

Handy recipes

Crack Oatmeal

Ingredients:

Real oatmeal, not instant, about two inches of it in the bottom of the crockpot.

Raisins. A lot.

Cinnamon, both the ground kind and a stick or two. Be sure to find them BEFORE eating.!

Any kind of fruit, dried or fresh you have handy. Throw it in.

A little bit of vanilla. This will give the smell that makes you want more and more.

Chia seeds (read "Born to Run" for details about why); a few spoonfuls

Water, milk or cream to cover the dry stuff. Stir once.

Put this on low for about three hours. Then, turn the crockpot off and add some Low Carb Protein Powder, probably two scoops and some extra water, milk or cream. Make sure it is a little "soft and soggy." It will continue to thicken overnight. The raisins will really plump up, too, indicating you are on the right track.

Let it all sit overnight. Upon arising, crank it up to hot for about ten minutes (depends on your

pot) and mix it up nice. I hope you found that cinnamon stick!

Beef Stroganoff

1 lb. Hamburger or stew meat

1 can Cream of Mushroom Soup

1 small can sliced mushrooms (optional)

1/2 onion

Sour Cream (to taste)

Salt and Pepper (to taste)

Egg Noodles

Using a large frying pan, brown meat and onion. Add mushrooms. When fully cooked, add C of M soup. Allow sauce to simmer on low heat. In a separate pot, boil egg noodles for appropriate servings. (Some people don't eat noodles).

When noodles are ready, add sour cream to the meat sauce.

The more sour cream, the whiter, and richer it will be. (That is why I did not indicate a serving amount!)

Pour sauce over noodles. Serve with green beans.

Chicken Noodle Soup

4 Chicken breasts (off the bone)

Half a pot of water (a big pot)

2 tbsp. Chicken bullion

½ onion

½ cup frozen peas

Salt and pepper to taste

Egg noodles

Combine chicken breasts, water, chicken bullion, and onion in large pot. Thoroughly cook chicken breasts in boiling water. Remove breasts from water, chop, and return to water/bullion mixture. At this point, sample the soup-base to determine if you have added enough chicken bullion. If not, add more. If you have added too much, throw in some milk. Add noodles. Allow entire mixture to boil until noodles are cooked. Turn off heat. Add frozen peas. Allow to sit for approximately 10 minutes. Serve with bread, crackers, toast, or green beans.

Homemade chili!

1 lb. Hamburger

½ onion

1 can of Kidney beans

1 can of diced tomatoes

1 can of tomato sauce

1 package chili seasoning (purchased in the baking/seasoning aisle at the grocery store)

Brown the hamburger and onion. Follow the directions on the packet of chili seasoning. You will end up with a fantastic pot of chili every time! Serve with Bisquick biscuits, or green beans.

Mom's Viking Enchiladas

4 chicken breasts (off the bone)

½ onion

1 small can mild green chilies

1 can Cream of Chicken Soup

Sour Cream

Flour Tortillas

Grated Cheese

In large frying pan, brown chicken breasts and onion. When chicken is thoroughly cooked, remove from frying pan and cut up. (if the chicken is fresh, not frozen, you can cut it up prior to cooking it)

Return chicken to frying pan and add green chilies, cream of chicken soup, and sour cream. Simmer for 6 minutes. Remove from heat. Spoon chicken and grated cheese into flour tortillas. Roll enchiladas and place into a separate, greased baking pan. Top enchiladas with cheese. Place into a heated oven (400*) for 6 minutes. Remove. Serve with green beans.

Two Quick Recipes:

One Pan Stew

Olive Oil

Stew Meat (A pound or two)

Frozen Stew Veggies from the store

Can of Tomato Soup

The secret ingredient: a can of French Onion Soup

A Big Pan

A Good Spoon

First, add the oil and brown the meat. Then, add all the other stuff, stir to a gentle boil, then cover and wait about five minutes. Uh, that's it...it is very good.

Irish Jambalaya

Ingredients

One pound of chicken, boneless, skinless and chopped (or just buy the “fajita or tenders” chicken and save the cutting)

A package of mild or hot Italian Sausage cut up into pieces

Can of French Onion Soup

Jar of salsa sauce

1/2 cup to full cup of uncooked minute rice

1/2 cup to full cup of peas

Olive oil

Tabasco sauces or whatever you have on hand.

Put a touch of olive oil in a pan and begin to heat. Add chicken and sausage until they start to brown up. As you are stirring, accidentally add Tabasco Sauces or any hot sauces into the meat. When eyes burn, that is enough.

Add one can of French Onion Soup, the secret ingredient. Add one jar of Pace or other Picante Sauce. Allow this to nearly boil. Then, add frozen cooked shrimp, some peas and rice. Cover, if you can, or just stir for about five minutes. It helps to let it all sit

under foil for about five to ten minutes before you serve.