutes or until doubled in size.
14. Once risen, bake in oven at 350°F for about 40 minutes or until evenly browned. When done, the loaf should sound hollow when tapped and a thermometer inserted reads 200°F.
15. Immediately remove the loaf from the bread pan and place onto a wire cooling rack. Immediately spread butter over top and coarse salt if desired.
16. Let cool completely before slicing. Store in airtight container at room temperature.

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<sup>a</sup>If necessary, can be substituted for all purpose flour.

<sup>b</sup>If necessary, can be substituted for whole wheat flour (preferred) or all purpose flour.

<sup>c</sup>If necessary, wheat germ, wheat bran, and oat bran can be substituted for one another.

<sup>d</sup>Can be substituted with molasses or sugar.

<sup>e</sup>Alternatively, heat on stove until butter is just melted (preferred) or just use hot water.

<sup>f</sup>If desired, wrap prepared dough cylinder in plastic wrap and freeze for up to a couple months. To use, remove from freezer, unwrap, and allow to thaw covered at room temperature for 6 hours or until doubled in size.

## Mug Pancake

### Ingredients

- 26 grams salted butter
- 20 grams white granulated sugar
- 60 grams milk
- 50 grams all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp vanilla extract (optional)

### Instructions

Procure a 12 fl. oz., microwave safe coffee mug and a sufficiently precise digital scale. For best results, the measurements in this recipe must be followed very precisely.

1. Add the butter to the mug and microwave until completely melted—about 40 seconds in a 1000 W microwave.
2. Add all other ingredients to the mug and mix until just combined. Do not over mix.
3. Separate batter from the mug by scraping the bottom and sides with a rubber spatula.
4. Tap mug on counter once or twice to settle the batter.
5. Microwave uncovered for 1 minute to 1 minute 30 seconds. Do not overcook.
6. Let cool and then serve hot, optionally with honey, maple syrup, or butter on top.

## Mug Snickerdoodle Cake

### Ingredients

#### *Cake*

- 1/4 cup + 2 tbsp all purpose flour
- 1/4 cup milk
- 2 tbsp granulated sugar
- 2 tbsp salted butter, melted
- 1/2 tsp vanilla extract
- 1/4 tsp baking powder
- 1/4 tsp ground cinnamon

#### *Cinnamon Sugar*

- 1 tbsp granulated sugar
- 1/4 tsp ground cinnamon

### Instructions

Procure two small bowls and a microwave-safe mug with a capacity of at least 12 fl. oz. For best results, use a cylindrical mug with straight, vertical walls.

1. In a small bowl, whisk together the dry ingredients for the cake until homogeneous.
2. Whisk in the wet ingredients until batter is smooth.
3. In a separate bowl, thoroughly whisk together the ingredients for the cinnamon sugar.
4. Scoop a large spoonful of the batter into the mug, then sprinkle a spoonful of the cinnamon sugar. Repeat layering until all of the batter has been transferred to the mug. Top with the remaining cinnamon sugar.
5. Microwave uncovered on high for 1 minute to 1 minute 30 seconds. Allow to cool before serving.

## Oatmeal Raisin Granola Bars

### Ingredients

#### *Solids*

- 2 cups plain rolled oats
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 tsp cinnamon
- 1/2 cup Rice Crispies
- 3/4 cup oat flour
- 1/4 cup brown sugar
- 1/2 cup unsweetened raisins (any variety)
- 1/3 cup unsweetened coconut flakes

#### *Liquids*

- 1 tsp pure vanilla extract
- 1 overripe banana, mashed
- 1/4 cup vegetable oil
- 1/2 cup filtered clover or wildflower honey

### Instructions

Preheat oven to 275°F. Procure a large mixing bowl, small mixing bowl, and large baking sheet.

1. Mix together solids in large mixing bowl. Optionally, chop or lightly blend the raisins first.
2. Mix together the liquids in the separate small mixing bowl. Optionally add about another 1/8 cup of honey for stickier bars.
3. Stir liquids into solids, until homogeneous.
4. Line a large baking sheet with parchment paper, then spread mixture onto sheet. Use another piece of parchment paper to press the mixture down firmly and evenly. The final thickness will determine the consistency of the final product: aim for about 1/2 cm thick.
5. Bake on middle rack until evenly dark golden brown. Should be around 20 minutes.
6. Remove from oven and allow to cool until it is almost cool enough to touch, then place in freezer. Once it has hardened, remove and cut as desired. Store in airtight container or bag. Eat within two weeks.



## Turkey Meatloaf

### Ingredients

#### *For the Loaf*

- 1 lb ground turkey (not rolls)
- 2/3 cup dry breadcrumbs
- 1/2 small onion, minced
- 3/4 cup whole milk
- 1 egg, beaten
- 1 tsp soy sauce
- 1/2 tsp seasoned pepper

#### *For the Sauce*

- 1/3 cup ketchup
- 2 tbsp brown sugar
- 1 tbsp yellow mustard

### Instructions

Preheat oven to 350°F. Procure aluminum foil, a cookie sheet, a large mixing bowl, and a small mixing bowl.

1. In the large mixing bowl, combine all the ingredients for the loaf together. Fold gently to combine; don't overmix. The mixture should not be homogeneous.
2. In the small mixing bowl, stir together the ingredients for the sauce until homogeneous.
3. Place the loaf mixture onto the cookie sheet lined with aluminum foil. Shape it into a rectangle about  $1\frac{1}{2}$  inches thick.
4. Make a small ditch in the center of the loaf, just enough for all of the sauce. A ditch too deep will lead to problems when trying to cook it equally. Fill the ditch with the sauce.
5. Bake for 40 – 45 minutes, until internal temperature is 160°F and juices run clear.
6. Let sit for 10 minutes. Cut as desired and serve hot—or cold after refrigerating.