

Baked Meatballs

Recipe by: Cooks Illustrated Jan/Feb 2009, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
1 pound	meatloaf mix
1/4 cup	heavy cream
1	egg, beaten
2 slices	good white bread, crusts removed and torn into chunks
1 teaspoon	onion powder
1/8 teaspoons	ground allspice
1/8 teaspoons	ground nutmeg
pinch	pepper
1 teaspoon	brown sugar
1 teaspoon	baking powder

- preheat oven to 400
- mix heavy cream, egg, and bread in a large bowl to form a paste
- add meatloaf mix, onion, allspice, nutmeg, pepper, brown sugar, salt, and baking powder, mixing with hand until well combined
- using a #70 cookie scoop or tablespoon, form meatballs onto tray (makes 40-50 small meatballs)
- bake 20-30 minutes until browned

Beef and Bean Burritos

Recipe by: Cook's Country April/May 2013, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1.5 cups	low sodium chicken broth
3/4 cups	long grain white rice
3 cloves	minced garlic
1/2 teaspoons	salt
1/4 cups	fresh cilantro (1/4 teaspoon if dry)
1/2 cups	low sodium chicken broth
15 ounces	canned black beans
1 tablespoon	vegetable oil
1	onion, chopped
3 tablespoons	tomato paste
3 cloves	minced garlic
1 tablespoon	cumin
1 teaspoon	oregano
1 teaspoon	chili powder
12 ounces	ground beef
1 tablespoon	lime juice
3/4 teaspoons	salt
	tortillas
	cheese
	sour cream

- bring 1.5 cups of broth, rice, 3 cloves of garlic, and 1/2 teaspoons of salt to a boil in a small saucepan. Reduce heat to low, cover, and cook until liquid is absorbed, about 20 minutes
- remove rice from heat and let sit still covered for 10 minutes. Add cilantro, fluff rice, and set aside
- meanwhile, combine 1/2 cups of broth and half of the beans and mash the beans
- heat oil in a skillet over medium heat. Cook onion until it just begins to brown
- stir in tomato paste, 3 cloves of garlic, cumin, oregano, and chili powder and cook until fragrant, about 1 minute
- add beef and cook until no longer pink
- stir mashed bean mixture into meat mixture and cook until all the liquid has evaporated
- stir in lime juice and 3/4 teaspoons of salt, remove from heat, and set aside
- assemble burritos as desired. Broil burritos if desired

Beef Buns

Recipe by: Cooks Country June/July 2012, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Amount	Ingredient
4 teaspoons	vegetable oil	1/2 cups	whole milk
2 pounds	lean ground beef	1/2 cups	water
	salt	6 tablespoons	unsalted butter
	pepper	1/4 cups	sugar
1	onion	3.5-3.75 cups	flour
1/2 small head	cabbage, chopped	1 tablespoon	yeast
1 cup	chicken broth	1/2 teaspoons	salt
8 ounces	co-jack	1	large egg

- heat oil in a dutch oven until just smoking. Add beef, 1 teaspoon salt, and 1 teaspoon pepper and cook until liquid evaporates and meat begins to sizzle (10-15 minutes). Drain meat in colander and set aside.
- add remaining 2 teaspoon of oil to the dutch oven and heat until shimmering. Add onion and cook until it just begins to brown.
- stir the drained meat, cabbage, and chicken broth into the onion and bring to a simmer. Cover the mixture and cook until the cabbage is tender (~5 minutes). Uncover and continue to cook until the liquid evaporates and the mixture starts to sizzle.
- season with salt and pepper to taste, then transfer the mixture to a bowl and let cool for 15 minutes. Stir in cheese and then refrigerate until ready to assemble beef buns.
- combine milk, water, butter, and sugar and heat to 110 degrees.
- mix 3.5 cups of flour, yeast and salt until combined.
- while continuing to mix the dough, slowly pour in the milk mixture and a beaten egg.
- mix and knead the dough together until it's done, adding more flour if necessary.
- cover the dough and let it rise in a warm place until doubled in size.
- adjust oven racks to an upper middle position and preheat to 375 degrees. Prepare two baking sheets with parchment paper.
- divide the dough into 12-15 pieces (about 2.25 to 2.75 ounces), roll into balls, and let rest for 5 minutes
- stretch each of the dough balls out into a flat circle, and scoop half a cup of filling onto it. Wrap the dough around the filling and pinch it together to seal.
- transfer the stuffed and sealed dough balls to the prepared baking sheets, with the seam side down.
- cover the assembled beef buns and let them rise for another 45 to 60 minutes.
- bake the beef buns for 15-20 minutes or until golden brown, switching and rotating the tray halfway through.
- let sit for 15 minutes before eating

Beef Pot Pie

Recipe by: Elizabeth Powell, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	stew meat, cut in small chunks
1 tablespoon	oil
1	onion, chopped (or 1 teaspoon powdered onion)
2 cloves	garlic, minced (or 1 teaspoon garlic powder)
pinch	pepper
1 tablespoon	brown sugar
2 tablespoons	soy sauce
2 cups	beef stock
2-3	potatoes, cubed
2-4	carrots, sliced
1 can	petite diced tomatoes
1 tablespoon	cornstarch

- brown meat in oil over high heat; add onion and garlic, saute until limp
- add pepper, brown sugar, soy sauce, and beef stock; bring to boil
- reduce heat, cover , and simmer until meat is tender, about 1 hour (stir every 15-20 minutes, adding water as necessary to maintain about 1.5 cups liquid)
- add potatoes, carrots, and tomatoes (if using cast iron pan, wait to add the tomatoes until right before adding the crust on top); continue to simmer for another 20 minutes
- preheat oven to 450
- dissolve cornstarch in 1/3 cup water; bring meat and veggies to boil then add cornstarch mixture, stirring constantly
- pour mixture into pie pan and top with pie crust, cutting slits in top
- bake at 450 for 20-30 minutes or until golden brown

Beef Stew

Recipe by: Taste of Home, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	stew meat, cubed
1 tablespoon	oil
16 ounce can	petite diced tomatoes
2 cups	beef broth
dash	worcestershire sauce
4 cloves	garlic (or 1 teaspoon powdered)
1	large onion, minced (or 1/4 cup dried minced onion)
pinch	pepper
1 teaspoon	dried basil
1/2 teaspoon	dried oregano
1/2 teaspoon	dried rosemary
pinch	marjoram
4	large carrots, sliced
2	large potatoes, cubed
3/4 cup	frozen peas
3/4 cup	frozen corn
2 tablespoons	flour
1/2 cup	water

- brown beef in oil
- add everything execept the flour and water to cooking pot; bring to boil
- cover and cook until beef is tender (1-2 hours on simmer on stovetop, 2-3 in oven at 375, 4-6 hours in crock pot)
- blend flour and water until no clumps; stir into stew mixture; increase heat and stir until mixture thickens

Black Bean Soup

Recipe by: Valentin Schwaegerl, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
12 ounces	salt pork, chunked
1 pound	black beans
1/2 pounds	baby carrots, cut to about 1 inch pieces OR 4-6 carrots, sliced
1/4 cup	dry minced onion OR half bag mirepoix, browned
1 tablespoons	Worcestershire sauce
1	bay leaf
pinch	powdered thyme
1 cup	chicken broth
3 quarts	water

- brown the salt pork on medium heat until at least some of the fat is rendered
- rinse and sort beans
- brown mirepoix if using, otherwise continue to next step
- add beans, carrots, onion, Worcestershire, bay leaf, thyme, chicken broth, and water
- bring to simmer on medium-high heat, then reduce to medium and cook for about 3 hours until beans and carrots are soft
- stir every half hour, adding more water if needed
- serve with cheese, sour cream, and salsa

Burger or Hot Dog Buns

Recipe by: allrecipes.com, modified by the O'Connor clan

Servings: 6-10

Amount	Ingredient
1 cup	milk
1/2 cups	water
1/4 cup	butter
4.5 cups	flour, divided
1 scant tablespoon	yeast
2 tablespoons	sugar
1.5 teaspoons	salt
1	egg

- in a saucepan, heat milk, water, and butter until melted and 110-120
- in bowl of stand mixer, mix together 2 cups flour, yeast, sugar, and salt
- blend in milk mixture
- once combined, add egg
- once combined, add remaining 2.5 cups flour
- knead on medium-low until smooth and elastic, about 8 minutes
- grease baking sheet
- shape dough onto sheet, flattening slightly
- cover and let rise for 30-50 minutes
- preheat oven to 400
- bake for 10-12 minutes until golden brown
- *note:* can substitute 1.5 cups whole wheat flour for white flour in this recipe and still have same texture
- *note:* makes 16 hot dog buns (66-69g each)
- *note:* makes 30 sliders (33-36g each)
- *note:* makes 45 small rolls for group snack (25-28g each)
- *note:* makes 12 large hamburger buns

Chicken with a Twist

Recipe by: Veronica O'Connor, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
1 pound	chicken breast, trimmed
1/2 pounds	bacon
2 cans	cream of mushroom soup
2 cups	sour cream
1 box	noodles

- preheat oven to 350
- arrange chicken in shallow baking dish
- lay bacon over chicken and bake uncovered for 30 minutes
- mix soup and sour cream
- remove from oven and pour off any drippings
- pour soup mixture over all, making sure to completely cover chicken
- bake another 30 minutes
- serve over noodles

Corny Dogs

Recipe by: Veronica O'Connor, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
1 pack	hot dogs, sliced
2 cups	flour
1/2 cups	cornmeal
2 tablespoons	sugar
1 tablespoon	baking powder
1 scant teaspoon	salt
2	eggs
1 cup	milk
4 tablespoons	butter

- preheat oven to 425
- spray muffin tin or line with paper cups (about 20)
- in large bowl, mix flour, cornmeal, sugar, baking powder, salt
- in separate beat milk and egg until blended
- melt butter, then beat into milk mixture
- stir milk mixture into dry ingredients, then add hot dogs
- pour into prepared tin and bake 12-15 minutes or until golden brown

Cuban Bread

Recipe by: Real Mom Kitchen, modified by the O'Connor clan

Servings: 8-10

Amount	Ingredient
5-6 cups	flour, divided
1 scant tablespoon	yeast
2 tablespoons	sugar
2 teaspoons	salt
2 cups	hot water, 110-120

- in stand mixer bowl, mix 4 cups flour with the yeast, sugar, and, salt
- pour in warm water and beat about 3 minutes
- stir in as much of the remaining flour as needed until the dough is no longer sticky
- knead until smooth and elastic, about 8 minutes
- cover and let rise 15 minutes
- shape into two round or oblong loaves on baking sheet
- put baking sheet into **cold** oven, adding a pan of hot water to bottom shelf
- heat oven to 400 (setting timer as soon as over is turned on), bake 40-50 minutes until golden brown and hollow sounding

Dakota Bread

Recipe by: Cooks Country Apr/May 2013, modified by the O'Connor clan

Servings: 8-10

Amount	Ingredient
1 cup	hot water
1.5 cups	seven grain or five grain hot cereal mix
2 tablespoons	honey
2 tablespoons	vegetable oil
3.5 cups	bread flour
1.5 teaspoons	salt
1 teaspoon	instant or rapid rise yeast

- in bowl of stand mixer, combine water, cereal, honey, and oil; let stand 10 minutes
- add flour, salt, and yeast; knead on medium-low until smooth and elastic, 4-8 minutes
- cover and let rise until doubled, 60-90 minutes
- cover rimmed baking sheet with parchment paper
- deflate and shape into a tight round ball; place on sheet, cover, and let rise until doubled in size, 60-90 minutes
- preheat oven to 425
- place pan filled with hot water on lowest shelf (if only one shelf, a small pan next to or on the sheet can work)
- **Reduce oven heat to 375**, bake until crust is golden brown and bread registers 200 (and/or sounds hollow), 40-50 minutes
- cool with tea towel over the top on wire rack

Frozen Pea Soup

Recipe by: Cooks Illustrated, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
4 tablespoons	butter
1 cup	minced shallots (about 8 medium shallots)
2 tablespoons	flour
3.5 cups	chicken broth
2 pounds	frozen peas
1/2 cup	heavy cream (can substitute evaporated milk)

- remove peas from freezer
- heat butter in large pan over low heat until foaming; add shallots; cover and cook until softened, about 8-10 minutes, stirring occasionally
- remove lid and add flour, stirring until flour is completely incorporated; gradually whisk in chicken broth
- increase to high until boiling; reduce to medium-low and simmer for 5 minutes
- add peas; increase heat to medium-high; cover and cook for 5 minutes or until soup has come to a simmer
- uncover; reduce heat to medium-low and simmer for 5 minutes
- puree soup with an immersion blender (a blender or food processor will work if you work in small batches - return to pan)
- stir in heavy cream before serving; season to taste with salt and pepper
- *note:* serve with shredded parmesan or croutons if desired

Fruity Baked Oatmeal

Recipe by: Taste of Home, shared by Veronica O'Connor, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
3 cups	quick cooking oats
3/4 cups	brown sugar, packed
2 teaspoons	baking powder
1 scant teaspoon	salt
1/2 teaspoon	ground cinnamon
2	eggs, beaten
1 cup	milk
1/2 cup	butter, melted
1	large apple, peeled, cored, and chopped
2 cups	frozen fruit, chopped

- preheat oven to 350
- grease 9x13 pan
- in a large bowl, combine oats, brown sugar, baking powder, salt, and cinnamon
- in small bowl, combine milk and egg; stir in melted butter
- add wet ingredients to the dry ingredients and stir to combine
- stir in the apple and fruit
- pour into prepared pan and bake, uncovered, 35-45 minutes until it no longer looks wet
- *note:* fruits that work nicely include peaches, cherries, blueberries

Goop

Recipe by: Settlement Cookbook, modified by the O'Connor clan

Servings: 4

Cake:

Amount	Ingredient
1 cup	flour
2 teaspoons	baking powder
1/2 teaspoon	salt
2/3 cup	sugar
1/4 cup	milk
1 oz	unsweetened chocolate, finely chopped
2 tablespoons	butter, melted
1.5 teaspoons	vanilla

- preheat oven to 350
- mix together flour, baking powder, salt, and sugar; add milk, chocolate, butter, and vanilla; blend well
- pour mixture into greased 2-3 quart casserole

Topping:

Amount	Ingredient
1/4 cup	sugar
1/2 cup	brown sugar, packed
3 oz	unsweetened chocolate, finely chopped (or 9 tablespoons cocoa powder)
1/4 teaspoon	salt
1 teaspoon	vanilla
1 cup	boiling water

- combine white and brown sugar, chocolate, salt, and vanilla; spread evenly over first mixture
- pour boiling water over this, but do NOT stir
- bake for 50 minutes or until cake tests done

Hamburger Stroganoff

Recipe by: Veronica O'Connor, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
1 pound	hamburger
6 slices	bacon, cut in small pieces (optional)
1/4 cup	dried minced onion (or 2 teaspoons onion powder)
1 teaspoon	garlic powder
1 tablespoon	Worcestershire sauce
1/4 teaspoon	pepper
1 teaspoon	basil
2 cans	cream of mushroom soup
3/4 cup	sour cream

- brown bacon; drain on paper towel; brown hamburger in bacon drippings
- add all other ingredients except sour cream; simmer for 30-60 minutes, stirring every 10 minutes; add water a little at a time if it starts to dry out during this time (we usually end up adding about 1/4 cup water over the hour cooking time)
- stir in sour cream right before serving
- *note:* serve with noodles

Italian Sloppy Joes

Recipe by: Taste of Home, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
1 pound	ground Italian sausage
1/2 teaspoon	powdered garlic
1 teaspoon	powdered onion
1/4 teaspoon	oregano
1/4 teaspoon	chili powder
16 ounces	spaghetti sauce (approximate)

- brown ground meat; drain
- add remaining ingredients; bring to boil; reduce heat to low, cover and simmer about 30 minutes; stirring occasionally
- serve on rolls with mozzarella

Kate's Peanut Butter Cookies

Recipe by: Kate Barker, modified by the O'Connor clan

Servings: 12

Amount	Ingredient
1 cup	peanut butter
1 cup	sugar
1 teaspoon	vanilla
1	egg, beaten

- preheat oven to 350
- mix all ingredients
- makes about 30 cookies with small scoop (all fit on same sheet)
- flatten cookies with fork tines, then lightly sprinkle with additional sugar
- bake 10-12 minutes

Microwave Meatballs

Recipe by: Taste of Home, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
1 pound	ground beef
1 teaspoon	powdered onion
1/2 teaspoon	powdered garlic
1/2 cup	bread crumbs or panko or finely crushed crackers
1/2 teaspoon	basil
1 tablespoon	Parmesan
pinch	pepper
dash	Worcestershire sauce
1 jar	spaghetti sauce

- mix ingredients in large bowl; shape into small meatballs (about 24)
- arrange on microwave safe plate 1 inch apart; cover with **paper towels()
- microwave on high 4-6 minutes (depending on strength of microwave) until they look cooked
- empty sauce into pan; add microwaved meatballs; cover and cook at medium heat for 5 minutes; stir; reduce heat to low and simmer for an additional 10-20 minutes

Mini Meatloaves

Recipe by: Texas Beef Council, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	hamburger
1 teaspoon	onion powder
1/2 teaspoon	garlic powder
1/2 teaspoon	italian seasoning
pinch	pepper
1/2 cup panko or dry bread crumbs	
1/4 cup	parmesan
1	egg
	ketchup

- preheat oven to 400
- mix all ingredients except ketchup in large bowl
- form into 8-10 small balls; place on baking sheet and flatten slightly
- bake 15-20 minutes; internal temperature to 160; cover in ketchup and cook an additional 5 minutes

Pizza Crust

Recipe by: unknown, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
2.5 cups	flour, divided
1 tablespoon	sugar
1 scant tablespoon	yeast
1 teaspoon	salt
1 cup	warm water, 110-120
2 tablespoons	oil

- preheat oven to 450
- in bowl of stand mixer, combine 1 cup flour, sugar, yeast, salt
- gradually add water and oil, blending at low speed until moistened
- knead 2 minutes at medium speed
- stir in an additional 1-1.5 cups flour until dough pulls cleanly away from the sides of the bowl
- knead until smooth and elastic, about 8 minutes, adding flour a teaspoon at a time if dough sticks to sides
- cover and let rise for 10-15 minutes
- grease pan, then ease dough into pizza shape crust on pan
- let rest 10 minutes, **prick crust**, then bake for 5 minutes
- add toppings and bake for an additional 10 minutes or until cheese is melted and starting to turn golden brown
- *note*: this make 1 deep dish jelly roll pan size pizza
- *note*: doubles well

Pizza Meatballs

Recipe by: Taste of Home magazine, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	lean ground beef
1 cup	bread crumbs, seasoned
1/2 cup	milk
1/4 cup	dry minced onion or 1.5 teaspoons onion powder
1 teaspoon	garlic powder
pinch	pepper
4	mozzarella cheese sticks, cut into 6 pieces each
flour for rolling	
1 tablespoon	oil
1 jar	spaghetti sauce
	noodles or buns

- combine milk, bread crumbs (if you don't have seasoned bread crumbs, add 1 teaspoon Italian seasoning), onion, garlic, and pepper
- once bread crumbs are softened, mix in ground beef and form into 24 meatballs
- push a cube of cheese into each meatball, being sure to seal well
- roll lightly in flour
- warm oil in pan over medium-high heat
- cook meatballs in oil until lightly browned
- add sauce and bring to a simmer
- reduce heat to low and cook 30-40 minutes until meatballs are cooked through
- stir every 10 minutes, adding sauce if necessary
- serve with cheese over noodles or on sub buns

Porcupine Meatballs

Recipe by: Nancy Miller, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
1 pound	ground beef
1/2 cup	rice
1/4 cup	dried minced onion
1 teaspoon	powdered garlic
1/2 teaspoon	basil
1/4 teaspoon	pepper
2 cans	tomato soup
2 cans	water (fill the tomato soup cans after emptying)
1/4 cup	rice

- mix beef, rice, seasonings; form into balls
- add about 1 teaspoon oil to skillet and warm; brown meatballs
- add soup, water, and extra rice to skillet; bring to boil; stir and reduce to simmer
- cover and simmer 45 minutes to 1 hour or until rice is softened, stirring every 10-15 minutes
- *note*: increase cooking time by about 30 minutes if using brown rice

Pork and Letils

Recipe by: Nancy Miller, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	pork, cubed
2 teaspoons	oil
1 cup	onion, minced (or 1/4 cup dried minced or 2 teaspoons powder)
4 cloves	garlic, minced (or 1/2 tsp powder)
2 cups	beef broth (can substitute chicken broth)
1 cup	water
1 can	petite diced tomatoes
4	carrots, sliced
1 cup	dry lentils
1.5 teaspoons	italian seasoning
1/4 teaspoon	pepper

- brown pork in oil; if using fresh onion, add and cook until softened; if using fresh garlic, add and cook about 30 seconds
- transfer browned items to pot and add remaining ingredients; stir, cover, and cook (see notes) until lentils are soft and pork is fork tender
- *note:* if making in crock pot, cook on higher temperature for 4-5 hours
- *note:* if making in the oven, cook at 325 for 2-3 hours
- *note:* if making on the stove top, bring to a boil then reduce to simmer and cook 1-2 hours

Pork Chops and Pears

Recipe by: Veronica O'Connor, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	pork chops, trimmed
1 tablespoon	oil
pinch	pepper
1 can	can of pear halves
1/4 cup	orange juice
1/4 cup	brown sugar
1/4 teaspoon	cinnamon
1/2 cup	pear juice from can
2 tablespoons	butter, cut into small pieces
2 tablespoons	cornstarch
2 tablespoons	water

- preheat oven to 350
- brown pork chops in oil; transfer to 9x13 pan and sprinkle with pepper
- deglaze skillet; pour over pork chops
- add pears to pan; place a chunk of butter in the center of each pear half
- drizzle oj over all; sprinkle with brown sugar and cinnamon; pour pear juice over all, trying not to wash away the cinnamon/brown sugar
- cover with aluminum foil and bake at 350 for 20 minutes; uncover and bake an additional 20 minutes
- remove from oven and plate the pork chops and pears; pour pan drippings into sauce pan
- mix cornstarch and water; pour into saucepan, stirring constantly; cook on medium heat, stirring constantly, until thickened

Potato Soup

Recipe by: unknown, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
1 pound	bacon, chopped
4-5 pounds	potatoes, peeled and cut up
pinch	pepper
1/4 cups	dry minced onion
3 cups	milk
3 cups	chicken broth

- brown the bacon on medium-high, remove onto a paper towel lined plate to cool
- add potatoes to the pan with the bacon grease, stir
- add pepper, onion, milk, and chicken broth
- bring to a simmer on medium-high, then reduce heat to medium and cook for 20-40 minutes until potatoes are softened
- stir every 10 minutes
- mash potatoes until soup is a smooth texture with small lumps
- add up to 1 cup milk or cream to soup if it needs thinned
- serve with browned bacon and cheese

Pot Roast

Recipe by: the O'Connor clan

Servings: 5

Amount	Ingredient
2-3 pounds	roast, trimmed (can use beef or pork roast)
	flour
2-4	large potatoes, cut into large chunks
6-8	carrots, cut into large chunks
2	onions, cut into large chunks or chopped (whichever preferred for texture)
2 cups	beef broth
1/2 teaspoon	dried marjoram
1/2 teaspoon	dried basil
1/4 teaspoon	dried rosemary
1/4 teaspoon	dried thyme (or pinch powdered thyme)
1 teaspoon	garlic powder
pinch	pepper
dash	Worcestershire sauce

- preheat oven to 300
- dredge meat in flour; brown
- place meat in casserole pan or small roasting pan; add veggies
- combine broth, herbs, and Worcestershire sauce ; bring broth mixture to boil and pour over meat and veggies
- cover and cook for approximately 2-3 hours or until meat is fork tender
- *note*: the key to tender pot roast is a low temperature for a long cook time; figure anywhere from 275-325 for about an hour a pound to get a fork tender roast

Rice and Pasta Pilaf

Source: Cook's Illustrated May/June 2014, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
2.25 cups	long grain white rice (eg, Jasmine, basmati)
4.5 tablespoons	butter
3 ounces (1/2 cups)	orzo
1.5 cups	onion, grated (or equivalent powdered)
1.5 clove	garlic, minced
3.75 cups	chicken broth
1 teaspoon	salt
1/4 cups	fresh minced parsley (much less when dried)
1 pack	kielbasa (optional)

- Place rice in a bowl and pour hot tap water over it. Let stand for 15 minutes
- Swish around the rice to release any extra starch and pour off water. Rinse with cold water 3 to 5 times
- If adding kielbasa, slice it and brown it in a saucepan, then remove from the saucepan and set it aside
- Melt butter in a saucepan over medium heat, add pasta and cook until browned
- Add onion and garlic, cook until onion is softened but not browned
- Add rice and cook until edges start to become translucent, about three minutes
- Add chicken broth and salt and bring to a boil. Reduce heat to low, cover, and cook until all the liquid is absorbed, about 10 minutes
- remove from heat, place a dish towel over the top of the pan, and then replace the lid. Let stand for 10 minutes
- Fluff rice with a fork, add parsley, and kielbasa if using
- *note:* Can serve with cheese and tortilla shells

Sausage and Mushroom Penne

Recipe by: Cook's Country December/January 2014, modified by the O'Connor clan

Serves: 5

Amount	Ingredient
1 pound	Italian sausage
1 pound	white mushrooms
2 cups	chicken broth
1 can	diced tomatoes
1 pound	penne
3/4 cups	heavy cream
1 wedge	Parmesan cheese, grated

- brown sausage in a skillet until no longer pink. Remove sausage and add sliced mushrooms. Cook until beginning to brown, then remove and set aside with the sausage
- add broth, tomatoes, pasta, and cream to the now-empty skillet and bring to a boil. Reduce heat to a simmer and cover, stirring occasionally, until noodles are done, about 15 minutes
- stir sausage and mushrooms back into the noodle mixture with 1 cup of grated Parmesan cheese. Remove skillet from heat and cover until cheese is melted
- serve with more Parmesan cheese

Savory Pie Crust

Recipe by: Cooks Illustrated, modified by the O'Connor clan

Servings: 1

Amount	Ingredient
1.5 cups	flour (7.5 oz)
1/2 teaspoon	salt
4 tablespoons	Crisco
8 tablespoons	butter
3-4 tablespoons	chilled water (approximate)

- mix flour and salt in large bowl
- cut in Crisco and butter
- add chilled water until dough pulls together
- make into disk or square (depending on shape of pan)
- wrap in wax paper or plastic wrap; refrigerate at least 30 minutes
- *note*: can use all butter if preferred over butter and Crisco

Soda Bread

Recipe by: O'Shea, modified by the O'Connor clan

Servings: 8-10

Amount	Ingredient
4 cups	flour
1 teaspoon	baking soda
1 teaspoon	baking powder
1/2 cups	sugar
1/4 teaspoon	salt
1 stick	butter, cut into small pieces
1.5 cups	raisins, optional
1.5 cups	buttermilk, approximate

- preheat oven to 350
- coat round cake pan with butter, then flour
- mix together flour, baking soda, baking powder, sugar, and salt; cut in butter until it looks like coarse cornmeal
- add raisins if using
- add buttermilk gradually until mass is pliable but not soggy (looks like sugar cookie dough)
- shape mass into pan and cut cross on top
- bake 50-60 minutes until crust is golden brown and cut no longer looks wet

Spaghetti Carbonara

Recipe by: I forget... probably ATC, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	spaghetti
1 pound	bacon
1/4 cup	olive oil
3	eggs
1 cup	Parmesan
2 cloves	garlic, minced
1/2 cup	white wine
	salt and pepper to taste

- cut bacon up into small bits and brown in olive oil. Add wine and cook until shimmering. Allow enough time for most of the alcohol to cook off and then remove from heat
- boil water for spaghetti and cook until al dente
- while spaghetti is cooking, beat the eggs, cheese, and garlic together in a small bowl
- when the spaghetti is done cooking, set aside a small amount of the noodle water. Drain the spaghetti and immediately transfer it back into the pan and add the egg mixture, stirring constantly
- add salt and pepper until it tastes right. If it is particularly thick, add some of the reserved noodle water
- *note*: Chicken broth works as a substitute for the wine
- *note*: If you have especially fatty bacon, cut back on the olive oil
- *note*: The residual heat from the noodles is what cooks the eggs, so add the eggs in ASAP after draining the noodles

Squeezy Chicken Soup

Recipe by: Cooks Country October/November 2012, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
4	chicken thighs
1 teaspoon	vegetable oil
1	onion, chopped fine
	salt
	pepper
8 cups	chicken broth
2.5 cups	flour
1/4 teaspoons	backing powder
3	large eggs, beaten
1/2 cups	half & half
1/2 cups	half & half
1/2 cups	water
2 pounds	yellow potatoes
1 pound	carrots

- boil chicken until cooked, then remove from the water and shred it with forks.
- put oil in a dutch oven and heat it. Add onions and cook until just beginning to brown
- add broth, chicken, and 1.25 teaspoons salt and bring to a boil. Reduce heat to a simmer.
- meanwhile, measure flour, 1 teaspoon salt, 1/2 teaspoons of pepper, and baking powder into a gallon ziplock bag. Seal and shake the bag to mix
- re-open the bag and add the beaten eggs, **1/2 cups** of half and half, and 1/2 cups of water to the mixture. Reseal and knead the bag to combine, refrigerate until ready to use.
- add potatoes and carrots to the broth and simmer for 10 minutes, then take the bag of dough and cut one of the corners off. Squeeze the dough out through the hole, using scissors to snip apart dumplings sized chunks.
- simmer until dumplings float to the surface, about 10-15 minutes. Remove soup from heat and stir in remaining **1/2 cups** of half and half.

Swedish Meatball Sauce

Recipe by: Cook's Illustrated ???, modified by the O'Connor clan

Servings: 4

Amount	Ingredient
1 tablespoon	butter
1 tablespoon	flour
1.5 cups	chicken broth
1 tablespoon	brown sugar (optional)
1/2 cup	heavy cream
2 teaspoons	lemon juice

- melt butter in a large saucepan. Mix in flour and brown
- add chicken broth to browned flour and butter mixture to make a roux. Let simmer until reduced in volume to about one third of the original
- mix in cream and meatballs. Mix in brown sugar if you're using it
- let meatballs warm up to an acceptable temperature and soak up some sauce, then add lemon juice and serve
- *note*: Not enough sauce for a full recipe of meatballs. Double

The Rolls

Recipe by: Vera Miller, modified by the O'Connor clan

Servings: 8-10

Amount	Ingredient
1 scant tablespoon	yeast
1/2 cups	sugar
1 teaspoon	salt
2 cups	water, lukewarm (110-120)
1	egg, beaten
7 cups	flour (approximate), divided
3 tablespoons	butter, melted

- mix yeast, sugar, salt, and water in large bowl
- add egg and half of the flour, stir, then add melted butter and remainder flour
- kneed, adding flour a teaspoon at a time if too sticky
- coat bowl with oil, place dough in bowl, flip dough, and cover and let rise to double bulk, 60-90 minutes
- deflate and form rolls on greased cookie sheet (our standard size is 50 grams each), cover and let rise to double bulk, about 60 minutes
- preheat oven to 375
- bake 20-25 minutes or until golden brown
- rub tops of rolls with butter as soon as they come out of the oven