



Bachelor Chow, now with flavor!

Version 1.65

Compiled by flyingember

Ars Openforum members are enthusiasts of almost every type of food that exists. This cookbook is a compilation of many recipes volunteered by different members. There is something for most tastes.

All recipes are from the member listed, any questions about them should be posted to the specific member. If you wish to have a recipe removed or added to the cookbook simply ask.

To keep with the bachelor theme, all recipes are kept in the style of the writer, except where changed to fit the format.

No recipes have been tested for quality. There is no specific order to the recipes in their section, they're in the order they are.

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Enjoy!

flyingember

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Breakfast

Good French Toast for one geek

1 egg
1/2 cup milk
Bread
1/4 teaspoon salt
1/4 tsp cinnamon
1/2 tsp vanilla
Beat egg slightly-add milk-salt-cinnamon, and vanilla.
Dip bread in mixture coating (Both Sides)
Fry in oiled skillet till golden brown.

By iSpy

Teh omelette

Three eggs (or four)
Sharp, aged cheddar and/or jack (or any cheese you want)
Crushed pepper
Salt
Butter

Heat up a frying pan and melt some butter on the bottom. Crack the eggs and let them cook a bit. Get them all scrambled and start dumping cheese in. Add salt and pepper gradually while adding the cheese. Put on a plate and eat with toast and coffee.

By Thallium

One Minute Microwave Scrambled Eggs

Scramble one egg in microwave safe bowl. A bowl about 4 inches wide at the base is best. Place in microwave on high for 1 minute. Out come one fluffly scrambled egg.

By traaaf

Amish Wedding spread

2 cups sugar
2 1/2 cups corn syrup
1 cup water
1/2 cup warm corn syrup
3 or 4 egg whites
1 teasp vanilla

Cook sugar, corn syrup and water till medium hard ball (about 255°-265°F / 124°-129°C, meaning it would make a hard ball when tested in cold water.)
Beat egg whites and warm syrup until it is light and fluffy.
Pour the first mixture into the whites in a fine stream.
Mix all, beat hard for 3 minutes (the mixture I mean!)
Add vanilla.

Store in jars with lids, excellent topping for breakfast breads (esp. freshly baked bread) and ice cream, can use to decorate cakes too.

By Backstop

Egg and Cheese on toast kicks ass.

- 1) Put bread in Toaster Oven.
- 2) Set frying pan to #3. Crack egg on pan (after adding a wee bit of butter).
- 3) Run to Toaster oven and turn on.
- 4) Get out cheddar cheese and slice 2-3 pieces off.
- 5) Get out ketchup (if you're into kinky egg/ketchup combos)
- 6) Flip egg when toaster oven goes Ding!, then put cheese on the egg. Add pepper.

When cheese looks like it's melted all over, put it on the toast to make an egg sandwich.

Voila. Isn't it snazzy? Total cooking time is about 5 mins.

By Archetype

Breakfast Sandwich

Bagel (I prefer fresh cinnamon raisin)
2 eggs
4-6 slices of bacon
2 slices of cheese

Fry bacon in a large skillet. Split your bagel while you wait.

Set aside bacon and half of the bacon grease.

Scramble eggs in remaining grease.

Set aside eggs, return remaining grease to skillet.

Fry bagel halves in the remaining grease.

Stack bagel half/cheese/eggs/cheese/bacon/bagel half.

Yummy! If you do have a truly large skillet (or use a griddle), you can scramble the eggs and fry the bagel at the same time.

By Tom the Melaniephile

Chili Eggs

4 - Whole Eggs
2 - tspn red rooster (or louisina if you prefer)
hot sauce
1 - pinch of salt
1 - pinch of chili pepper
1 - pinch of ground mustard seed

now take all that and scramble it... Damn
thats good, (5 min meal too) or if ya like try
it with some bacon and add more red rooster
on after it is done.

By Dark Rain

EZ French toast

2-3 Eggs
milk (some, don't know exact
measurement)
cinnamon
bread

mix eggs, milk, & pinch of cinnamon in
dish...Should be yellowish color. Briefly
dip both sides of bread in batter, then
put on heated frying pan (griddle).
Cook till "done" (sorry, no better
explanation for this, just do it till it
looks like french toast). Eat (preferrably
w/ butter & syrup)

by El Guapo

Mojo-Jojo's Fried Egg Sandwich...OF DOOM!!!

1 bagel
2 eggs
Seasoning for eggs. 21 Seasoning Salute works really
well.
Lettuce
Cheese (any kind that melts well, havarti is really good)
Tomato
Mayo
Mustard
Other sandwich stuff, Avocado, etc.

Crack egg into pan, break yolk, but don't scramble.
While one side is cooking, sprinkle seasonings (dill, salt,
pepper, marjoram, rosemary, basically any green herb
works, and in combinations.) on the raw egg side.
When the egg is cooked about halfway through, flip it.
Turn the heat down low, and toss some slices of cheese
on the eggs to melt.

Toast the bread right about as you flip the egg. This
ensures the toast is still hot, when the egg is done.
Mayo and mustard the bread.

Put the egg on the bread, and toss on sandwich stuff,
like lettuce, tomato, avocado, onion, whatever floats
your submarine. (get it? sandwich pun...sorry)
Eat. Mmmm...Egg sandwich of DOOM!!

By Mojo-jojo

OrangeJulius's Bowl

Post brand cereal (Shredded
Wheat or Cranberry Almond
Crunch)
- your choice of fruit topping
(pineapple works well)
- drowned in milk

By orangejulius

Toastie

Ease: ok, if you don't burn toast. Believe me, it's possible.
Washing up factor: one plate and knife. Does it get any better? heh
Cost: cheap
Speed: minutes.
Ingredients
2 slices of bread (more, depending on how many sarnies you want to make)
1 banana
butter

Toast the bread.
Spread lightly with butter.
Slice the banana. Place on toast.
Sandwich together.
Scoff.

By carodin

STi Sev's SHITLESSLY Healthy, yet delicious omelette

Teh omelette
Five Eggs
Chopped Up Tomatoes
Crushed pepper
A little Salt
A little Olive or Macadamenian Nut Oil

By STI Sev

Egg's n' Taters

Main ingredient: Your own judgement on the amounts of things used.

Potatoes O'brien

X-Large eggs

Copious amounts of your fav seasoning(s)

Vege oil

Cheese.

Pour oil in medium pan at medium heat.

Pour potatoes into pan quickly, to avoid splattering.

Allow potatoes to cook for at least 10 minutes, with turning/mixing of potatoes about every 2-3 minutes.

Scramble eggs, adding the seasonings of choice until evenly mixed.

Pour eggs into potatoes and continue to cook until eggs are to the desired consistency. Add cheese and mix more.

By Red_Choas1

Rice Breakfast

When I was broke in Taiwan I use to eat this for breakfast:

1 Bowl cooked rice

Add hand full of raisens

Add Hersheys syrup

Hmm Hmm Good!

By Conqueror Worm

Entrées

Bachelor Spaghetti

.5lb ground beef or turkey
* 1 jar of Spaghetti sauce (I prefer the "3 cheese" stuff)
* 1 jar of mild Salsa
* Spaghetti spices -- oregano, parsley, rosemary, thyme, ground pepper, garlic powder

Brown the meat, while it's browning spice the meat with above spices to taste. Drain meat. Add jar of spaghetti sauce and as much of the salsa as you prefer -- this will provide the chopped veggies. If it's a little too watery, add some canned Parmesan cheese to the pot of sauce. Start cooking pasta (I prefer vermicelli), by the time the pasta is done the sauce will be hot and bubbly. Serve.

By medboy

Nuclear Cheesy Duck Tape

2 pkg Mac 'n' Cheese
1 lb hamburger
1 bottle tabasco sauce

Fry meat. boil mac
mix. add entire bottle of sauce.

By Oblomov

Bachelor Huevos rancheros

(2) Frozen bean and cheese burritos
(2) Eggs
(1) Jar of salsa

- Fry the eggs
- Nuke the burritos
- Cut up the burritos and dump the eggs on top
- Dump salsa over that to taste

By spagthorpe

Popcorn Chicken

6-7 lb chicken,
1 cup melted butter,
1 cup stuffing,
1 cup uncooked popcorn.
Salt and pepper chicken to taste

Preheat oven to 350 degrees.
Brush chicken well with melted butter, salt and pepper.
Fill cavity with stuffing and popcorn.
Place in baking pan in oven.
Listen for popping sounds; when chicken's ass blows out the oven door and flies across the room, chicken is done.

By PerryEyes

Ramen Noodles and Hamburger

1lb Ground beef/hamburger (I prefer the lean stuff)
2 or 3 Packages of Ramen Noodles (doesn't matter what flavor)
3/4 Cup Soy Sauce
1 Cup Lemon Juice
1 Cup Brown Sugar
1/4 Ginger
A sprinkle or two (to taste) of Garlic Powder
A sprinkle of Black Pepper
1 Tablespoon Cornstarch

Start cooking the hamburger in a large frying pan. While it's cooking, start a pot of water boiling for the Ramen noodles.

In a small sauce pan, mix the Soy Sauce, Lemon Juice, Brown Sugar, Ginger, Garlic powder, and Black pepper. Stir well and put on medium heat.

When the water in the pot is boiling, add the noodles. Cook well (at least 5 minutes). When finished strain out the water. When the hamburger is cooked, dump the noodles in the frying pan with the hamburger and turn to medium-low.

Put the cornstarch into a small bowl and mix with 2-3 Tablespoons of water. Turn the heat on the sauce up until it is *almost* boiling over. When it reaches that point, mix in the cornstarch with the sauce. Stir rapidly as it bubbles for about 10-15 seconds, then pour into noodle-hamburger mix.

Mac & Cheese w/ tomato Suace

- Mac & Cheese (pick your favorite)
- Spaghetti sauce (pick your favorite)

Prep Mac & cheese per directions. When it's done stir in about 1/2 cup of spaghetti suace. Sounds gross tastes good.

By *phkhd*

Boboli Pizza Extra

1 boboli pizza shell (frozen with sauce)
pour sauce (it comes with), then add oregano, basil.
add cheese, doesn't have to be shredded, just sliced is fine.
add toppings

bake till cheese is melted and center is cooked.

A healthy (er) quicky:

By *NuclearBlue*

Southwestern Steak

Grab a large sealable plastic bag.

Mix together cayan (a lot!), fresh cracked pepper, salt, garlic powder and whatever other spice tickles your fancy.

Poke whatever cut of beef you can get from your butcher (I always go with Black Angus aged steak) with a fork in one inch intervals. Rub the bastard with your seasonings, and throw it in the bag. Grab some olive oil, steak sauce, Worcestershire sauce, Cholula hot sauce (if you can't find this stuff in a grocery store near you, move) and whatever other liquid you've got sitting around the fridge. If you're anything like me, you've got little food but a lot of stuff to put on the food you bring home. Let it sit for an hour while downing a few cold beers and watching the ball game then stumble out to the barbeque. Heat it up to hot, and throw your steak on the grill. Cook each side for about 5 minutes and let it sit for another couple of minutes afterward. If you cut into it right away, expect a dry steak floating in a pool of liquid.

To tell if it is done:

Don't cut into a steak to tell if it is done! This is the sign of a grilling novice and will get you nothing but constant teasing by any real man in eyeshot. Poke your steak with your finger. If it feels like the tip of your nose, the bitch is rare. If it feels like your chin, it's medium, and if it feels like your forehead, it's a hockey puck (I mean well).

By *Semi On*

Olive Oil Spaghetti

500 grams (18 ounces) of spaghetti
some salt
4 cloves of garlic (watch out you don't wanna pick up women after eating this)
1 red pepper
1 can of anchovies (48 grams/1.7 ounces)
some fresh parsley
0.15 liters / 5 fl. ounces of Olive oil (that may seem like a lot, but it really isn't)

Cook the spaghetti with a little salt until it's done.
Chop up the garlic, pepper, anchovies and parsley.

Heat up the olive oil, throw the garlic in there for just a minute to heat it up, then throw in the rest to just heat it up, throw in the spaghetti, mix the whole thing up and enjoy.

If you wanna make it fancy cuz you need to impress someone you can get a little piece of parmesan cheese that you can shave over it.

By *8-Track*

Low Fat Tuna Sandwich mix

- *1 can tuna
- *chunky salsa
- *a bowl to mix them in

Prep is less than 3 minutes, depending if you have an electric can opener or an arthritis-inducing manual one (those things have to do something bad to you).

Open tuna, drain. Empty into bowl, and make sure you get it spread out. Put some salsa in there (according to taste), and mix. Be sure to break up the tuna into small chunks. The salsa will give you a variety in flavor and the mixture itself will have a bunch of textures too (tomato, onions, peppers, tuna, etc).

By *Chikahiro*

Arroz Y Frijoles Negros con Cerdo a Limon (Rice and Black Beans with Lime Pork)

- 4 pretty damn thick pork chops. Just under an inch thick will do nicely.
- 1 large onion
- 3 cloves garlic
- extra virgin olive oil
- balsamic vinegar
- 1 lime
- salt
- pepper

its all about hot pockets.

By Alucard_X

-enough uncooked rice to make 3 cups cooked (don't use instant, you lazy-ass.)-saffron (optional, but nice)-cashews, whole or halves (don't bother if you don't have the saffron)

- 1 can (8 oz) of your favorite black beans. Progresso is best. Make sure they aren't already seasoned.
- allspice
- Tobasco or your favorite hot pepper sauce

-Pork-

Take your large onion and cut half of it into quarter inch slices. Save the rest for the other part of this recipe. Cut those slices in half. Mince a clove of garlic. Pour about 6 oz olive oil into a big mixing bowl. This is for the marinade. Pour in a splash of balsamic vinegar, about 2 oz. Put onions and garlic into mixing bowl. Trim excess fat from pork chops and dispose of. Add pork chops to onion and garlic mixture. Add juice from lime into marinade. Cut lime skin into 8 large pieces and add to marinade. Add about 2 teaspoons of salt and half of a teaspoon of pepper. Mix with a fork, cover with plastic wrap and put this into the fridge for at least 2 hours. 24-36 hours is better. It's a pretty mild marinade, so you don't have to worry about it getting too strong. When you're ready to cook it, get a skillet and add some of your olive oil. Just enough to cover the bottom. Make sure you cook it at a medium heat. If you cook it too fast it won't be done in the middle. You can either cook the pork chops whole in the pan or you can slice them into thinner pieces and cook those. Or you can broil it in the oven. Just make sure your pork is completely cooked! Cut it a little bit in the middle and have a peek. If it's all white and the juice is clear, you're good to go. Cook the onions after the meat is all done, or right with the meat if you're into that. Don't forget to remove the lime rind.

-Rice-

Put 1/4 cup olive oil into 2 quart pot or something that's going to be big enough to cook your rice in. Take your remaining onion and make 3 very thin slices. Mince it very, very fine and put it into your pot. Mince 1 clove of garlic and add it to the onion. Add 1 tablespoon of salt and a pinch of pepper. Heat over medium-low heat until garlic starts turning gold. Add water according to directions required for your particular brand of rice. Add enough saffron to make the water fairly yellow. You want to give the rice some good color. Use a spoon to take some water from the pot to see how yellow it is. It's hard to tell when it's in the pot. Add about a 1/4 of a cup of cashews, more if you feel the need. Add a little more salt to taste. You want it to have some savor. Bring the water to a boil, add the rice and cook according to the directions provided for your brand of rice.

-Beans-

Chop the remaining onion and put it into a small pot. Mince your last clove of garlic and add to the onion. Add 2 teaspoons of salt and a little pepper. Cook on medium-low heat until the garlic turns gold. Add the can of black beans (include the liquid that comes with it). Add 1/8 teaspoon of allspice and a few shots of Tobasco. Let it simmer on low for about 30 minutes or so.

Oh yeah, last step. Mangia!

By SigningiS

Frito Pie

1 Bag of Fritos.
Some chopped Onions, only you know how much you want.
1 Can of Chili, I prefer Wolf Brand.
Some Shredded Cheese, only you know how much you want.

Warm your chili to boiling and turn off.
While warming the chili, chop about a handful of onions and grate or chop your cheese.
Toss about 2 good-sized handfuls of Fritos in a large bowl; Cover the Fritos with boiling hot chili.
Then toss the cheese and onions on top. Stir and eat!

By Zorro

Orange Chicken

Take a couple of boneless chicken breasts and remove all the fat.
Brown the chicken on both sides in a frying pan.

Pour about one cup of orange juice into the frying pan with the chicken and cover the frying pan with a cookie sheet (make sure you allow air to move in and out of the pan though).

Once the orange juice is gone spread BBQ sauce (KC masterpiece, IMHO) on the chicken. Allow it to cook for just another minute or two on both sides.

By Veritas

DoctorGonzo's Fried Shrimp

1 Bag of Fresh Shrimp
Bisquick (You don't need all of it)
Milk
1 Egg

Take a few cups of Bisquick and mix in a egg. Add the milk and stir until it is very thick and sticky.

Dump in all the shrimp. Mix the contents of the bowl with your bare hands and then take a handful and drop it into a deep fryer (be very careful you do not splash hot oil on yourself) placing the coated shrimp on the bare cooking basket will result in 3 hours of cleanup later, if you let them fall to the bottom of the basket through the oil, one quick rise of the basket is all you will need later on.

Cook until golden brown.
Serve with a tall, ice-cold glass of Dr. Pepper.

By DoctorGonzo White Trash Shepherd's Pie

1 pound ground beef
1 onion, diced

Combine in a large skillet and brown until done. Drain grease. Make a pack of instant gravy (follow directions on pack) and combine the gravy and a can of Veg-all with the beef and onions and stir till it's mixed up. Put in a square cake pan or casserole dish or something and top with 4-6 servings of instant mashed potatoes (again, follow directions on box). Bake at 350 for 20 min.
Optional: Top with shredded cheese before baking.

By Jadawin

4goodkarma's recipe for stuffed bell peppers

Large Bell Pepper, 1 for each person
Half-Handfull of ground beef for each pepper.
Half-Handfull of cheese for each pepper.
Hamburger Helper mexican whatever the hell it is.

Diced tomatoes, some garlic if you wish, we like to add fresh Green Chile.
Steam the peppers to whatever consistency you want. (Should be at least a little firm.)
Brown the beef.
Make hamburger helper according to box.

Mix everything except the cheese together, dump inside cored peppers, top with cheese, bake until you think they're done. (A few minutes, anyway.)
You can also layer the mix with cheese inside the pepper. (Cheese, mix, cheese, mix, cheese ...)

Shrimp Dip

This is the ultimate dip. At gatherings, this must be placed in a strategic location to allow a large number of people to gather around and mindlessly consume it non-stop like a smoker having a nic fit. The area around the bowl also tends to be devoid of conversation as well.

If you're just making it for yourself or a small gathering, make less as this will probably kill you, since you basically sit down and suddenly find that you've eaten the whole thing and eating that much of this can't be good for you.

Get your ingredients ready:

- * 4 blocks of the good philly cream cheese.
- * 3 cans of tiny shrimp (the little cans that look like tuna cans. 3 diamond's is ok. eastman and geisha suck)
- * Mayo (I use Cains. I despise Miracle Whip)
- * Ketchup
- * Onion (your choice, I've used everything from spanish to vidalia and they're all good)
- * Milk

This makes a huge quantity, although it will still be the first item to disappear at your party. Open the cream cheese and let it sit for a bit to make it bit easier to stir. Chop up your onion. I chop it very very finely myself. I never actually measured it, but you'll want to chop up probably 1/4-1/3 cup of onions. Get a decent sized bowl, 2-3 quarts. Drop in the cream cheese. Add the onions. I never measured the mayo either, I just take a regular spoon from my silverware drawer (tbsp) and pull out 3 giant spoonfuls of mayo, as much as I can get to stay on the spoon. Open the cans of shrimp but don't remove the metal lid, squeeze in the 3 cans of shrimp juice but DO NOT ADD THE SHRIMP YET. Splash a tablespoon or two or three of milk in. Get out your electric beater and start mixing. Mix the hell out of it. I like it pretty thick, but if you think it's going to break chips off as soon as you stick them in, add more milk while you're mixing. Add some ketchup while mixing it simply to pink it up a bit, I usually use no more than about 1-2 tbsp. Mix it for a good 3 or 4 minutes at top speed so that it has a fairly smooth, dipable consistency. Now, with a nice big wooden spoon or something, stir in your shrimp by hand GENTLY, trying to keep the little shrimpies as intact as possible. Stir it all in until it's evenly mixed. Stick in the fridge, it's better cold.

For a smaller batch, use only 2 or 3 blocks of cream cheese, 1 or 2 cans of shrimp.

For a fat free version, substitute fat free cream cheese and fat free mayo. Getting this to taste right is much more difficult, getting the quantities right is very unforgiving. Only add half as much shrimp juice as normal, otherwise it comes out super thin. Go very light on the ketchup, too, for some reason, the taste of it becomes very prominent in a fat free version. Increase the amount of onion a little because the whole mix comes out a bit too sweet and that helps balance it out because of the reduced quantity of shrimp juice.

Oh, and for chips, I prefer the santitas. tostitos are ok, but the bastards only make round tortilla chips now... just not the same!

By -naChoZ-

Pesto Chicken

Pesto chicken (pasta optional)
*pesto mix
*whatever the pesto needs
*chicken

Boil the chicken until cooked. While the chicken is boiling, prepare the pesto sauce as directed (also during this time, do pasta if you want...spaghetti or vermacelli are nice). Once the chicken is cooked, just take the meat off the bone (fork works well for this), shredding as best you can (ditto). Mix everything together, making sure the pesto is evenly distributed, and serve.

Two notes: I guess you could do this stand alone as its listed, but the pasta just makes it a much fuller meal. Also, McCormik's(?) pesto asks for water and a little oil, but I like to add a little bit of margarine to it (oy!

By Chikahiro

Hot Chick Chunks

Make a marinade of one can of beer (Any Brand), lemon juice, Hot sauce (Any brand, your choice), Teryaki sauce, and Old Bay seasoning. (For a nice kick, get some mesquite smoke flavor and add a little)

Mix the ingredients until you find a nice balance of flavors between the hot, sour and tangy. If you like salt, add Soy sauce. (Not real salt) If you like Garlic, add some. If you like sweet, add some sugar or fruit juice. Indeed, this recipe is ever-changing.

Get a nice lean cut of Chicken (Breast). Plunk it in the marinade, pop it in the fridge, and forget about it for a day or so.

(later)

It's the next day! Take the chicken out of the marinade, and cut it into chunks. If you want, you can reuse the marinade, as long as you don't push the amount of times you use it. (Don't wanna get sick...) So if you have another chicken breast, now's the time to plunk it in the marinade so you can have more HOT CHICK CHUNKS tomorrow.

Take a non stick frying pan, and put it on a burner at high heat, and melt a tablespoon of butter in it.

As SOON as the butter begins to melt, add the chicken.

Let the chunks sear on one side, and then flip for the other. When you do, sprinkle lemon juice and Greek Seasonings on the chicken. (You can buy them at most grocery stores)

Taste it. It should be pretty narfable! If you like hotter food, you can always "Buffalo" the marinated chunks by mixing them in a bowl with hot sauce and flour right after you take them off of the stove.

The end effect is similar to Bojangles' Buffalo Bites, but at the same time, WAY different. The main time lag on the meal is the marination period, but other than that, it cooks up FAST. For a twist, add sliced, fresh mushrooms to the mix while you cook it. Yummers. The mushrooms pick up the flavor of the marinade quite well.

It may sound odd, but I have learned to like it. It beats the heck out of Ramen Noodles!

By Ramen Pride!

Velveta Chicken

1 lb of boneless chicken
2 boxes of minute rice (subst better rice if you wish)
1 package of velveta cheese
1 lb of broccoli

Cut chicken into chunks, and cook in a frying pan with some oil, in the mean time, chop up the broccoli and steam (or nuke) it, and start the rice.

Once the rice is done, get a large sauce pan, put the rice, chicken, and broccoli in it, add the cheese and cool over low heat till the cheese melts...

By Creeping Death

Mac&Cheese+Beef/Sausage product

Velveeta Shells in cheese.
Make them as you would on the box.
Eskridge beef sausage or polska keilbasa.
Cut into 1/2 inch chunks. Fry to taste.
Mix together and dig in.

By MrBigglesworth

couple of franks in with my mein

(If you are with the Chinese, noodles are "mein", if you are with the Japanese they're "ramen").
Once the noodles and franks are cooked, slap a fried egg on top! Yum!

By Fotan

chilimac

one package of Kraft shells and cheese (the kind with the packet of cheese, not the powder)
one half can (5 oz) of chili (armour, texas pete, bunker hill, etc...)
prepare mac & cheese per directions, then add chili! YUM!

By RidgeRunner

Easy, Basic Okonomiyaki Batter

Ingredients:

2 eggs
2.5 Cups water
2 Cups rice flour
1 Cup shredded cabbage
1/2 Tbsp dashi soup stock
1/2 Cup yam flour

{Dashi, Rice Flour and Yam Flour (preferably yamatoimo, if you can find it) are available at most Asian groceries.}

In a bowl, beat the eggs lightly with a whisk or spoon.

Whisk in the dashi, water, and yamatoimo. Gradually add the flour, whisking until smooth. Then add the cabbage.

(you can remove the eggs and dashi to make it vegetarian-safe, but it doesn't taste as good, IMHO)

Toppings (optional):

Thinly sliced beef, pork, chicken, shrimp, scallops, etc.

Ground beef works in a pinch too.

Cooking:

Oil up a griddle, skillet or hot-plate. Pour on some batter in a roughly round shape. If you have toppings, add them now, then pour some more batter over it.

Wait until it hardens, then flip it like a pancake.

Easy, Basic Okonomiyaki Sauce:

1 Cup mayonaisse
1/4 Cup Mr. Yoshida's Original Sauce
1 Tbsp Wasabi (paste, not powder!)
Mix it all together until it's smooth.
Alter amounts to taste, if you like.

Hints:

Some people add catsup and/or brown sugar.

Use spicy Japanese mayo if you can find it.

You can also use teriyaki sauce instead of Mr. Yoshida's.

Serving:

Spread the sauce on top of the okonomiyaki and serve it.

I like to eat it with yakisoba, but that's preference.

Keep in mind that this is not, by any stretch of the imagination, an authentic recipe, just an easy one.

By Gendou

Internet Spaghetti

1 - 1/2lb Minced meat
2 - An onion
3 - Crushed tomatoes
4 - Spaghetti

Fry meat and onions. Add crushed tomatoes when meat is done. Spice with salt, pepper, cayenne, chili pepper, soy sauce or any combination of those.

Boil spaghetti while meat is frying. Put in colander and then back in saucepan with some butter.

Throw in bowl and stir. The bowl is important, if you use a plate it will fall into your lap while you surf.

By CADdie

Italian Chicken

1 lb. Skinless/boneless chicken breasts
(usually 2 or 3 to a pack)
1 jar of Italian salad dressing.

Marinate chicken in the Italian salad dressing for about 30 minutes. Bake at 350 deg. for about 20 minutes, until chicken is no longer pink in the center. MMM good...

By Capn Crunch

Sounds bad I know,...

Cheesy Shepherd's Pie

1 lb ground beef
4 oz sharp cheddar cheese
4 oz monterey jack cheese
1 4 oz can of Jolly Green Giant "Niblets" corn
instant potatoes
pepper
butter
meat seasoning of your choice

1. Can of Tuna
2. Some Catlina, French, or Russian salad dressing. Add to taste.
As for it being the ultimate bachelor chow...probably not.

By wynlyndd

Brown the ground beef. Season the meat however you like. Sometimes I add onion power, some Old Bay, or whatever meat seasoning I see on the shelf at the store that looks tasty. It's up to you.

While the beef is browning, oil or smear butter on the inside of a 1 quart baking dish. The deep, long kind meant for baking bread works best.

Drain the grease, and put the beef in the baking dish. Pat it down with a fork or spatula.

If you're using pre-shredded cheese, put the 4 oz of Monterey Jack on top of the beef. If you bought a block of cheese, shred it first, then put it on the beef.

Open the corn, and drain the excess water. Spread it evenly over the cheese layer. Pat it down again good with a fork or spatula. If you prefer, you can add any vegetable you like in place of corn. I've used peas before. But the corn really is best.

Spread the 4 oz of cheddar cheese over the corn. Follow the above instructions if you bought non-shredded cheddar.

If you're using instant potatoes, (I use Betty Crocker) make 3-4 servings, following the instructions on the box. I like to add some course-ground pepper to the potatoes, but that's up to you. If you want to mash your own, just make enough to fill the baking dish the rest of the way.

When the potatoes are done, spread them evenly over the last cheese layer. It should fill the 1 quart dish perfectly.

Preheat oven to 350 degrees.

Put the dish in the over, and bake for half an hour, o potatoes begin to brown.

Makes about 3 big servings. Reheats very well.

By Andrew Rittner (via email)

Duck and tators

Go shoot a duck about 1200g. (3-4lb), dig up some potatoes.

get 2 oven pans preheat oven to 225C

Peel potatoes, then slice them in one of the pans (could be brushed with butter first).

When the oven is hot stick in the duck chest down for 30-45min, then turn it for 60-75min, when it is turned stick in the potatoes.

Drink a 6-pack.

When the time is up then you can give the duck little grill WATCH IT (about 30-60 sec).

Then it is ready to serve.

by Xride

Noodles

1 pack ramen
1 egg

cook ramen and drop egg in while cooking, stir until egg breaks up. Instant egg drop soup...er...kinda.

by praxis

Cheesy Bacon Hotdog

- 1. Oscar Mayer Cheese Dog
- Some Mayonnaise
- Some Best Foods Dijonnaise
- 1 Piece of Oscar Mayer Bacon
- Some Chopped Onion
- Some Ketchup
- 1 Bun

Start frying a slice of bacon. While the bacon's frying, toss the bun in the toaster. If it won't fit in your toaster, put it in the oven broiler. If you can't broil it, toast it in the oven at whatever temperature suits your oven.

Chop up some onion. Get the toasted bun. Toss the Cheese Dog in the microwave and cook for 45 seconds, or however long experiment with your microwave indicates will thoroughly heat the dog. Slather mayonnaise on both sides of the bun. Squeeze some Dijonnaise in a line along one flap of the bun. Squeeze some ketchup in a line along one flap of the bun. Sprinkle the chopped onion in the bun. Lay the slice of bacon in the bun. Put the Cheese Dog in the bun.

Enjoy.

Obviously, you can alter the recipe based on whatever ingredients you have on hand. These are just what I use, because I've found them to be the tastiest.

Disclaimer: Not liable for any artery blockage sustained by those who abuse the recipe. I eat these almost every day, but I spend a lot of time lifting weights, playing basketball, and am skinny as a rail.

By vereri

Quick food!

Good ol' recipe that has never let me down...

- 1: Take one can of refried beans and spread out evenly in glass pie-making dish.
- 2: Add generous quantities of salsa of your preference, spread around.
- 3: Liberally cover with shredded cheese until no salsa shows through.
- 4: Garnish with olives, jalapinos, whatever...
- 5: Nuke for about 5 minutes in microwave.
- 6: Don't forget rag or hot mitts when removing from nuker and let cool for 5 minutes.
- 7: Dip tortilla chips in or eat right out of the platter.

Total time: approx 15 mins.

By MR2DI4

a simple and tasty dish my friend Steve and I came up with..

One can of Rosarita's Refried Beans (no lard, preferably)
One bag of sharp shredded cheddar and/or shredded mozzarella or any cheese you like
One bag of large, unsalted tortilla chips

- 1. Get a big bowl.
- 2. Dump the beans in to the bowl and nuke for two minutes or so.
- 3. Dump some of the cheese in, stir a bit and nuke for another three minutes or until the beans start to get a bit burnt.
- 4. Add cheese to taste and maybe some spices and salsa, and stir the hell out of it. You want to have a thick, brownish-orange paste when you're done.
- 5. Get some Dew or Weinhardt's Root Beer, a big bowl of chips and dig in. Yum.

By Thallium

Poor Mans Fish Tacos

Flour Tortillas
Frozen Fish sticks
Spring Onions/Regular Onions
Mozarella/Pepperjack Cheese
Shredded Lettuce

-Tomatoes, sour cream, mayo, ketchup, are optional
Heat up the fish sticks, chop the onions, shred the lettuce, then assemble when the fish sticks are done, put the cheese in nuke for 20 seconds, and voila.
The soft tortilla contrasts nicely with the crunchy fishsticks, tastes yummy.

By Log

Chicken schtuff with rice or noodles.

Slice a red, green and yellow bell pepper into strips, and finely chop a small onion and one clove of garlic. Also cut some chicken breasts into strips. Start by frying the onion and garlic in a wok. Then add the chicken and stir-fry till golden. Add the paprika and stir fry for a minute. Then add salt, pepper, Oyster sauce and Thai Fish Sauce to taste (heavy on the Oyster sauce with a bit of a dash of Fish sauce works for me).

Serve with boiled rice or egg-noodles. To make it cooler, roast some unsalted cashew nuts (heat a pan, put nuts in, shake periodically till nuts are golden...), chop them up and distribute them over the chicken schtuff...

By Chrissepisje

Rice

pour equal part of rice and water into a rice steamer, plug it in, and forget about it. Perfect every time. The steamer is just as easy - boil some water, place the steamer over the boiling water, put some fresh veggies (the stores sell prepacked selections now) and take it off a few minutes later. Slop that onto a plate, over some of your rice, and dose with soy. HMMM GOOD!

By greatoz

Dorito Soup, anyone?

1. Chicken Soup (broth, cubes, or Ramen w/out the noodles)
2. Sour cream
3. Salt (just a little) and pepper
4. Sweepings from the floor?
5. Crumbled Cool Ranch Doritos.

Mix items 2-4 and simmer a little while. When it is done, add crumbled Cool Ranch Doritos. I humbly suggest you stick with Cool Ranch, the other flavors don't cook well. Let the Doritos soak just a little bit, just to soften the edges a little so that you don't injure yourself trying to eat this. It actually tastes pretty good, although I wouldn't recommend trying it out on a woman you are trying to woo. (Women just don't seem to appreciate the remarkable resourcefulness that goes into inventing a dish like this. Naturally, this dish was invented based on the only things left in my cupboard!)
`njoy! (If you can)

By JO3 Todd

Easy Pizza

When there is no food in the house, I pick up the phone and dial my favorite pizza joint

By bitwiz

Tuna-macaroni salad.

Take one cup of macaroni and boil it. While the macaroni is boiling, mix 1 can of tuna on water (be sure to drain the water), one cup of sliced celery stalks, a couple of spoons of relish (If available, the Swedish Boston Gurka Original is the best), a couple of spoons of mayonaise (amount is a matter of taste), a dash of lemon juice, and last but not least a pinch of salt, pepper, and paprika-powder to taste. DO NOT OMIT THE LEMON JUICE AT ANY COST! It's what gives it its fresh jummy taste...

When the macaroni is boiled, drain it and rinse it under very cold water untill cooled off... Then mix in with the above and voila... Your dinner is served.

By Chrissepisje

Tuna and Soup

Mix one can of tuna (chunk light in water is good) with one can of Cream of Mushroom soup. Make sure to drain the water from the tuna.

Mix together and heat in a pot on the stove for maybe five to ten minutes or until hot. Serve over rice.

The key here is that you need to have an actual rice cooker and some sushi rice or other good rice. No Uncle Bens or Minute Rice crap.

By Harvey

Ramen

Haul out the Ramen

- 2) Fill pot with water, place Ramen block inside.
- 3) Boil until Ramen is cooked (when it becomes soft and slightly dark).
- 4) Turn off the heat; insert taste powder.
- 5) Stir, then let it sit for about a minute.
- 6) Get some chopsticks, and chow down

The Q Medley

This one is quick if you happen to have all the ingredients hanging around:

Thinly sliced zucchini and yellow squash (I use a carrot peeler) Make a pile of this, because it replaces whatever starchy food you normally eat (like rice or pasta) Dice a tomato and toss some basil on this if you want.

Put this in a skillet on low heat (so that the water from the veggies doesn't completely evaporate. This way you don't have to add any extra oil)

Chop up some more vegetables and add them once the tomato/squash mixture is softened. I use green and red bell peppers, onion, and celery. At this point add some black or white pepper.

Open up a can of black beans and rinse off all that weird slime it's packed in. Now add 1/2 the can to the rest of the vegetables and cook it until the beans are warmed.

This dish goes well with just about any kind of meat you want -- chicken, beef, shrimp. Or it's good all vegetarian-style.

Fishsticks

- 1 - Put fishsticks in toaster.
- 2 - Pour instant macaronis in a colander and put it under hot water tap.
- 3 - When the fishsticks are done, so are your macaronis.
- 4 - Lots of ketchup.

By CADdie

Baked Beans and Rice

- 1 can bush's baked beans
- 1 package liptons (insert flavor here) rice
- make rice...
- heat beans...

by Malyk

Vodka Supreme

- Dry hot chiles, crushed
- Pepper Vodka
- Penne Pasta
- Sour Cream
- Grated Parmesan Cheese
- Fresh tomatoes
- Extra Virgin Olive Oil
- Black Pepper
- Lemon
- Garlic Cloves
- Butter
- 10 minutes

Anyway, it's low fat, low 'bad'carb and high in just about all the good stuff. And, costs me roughly \$1.50 per serving depending on where I buy my vegetables, \$2.00 if I add a few oz. of meat.

By Q

The easiest Pasta

Pasta and a jar of red sauce (then season to taste)

By Niord

Kraft Dinner Easy Mac

If you can use a microwave, you can make this stuff. Takes absolutely no skill, brinpower, and a minimum of movement. I don't know where it falls in the healthy category, but you can always add some beef or something

By KaiS

Always store Vodka in the freezer until its gloopy, Put the chiles in the Vodka, put the Vodka with the chilies in the freezer

Cook the pasta in loads of boiling water with small amount of salt in an uncovered pan. Melt the butter, add the pepper, crushed garlic cloves, crushed tomatoes and sour cream. Simmer five minutes or so Drain the pasta, put it in the pan with the sauce in it, stir the parmesian in, add vodka/chiles, olive oil, black pepper, twist of lemon juice. Serve.

The sour creme is important to dampen the chiles and vodka, go short on the parmesan and with the lemon juice, just enough for some sharpness against the cream. Lemon and tomato is a great combination, don't be tempted to ignite the vodka as the alcohol that is providing sharpness will be gone

Teriyaki Whatever

Marinate a pork chop or boneless chicken breast in teriyaki for about 45 minutes. Sprinkle with ginger powder, white pepper and cayenne. Fry. Serve with some sort of vegetable.

By Stardog

Stew and Soup

1 can Dinty Moore Beef Stew
1 can Campbell's Cream of Chicken Soup
Nuke for 3 minutes on high
Add Tabasco to taste

By agents_4_peace

Caso de dogvomit:

Named as such for appearance, not taste.

One can of hormel chili, no beans
on 1/4lb of ground sirloin
one package of "taco bell taco meat seasoning"
one big ol' thing of velveeta cheese (bar), "jalapeno flavored mexican mild"
tortillia chips

Throw the chili and velveeta in a pot on medium heat. Stir randomly and let the cheese melt completely. You don't want any chunky cheese parts left in the end.

While you've got that going, throw the beef on a pan and start frying, stir and flip and whatever it takes to get it down into tiny bits of meat. When they start to turn a little brown around the edges throw in half a glass of water and the taco seasoning. Stir and cook till the water is boiled off/absorbed by the meat.

Throw the two food bits into the same pot and stir together. Now start dipping some tortilla chips in there and have a good ol' time. You can do it and be satisfied without the taco seasoned meat as well, but with the meat it's a little better.

By Spiv the lazy man's salad

those salad in a bag things

by Reid

Easier than Pizza

Go to restaurant. Order.

By hashed

Good Steak

part one, since you're probably poor, you're going to be looking for the best bang for the buck piece of meat you can get. Chances are, that piece of meat is round steak. It's got a decent flavor and reletivly little fatty content, so it's all about meat.

Get a bread pan, tupperwear container, whatever about the same size as the meat you intend to put into it. Pour some jack daniels marinade in there and and let it sit while you beat the living snot out of your steak. Stab it to death with a fork maybe, I dunno, a million times, clobber it with a meat mallet, or if you don't have one, just get any clean looking hammer you can find.

"Tenderize" is the word you're looking for, but really you want to make the thing look like one of OJ's ex-girlfriends.

Now that that's done, throw it in the tupperwear and pour some more of tha jack daniels merinade on top. Cover in tinfoil and leave it on the counter for a good 2-3 hours, or in the fridge for a day.

After that it's ready for a grillin. Temperature is everything, but it just takes experience to know when a grill is at just the right heat to make it perfectly cooked. You want to put some cyanne pepper and garlic salt on the outside and cook fast enough that it creates a hard "shell" on the outside out of the seasoning, but leaves the inside cooked medium. Don't expect to get it right on the first try, just start on a low heat and work your way up every time you make the thing till you get it perfect. That way you still get some good meat, though it's not quite as good as one properly cooked.

By Spiv

let's see- a good recipe.

2 nice boneless chicken breasts
2 cans of cream of mushroom soup
1 clove of garlic
1 tbsp olive oil
italian seasoning, salt, and pepper to taste.

chop garlic. add olive oil and garlic to saucepan on medium heat. add chicken - brown on both sides.
put chicken and garlic/oil mix into pan. cover with cream of mushroom soup. bake at 350 for about 15 minutes. serve with rice, potatoes, or pasta. anything starchy, really.

By fuzz

Even one more thing.

Lean chicken breast, cut into pieces.
fry this together with, onion, courgette,
broccoli, garlic, water chestnut's
then add some Thai seasoning.
Chili, cayenne, Some turkish red
spice(my friend buys in turkey once a
year, but its not a must)
and some of what you like.
server with rice.

By Aphasia

Sweet and Sour Meatballs
(50 to 60 small meat balls)

2 lbs. good lean ground beef
1 slightly beaten egg
1 large grated onion
a little salt

Sometimes I add some raisins (about 1/2 cup) and I think they're an interesting improvement. You decide.

Mix and make meat balls. Drop into sauce of:

1 twelve ounce bottle of chili sauce
1 ten ounce jar grape jelly
juice of one lemon

SIMMER until brown (an hour or so)

Serve over egg noodles. If you want you can throw in a cup or two of frozen baby peas for the last 5 minutes and have a greenie built in. This makes enough for 4-6 and you can freeze half for another time. They make a great hors d'oeuvre if you're up for it. Just serve them on tooth picks.

By jht

Quick and Easy Chicken in rice with tomato sauce

1lb of boneless chicken Breasts
1 jar of Pasta Sauce
1 Box of Minute Rice

First cook the minute rice
Then cook the chicken in a big sauce pan
Add sauce to the chicken bringing to a boil
Add Rice to the sauce pan and mix all together.

Bachelor food done!

By Runestar

90% cheese instant potatoes

1. fill bowl 1/3 of way w/ instant potatoe flake (potatoe spuds are best)
2. fill to same level w/ water
3. Glop of Milk
4. Fairly large spoonful of margrine.
5. handful of shredded mozzarella, handful of sharp cheddar.
6. microwave for 2:45, stir, eat.

very tasty and very quick. I tend to use quite large bowls, because then I can pull them out of the microwave w/o burning myself.

By w00zy

Nuclear Cheesy Duck Tape

2 pkg Mac 'n' Cheese
1 lb hamburger
1 bottle tobasco sauce
fry meat. boil mac mix. add entire bottle of sauce.
eat.

By Oblomov

Man Chili

Step 1: Buy can o' chili, heat can o' chili, add some cornbread, throw in some tabasco or habanero peppers and dig in (with some Jolt! or Mt. Dew!
Step 2: Replace sphincter with titanium O-ring!
Step 3: Repeat Step 1.

By Frickachu

Lemon Pepper Chicken

its so simple, but tastes good

- 1 thaw some boneless chicken breasts or strips, as much as needed
- 2 lay them spread out on a baking pan
- 3 coat with water or PAM cooking spray, just enough so the Lemon Pepper sticks (not necessary if the chicken is still moist from thawing)
- 4 sprinkle Lemon Pepper seasoning on the chicken, dont need to coat, just enough to add some flavour
- 5 bake the chicken at 350 (about 35-40 mins for breasts, 25-30 mins for chicken strips)

Goes great with pastas

By toolio

The Frozen Pizza

- Remove from freezer
- Remove from packaging
- Place in oven, set to 400F
- Drink a beer
- Remove pizza
- Open next beer
- Eat with beer

By Revenant

Irish 7 course dinner

- boiled potato and a 6-pack
- boil potato till burned up and dry while drinking 6-pack
- get another 6-pack

by painless

Garlic Pasta

- favorite pasta(as much as needed)
- butter
- parmasean cheese
- garlic powder

- 1 cook the pasta until its done
- 2 use a collander to remove the pasta from the water
- 3 add butter, cheese, and garlic to the pasta to taste

goes great with Lemon Pepper Chicken

By toolio

How to make the best of your Flank Steak (London Broil)

- 1/2 cup cider vinegar
- 1-1/2 cups oil (canola, corn)
- 1/4 cup Worcestershire sauce
- 3/4 cup soy sauce
- 2 TBSP dry mustard
- 2-1/4 tsp salt
- 1 TBSP pepper
- 1-1/2 tsp dried parsley
- 2 cloves garlic, crushed
- 1/3 cup lemon juice

Mix ingredients together, marinate flank steak for 6-8 hours (or even overnight). Grill (or broil), serve cut in 1/2" strips.
Yummy!

By I Palindrome I

ShoeKroot

Lightly brown 3-4 porkchops in a big pot, throw in some small spuds, carrots and quartered onions, splash a lot of white wine in there and cover. 30 minutes later, throw in a big jar of Sauerkraut, and lay a donkey dick (sorry, keilbasa) on top. When the spuds are edible, sprinkle some bacon bits all over it, break out a fresh jar of brown mustard and have at it. You can feed four with this mess no problemo, or one person for four days. It actually improves with age.

By grunted

Cooking with automobiles...

Ingredients:

- 1 lb Boneless Skinless Chicken Breasts
- 1 pkg frozen stir fry veggies
- 1 bottle Teriyaki sauce

Materials: some aluminum foil.

Put ingredients in the middle of a large sheet of foil, wrap it up with several layers, and place on the engine block of car. Exhaust manifold of '87 Celica works well and has a convenient flat area on it. Drive around for 30-45 minutes, CAREFULLY remove, unwrap and enjoy!

By Gepzo

Santa Fe Chicken

Chop up a pound of boneless skinless chicken breasts into medium sized chunks. Stir fry in a skillet. Put about half a pack of taco seasoning (or a couple of teaspoons of chili powder, play with how much depending on how spicy you like stuff) and a little water over them and then cook till the water mostly evaporates. then put half a jar of salsa and a can of corn in the skillet (reduce heat) and stir up. Put in a square cake pan or casserole dish or something and top with crushed tortilla chips, sprinkle some shredded cheese on top of that, and stick in in the oven at 350 for 10 min to melt the cheese.

By Jadawin

Lime-herb chicken:

Boneless, Skinless Chicken
Thighs
Lime Juice
Dried Thyme
Dried Sage
Dried Oregano
Zest of one lime
LOTS of Garlic (you can buy it pre-chopped in a jar)
Mix all of that up & put it in a big Ziploc bag. Let it sit for a few hours (probably not more than 6). Grill. Eat.

By 'nother

Beef in Foil

Half a pound of good, ground beef
Sliced white or pearl onion
Slices of green, red, or yellow bell pepper
Lots of spices
Barbecue sauce

Put some salt, pepper, garlic and anything else you like in to the ground beef and then mix it around a bunch. Lay the beef on a large sheet of aluminum foil, then sprinkle the veggies around it. Add barbecue sauce on it - a lot for strong flavor, a bit for a mellow taste. Wrap everything up in the foil like a big pita, making sure that the beef and veggies are mashed together to spread flavors. Throw the packet on the fire for an hour or so, pulling it out with tongs and opening it to check if the beef is cooked. When it's done, grab a fork, rip it open and chow down.

By Thallium

Chicken and Rice(or stuffing)

4 boneless, skinless chicken breasts
1 can of Cream of Chicken Soup (Cambells Healthy Request personal favorite)
Minute Rice or Stove Top Stuffing (Cornbread stuffing is excellent)
some kind of spice (Paprika or Lemon Pepper are my recommendations, feel free to experiment)

1 you need a pan that is about 2 inches deep and that you can lay all the chicken breasts in without overlapping
2a if you are using stuffing, prepare it according to the box, then spread over the bottom of the pan
2b if you are using rice, spread enough uncooked rice to cover the bottom of the pan, then add the amount of water the cooking directions of the rice calls for
3 mix the can of soup with 1 can of water, then pour about half in the pan and mix with the rice/stuffing
4 place the chicken breasts on top, and cover with the remainder of the soup/water mixture
5 sprinkle the chicken breast with your choice of spice
6 bake uncovered for about 45 mins at 350

on a side note, I once made this because a girl was coming over for dinner and had no can opener. didnt realize that until she got to my place tho and had to use a hammer and screwdriver to open the can of soup. funny thing is that shes now my wife

By toolio

Tuna Pasta

This tastes really good if you like fish (and garlic):
Chop up 5 cloves of garlic very small
saute in Olive oil (2-3 minutes)
add 1 can of chunk light tuna in water
add nice squirt of anchovie paste (trust me)
add more olive oil
simmer for ten minutes until tuna almost dissolves
add some capers
then pour over pasta
add Parmesan or Romano cheese.
Takes 15 minutes and tastes very good.

By Dr_Love

Bleh, Canned Chili?

Brown and drain a mess of ground beef. (I'll go for like five pounds at once).
Sautee a mess of onions until they turn transparent.

Mix in a large pot. Add a couple cans of whole peeled tomatoes. I generally stab at the tomatoes with a knife while they're in the can to get slightly smaller chunks out of them.
Chop up some fresh garlic and add that. I recommend a lot of garlic...like ten cloves for that five pounds of meat.

Season with chili powder, cumin, paprika, a little salt, a little black pepper, and a little oregano or basil. The chili powder, cumin, and paprika are the most important spices...I'll use something like five or six or ten tablespoons of the chili powder and a good sized amount of the cumin and paprika. Really, you want to season to taste.

Add cayenne if you want kick. Mind you, when you use half or a third a jar of chili powder like I do, it comes out spicy without any cayenne...just not hot. Not everyone likes hot foods, but dammit, we aren't trying to make meaty tomato soup here. A can or two of beer is good for some mellow flavor too.

The real trick to chili is to let it cook. A long time. Simmering two hours with the lid cracked is the minimum. Four hours is a slight improvement, but it doesn't get really good until the next day. No, don't leave it on the stove overnight as you'll burn it. Toss it in the fridge overnight...the flavors will still meld even at the cooler temperatures.

You will need to stir it every so often to keep it from sticking to the pan...how often depends on how hot you cook it and the quality of your pot. Thick cast iron pots are great. So are the Farberware Millenium Lobster Pots: not only are they huge but they've got a 1/4" or something thick aluminum plate in the bottom (surrounded by stainless steel), and we all know that aluminum is good for heat transfer. These pots heat so wonderfully evenly. You might be able to burn food in one of these, but I've never seen anything stick.

It probably takes about an hour to get a good batch of chili going (which some might not consider fast) but you can make enough to live off of it for a week

By Cool Modine

Your best friend is the tortilla

4 eggs
garlic powder
chili powder
Thai peanut sauce
two tortillas
2 Smart Dogs (soy hotdogs, taste better than hotdogs)
Medium cheddar cheese

Scramble the 4 eggs in a hot frying pan, and add chili powder and garlic powder. Chop the Smart Dogs into chunks, cook them with the eggs. Grate the cheese over the eggs, and when the cheese is melted, turn off the heat. Heat the tortillas, and make yourself some breakfast burritos. Be sure and add the peanut sauce on the eggs. I like to add ketchup sometimes, and occasionally stir-fried veggies.

By Coda

Oyster Poppers

Ritz Crackers
Softened Cream Cheese
Tin o' smoked oysters
Tabasco sauce

Spread Cream Cheese on Ritz Cracker.
Put oyster on top of cream cheese. Add Tabasco to taste. Eat.

By 'nother

Jimbo's Braunschweiger/Limburger snax:

Rye Triscuits (Must be Rye, don't use other flavors)
Limburger cheese
Braunschweiger (liver sausage)
Onions
Put Limburger cheese on Rye Triscuit. Add a slice of Braunschweiger. Put onions on top. Eat.

By 'nother

Arnold Schwarzeneggers Ramen Sausage Butter Burrito

I had a weird ass dream last night... I was out roaming the forest... and it was coming to the end of the day...

well I'm walking along a trail and I hear someone call my name. It's Arnold Schwarzenegger... He's like come over here it's dinner time. I cooked my specialty I hope you like it.

He's mixing this huge bowl of ramen noodles with sausage meat balls and they're also kind of margarine soaked. I was like whoa what's that? He's like it's my specialty here try it. So he picks up a big HOME COOKED tortilla not that crap you buy in a store, heh, and he slaps some ramen noodles and sausage meatballs into it. I'm like what kind of beer we got? he's like we can't drink tonight, but I've got some lemonade...

I was like ok... then I took a bite of this ramen/sausage/burrito and I was like oh my god this is fucking good... slurped some lemonade and got the added effect. so I don't know if it's any good or not but from my dream i'd say the recipe goes something like this..

1 serving
2 ramen packages (toss flavor package)
1/4 stick margarine
half inch thick sausage balls
boil ramen drain water
add margarine
add sausage balls
home made North New Mexico style tortillas
toss in oven for couple minutes 375 to brown the top
pull it out and make burrito's hahaha
Jahh it's good ...

now run for the choppa.. NOW!!!

By PandemicOrgasm

flippings pasta with salmon-aurora sauce uncle

1 can ragu "super chunky mushroom" sauce
1 small container heavy cream
1/4 pound salmon or whatever the hell fish you want to put in , i mean no one can tell the difference
some parmesan cheese
a shake of ground red pepper or peprika
1 package farfale pasta

boil some water in large pot;
add pasta. while the pastas cooking cut the fish into chunks/ debone if need be. dump ragu into another pot and cook at low heat. while its heating add a few dollops of cream, the fish, red pepper, and parmesan cheese. strain the pasta and wait for the sauce to get hot. serve!!!

By flipping

good chilli =)

big pot with lid
1-2 pounds beef of any sort but ground
chilli mix
3-10 scotch bonnets

cut beef into small cubes or strips or whatever depending on how lazy you are. It will eventually fall apart. follow directions on the chilli mix (use the powdered stuff not premade chilli) only if it tells you to use that god awful ground beef use those cut up beef chunks you have. place in pot, turn stove to low. wear gloves

open scotch bonnet container
place scotch bonnet on a plate.
cut scotch bonnet into parts using a fork and knife
stir every hour or so until beef falls apart and you are hungry (takes hours)

by Leviathen

Beef and Beef Broth

I did this once just to see if it was any good
2 pieces of fried steak such as steak-umm or philly steaks
a lil bit of beef broth (campbells)

fry up steaks, add worchestershire and/or curry powder to taste
tear steaks up in little pieces and dump it in the hot beef broth, add onion bits and parsley to taste!
YUM!!!

By RidgeRunner

Chum

Ingredients:

1/2 pound of Ground Beef
1 Small Carton of Egg Substitute
Sloppy Joe Sauce

Heat the beef until it's almost browned and add the sloppy joe sauce. When the sauce is heated, pour in the egg substitute and stir until the fake eggs and beef are cooked. Make sure you add sufficient sloppy joe sauce so that when it's done cooking the texture is almost soupy.

By Citrus538

Easy Fried Rice

My best advice for making your own fried rice is to use well-sauteed onions (spen a WHILE cooking them fairly dark to get the most flavor out of them -- 5 mins cooking onions won't cut it for any of these recipes, which is a key reason for the chopped onions in the simplified curry above). They may not be the first thing you think of in fried rice, but they really flavor it nicely, I think. Use sesame oil, some lawry's salt (not too much salt), chopped broccoli (ala Dana Carvey...;), whatever other veggies you want, egg (of course). It works nicely with even leftover steamed rice, but is also ok with the Uncle Ben's Boil-in-Bag stuff.

By katokop1

EZ Red Beans and Rice

1-1lb pack of sausage, preferably Schumake's Country Sausage or some kind of andouille/cajun sausage.

1 pack Vigo (or Zatarain's) Red Beans and Rice Mix.

Put 2-3 cups water (or whatever the RB&R mix says) in a pot and bring to boil. While waiting, slice sausage into 1/4" thick slices (no need to be exact). When water boils, throw sausage in. When water returns to boil, add RB&R mix. Stir constantly for 1 minute, cover pot, and set burner to "low". Cook for 20-30 minutes.

By Rex Fenestrarum

Gorgonzolic Spaghetti

- One 500g package of grano duro spaghetti (Barilla kicks ass)
- One onion
- Olive oil
- Gorgonzola cheese (about 3 cubic inches, more if you like a strong taste)
- 500g of plain tomato sauce
- Salt

Heat water in large bowl. Drop one spoonful of olive oil into water. While you wait for the water to boil, cut onion into tiny pieces. Fry them in olive oil. Drop tomato sauce in pan, thus making much noise. After noise subsides, drop cheese into it. Gorgonzola has little elasticity and dissolves in the hot sauce. Stir until cheese dissolves completely. Meanwhile, when water boils, drop one or two spoonfuls of salt into it and then cook pasta. Religiously observe cooking time written on package (unless it's TOO undercooked). Strain pasta, put back to (dry) bowl, drop sauce. Indulge in high-calory orgy.

by JCCyC

Gazpacho

Damned carnivores! Try this, you won't miss the meat:

Get LOTS of tomatos, like 8 or 10, and a cucumber or two. Mash up the tomatos, chop the cucumbers into little bits and throw it all in a bowl. Put in about a cup of water (this is supposed to be soupy, add water to the consistency you like) and about 3 cloves of finely chopped fresh garlic. Add about 3 tsps red vinegar, 1 tsp olive oil, a pinch of salt. Crumble up that stale bread in from the cupboard- sourdough is best for this- and throw it in. Chill the mush for about an hour, add more water until it's smooth. Some people go nuts with the garlic, and some like to add ice cubes to chill the mix even further. VERY good stuff; filling and your arteries will thank you!

By Lefty

Eats

Bush's Baked beans

A good dose of KC Masterpiece BBQ sauce.

A shot of Jack Daniels.

Nuke it for about 5 minutes for full effect, or cook it in a sauce pan to get rid of the alcohol.

By mpierce

Very Simple Meal

Ingredients:

Fat-free refried beans (I think Rosarita makes a "chili and lime" style. Mmmmm..)

Your favorite cheese

Your favorite salsa

Fat-free tortilla chips

Dump beans, cheese, and salsa in a pan/bowl and heat/microwave until the cheese is gooey. Stir. Eat straight out of the pan with the chips. Goes well with Corona.

(inauthentic) Tom Yam Soup

Good filling fish soup, with a hot sour twist.

Ingredients:

some water

400ml fish stock (or watered down oyster sauce at a pinch)

200ml vinegar (by preference cider or white wine)

2 tuna steaks (about 350g)

8 baby octopi

8 scallops (coral intact)

glass noodles (very fine rice noodles)

red birds-eye chilli

green birds-eye chilli

2 sticks lemon grass

soy sauce to taste

optional:

large prawns (best with shell still on)

crab claws

mushrooms

'seaweed' (actually a type of cabbage like stuff)

fresh corriander

Method:

start heading stock, with 2x as much water in a large pan

dice tuna and sear in hot frying pan

sear scallops, about 30 seconds each side

finely slice chilli and add to the stock

add chillis to stock

add octopi to the stock

wait while stock comes to the boil, reduce to slow simmer by adding the vinegar

wait another ten minutes for flavours to mingle

add water if needed to bulk things out

add the seared tuna and scallops

add noodles and optionals

wait 5-10 mins while they warm right through again and absorb flavours.

Serve in deep bowls, the fish bits should pile up and stand proud of the stock.

Good hot sour fish soup. Feeds 2 as main on it's own, could do 6 as a starter.

By crazydee

"Slop"

Here is a dish that I like to call 'slop', it ends up making one (huge) serving, guranteed to fill you up. It's best to eat it before you get a lot of exercise, such as a day of mountain biking. It gives you enough energy to get through the day.

You take 1 box of herb and butter Farmhouse brand noodles, make it same as usual, but when you mix it together add 1 can of tuna, 1 can of mushrooms, and about a third of a cup of sour cream.

When the noodles are done, you then sprinkle on some shredded cheese (use an italian mix, or just use romano, best to just get prepackaged).

Also, make about 4 servings of mashed potoatoes, then when the potatoes are done (best to make at the same time as the noodles), you mix it all together in a big bowl (I like to call it a trough), serve and enjoy!

By The Brahma Bull

Bloody Fingers

Ingredients:

1 Small Carton of Egg Substitute

Sloppy Joe Sauce

4-6 Breakfast Sausages

Heat the sausages in a pan until they are almost done. Then, pour in as much sloppy joe sauce as you want. There should be more than you would use for mere toppings though. Then when the sauce is heated, pour in around half a carton of that egg substitute and stir until it's cooked.

By Citrus538

rice and simultaneously be dissolving a spoonful or two of flour in a bit of olive/other oil in a small saucepan...

The quickest, simplest (though not as good as a full-blown curry dish) solution is to make the rice and simultaneously be dissolving a spoonful or two of flour in a bit of olive/other oil in a small saucepan. While that's going on, use hot water to dissolve a teaspoon of bouillon (I like chicken in this dish) in the appropriate volume of water, and add a fair amount of dry chopped onions (that's a big time saver, since cooking onions takes a LONG time to get them well done). Once the flour is well dissolved and simmering and all, add a tablespoon or so of curry powder (Spice Islands brand is good in this recipe, though it's a matter of taste) and a roughly equal amount of brown sugar (dark, that "golden" stuff sucks and is just extra-mild dark brown sugar, so in a thing like this, where the flavor is the issue, GET DARK BROWN), and simmer while mixing it, adding more oil if necessary. Add the bouillon/onion-bits to this sauce and continue to simmer (it'll thicken), consider covering it. I recommend putting the dried chopped onions in the bouillon a bit before this point so they can sit and soften nicely (for dried chopped onions...;)). When the rice is done, drain it and pour it out of the bag on a plate or in a bowl, then add the sauce to taste and mix it all up. Quite good, and easily prepared in ~15mins. Filling. Not as good as full-blown curry with this same rough base recipe, but with sauteed onions, pork tenderloin, chopped apples, &c., with toppings of crumbled bacon (oh, and cook it in the grease from making the bacon, rather than olive oil...mmmm), toasted chopped coconut, good chutney, nuts, rasins (if you like -- I don't), it can become an incredible dish -- but most of the basic taste is there, without over an hour of work, when you just do what I outlined before.

By katokop1

Sausage n' Potatoes

One pre-cooked kielbasa sausage (a big one)
3-4 potatoes (potato to sausage ratio, about 3:2 by weight)
'bout half an onion
black pepper, oregano, thyme, whatever else
oil

Oil a skillet. Cut potatoes into small wedges. Cut sausage into sections about 1.5cm thick. Dice onion. Throw potatoes and onions onto skillet. When they start browning, throw on the sausage, and season liberally. Stir and observe for about five minutes. When the potatoes have gotten nice and soft and the sausage is browning, it is done. I usually eat it with ketchup. Serves two large geeks or three smaller geeks, one large geek and one and a half smaller geeks.

By pointystick

Another good use for chili

Add some cubed cheese and a little sour cream; heat until it's warm and the cheese is melted. Makes a bitchin' dip for corn chips.

By Helliun

Chicken Parmigiana

Boneless chicken breast
Pasta sauce or tomato sauce
Mozzerella Cheese
Lime juice

Get a frying pan. Put some lime juice in the frying pan, enough to cover the bottom. Put the chicken in the frying pan and cook until there's no pink left in the middle. Grate some mozerella cheese while it's cooking.

Turn your oven to "Broil" and around 350F. (Or if you're using a microwave... well... don't turn your oven to "Broil") Put the cooked chicken in some kind of big pan (a plate will do for the microwave). I use a basting pan myself. A cookie sheet will work provided it has edges on it (the pasta sauce can get very non-viscous). Spoon pasta sauce generously onto chicken, then sprinkle cheese over top. Stick it in the oven or microwave until the cheese melts.

By Quartz

combination of egg, beans, fish, cheese

Cook egg in microwave (either poached or scrambled)
Warm beans in microwave.
Cook frozen white fish 'block' in microwave
Mix all together and cover with sliced cheese.
... warm in microwave until cheese has melted.
MMmmm... enjoy.

By Magic Man

Steve's Fast Sandwich:

2 slices white bread
Enough colby to cover a slice of bread.
put colby between bread.
nuke for ~35 seconds depending on power of microwave.

By SteveRestless

Taco Soup

1 pound ground beef
1 can tomato
1 can kidney beans(or any such thing)
1 packet taco seasoning(the stuff you add to ground beef)
Cans are all 15oz

1. Brown beef
2. Dump in beans
3. Pour in seasoning
4. Dump in tomatoes
5. Take one of your empty cans, fill it with water, and dump it in.
6. Heat until it boils
7. Serve

I like to put crunched up corn chips into a bowl, just enough to cover the bottom, ladle the soup on top, and then spoon a bit of sour cream on top. Yum yum good. (; Make your canned tomato selection wisely. Keep in mind whether you'll want skins, or not, and feel free to slice up big chunks while they're still in the can.

By KGZotU

fish curry sauce

one and a half onions finely sliced
half a brick of butter or half a cup of veg oil
3/4 tablespoon of salt
4 medium tomatoes or one tin of tinned tomatoes
one and half teaspoons of tumeric powder
half a tablespoon of chilli powder (cayenne powder)
8 cloves of garlic peeled then pulped
lump of fresh ginger rough the same amount as the garlic, bit more, peeled and pulped)
4-7 good sized green chilli (to taste 4 is warm 5 is hot 6 is dangerous 7 is questionable)
handful of fresh coriander
1 1/2 to 2 pounds of fish / prawns (whatever you fancy)

melt the butter or heat the oil, you can do a combo of butter and oil depending on how much you like your arteries, add the onion and the salt
cook until the onion starts to go translucent, add the tomatoes (tinned is better as you do not have to peel or do that blanch thing), garlic, ginger, chilli and spices and cook over a medium to high heat stirring every 10 to 30 seconds adding water when it starts to stick(if you are lazy add about pint to half a pint of water, turn the heat up and start stirring when the sauce starts to thicken) the sauce is ready for the fish when you can no longer see the onion and the oil starts to separate

out from the sauce, add a little more oil or butter, this stage this requires a lot of attention as the heat should be on high and be at the stage where it will burn if you take your eye off it for a second!! then add the fish and fold the mixture carefully for about 3-5 minutes turn the heat off, add the coriander stir and cover, you may wish

to add a little water to thin the sauce out if you are serving with rice do this before you turn the heat off and before you add the coriander

by waqar

Just thought of a couple more...

used to eat quite a bit of sauerkraut; it's really easy to throw a bunch in a pot with some kielbasa. Add some of those little seeds (Caraway? I can't remember which ones, they're small and striped.). Cook for a while; the longer you cook, the more the sausage flavor spreads into the kraut.

Also with polish or german sausage, put some into a couple cans of split pea soup; again, the longer it simmers, the better it gets

By Helliun

1 Tuna Sandwich

Tuna (drained)

Miracle whip (for zip!)

Bread

Mix tuna and miracle whip into a nasty paste. Spread on bread. Eat.

By Cavalier

#2 Lo Mein

1 Package of Angel Hair Pasta (or any spaghetti)

Soy Sauce

Oil

Water

Boil noodles until cooked. Drain. Rinse. Put back in pot and add 2 tsp. oil and as much soy sauce as you want. Stir. Heat back up. Eat when it looks good

By Cavalier

Chicken Salad ala hmmm.

When I am on a protein kick, carbohydrate de-enhancement phase I like this interesting little chicken salad.

1 Can Swansons white meat chicken chunks.

1 half cup mayonaisse (Helmans/Best Foods).

1 teaspoon each, dill, parsley and yello mustard.

1 Tablespoon horseradish (not the sauce)

Mix and eat with Dill pickle spears and a chunk of extra sharp cheddar cheese

By Klinzai

Octopus CADdie

I've stopped eating octopus once I learned how intelligent they are, but for the less scrupulous I have this:

1. Capture one large eight-armed octopus. Preferrably so big that you have a scary tale from when you speargunned it to tell at the dinner.
Not the ten-armed squids, they taste much worse. Squids live in shoals, have the brain of a snail and taste like snot. And is what you usually get when you order octopus at a resturant. The eight-armed octopus are solitary animals and quite hard to capture. They are usually much larger than the squids if you don't count the giant ones at the bottom of the sea... The largest octopus I have eaten had to be carried by two people. The tentacles were as thick as my arm.
2. Kill octopus by hitting it between the eyes with a crowbar. You may need to apply all the deadly force you can muster, and you may be exhausted afterwards. They are tough.
Popular myth say that you are supposed to crush its brain by biting between the eyes, but take it from me - you don't want to stick an angry octopus' face in your mouth, especially if it weighs twenty kilos. Ever wrestled someone with eight arms?
3. Turn the sack behind the head inside out and pull off the intestines. Throw them away, they are inedible.
This is easy since they are molluscs and already have a hole on the belly. Beware that you don't squish the inksack and paint the whole place blue... Unless you're a raver you probably don't want to touch the ink either, it's a (weak) hallucinogene.
4. Rinse off the mouth and possibly eyes and brain too.
The mouth is three claw-shaped teeth in a ring of muscles that can be easily pulled off. The brain is hard to get out so you may want to just cut off that part and throw it away. Plenty of meat in the tentacles already.
5. Throw the octopus into the cliffs by the beach two hundred times. Wash it in the sea between every throw. This is to make the meat soft.
Splat wash splat wash splat wash splat wash.... =B
6. Rub the octopus against the cliffs for ten minutes or so until a rich lather is covering the cliff =)
This will drive out mucous and make the meat even better. When teh octopus is starting to get cracks in the skin between the tentacles and doesn't feel slimy anymore, you're done.
7. Hang the octopus to dry in the shadow for at least half a day, preferrably overnight. The octopus will not be destroyed even if it hangs for two-three days but you may want to keep the flies away.

(This is the hot summers by the beach in Greece I am talking about with sizzling sun and 35 degC.) When you can break off the blackened tips of the tentacles then it's dry enough.

Try some raw octopus tentacle tips while you're at it - delicious.
Evening has come and it's time for party at the beach. 🍷

This is for octopus stew:

8. Chop onions in rough pieces and throw in a kettle.
9. Add some garlic and lots of olive oil, but no water or salt. That will turn up by itself.
10. Chop the octopus in rough pieces and throw it in the kettle after the onions fried a little.
11. Stir so that it doesn't get burned. The octopus meat will emit a purple-red liquid, quite a lot of it actually, which will make kind of a sauce. You basically boil the octopus in its own water, but be cautious so that it doesn't burn before the liquid starts to appear.
12. Done. Sprinkle some lemon on and enjoy with bread, greek salad, wine, greek music and good friends. Try not to moan and grunt too lustfully while you eat it.

Or if you prefer barbecue:

8. Make a fire. Grill the tentacles as if they were hot dogs (no salt!). Chop up the remaining parts and put on the souvlaki sticks.
9. See former item no. 12

I promise you a surreal experience watching people gobbling on tentacles and chewing off the suction cups. It looks like a monster tries to crawl out from their mouth.

Octopus made right taste like a mix of crayfish and bacon rinds.

And as stated before, I can't eat it anymore =(But there is so much more delicacies to be found in the oceans so I don't mourn.

By CADdie

Backfire

In school when I ate something experimental that didn't agree with me I used to take a dozen saltines crush them and put 'em in a cup. Add milk and eat with a spoon. Works for an acidic stomach but no much else.

By Claymore12

Chicken on the go.

Buy a chicken breast, marinate it however you like (teriyaki is good, barbecue better), wrap it tightly in aluminum foil, and stick it next to the exhaust manifold of whatever your transportation is... If you make long drives during the day, drive for 2-3 hours and you've got lunch waiting for you under the hood whenever you're hungry.

By Tremek

All I have to say is A1 steak sauce

The single greatest condiment of all time also works great as a pasta sauce, check it: cook up some good linguine add butter and basil/garlic salt toss some freshly grated parmesan in and melt it a little then liberally apply A1 and mix it up its pretty damn good

by mwedward

Whatever you want Tortillas!

Tortillas
Picante
Mozzarella or Cheddar (shredded)
Anything else

Take the tortilla and put it on a plate, completely open (aka flat). Next, put a little picante on and spread it all around the tortilla. Be sure not to put too much, but there must be some.. Next put the mozzarella and cheddar on. After that you can put the "Anything else" on. Sandwich meat, small pieces of beef, beans, whatever you want. After that, microwave til cheese melts and then roll up into a wrap type deal..

by el_amo

Inside the Potato

If u have a microwave, put said spud in it, at full power, for... ooh, five minutes or whatever.

When it's cooked, take it out, cut a "lid" out from the top of the spud and hollow out the insides (leaving about 1cm thickness round the outside, so it holds together)

Put the innards in a bowl with some cheese spread and whatever else you fancy (I *love* spinach, so I used to put that in it too).

Mash the insides of the potato, the cheese spread and whatever else you've got in the bowl together with a bit of salt and pepper, stuff it all back into the hollowed out potato and put the "lid" back on the top.

Nuke it for a further minute or two, to re-heat it and then it's ready to eat

By Chog

Schlupp's Soup

One can chicken broth,
equal amount of water.

As many fresh carrots as you can get your hands on, sliced 'bout four nickels thick. (Carrots have to be fresh)

1/4 bag of frozen peas.

1 big-ass onion, any variety, cut into itty bits.

1/4 bag of frozen corn.

Salt to taste.

Put crap in a pot, bring to boil, then turn down the heat and hit the forum for a while.

Guaranteed to be the freshest and cleanest tasting soup you have EVER had!

By Schluppy

steak in Worchestershire

Marinate steak in
Worcestershire Sauce if you feel
otherwise ... just leave it as is.

2) Chop up an onion and
mushrooms pan fry with a little
bit of butter.

3) Add the steak to the pan and
add Worcestershire sauce for
flavor.

By Ranma

good cheap steak

A good boneless ribeye will run you
around \$5.00 a pound. Trim that
sucker, grill it up (medium rare is best)
and add some salt. Yum. What's even
better is toasting a baguette, sopping
up the steak juice and making a steak
sandwich. Ooooooh goodness.

By Thallium

Chicken Fajitas

Boneless Chicken Breast

Large Flour Tortilla

Pepper (Yellow or Orange are best, but Red or Green will do)

Onion

Salsa (Extra-fiery-volcano-hot recommended)

Jalepeno Peppers (optional, but highly recommended)

Sour Cream

Guacamole

Cut chicken breast into small strips. Fry in a small amount of olive oil until the chicken is no longer pink. Spice with thyme, oregano, and cayenne pepper to taste. Add jalepeno peppers (and be sure to pour some of the juice from the jar onto the chicken), chopped onion, and chopped pepper. Mix together and add salsa. When the chicken is cooked,

remove from heat and pour the mix onto your tortilla. Add sour cream and guacamole. Fold tortilla, and enjoy! Be sure to have a cold beverage standing by, because if you're like me, you'll have added an insane amount of spices and jalepenos.

By MarchHare

chicken tortilla wraps

Get some boneless, skinless chicken,
and fry until brownish white. Smother
entire tortilla with fave sauce (i like the
poppyseed peach by Brianna's) and layer
with tomato, colby cheese, tomato and
other veggies.

This is by far the easiest dish to prepare
with minimal effort

By KiDiCaRuS

Refried Spaghetti

- take last night's leftover cooked noodles.
- put in frying pan.
- add about a half stick of butter.
- stir fry it.

By Cellular Mitosis

French [stick] pizza

A French Stick (or even Bread), some cheese, Salami (even some sausages would do), ketchup and a wee bit of butter/marg. A cheese grate, a knife and a grill.

First cut the french stick length ways, toast for a few minutes in the grill. Butter and sprinkle your grated cheese/salami mix over the top, grill again for two minutes (or until the cheese has melted). Add ketchup and serve.

By Qbal

Roast Beef:

1 Roast Beef. Get a nice lean one at the supermarket. Make sure it will fit in the size crock pot you have, if not, you'll have to cut it in two. No biggie.

Also needed: Several carrots, several potatoes.

Cut up potatoes, peel if preferred. place in the bottom of crock pot. Cut up carrots into chunks about two inches long, place in with potatoes. Place roast on top of potatoes and carrots. Fill crock pot approximately half full with water. Turn pot on "high". Check on it occasionally. In a few hours (depends on size of roast), you've got roast beef with potatoes and carrots like mom used to make. Depending on your crock pot, you may need to turn the heat to "low" after a couple hours for this, consult the recipe book that comes with the crock pot, usually there's a recipe for pot roast in there.

When it's done, I usually take two cups of water out of the pot, drain the rest, remove the meat and veggies into a dish, pour the two cups of broth into a pan and add a packet of beef gravy mix. The gravy's the most complex part,, but one easily left out if you're looking for a good meal you can't screw up.

By Gilgamesh

Cheats Chickken Tikka Massalla

Ingredients:

2 chickens breasts (free range)
tikka powder (I like Sharwoods)
greek yogurt (must be greek, ordinary yogurt comes apart when heated and makes a mess).
1 onion

The night before:

dice chicken and finely chop onion, place both in an oven proof dish
mix enough yogurt to cover the chicken bits with as much tikka powder as is required for the result to look slightly artificially coloured, this probably shouldn't be more than a cup, but taste it to see
pour the tikka/yogurt gloop over the chicken
cover tightly with foil and leave till 1 hour before needed

Preheat oven to 180C.

Place dish in oven for 45minutes, remove foil and stir, return to oven for a further 15min until surface browned and bubbling.

Hook a chunk of meat out the sauce and check the middle isn't pink before serving.

If pink return to oven for 15mins.

Serve with rice and naan bread or chappati.

By crazydee

Spanish Mackerel Extraordinaire....

Dig 2 metre hole in your back yard, 1 metre deep
Fill with sand and basalt rocks
Build a raging bonfire, get half wasted over next 4 hours
Spread red hot ashes to perimeter
Wrap 1.5 metre Spanish mackerel in 3 layers of foil, after....
.. adding 6 sliced lemons, 2 sliced limes
.. adding copius cracked black pepper
.. some lemon grass
Place wrapped Mackerel in pit, cover with hot sand, rocks & ashes
Drink for another 20 minutes
Recover Mackerel, and consume with near freezing Vodka, Rum or Tequila

By GOD

Kimchi Soup

Buy some kimchi, throw it into a pot (minus the liquid it's been soaking in). Add regular water, enough to make it soupy, and boil the sucker for 15-20 minutes.
Ya kin add junk like spam, sausages, minnows (take minnows out before you eat), beef, onions...well, whatever for flair.
At the same time, shove yer rice in the rice cooker.
All you need is a little setup time, wait for 15 minutes, then come back for a decent meal.

By Ilysere

pr0k 5t3w: (Pork Stew)

uhh, a cup or so of kinda well-aged kimchee
pound o' boneless pr0k
3 tbs of korean bean paste (miso on steroids)
various other chopped veggies, like bok choy and napa
gotta have onions ... lots of onions
1 tbs of dashi or dashida
1 tsp red pepper flakes
a little bit of mirin ... if you feel like it
chop up the pigmeat and stick it into a pot. add enough water to cover the pr0k, then add a little bit more. boil it until the pr0k looks mostly cooked. dump in the bean paste, and stir around until uniform. add the kimchee. let simmer for about a minute or two, then add the onions, dashida, and mirin. simmer another minute or two, then add the veggies. simmer until the veggies are done. add green onions and pepper flakes. simmer for 30 sec. if it tastes all right, you're done. if it needs more salt, dump in some more dashida and simmer for a short while.
put it into a bowl. eat with short- or medium-grain rice. drink milk with meal.

By Dinglehoser

burritos!

2 cans refried black beans w/ lime juice
1 green pepper
1/2-1 onion (same amount as green pepper)
1 can chopped green chiles, 2-3
jalepenos, or 1-2 habeneros, to taste
Cilantro, paprika, cayenne, chili powder, garlic powder (or 4 or 5 garlic cloves)
-dice the peppers and onion as fine as you have the patience for (inch square on a normal day, fine powder when company's coming), saute in olive oil in a non-stick frying pan (garlic too, if you have the patience to shuck the cloves)
-while browning, mix 1/8 cup chili powder, 3 tablespoons paprika, 2 tablespoons cayenne, 4-5 tablespoons cilantro (fresh or dried) in a measuring cup. Just to warn you, I'm estimating how much I usually put in...usually I just about fill up a quarter cup measuring cup w/ spice. Play

-when peppers start to look cooked, add cans of beans. Trust me when I say get the cans w/ the lime juice...perfect flavor! As the beans soften, fold everything together and add spice. Blend till at a soft consistency.
-slop on burrito shell (I usually moisten mine and microwave about 20 seconds first to keep 'em from breaking). Grate cheese (sharp cheddar, pepper jack, coby jack, etc) on top, add lettuce and others to level of patience (I stop at cheese).

By Haven

spicy insta-chili

1 can hot dog chili
1/4 onion
garlic salt
red (cayenne) pepper
S&P
Sazon Complete Seasoning
1 packet Taco Bell Fire Sauce

merely open can, shlop in a bowl,
put in microwave and nuke until
hot. dice up onion (i like them raw,
cook with chili if you don't) and toss
into bowl, then add your preferred
amount of seasoning. stir and eat.

By cobalt nacht

Spicy Beef Stew

Get a large stew pot (very important). Crockpot would work too.
Lightly brown some beef cubes in olive oil.
Dump beef into stew pot with the following:
2 cans sweet yellow corn
2 cans stewed tomatoes (the garlic flavored ones are good)
1 small can tomato paste
2 cans beef consomme
2 large potatoes, cut into bite size pieces
several carrots, cut any way you want
Peas if you like - I use snow peas. Mmmmm...snow peas.
Mrs. Dash's seasoning - several good shakes
Black pepper to taste
Some worcestershire sauce and/or beef bouillon cubes
Tabasco to taste - I use at least half a bottle
Enough water to give a full stew pot

Bring to a boil and then cover and simmer until everything is tender.

If you do it right, this will last 1 person almost a week if it's the only thing you eat all week. Plus, it only gets better after sitting in the fridge overnight and beyond.

By agents_4_peace

EZ Chili:

pound lean ground beef (add more if you wish)
1 jar hot salsa (I like Chi-Chi's)
2 cans green giant chili beans (or generic equivalent), drained
1 can red kidney beans, drained
1 small can (<14oz) Hunt's tomato sauce
1 can tomato paste
Seasonings: Garlic powder, Chili powder, Cayenne pepper.
Optional: Dave's Insanity Sauce, 1/2 bottle Honey Brown lager. (I always add the Dave's, I sometimes add the beer)
Brown the beef in a pan, drain.
Drain cans of beans.
Throw beans, tomato sauce and beef into crock pot.
If you are adding the honey brown, do it now. Be careful not to add too much or it will take forever to simmer off.
Turn crock pot on "high".
Add seasonings to taste.
Stir every 15 minutes for next two hours.
After two hours, turn crock pot to "low" and add tomato paste. Stir briskly until paste is dispersed evenly. This provides a thicker chili.
Add more seasonings, add Dave's. Stir.
After a couple more hours you've got damn good chili.

By Gilgamesh

Shredded Beef Super-Burritos

I know burritos have already been mentioned, but the way to go is not to use ground beef.

Get one of those huge hunks of meat from the grocery. You know, the crappy stuff that sits next to the soup bones and tripe. Cook that for a long time (a crock pot is a great way to cook it) in some Liptons onion soup mix or something along the same lines. The longer you cook it, the softer it gets. After you finish cooking it, let refrigerate overnight. Next day, pull the grains of meat apart. It will be all shredded up and stuff.

Now, continue with your normal burrito making process using this instead of ground beef.

By Sneedes

grilled cheese with an iron

1 roll of aluminum foil
2 slices of bread
2 slices of american cheese

wrap the cheese and bread in aluminum foil
Then run the iron over the whole package lightly so you don't smoosh the sandwich.
Oh and remember, turn off the steam, it will make the sandwich soggy. Iron to taste.

By ender

Pasta Carbonara

Ingredients:
Pasta carbonara
4 Strips Bacon
2 Egg yolks
1/2 cup heavy cream
1/2 cup grated parm. cheese
1 clove garlic
Pasta of your choice

Dice bacon and brown in skillet; pour off most of the fat.
Add garlic while the skillet is warm, so it can brown lightly.
Remove skillet from heat and boil pasta while bacon cools.
Add cooked pasta to cooled skillet, next the cream, cheese and eggs last
Heat the mixture under low heat and stir lightly until thickened.

By flacoman

Tostada al la EZ

Can of Refried Beans

1 Large Chunk of Cheese

1 Package of tostada shells

Optional

Lettuce, Sour Cream, Salsa, Onion, Olives, Tofu, etc... etc...

Method 1 (The yummy way)

Open can o' beans, microwave for minute or two, shred cheese, apply beans to tostada shell, then apply cheese, and other optional items.

Method 2 (The quick way)

Open can o' beans, apply cold beans to tostada shell, add cheese, throw in microwave, and cook till cheese melts, add optional items. (This way makes the tostada limp with grease from the cheese)

By Plastix

Enchiladas

Alright, these aren't verry quick but who cares, they turn out right.

Take 4 Tortillas

1/3 cup salsa (mild usually, depending on tastes)

2 oz. tomato paste

1/2 cup shredded cheese

1/2 ofa cup chopped onion, prefferably green onion

use microwave on the tortillas for a min, wait until their crisp again, while you wait for that mix the salsa and tomato paste for a while, then dip a tortilla in the tomato paste/salsa. Put it on a baking pan without grease. put a tablespoon or so of shredded cheese on top and a tablespoon about of green onion. dip the second tortilla in the salsa stuff and put it on top first. put more cheese and onion on that one too. do the same with the other tortillas. then poar the salsa stuff over the stack of tortillas. and put the rest of the cheese over that.

Bake it for about 15 mins at 350 degrees. cut it up and eat it

By Splinter

Homemade Alfredo Suace

It's so damn easy it's a shame anyone uses that store-bought crap.

ingredients:

pasta

half pint heavy cream

half a stick of butter

grated parmessan or romano (better) cheese (don't buy the Kraft stuff, hit the deli section of a good grocery store and buy the real thing)

a pinch of nutmeg (be careful here, nutmeg has great power)

So after you've cooked whatever kind of pasta you're going to put this on (usually I use capellini because it cooks way faster than fettuccini (sp?) and plus I just like it better) take a frying pan (greater surface area makes it go faster) and drop the butter in over medium heat.

When it's all melted pour in half the carton of heavy cream. Let it start simmering (good cooks say don't let it come to a major boil but really there's not a huge difference if you do. If you're trying to impress someone, take your time but if you're in a hurry, let the mother boil). Stir occasionally to keep the butter and the cream well mixed.

Add the salt, pepper & nutmeg (I know nutmeg sounds really weird here but it's a French thing and it's REALLY good as long as you're careful not to OD on it).

After 5- 10 minutes the sauce will start thickening up as the water evaporates out. You can tell by how it slides off a spoon.

Once it's thickened, shake in a bunch of the cheese. Stir it all up for another couple minutes and it's all done.

Pour it over the pasta.

There are a couple ways to get fancy with it if you wanna seem like a gourmet. I just bought this olive, almond and truffle paste and adding a spoonfull of that with the S, P, & nutmeg made it amazing.

Have fun and buena suerte.

By MrRefinement

Noodle recipe

1. boil water, after it warms up drop two ramen noodle(any flavor you want)
 2. crack couple of eggs in a bowl
 3. heat that bowl with like 95 seconds
 4. drain the water from noodle
 5. mix cooked eggs with noodle
 6. add some green peas or mixed veggie
 7. add ketchup, soy sauce and hot sauce
- The food be ready within 10 minutes and yummy

By SunShine

Tooth Larry survival snack

Wedge of Port Salut cheese

Some good Italian hard salami

Good crackers

Slice off a piece of cheese.

Slice off a piece of salami.

Put on cracker. Eat.

By Thallium

Cheap, Simple, and Easy Quasi-Nachos

Plate

A good handful or two of your favorite tortilla chip
Grated cheddar, mozzarella, or mexican cheese

Microwave

By Dustball

Thallium's damned good chicken

Six large chicken breasts, cleaned, no skin

A small bowl

A basting brush

Lots of peanut sauce

Lots of crushed, fresh garlic

Salt

Crushed pepper

Lots of soy sauce

Lots of ginger sauce

Lots of pepper sauce and/or hot sauce

Some lemon juice

Mix all the ingredients except the chicken in the bowl. Your goal is a slightly soupy, brownish mixture that smells pungent and sweet. Garlic is the key here, as is peanut sauce. Go to the grill and start cooking the chicken. When both sides have turned semi-white, start basting the meat with the sauce. Baste lots on both sides, flipping each piece over after a wash to let the sauce burn in to the meat. Cook until the meat has attained a yellower color (it's ok to slice off a small piece and check the inside to see if it's ready). Serve the chicken to hungry friends and chase it with Guinness or good, strong beer.

By Thallium

Fancy Ramen

3 packages pork ramen
6 cups water
1 Tbsp Sesame Oil
1 Tbsp Red Wine Vinegar
1 Tbsp Fish Sauce
1 cup frozen mixed veggies (I find that green beans, corn, and peas are a great mix, but it is really up to what you like)

Heat water Sesame Oil, Vinegar, and Fish Sauce to boiling, then add the Ramen. When the Ramen gets soft add the 3 packages of flavoring. Remove from heat. Add frozen veggies and stir. Wait to cool (and for veggies to cook) about 10 to 15 minutes. Eat.

For a little variety cut up 3 pork chops and sautee the cubes. Add to the mix while still hot before you add the veggies.

I've also been told that adding 1 Tbsp Tom Yum paste makes it even more tasty, but I haven't been able to find any in town so I haven't tried it.

By silicon

Sloppy Joe Hamburger

1 (or more) hamburger patties.
Spaghetti or sloppy joe sause.
1 egg per hamburger patty.

Turn the heat on your stove very low, and let the hamburger brown. It should be low so that the hamburger cooks very slowly. When the hamburger has browned throughout, top it with the sauce. Allow it to simmer for a few minutes. Be sure to occasionally flip the hamburger so it cooks evenly.

After allowing it to simmer for a few minutes, crack the egg open and mix it in with the sauce and hamburger. When the egg is cooked, scoop it all onto a plate and enjoy!

By citrus538

Tuna and Corn

Quick, cheap, tastes good, and some protein too
Open 2 cans of tuna, drain the water
Open 1 can of corn, drain the water.
Mix them well in a bowl and add mayo.
Tuna:corn~1:1

By mdevedov

Sludge

1 can chopped tomatoes with onions
1 can chopped tomatoes with chillies
1 can borlotti beans
1 can kidney beans
1 can sweetcorn
1 pinch of salt

Simple, this one - pour everything into a big pan (drain the liquid from the bean cans first, but not the others though), and bring to just under a boil for a few (~5) minutes. Add chopped chillies / onions / whatever. Eat.

By sk

Fake and Easy Pad Thai

7 oz. Thai Rice Noodles
3T sugar
1T lime juice (or lemon)
3T fish sauce
1T rice vinegar
Busha browne's Walkerswood Jerk Seasoning paste
Sriracha Hot Chili Sauce (look for the rooster on the bottle as most of the label is in Vietnamese and Chinese.)
1 or 2 eggs
pick any: Chicken breast, shrimp, tofu, and /or vegetables (carrots, onions and broccoli work well)
some garlic.

1. Rub jerk paste into chicken, shrimp, or tofu. Let sit about 10+ minutes. Poke with a fork to get paste deeper in meat.
2. Boil some water. Place rice noodles in a large bowl and pour hot water over noodles until covered, set aside.
3. Scramble egg, set aside.
4. Stir-fry vegetables, meat and/or tofu in very hot pan for about 1 minute. Enjoy the sting from the jerk paste vapors.
5. Mix together sugar, lime juice, fish sauce, and vineger. Add sauce to stir-fry.
6. Strain noodles, and add to stir-fry. Stir fry for about 4-5 minutes. Add Rooster Sauce to taste.
7. Place stir-fry in serving bowl, add scrambled egg.

By Brett

Somewhat spicy speghetti

1 to 1.5 pounds 15% fat hamburger
One package of speghetti mix
One can Hunt's tomato sauce
One can Hunt's whole tomatoes, diced
One box of Speghetti, size 8
Chile powder
Red pepper
Tabasco Sauce

Fry the burger until nice and brown. Mix in mix, chile powder, and red pepper. Mix until well combined. Pour a good amount of tabasco sauce onto meat. Stir. Add tomatos and tomato sauce. Stir, then set to low heat. Stir every ten minutes or so, if you do not want the speghetti imediately.

Boil speghetti in a big pot for 8 to 10 minutes. Strain pasta. Combine with sauce

By Dustball

Pad thai

Yes, you know you love it, and now you can make it in your own home. It's good, it's easy and for some reason it's a major turn on when you make it for a chica. First, buy all this:

3 eggs (I like to use egg substitute)

meat or meat substitute, cut into pieces (chicken, beef, shrimp, tofu- think of what you'd order at the thai restaurant)

3 cloves garlic, finely chopped

1 jalapeno pepper, finely chopped, seeded if you're a wuss

6 oz rice noodles

ketchup (really!)

fish sauce (can be hard to find, try any place with Chinese script in the windows)

2 limes

fresh peanuts

vinegar

green onions, chopped

chili powder

1 carrot, shredded

cilantro, coarsely chopped

red cabbage, shredded

bean sprouts

canola oil

My Favorite Weird arsed recipe....

Take Continental Packet Fettucini Alrfredo, make it...

Let it cool to luke warmness, whip out the cornchips and use the fettuchini (sauce and pasta) as a dip

By Oblisk

Then do this:

Throw the noodles ina bowl and cover them with hot water. Just cover `em, they shouldn't be floating. Set that stuff aside. In another bowl, combine 3 tablespoons ketchup with 3 tablespoons fish sauce, chopped jalapeno, one tablespoon vinegar and one or two teaspoons chili powder. Cut one lime into halves and squeeze their juice into the sauce. Mix it all up well and set it aside. Take yer frying pan, throw in about a tablespoon of canola oil and fry your meat. Tofu should be a little brown, shrimp should be pink and opaque, chicken or beef should be cooked all the way through. Take that stuff out of the pan and set it aside. Next, add a bit more canola oil, then throw in the eggs and garlic (smells great, good by itself!). Scramble them up, then add in the sauce you made before. Stir that mess for a minute or two, then pile the wet noodles, peanuts, green onions and bean sprouts into the pan. Stir it gently so everything is covered in the sauce. When the noodles are getting soft and there's no water from the noodles left in the pan, dump the whole thing onto a plate. Garnish with shredded red cabbage, cilantro, more bean sprouts, and carrot. Cut the other lime into quarters so your sweetie can juice it to taste. Enjoy!

By Lefty

Tooth Larry tasty chicken

Four boneless, skinless chicken breasts
Sesame oil
Thai peanut sauce
Virgin olive oil
Black pepper
Red pepper sauce (the hotter the better)
A dash of salt
Lots of garlic
Soy sauce

Trim the chicken so there's no fat. In a small bowl, pour in a bunch of peanut sauce. Mash about four pieces of garlic and drop it in to the sauce. Then add everything else to flavor. I personally like a strong zing to the chicken so I added a lot of hot sauce and garlic, but it's all up to you. After you finish the glaze, get one of those pastry brushes. Start grilling the chicken and as soon as the top side of the breasts are white, flip them over and start brushing the glaze on. Do this every time you flip the chicken over to get a nice strong flavor. If you cook them right, the breasts come out tender and juicy, and they taste awesome. Throw in a bowl of peas, a good bottle of beer or wine and you're set. You can even use the leftover sauce as a dip - it'll be extra strong because the heavier elements like the garlic and pepper have had time to sink to the bottom of the bowl and mix.

By Thallium

SpaghettiO Western

2 15-oz can(s) SpaghettiOs
1 15-oz can(s) black beans, drained and rinsed
2 scallions, thinly sliced
1 Tbsp chili powder
Shredded low-fat Monterey Jack cheese

In a large nonstick skillet, combine all the ingredients except cheese. Cook uncovered over medium heat, stirring occasionally. After it's heated, sprinkle with the cheese, cover, and cook until cheese melts.

By Edge|

Turkey chilli

1 lb lean ground turkey
1 14-oz can(s) Mexican-style diced tomatoes
1 15 1/2-oz can(s) black beans, drained and rinsed
1 14-oz can(s) whole-kernel sweet corn, drained
1 1 1/4-oz package(s) dried chili mix
1/4 c water

Brown the turkey over medium-high heat. Add everything else and cook over low heat for 10 minutes.

By Edge|

Macaroni-hamburger-green pepper thing

2 boxes Kraft Macaroni and cheese
1/2 cup milk
1/2 cup butter/margarine
1 lb hamburger
1/2 medium size green pepper
2 small cans tomato sauce

Make the macaroni and cheese according to directions on box. While noodles are cooking, brown hamburger in large saucepan/chicken frying pan. Also chop green pepper. Drain hamburger. Combine browned hamburger, completed macaroni and cheese, green pepper, and tomato sauce, and cook on medium heat until hot. Serve.

By Petruchio

Turkey sammich

A few slices of good, smoked turkey (San Diegans must go to DZ Akin's)
A bottle of Beaver's Hot and Spicy mustard
Two slices of bread (baguettes and bagels work as well)
Two slices of jarlesberg cheese (or swiss)
Mayo
A tissue

Take bread. Put a dollop of mustard on one slice, some mayo on the other. Put cheese, then turkey. Eat. Use tissue to wipe eyes when mustard hits you with it's full effect.

By Thallium

Have No Name For This But....

Ingredients

2 cups Cheerios

Enough crunchy peanut butter
to coat

1 c choc chips.

Pour 2 cups Cheerios into bowl. Add crunchy peanut butter until cereal is coated, and sticks together. Add chocolate chips and stir until mix is heterogenous. Serve with movie or episode of Buffy.

Spread mixture in pan. Put in fridge until firm (about 1 to 2 hours). Cut into sections with knife. Eat.

By MonaLisaOverdrive

stir fry over rice noodles

I particularly like flavoring such stir fry dishes (just broccoli, carrots, green onions, sauteed onions, pork (tenderloin)/beef/tofu/whatever, snow peas, and whatever else you like -- just brown the meat, sautee the onions part way, then throw everything in and cook it with a bit of sesame oil in a frying pan) with plum sauce. I particularly like sweet stir fry over rice noodles, as in this case. Oh, and speaking of which, there's an GREAT noddle place in London, for anyone who happens to be there, right off of Trafalgar Square -- like a 5 minute walk, or less, roughly across from a Pret A Manger, as I recall, and near a Pizza Hut. Anyway, it's called Amoy, and it APPEARED to be a chain (with roots in China, as I recall), associated with a company which also sold top-notch packaged meals akin to what they sell in the restaurant. It's a very nicely designed/decorated place (SPOTLESSLY clean -- which was actually sort of odd around grey, smoggy London, where most of the buildings are STILL soiled from the coal burning of the last century, it seems), the prices are EXCELLENT for London (like 5-9 pounds for a very substantial amount of excellent food in a seemingly very posh location/space, with great decor and all). I had an exquisite lunch of none other than pork in plum sauce over rice noodles, and it was by far the best meal I had the whole time I was there (not saying much necessarily, considering I mostly ate in pubs in the country...who kept trying to CONVINCED me they knew what oriental food really was...and I'm still trying to recover...but Amoy was really excellent

By katokop1

Good, whiteboy curry

This serves a ton, so it can either be for a big dinner, or for you to eat for about 4 days. This curry is so easy that a culture-less american whiteboy could make it (im an american cultureless white boy). go to the store, and get:

4-6 chicken THIGHS (bone in, get skinned or skinless, but you have to take off the skin. It always amazes me that stores sell the best part of the chicken for the least amt of money)

vegies that you like (mushrooms, onions and zucchs are my faves)
a box of S&B Hot Curry Sauce (its not really hot)
its the black box:)

get a big saucepan (like a big soup one). Put in olive oil (forgot to mention that) or veggie oil if you are a communist. skin the chix (if needed) and toss them in. they should get covered in oil as you roll them around. cook em pretty hot, but watch that they dont get burned. cut up veggies, toss them in after the chix are fairly done. grab the whole pot and fill it with cold h2o until about half filled under the veggies (half the veggies should be above the h2o line). put on the top, let the whole thing warm up again, then open, get the block of curry paste, and cut into strips into the pot (suit to taste, i usually use the 3/4 to the entire thing if 4-6 people are eating). Let simmer for as long as you can (All evening if possible) then enjoy over rice. the chicken will be the best you have ever tasted, guaranteed. Make sure to put the cover back on, as the steam from the h2o cooks the veggies and flavors everything.

By ChaNce

fuzz's cajun chicken goodness

2 chicken breasts (prefer boneless), cut into strips
1 pouch Lipton Cajun Style Rice
1 tbsp butter
1 tbsp cayenne pepper
2 tsp garlic powder
.25 cup hot sauce
.25 cup olive oil

put rice sauce mix (from the package), butter, and 2 cups of water in sauce pan and bring to a boil.
put olive oil and garlic powder into medium skillet, and heat to medium. when pan is hot, put in chicken strips and brown on either side.

after rice is boiling, reduce heat and simmer until rice is tender.
after chicken is brown on both sides, sprinkle each side liberally with cayenne pepper and continue to cook.
after rice is tender, mix in hot sauce and simmer for a few minutes. then, remove from heat (sauce will thicken as it stands.)
serve large helping of rice with chicken strips on top.

this meal is best served with a crisp lager, like red stripe or beck's.
i've got more, but some of them are a little advanced (like seafood linguini with white wine sauce)...
one great tip- make a box of tuna helper according to the directions on the box. 2 minutes before its done, add a can of vegetables (peas and corn are great) to the mix. serve just like normal. it's a great way to sneak in vegetables in the guise of a mass cheesy overcooked pasta mess... =P

by fuzz when a lady's coming over

enough Linguine for 2
1/4 to 1/2 pound shelled, cooked shrimp
Some capers (weird little Italian pea-like thingies that come in a jar)
fresh basil
2 fresh plum tomatoes
oregano
white wine
1 clove of minced garlic
olive oil (or whatever you've got)
salt & pepper to taste

Cut the tomatoes into small chunks and set aside. Cook the linguine and drain it, then set it aside. Chop or shred the basil into smallish bits. Put 1 or 2 tablespoons of olive oil in a frying pan and heat it, then throw in the garlic and capers. Splash in some white wine (1 or 2 tbsp) and the basil and heat it enough to boil off the alcohol. Add the tomatoes and shrimp, but don't let them overcook and get mushy. Just get them hot. Sprinkle some oregano in and toss everything with the pasta.
Serve with Mezzo Corona Pinot Grigio. It's cheap, good with seafood and easy to find.

By Stardog

Thing without a name

A load of bacon
500g of cheese
Chopped tomatoes
Packet of Nacho crisps (chips in the US?)

Fry bacon. Place in baking tray. Cover with tomatoes. Crumble crisps on top. Bake for ~10 mins. Grate cheese on top. Bake again until cheese browns. Eat.

By sk

Shalloted Asparagus

3 shallots, minced
2lbs Asparagus
Butter or olive oil

Fry Asparagus in pan with butter until halfway done, add minced shallots, and continue frying until the shallots are all browned and the asparagus is thoroughly cooked.
Mmmm good. Best asparagus you can make. Goes well with mashed potatoes (Of course with shallots on them)

By Xevion

Peppered steak

Get a decent piece of steak, any size, marinate in worstershire sauce for 2 hours in refrigerator, cover completely in cracked black pepper (after marinated) and cook until well done, add salt to taste and serve with A-1 sauce.

By Xevion

Shrimp Alfredo

1 pound uncooked, thawed, fully peeled shrimp
3 tbsp butter
1/4c white wine
4-6 cloves garlic, minced
1 pint heavy whipping cream
a lot of grated parmesan cheese
1 pound fettucine

Start water boiling for fettucine, and cook as directed.
Take a large, heavy skillet and put on at medium heat. Melt butter in pan.
Add garlic, wine, and shrimp. Cook shrimp for roughly 2 minutes on each side.
Add cream. Bring to simmer, let simmer for five minutes.

Add cheese. I've never actually measured the amount of cheese I use; I'd estimate it to be between 1/2 and 1 cup. It helps to use good cheese. 'Kraft' or anything that doesn't come from a refrigerator case is less than optimal. In any case, stir frequently and let the cheese melt. Cook for five to ten minutes here.
Toss shrimp/alfredo with pasta. Enjoy.

By Cool Modine

As/400's nutrient paste

2 cans of mexican black beans
one jar of salsa
one yellow onion
sour cream
sharp yellow cheese
heat beans in pot in oven at 325-350°F covered for 20 min
mince the onion
mix all in to pan with handle and eat at computer for 4-6 hours to stay alive.

By As/400

fuzz's pretty damned good chili

1.5 lb ground beef
1 can hormel chili, no beans
1 can hormel chili w/ beans
.5 cup hot sauce (i use red hot)
.25 cup worcester sauce
1 tbsp cayenne pepper
2 tbsp chili powder
2 tsp onion powder
2 tsp garlic salt
1 package shredded cheddar cheese

brown ground beef in skillet on high heat. when about halfway done, mix in onion powder and garlic salt. finish browning.
turn heat to medium, mix in rest of ingredients (except the cheese) and heat until simmering.
turn off heat and let stand for a few minutes. serve in big bowls with a generous handful of cheddar cheese on top. tastes great with a light beer, served ice cold (like Harp or Rolling Rock).

By fuzz

Quick and Easy Pita Fun

Good pitas
Good Feta Cheese
Hummis (I like Cucumber and dill hummis)
If you have a toaster ove, toast the pitas lightly, otherwise just use your toaster. Then spread the hummis inside and add some feta cheese. Not very original, I know, but its damn tasty and a nice change of pace. I eat 2 or three of these for a meal.

By Joystickit

Chicken Shit

Some tasty looking chicken breasts (4)
tub of sour cream
pouch of dry onion soup mix
can of cream of mushroom soup
those little crunchy chineese noodles

Mix the cream of mushroom soup (all of a pretty big can) with an equal portion of sour cream in a bowl. Add the dry onion soup powder to this mixture and stir it up.
Pour this sludge over the chicken breasts in a big glass baking pan.
Bake it at about 400F for about 40 minutes (till the chicken is not pink).
Put some crunchy noodles on top.
Eat.

By Phalex

Mac and Cheese Mix

Annie's Mac and Cheese

Catsup

Mayonaisse

Garlic Pepper

Viegar (I put vinegar on everything)

Peanut/Cashew Butter

Butter/Pastah sauce from a jar

Pepper

Hot sauce

By indeego

Good Potato Soup

3 Potatos

1/4 tsp. Pepper

1 Tablespoon butter

1 1/2-2 cup Milk

1/3 Onion Chopped

1 tsp Salt

1 Tablespoon Flour

Peel potatos - Boil till

done cut into small pieces melt butter with flour. Till bubbles.

Add milk-stir well Add potatos, onion, salt, pepper Heat till Hot.

By iSpy

Chicken Shit

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pouch of dry onion soup mix

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Mix the cream of mushroom soup (all of a pretty big can) with an equal portion of sour cream in a bowl. Add the dry onion soup powder to this mixture and stir it up.

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Bake it at about 400F for about 40 minutes (till the chicken is not pink).

Put some crunchy noodles on top.

Eat.

By Phalex

Salmon Stuff

I would call it casserole but I think that's the wrong word. This is low/no-carbohydrate eating BTW, if anybody here happens to be on that kind of diet (like I am).

-1 can of salmon (get the good kind with the fish guy on the can, not the super-cheap shit)

-1/3rd of a block of Philly cream cheese

-lemon pepper seasoning

-regular pepper

-mozarella cheese (optional)

-Jack Daniels #7-flavored mustard (optional)

-small plate and a microwave.

Take the plate and spread out the cream cheese on it to make a base layer. Then drain the salmon can almost completely; the more liquid you leave behind the runnier the end product is, so the can contents should be wet but with no excess. Put the salmon on top of the cream cheese, no mixing necessary, just knock it out of the can with a fork and spread it out a bit.

Season this liberally with lemon pepper or regular pepper. Put some mozarella cheese on it too, this adds a bit of texture... If you want to give it a bit of a sour bite, add a little glob of the mustard.

Microwave on high for 35-40 seconds, stir it a little bit, mike it again. When it finishes, take it out and STIR IT UP. The end product looks like hell but if you like seafood it tastes great.

This is cheap eats, I've been eating it a lot lately... I discovered it by pure experimentation. I think it would probably make a good side dish for a big meal too.

By Majesty5

ROMAD's OSPF Tex-Mex Snack

The finest dining from the isles of Circle K

One bag Frito like chips

One can bean dip

One thing salsa (hot as you can handle)

Optional - add something else you like

Pay for the food

Open bag of chips

Spoon in bean dip into bag of chips

Close bag

Shake up bag of chips

Open bag

Dump in Salsa

Close bag

Nuke for 30-90 secs to loosen up the bean dip some

Shake bag up real good to mix

Eat contents of bag - Drink with cold Mt.Dew

By R O M A D

Sweet and Sour Beans

1 cup of rice
1 jar of Uncle Ben's sweet and sour sauce with extra pineapple
1 tin of beans
Put the rice in a pot, add water until the rice is just immersed in it. Boil for 20 minutes.
Put the sauce and the beans in another pot, mix em up, and heat until it's hot enough to eat.
Pour the rice through a colander, dump it on a plate and cover it in sauce and beans.
Eat.
Feeds 2 starving student bums.
(oh and maybe a vegetarian)

By andyfatbastard

Salmon Pasta

1/2 lb smoked salmon
sundried tomatoes
olive oil
whole milk
1/2 - 1 stick butter (depending on how rich you want it.)
garlic
1/4 cup parmesan cheese
flour or corn starch
fettucine

Cook fettucine according to directions.
Slice sundried tomatoes into small pieces, reconstitute in 3/4 cup mixture of olive oil and warm water (1/4 cup oil, 1/2 cup water) for ~20 minutes.
Pour sundried tomatoes and oil mixture into saucepan with crushed garlic (I like LOTS of it), heat over medium-high until most of the water has boiled off. Add smoked salmon, turn down heat, simmer on low, mixing occasionally. Add water or oil to keep from burning as necessary.

In separate saucepan, at same time, melt the butter (make sure you don't let it start burning off, just melt it). Add milk in small increments, mixing well and heating each time, until the desired amount of sauce is obtained. Then mix in parmesan in small increments until well mixed, and thicken as wanted with flour or corn starch until desired thickness is reached. Do this in small increments too, mixing well with a whisk to ensure it doesn't lump.

Then, add cream sauce mixture to salmon/tomato mixture, and let simmer for 10-15 minutes to allow flavors to mix. Pour over fettucine, serve with bread or garlic bread

By hugin

Rice and Beans - almost a jumbalyah without the effort.

2 cups rice
1-2 16oz cans black beans
6 oz tomato paste
2 fresh tomatoes
1/2 white onion
1/2 lb chicken, cajun spiced sausage, shrimp, crawfish, or any combination thereof
fresh jalapenos (sp?) to taste
spices (I generally use pepper, dried hot peppers, and bay spices)

Cook meat to taste.

Cook rice according to directions. It does help to undercook it a bit.

Drain most of the juice from beans (leave some for sauce and to keep it from getting too dry). Combine beans, chopped onion (as much as you like), tomato paste, chopped tomatoes, jalapenos, in med-large saucepan. Heat to a low boil, and add spices as desired.

Add meat in pieces (slice chicken or sausage - shrimp etc can be left whole), and let simmer until a good sauce is obtained, then mix with cooked rice, and let set over low heat for ~10 minutes.

Makes ALOT, tastes great with cheddar on top, beer and biscuits, and very easy. I'll live on this stuff for a week at a time.

By hugin

Shake and Bake Chicken or Pork Chops

1 package Shake and Bake style crumbs and seasonings
1 ziploc bag
1 piece chicken or 1 pork chop
Drop about a 1/4 cup shake and bake into ziploc bag, add meat.
Shake until meat covered.
Set oven to Broil.
For Chicken, broil for 15-20 minutes.
For Pork Chops, broil for 12 minutes.
Turn once in pan at half way point.

By traaf

fuzz's cajun chicken goodness

2 chicken breasts (prefer boneless), cut into strips
1 pouch Lipton Cajun Style Rice
1 tbsp butter
1 tbsp cayenne pepper
2 tsp garlic powder
.25 cup hot sauce
.25 cup olive oil

put rice sauce mix (from the package), butter, and 2 cups of water in sauce pan and bring to a boil.
put olive oil and garlic powder into medium skillet, and heat to medium. when pan is hot, put in chicken strips and brown on either side.

after rice is boiling, reduce heat and simmer until rice is tender.
after chicken is brown on both sides, sprinkle each side liberally with cayenne pepper and continue to cook.
after rice is tender, mix in hot sauce and simmer for a few minutes.
then, remove from heat (sauce will thicken as it stands.)
serve large helping of rice with chicken strips on top.

this meal is best served with a crisp lager, like red stripe or beck's.
i've got more, but some of them are a little advanced (like seafood linguini with white wine sauce)...
one great tip- make a box of tuna helper according to the directions on the box. 2 minutes before its done, add a can of vegetables (peas and corn are great) to the mix. serve just like normal. it's a great way to sneak in vegetables in the guise of a mass cheesy overcooked pasta mess... =P

by fuzz

One Pan

Take one pan - oil liberally.
Add 1 tin baked beans
Add 1 tin corned beef
Mash together
Add the following spices (or some others)
good shake of ground pepper
2 teaspoons paprika
shake of ground coriander
shake of ground cumin
2 tablespoons chopped chives (dried if need be)
pinch basil
pinch oregano
teaspoon salt
heat, stirring continuously, for 5-10 mins

By BlackHex

XconflictX's Maruchan's Ramen noodle soup: Chicken flavor

This is a good recipe if you're in a hurry. It takes only 3 minutes! AMAZING!

Saucepan
soupbase
Maruchan ramen noodles
fork or spoon

1. Boil two cups of water in a saucepan, add noodles and cook three minutes, stirring occasionally.
2. Turn off heat. Add contents of seasoning package, stir.
3. Serve immediately for best result.

By XconflictX

Dustball's Kinda Spicy Spaghetti

Ingredients:
1-1.5 pounds 15% ground beef
Hunt's Diced Tomatoes, large can
Hunt's Tomato sauce, small can
Spaghetti size 8
Chili powder
Spaghetti spice

Fry 1 to 1.5 pounds of 15% ground beef in a pan. Before it turns all brown, pour in one pack of spaghetti spice and a handful of chili powder. Fry until brown. Pour in the diced tomatoes and the tomato sauce. Stir thoroughly. Put it to low heat and stir every ten minutes.
Boil spaghetti. When finished, put in colander and drain. Serve.

By Dustball

Zen Bastard Stir Fry

1 1/2 lbs meat (beef, chicken, seafood) cut up into the size and shape you like
3/4-1 cup veggies (I like frozen peas or broccoli)
2 cups sliced mushrooms
a handful of peanuts(unsalted, or rinsed)
2 tsp copped garlic (or more!)
butter, misc spices
rice (I use the boil-bags)

Sauce:

1 tsp soy sauce
1 tbsp stir-fry sauce
1-2 tbsp yakitori sauce (or oyster or hoisin)
1 tbsp brown mustard
1 tsp sugar
3 tbsp chili sauce

dashes of cinnamon, pepper, onion and garlic powder, to taste.

Marinate the meat (or tofu maybe?) in the sauce for as long as you like (+/-2 hours)

In a black iron skillet (or wok), heat butter, sautee mushrooms w/ a splash of balsamic vinegar. Once they cook down, turn the heat up to med hi or hi, drain the meat, throw it in. Add peanuts, continue stirring and cooking. Add sauce slowly as mix cooks. (Make rice on another burner while doing above)

As sauce finishes cooking down, add veggies, let em steam for a few minutes, then stir the mix together. Serve on top of rice, or mix with rice and eat.

Vary seasonings to taste.

By CrackFraggle

Spanish Rice

I big jar of Prego's Italian Spaghetti sauce, with Sausage or Meatballs.

Steamed rice.

Pour spaghetti sauce into a large frying pan. Add steamed rice to match, heat with medium heat and stir constantly. Serve when boiling hot.

Add pepper to taste. Do NOT add salt as the Prego's will have more than enough.

You can add extra chopped vegetables if you like, but that means simmering the sauce with the vegetables for a bit before adding the rice.

By Agent Monkey

Ingredients

1 Boneless Salmon Filet, .5lb-1lb
Some dried marjoram
Some ground pepper, preferably freshly ground
Pam, or equivalent

Procedure

1. Spray top rack of oven with Pam, or use a broiling pan thingy and spray that.
2. Spray one side of Salmon with Pam, and sprinkle some marjoram and pepper (season to taste) on the same side.
3. Put in oven, set oven to 'Broil'
4. Wait for maybe 8-10 minutes, then flip and spray Pam and sprinkle remaining marjoram and pepper on the other side
5. Wait for maybe 5 min., or till it looks done, remove, and consume!

Easy Sloppy Joes

Brown 1lb ground beef, drain.
Add Ketchup and sugar to taste.

By shemons

You'd be surprised how good meat with just ketchup and sugar can taste. Of course, you can always go the Manwich route, but I never liked it, personally.

By MalusCaelestis

jht's No-Cook Spaghetti Sauce (mad props to jht's mom)

2-3 juicy ripe tomatoes (in season), peeled, seeded, and chopped.
(to peel easily, dip tomato in a pot of boiling water for about 30 seconds - the skin slips right off)

Mix the chopped tomatoes with:

- 1 teaspoon of chopped fresh basil (not the dried crud)
- 2 tablespoons of chopped green onions (scallions)
- 1 teaspoon of table salt
- 2 dashes ground black pepper (fresh is better, but the other kind is OK)
- 1 dash of sugar (cuts acidity)

Stir it and let it sit for a few minutes. If needed, you can chill it in the fridge for a while, but it's best at room temperature.

Meanwhile, cook 1/2 pound (one box) of spaghetti. Strain the spaghetti and toss it with 2 tablespoons of olive oil. Mix in the sauce, toss it all together, and serve, ideally with freshly grated Parmesan cheese. Scale up or down as needed.

I may not be a bachelor anymore (in fact, I've been married for a long time), but this has been a trusty favorite since high school.

By jht

Taco Salad

3/4 lb ground beef or shredded chicken
taco seasoning mix
salsa
shredded cheese (I like cheddar jack for this)
lettuce
tomatoes
tortilla chips
Ranch/blue cheese/whatever dressing

Brown the meat in a skillet, add seasoning mix, garlic powder, and onion powder. Drain fat from meat, add a few spoonfuls of salsa to meat while still hot, stir it all together.

Put tortilla chips on a pan, throw 'em in a 250 deg oven for 5 minutes or so. Careful, they burn pretty quickly. Put chips on plate, put meat over chips, cheese on meat. Add shredded lettuce and chopped tomatoes. Dressing of choice over whole thing. Chow down

By CarckFraggle

Asparagus Flemish Style

Asparagus
3 large eggs
Fresh parsley
1/3 stick butter
salt/pepper

Hard boil your eggs. In the meanwhile, melt the butter, and chop the parsley.
Set aside eggs.
Steam asparagus until just tender (5 mins?) In the meanwhile, peel the eggs.
On a plate, smash up the eggs with a fork, add parsley, salt and pepper. Mix.

Put the asparagus on the plate next to the eggs, pour the butter over everything.
Grab an asparagus stalk and scoop up some eggs with your fingers, and eat it. Yum!
Traditionally served, it's about \$50 a plate in Belgium -- but the asparagus is white. Fine dining where you're encouraged to use your fingers

By Tom the Melaniephile

Tuna Mix

frozen veggies.
pasta.
few mushrooms.
tin of tuna.
black pepper, vinegar and herb choice.
Method

Cook some frozen mixed veggies: carrots, peas and sweetcorn work well.
Cook some pasta.
Slice the mushrooms

Whilst waiting for the veggies and pasta, take a tin of tuna; drain it.
Add a dash of vinegar, a squirt of fresh lemon juice (optional) and season with black pepper. Mix with a fork.
When they're cooked, drain the veggies and pasta. Add a small amount of butter to the pasta; add Italian Seasoning, (or your herb choice) another twist of black pepper and mix quickly so that the butter coats the pasta.

Add the mushrooms.
Add the veggies to the pasta and mushrooms. Mix.
Next, add the tuna and mix until everything is umm, mixed well.
Serve and eat.

By carodin

Sides

jantur's (jht's Mom) Maple Glazed Carrots

3 lbs. carrots, pared and sliced on diagonal
1/2 teaspoon salt
1/4 cup butter or margarine (butter is better)
1/4 cup REAL maple syrup
1/4 teaspoon ground nutmeg

Steam the carrots 10 to 15 minutes until crisp tender but not mushy. (If cooked too long at this stage they'll really be like baby food when you glaze them.)

Drain

Put carrots in skillet with other ingredients and cook over medium heat until carrots are glazed.

This serves 12. Feel free to scale up or down as needed.

By jht

jantur's (jht's Mom) Penne with Yellow Peppers and Sweet Onion

1 pkg. Penne rigate
salt
2 tablespoons olive oil
2 yellow peppers, seeded and thinly sliced (medium size)
1 large SWEET onion (Vidalia or other) thinly sliced
1/4 teaspoon coarsely ground black pepper
1 tablespoon balsamic vinegar (MUST be balsamic)
1/2 cup chopped FRESH basil

Cook pasta in boiling salted water as directed on package, but you should probably start the peppers a few minutes before starting the pasta. Timing is everything!

In a large skillet (12 inch is good) heat the olive oil. Add peppers, onion, black pepper and 1/2 teaspoon of salt. Cook until tender and golden, which should take about 15 minutes, stirring frequently. Remove from heat. Stir in balsamic vinegar and basil.

When pasta is cooked, REMOVE 1/2 CUP OF PASTA COOKING WATER BEFORE YOU DRAIN IT. Return pasta to cooking pot and add yellow pepper mixture along with reserved pasta cooking water. Toss together. Serve.

Serves 4 as a main dish or 8 as a side.

By jht

Corn in Bowl

Open can of corn
Dump in bowl
Stick in microwave
Heat

By flyingember

Browned End Potatoes

take 2 or 3 yukon gold potatoes. or red or russet or sweet potatoes. cut off enough of the ends so that they will stand up. do not peel. put way too much butter in a cast iron skillet over medium high heat. roll the spuds around until coated. stand them up on the ends until the ends are nicely browned. salt and pepper heavily. take the pan of spuds off the stove and put it in a 400 degree oven.

By JubJub

jantur's (jht's Mom) Green Beans

Vinaigrette

1/4 pound green beans
1 teaspoon olive oil
2 teaspoons balsamic vinegar
freshly ground black pepper a little
salt

Steam green beans until tender
crisp, 5-7 minutes.

Mix oil and vinegar in serving bowl.
Drain beans and add to bowl.
Toss to coat. Add salt and pepper.

By jht

Baked bean casserole

-1 can baked beans- whatever flavor
trips your trigger
-Browned meat- however much you
want of just about any animal
-1 ten count canister of Pillsbury
buttermilk rolls.

Take your browned meat and baked
beans, stir them together and heat
however you want (pan or nuke). Put
heated mixture in a round 9" casserole
dish that has a lid (a non-flammable
plate can make do) top mixture with
biscuits, cover and place in a 350-400
degree oven until bubbly, remove lid
place back in oven and bake till biscuits
are browned.
Don't hesitate to add sautéed onions
garlic peppers or other veggies.

By Claymore12

vegetables

One can of Campbell's Cream of Mushroom soup
2 strips of bacon
about 3 or 4 cups of fresh spinach

Cook the bacon in a frying pan or skillet and remove it
when it turns crispy. Put the spinach into the pan with the
bacon grease and cook until it's cooked down, then crush
the bacon and add it back in, along with about a quarter
cup of the condensed soup. Cook for another minute or
two until it's nice and smooth.

Goes really well with steak or chops. Spinach cooks down a
lot, so this is only enough for two people.

By Stardog

Really tasty salad

1 head of salad lettuce (Not Romaine, not Iceberg, Salad
lettuce is curlier and shorter then romaine)
1 red pepper, sliced
1 green pepper, sliced
2 small plum tomatoes, diced
some broccoli florets
1/4 lb fresh mozzarella cheese (In small cubes)
scallions

Add chicken pieces if you want to
1 small salad cucumber (Non waxy skin is better)
Some carrot matchsticks
A little bit of cracked pepper
Goes best with balsamic vinegar based dressings, but
Itallian is also good. Caesar is a bit too strong for this
however, and ranch is just bleh.

Prepare the salad right before you eat it.
Chill water to near freezing (IE use ice water) to wash the
lettuce, dry off before adding to salad. Dump everything
in except the cheese, toss it up (Sprinkle a little bit of
icewater on it while tossing, emphasis on the little bit), add
the cheese and toss it a bit more, serve it with the dressing
on the side.
With the chicken this salad can be eaten as a meal, and it
tends to be more full of stuff other then lettuce then most
salads, so it has more flavor. Balsamic based dressings are
better because they compliment the flavors of the broccoli
and peppers better, and don't physically weigh down on the
lettuce.

By Xevion

Desserts

Kickass Kaluah Cake

You need:
box of yellow cake mix
box of instant chocolate pudding mix
eggs
milk
kaluah
vodka
vegetable oil

Cook it in one of those round pans with the hole missing from the middle (bundt pan??). Basically, follow the directions on the box of yellow cake mix, but make these alterations. Put the box of pudding mix in with the cake mix.

Put in 1/4cup of both vodka and kaluah.
Cook what it says on the yellow cake mix, should be about 45 minutes at 350F.
Its done when the top isnt too squishy anymore.

Make sure to let it cool for ten minutes before removing it from the pan, otherwise it will collapse.

Now for the best part. Put some kaluah in a little bowl, be fairly liberal with the kaluah. Mix powdered sugar into the kaluah until you have a thick creamy kaluah glaze. Then dump this all over the cake (poke some tiny holes in cake to help absorb).

By Phalex

Dump Cake

2 cans cherry pie filling
1 can crushed pineapple
1 box yellow cake mix
2 sticks margarine/butter

get rectangular cake/baking pan (I don't remember which size, 8 by something)
spread cherry pie filling on bottom of pan

drain crushed pineapple and spread on top of cherries.
spread powdered cake mix on top of pineapple
slice butter into 1/8 inch slices, lay on top of cake mix, covering the whole thing
bake in oven at 400 (I think) until cake mix has turned into golden brown crust.
Let cool, eat. Great with vanilla ice cream. Fuckin fantabulous.

By Petruchio

MLO's Stuff

1 cup Cheerios
1/2 cup semi-sweet chocolate chips
crunchy peanut butter (enough to coat)
Pour Cheerios and chocolate chips into a bowl. Shake or stir to mix. Add peanut butter gradually, keep stirring until Cheerios and chocolate chips are coated, and stick together.

Mixture can be eaten right away, or pressed into bar shape form and put into refrigerator and chilled.

Double or triple recipe depending on how much you need.

By MonaLisaOverdrive

Nummy Pahn-Cakes

Get all of the ingredients listed on the back of a box of Bisquick (so yes you need Bisquick)

Blend it all together in a blender while adding the following (all pretty much to taste):

Cinnamon

Powered sugar (honey can be substituted)

Maple syrup (butter flavored is good just not that lite crap)

Just keep blending till its nice and smooth (should be thick like a milkshake not runny)

If you like add chocolate chips (not unsweetened baker's chocolate - I did that once... BAD)

Have a pan heated with med to med-hi heat while blending

Slightly wet your fingers with water and toss a few drops onto the pan. If the water "dances around" then the pan is ready to go.

Sometimes I put butter on the pan to help prevent sticking and add more flavor to the pancakes it's up to you.

Pour on some batter and when you see bubbles start to form and then pop get ready to flip it over for about 30 seconds.

mmmm nummy!

By max4677

Teh Yummy Honey Cake

Mojo-Jojo's UBER WAFFLE DESERT

As many Eggo, or homemade waffles as you want.
Berries, or other fruit, frozen or fresh.
Vanilla Ice Cream.
Toast Waffles. Butter *just* enough.

Toss berries and/or fruit into blender to make a smooth sauce.
Plop a scoop of ice cream on hot waffles.
Pour fruit sauce over ice cream.
Garnish with mint sprig and chocolate sauce if desired.
This is a great desert to make fast for a girl. They look really fancy if you do it carefully.
EAT IT FAST, before you get soggy waffles and melted chocolate.

By Mojo-jojo

Nonstick Cooking Spray (Pam)

3 1/2 cups Flour

1 Teaspoon Baking Soda

1 Tablespoon Baking Powder

1/2 Teaspoon Salt

4 Teaspoons Cinnamon

1/2 Teaspoon Cloves

1/2 Teaspoon Allspice

1 Cup Vegetable Oil

1 Cup Honey

1 1/2 Cups Granulated Sugar

1/2 Cup Brown Sugar

3 Eggs

1 Teaspoon Vanilla Extract

1 Cup Warm Coffee

1/2 Orange Juice

Directions:

1. Preheat oven to 350 degrees.

2. Spray a 9-10 inch Angel Food Cake pan (A very Deep pan), with nonstick cooking spray.

3. Whisk flour, Baking Powder, Baking Soda, Salt, Cinnamon, Cloves, and Allspice, in a large Bowl.

4. Stir in oil, Honey, Brown Sugar, Granulated Sugar, Eggs, Vanilla Extract, Orange Juice and Coffee.(Make sure everything is mixed in very well.)

5.Pour batter into the pan.

6.Bake for 60-75 Minutes.

7.After cake cools for about 10 Minutes, invert Cake onto baking Pan.

8.Eat teh Yummiest Honey Cake evar!!!

By ezatdz

Lime cheesecake

1 packet of ginger biscuits

50g butter

200g chocolate

Zest of 3 limes

500g mascarpone cheese

Mix the cheese with the lime zest. Crush the bisuits and pour them into the melted butter and chocolate. Stir. Put this in a bowl. Put the cheese/lime mix on top. Put in fridge after letting it cool. Eat.

By sk

Cool Whip Desert

Mix one normal sized container of Cool Whip with a normal sized container of cottage cheese. Then mix in one package of lime jello until there are no powder chunks left. Then mix in a can of pineapple cubes. Refrigerate for a bit. That's good eatin'

By Ashen

Chocolate Chip Cookies

1/2 Pound Sugar
1 Pound Brown Sugar
1 Cup Butter (Normally two sticks)
2 Eggs
2 Teaspoons Vanilla
2 and 1/4 Cup Flour
1 Teaspoon Baking Powder
1/4 Teaspoon Salt
1 Package Chocolate Chips

Nuts, Oatmeal, Coconut, etc if you want

Heat oven to 300 F. Mix the sugars and butter until they are a consistent color. Add in vanilla and eggs, blend. In another bowl, ziploc bag, or other container: add dry ingredients and mix quickly with whisk, spoon, or finger. Add dry ingredients. Mix slowly until dough has formed. At this point add whatever other stuff you want: chocolate, nuts, oatmeal, peanut butter, etc. Cook for anywhere between 16 and 22 minutes. 16 minutes cooking should produce very soft cookies with almost raw cookie dough in the middle, 22 minutes cooking will produce more golden brown, crispy cookies. Like any cookie recipe, experimentation will yield different results.

Advanced Cookie Experimentation Rules

There are a bunch of conditions you can change to influence how your cookies turn out. Following are few:

- 1) Mixing Ingredients - When mixing ingredients such as butter and eggs with anything, the amount of time spent mixing and rate of mixing can change the consistency of the end product, aka thick dough vs spongey, cakey.
- 2) Cooking Time and Temp: Mentioned slightly above but bears repeating.
- 3) Extra Ingredients: Wet extras such as coconut make the mixture more liquidy and will usually result in thin cookies that spread out on the pan. Oatmeal and peanut butter have the opposite effect of holding the cookie together more in a single clump.
- 4) Sometimes adding extra spices like nutmeg and cinnamon can have positive effects on taste. Especially for sugar or oatmeal cookies.

By traaaf

Home made dessert, similar to a Wendy's Frosty

It all started, on Friday, when I found my fridge wasn't keeping my ice cream frozen. Which made me sad, because I never got a chance to have any of the ice-cream.

So I found the temp control this weekend, not too hard considering it was in plain sight, I'd just never considered looking for one. Later that night, I was making cereal, and these chunks came out of the milk. I groan, and assume it's gone bad already... until I hear the milk clunking and slushing in the container... it's begun to freeze!

So I put a thing of chocolate milk in there, and froze it up (not totally solid though) and poured it into a glass, and voila. It's like a frosty! Not EXACTLY like it, but close.

Now, Dave Thomas is gonna haunt me

By SteveRestless

Drinks

Home Made Hot Cocoa Mix

8qt pkg (About 10 Cups) Nonfat dry milk powder
1- 16oz (About 4 3/4 Cups) Sifted powdered sugar
- 1 3/4 cups unsweetened cocoa powder
1- 6oz jar (About 1 3/4 Cups) powdered non dairy creamer
- 1 1/2 cups instant malted milk powder

Mix all together well.
Store in airtight container-Makes 16 Cups
For 48 Servings
Per Cup 1/3 cup per mug with 3/4 cup Boiling Water

by iSpy

Old Irish Staple

1 nitrous tap
1 pony keg <angelic
music>Guinness </angelic
music>
1-4 glasses
You're set for a few days. If
you're not experienced in the
ways of the Perfect Pour, seek
wisdom from your local pub/
dive.
In harsh situations, you can
get by on the Extra Stout
bottles. WARNING: if you can
see light through your beer,
you have mistakenly purchased
urine.....

by MarkH

banana shake

A banana
Milk

Peel banana, cut into inch
lengths, and then freeze. Put
the frozen chunks into the
blender, then put enough milk
in to cover them. Mix. Yum.

By KGZotU

Strawberry & Banana Shake

1 cup milk
1 banana sliced up pretty thin
1 cup strawberries (frozen or fresh)
1 teaspoon vanilla
sugar, to taste
4-5 ice cubes

Put all ingredients in a blender (put the ice and
strawberries in first). Blend for about 20-30 seconds
on high.

By Edge|

Milkshake 2

1 tub of vanilla ice cream (only
weakly flavoured)
double cream
some fruit

Put fruit, and some of the cream
(for suction) into blender. Blend.
Add lots ice cream (and more fruit
if necessary).

For those who drink, just put in
Bailey's, chocolate ice cream and
bananas. Mmmmm....

By sk

Intense Wound

1 large cup (like the free plastic one from
Taco Bell)
1 spoon
4oz of Sprite
8oz of Orange Juice
1 pint of Vanilla Ice Cream

Take the cup and pour in Sprite and orange
juice. Scoop ice cream in to cup. Mix
concoction with spoon. Eat.

By itoleck

Recipes of GwT

Applewood Smoked Duck with Pear Espresso BBQ Sauce

Ingredients:

1 Duck

1 box of Kosher Salt

2 cups Brown Sugar

1 cup Black Peppercorns

1 cup Juniper Berries

3 Tbl dried Rosemary

6 Shallots

3 bulbs of Garlic

1 bottle cheap White Wine

1 bottle cheap Red Wine

1 cup Espresso

1 cup Tomato Concasse

1 cup Duck Demiglace

1 cup molasses

1 cup whole grain mustard

1/2 cup Balsamic Vinegar

1 stick of Salted Butter

1 Lemon

6 Baby Red Potatos

1 Yellow Zuchinni (squash)

1 Green Zuchinni

2 D'anjou Pears

Procedure:

Mix together:

1 box of Kosher Salt

2 cups Brown Sugar

1 cup Black Peppercorns

1 cup Juniper Berries

3 Tbl dried Rosemary

This will be the brine for the duck legs.

Butcher duck. Separate legs and breasts. Bone out thigh bone, leaving the meat. Cut tendons all the way around end of drumstick, fold thigh meat around drumstick so that it resembles a pear. Completely bury legs and breasts in brine (refrigerated) at least overnight. The legs should stay in for at least 3 days. The legs will shrivel, and the skin will pull away from the drumstick bone. The result is that it will resemble a pear.

After brining, smoke the breasts and legs with applewood until a nice golden color and good aroma is achieved, making sure to use a drip pan to catch the fat that will run off. Leave the legs in an hour or two longer, they should be dark brown.

Using the collected fat, prepare a confit with shallots and garlic and immerse the breasts in the confit. Leave for at least 3 days.

On the day of the meal, prepare the vegetables and sauce. Tournet the potatos, yellow and green Zuchinni. Roast the potatoes, blanch the Zuchinni. Peel and dice the pears.

To prepare the sauce:

Saute diced garlic and shallot. When shallots are about translucent, throw in the Tomato Concasse and half of the diced pears. After the tomatoes start to release its liquid, deglaze pan with Red Wine. Reduce by half. Add Espresso and Balsamic Vinegar. Reduce by half. Add Duck Demiglace, whole grain mustard and molasses. Reduce to sauce consistency, season with salt and pepper, strain sauce through fine Chinoise and finish with about 1/3 stick of butter. Set aside in a warm place.

At the same time, saute shallots and garlic. Deglaze pan with White wine, about a cup, adding a squeeze of lemon at the same time. Reduce to almost a third of a cup, remove from heat. Drop in chunks of butter, one at a time, using 2/3 of the stick until melted and incorporated into a sauce. This is your Buerre Blanc for the vegetables. Set aside in a warm place.

To prepare the duck:

Slice through the breast fat in a crosshatch pattern. This will release the remaining fat as it is cooked.

Saute duck breast on both sides until skin starts to crisp. Place duck leg in pan, finish both in hot oven (500 degrees) until duck breasts are medium rare. The Duck legs are largely inedible, they are just there for garnish, having been mummified in the brine. It's like Duck Jerky, you can try to eat it if you'd like.

Presentation:

After the breasts have finished, remove both legs and breasts from pan, set breasts aside to let the juices rest.

Place a pool of sauce in the middle of the plate, and place a duck "pear" at the 12 O'Clock position. Slice the breast the long way and arrange in a fan pattern, starting from the base of the "pear". Arrange the potatoes and Zucchini around the centerpiece (the duck and sauce), alternating potato/green/yellow. Drizzle the vegetables and potato with the Buerre Blanc. Sprinkle the diced pears over the whole thing and you're done.

Serve and receive massive props, and possibly a hummer from your impressed date.

Filet of Tenderloin Napoleon with Roast Pepper Aioli and Rosemary Demiglace

Here's a presentation that's sure to impress:

Technically, a Napoleon is a dessert that has layers of sweet pastry cream and feuillitage (puff pastry with "1000 layers"). However, the term has been co-opted to describe any entree that has layers and is stacked up.

For this simple entree, grilled Filets of Beef Tenderloin and sauteed spinach is layered in between large potato pancakes. It has the three of the four essential elements of a nutritious meal, protein, vegetable and starch, a dairy element can be added for dessert.

Ingredients:

- 4 thin Filets of Beef Tenderloin, about 3/4 of an inch thick
- 1 pound of fresh Spinach
- 4 medium potatoes
- 3 egg yolks
- 2 whole eggs
- 1/2 cup of Heavy Cream
- 1/4 cup of freshly chopped parsley
- Dash of Nutmeg
- 1 cup of Extra Virgin Olive Oil
- 1 Lemon
- 4 cloves of Fresh Garlic, chopped

4 Shallots, chopped
1 ripe Red Bell Pepper
1 cup demiglace
1/2 stick of Salted Butter, cut into chunks
1 cup of Cheap Red Wine
3 good sized (3 to 4 inches long) spears of fresh Rosemary

Preparation:

Roasting Peppers:

This is the easy part: Turn on gas burner or fire up the grill. Put pepper directly into flame or as close to the coals as possible, taking care to turn the pepper, until the skin is charred and crumbles. Then, place in a container that can be sealed. This allows the pepper to steam and finish, and the charred skin separates easily. You can use a towel to help with that.

Once the pepper is peeled and seeded, it can be used for the Aioli.

Aioli is basically a garlic Mayonnaise.

Preparation: A food processor works best for this.

Place egg yolks in bowl, with 1 tsp chopped Garlic, 1 tsp chopped Shallot and a squeeze of lemon juice. Mix together with salt and pepper to taste. With the blades spinning, slowly add the Olive Oil until it thickens. You'll want the emulsion to be a bit stiff, as now you'll add the pepper. It should loosen up as the liquid from the pepper becomes incorporated into the aioli. Once done, it should be reddish-orange. If it's too thin, add more oil. If it breaks, or it loses emulsion and the oil separates from the eggs, add more water and blend until it pulls together. It will have the thickness of mayonnaise.

If you have them handy, put it into a squeeze bottle to be used for a great presentation. Set aside.

Demiglace is simply rich beef stock that has been reduced, removing most of the water and leaving a rich matrix of protein and cellulose molecules. The protein comes from the bones and vegetables used during the 12 to 24 hours of simmering that it goes through. This gives it the viscosity and capillary action that makes it cling. To turn it into a sauce, it needs to be reduced further until its protein density increases. For the sauce, saute 1 tsp each of the garlic and shallot with the Rosemary from one sprig. Deglaze the pan with the red wine, reduce by half. Add the Demi, reduce again by half or until it thickens to sauce. Remove from heat, stir in 2 TBL of butter, mix well, salt and pepper to taste. Set aside in a warm place. For the Potato Pancakes, you'll have to work fast, as the flesh will oxidize and turn black if left to set out in the air.

First, prepare the binder: Mix together the two whole eggs, the heavy Cream, chopped Parsely, 1 tsp each of the garlic and shallot and a dash of Nutmeg. Using the fine side of a grater, grate the potatoes directly into this mixture and mix well.

Using a non-stick pan on medium heat, place about 3/4 cup of the potato mixture and using a spatula, spread it out until it's about 5 inches across and no more than a half inch thick. Once one side is golden, flip it over and cook the other side. Keep flipping it every few minutes until it's done all the way through. Repeat until you have four pancakes. Cover with a damp cloth and put aside in a warm place.

Now comes the fun part:

Place the beef on your grill or broiler until done the way you want it. While that is going, sautee the spinach. Spinach cooks very fast, and reduces down in volume about 99%. Start with the garlic and shallot, salt and pepper to taste in some Olive oil, remove from the heat when it has cooked.

Assemble the entree immediately:

Layer, in the center of the presentation plate, like this: Spinach-->Beef-->Pancake-->Spinach-->Beef-->Pancake, repeat for the second dish.

Pour enough of the sauce around to completely surround the dish. Using the squirt bottle, spooge the Aioli across the top in any Jackson Pollack design you feel like. Spear through middle with a Rosemary branch for a festive, cheeky garnish. Serve to your date with a bottle or two of good Merlot or Reisling, romp in sack until sore.

And you wonder how I got laid so much in my youth?