



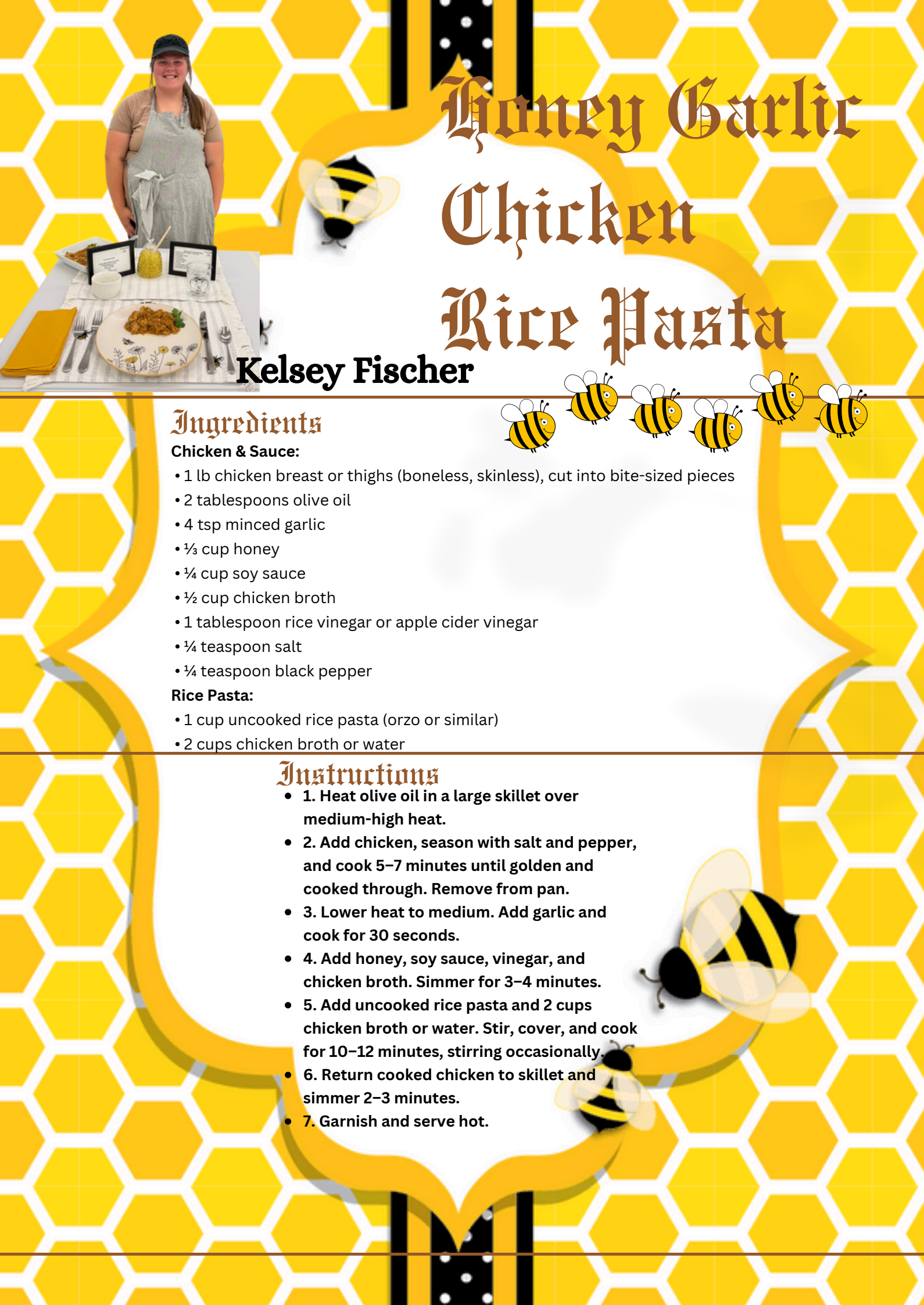
Days/Marshall

**SPECIAL
FOODS
COOKBOOK**

2025

Table Of Content

Honey Garlic Chicken Rice Past	03
Sour Cream & Onion Chicken	04
Loaded Egg Muffins	05
Salisbury Steak	06
Pork Bites w Garlic Parmesan Sauce	07
Cheeseburger Pie	08
Egg Bake	09
Fruit Salsa & Cinnamon Sugar Chips	10
Basil Pork Chops	11
Stuffed Bell Peppers	12
Lemon Basil Chicken Strips	13
Pineapple Smoothie	14
Pork Egg Roll in a Bowl	15
Beef Enchilada Bake	16



Honey Garlic Chicken Rice Pasta

Kelsey Fischer

Ingredients

Chicken & Sauce:

- 1 lb chicken breast or thighs (boneless, skinless), cut into bite-sized pieces
- 2 tablespoons olive oil
- 4 tsp minced garlic
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{2}$ cup chicken broth
- 1 tablespoon rice vinegar or apple cider vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Rice Pasta:

- 1 cup uncooked rice pasta (orzo or similar)
- 2 cups chicken broth or water

Instructions

- 1. Heat olive oil in a large skillet over medium-high heat.
- 2. Add chicken, season with salt and pepper, and cook 5–7 minutes until golden and cooked through. Remove from pan.
- 3. Lower heat to medium. Add garlic and cook for 30 seconds.
- 4. Add honey, soy sauce, vinegar, and chicken broth. Simmer for 3–4 minutes.
- 5. Add uncooked rice pasta and 2 cups chicken broth or water. Stir, cover, and cook for 10–12 minutes, stirring occasionally.
- 6. Return cooked chicken to skillet and simmer 2–3 minutes.
- 7. Garnish and serve hot.



Carson Fischer

Sour Cream & Onion Chicken

Ingredients

- 2 chicken breasts, cut in half lengthwise (makes 4 pieces)
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 2 tablespoons butter, divided
- 1 medium onion, sliced
- 1 clove garlic, minced
- ½ cup chicken broth
- 1 teaspoon Worcestershire sauce
- 1 cup full-fat sour cream

Instructions

1. Cut chicken breasts in half lengthwise. Season with garlic powder, salt, and pepper.
2. Heat olive oil and 1 tablespoon butter in a skillet over medium-high heat.
3. Add chicken and cook 5–6 minutes per side, or until golden and fully cooked. Remove chicken from pan.
4. Lower heat to medium. Add remaining butter and onions. Cook until soft and lightly browned (about 10–15 minutes).
5. Add minced garlic. Cook for 30 seconds.
6. Add chicken broth and Worcestershire sauce. Stir and scrape the bottom of the pan.
7. Stir in sour cream and heat gently until sauce is smooth and warm.
8. Return chicken to skillet and spoon sauce on top. Garnish with parsley. Serve immediately.



Loaded Egg Muffins



Adaline Larson

Ingredients

- 6 Tablespoons of frozen diced onion and peppers
- 3 Tablespoons of thawed frozen spinach
- 3 Tablespoons of diced tomatoes
- 2 oz cheese
- 3 oz bacon
- 9 large eggs
- ½ teaspoon salt
- ¼ teaspoon black pepper



Instructions

1. Preheat oven to 350°
2. Blend: eggs, onions, peppers, spinach, tomatoes, salt & pepper
3. Fill muffin tins with egg mixture
4. Add bacon and cheese on top
5. Bake for 25 minutes and reaches 160° F internal temp



Salisbury Steak

Lola Wells

Ingredients

Hamburger Steak -

- ⅓ c. panko breadcrumbs
- 2 Tbsp. milk
- 1 lb. ground beef
- ½ medium onion
- 1 clove garlic
- 1 large egg
- 2 Tbsp. ketchup
- 2 Tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ½ tsp. kosher salt
- ½ tsp. black pepper

Gravy -

- 1 Tbsp. olive oil
- ½ medium onion
- 2 cloves garlic
- 8 oz. sliced mushrooms
- 3 Tbsp. butter
- 3 Tbsp. flour
- 1 ½ C. beef broth
- 1 tsp. Worcestershire sauce

Instructions

1. In small bowl, combine breadcrumbs and milk. Let sit 5 minutes.
2. Combine remaining hamburger ingredients into another bowl, then add breadcrumbs and mix.
3. Shape hamburger mixture into 4 patties about 3/4" thick.
4. Heat olive oil in large skillet over medium heat.
5. Add patties and cook until meat thermometer reaches 165°. Remove patties leaving any oil or fat behind.
6. Add onion and garlic and sauté for 2-3 minutes. Add mushrooms, increase heat to high and sauté another 5 minutes until browned. Reduce heat to medium and add butter. Once butter is melted, whisk in flour. Gradually add beef broth and whisk until combined. Add Worcestershire sauce and add black pepper to taste. Bring to boil and let cook 2-3 minutes.
7. Add hamburger steaks back into gravy and cook for another 2-3 minutes.
8. Serve and garnish with green bell peppers.



Pork Bites with Garlic Parmesan Sauce



Raelee Ellingson

Ingredients

- 12 oz Boneless Pork Chops
- 1 tsp Onion Powder
- 1 tsp Salt
- ½ tsp Black Pepper
- ¼ c Butter
- 1 tsp Garlic, mince
- 1 Tblsp All Purpose Flour
- ½ C Chicken Broth
- ½ C Heavy Cream
- ½ Grated Parmesan Cheese

Instructions

1. Cut Pork into small pieces. Season pork with onion powder, salt and pepper.
2. Spray skillet with cooking spray
3. Add pork and cook at 300° until pork has an internal temperature of 145°.
4. Remove pork to a plate and tent to keep warm.
5. In the same skillet, melt butter.
6. Add garlic and cook for roughly 1 minute.
7. Whisk in flour until slightly thickened.
8. Add chicken broth, heavy cream and Parmesan cheese to the sauce.
9. Let sauce simmer until thickened.
10. Return pork bites to the skillet. Toss with sauce.
11. Ensure pork is brought back to 145° while stirring the sauce.
12. Spoon pork and sauce onto plates and enjoy.

Cheesburger Pie



Aliyah Zirbel

Ingredients

- 1 lb ground beef
- 1 cup onion
- ½ tsp salt
- ½ tsp minced garlic
- ½ tsp Dano's Yum Yum Seasoning
- 1 cup shredded cheese
- ½ cup Bisquick baking mix
- 1 cup milk
- 2 eggs
- 1 tsp Vegetable oil

Instructions

1. Heat oven to 400°F
2. Spray a glass pie plate with cooking spray.
3. In a skillet, cook beef, onion, and minced garlic until beef is at 160°F. Drain and put in pie plate. Sprinkle with salt, and Yum Yum seasoning. Sprinkle with cheese.
4. In a medium bowl, stir together the Bisquick, milk, eggs, and vegetable oil with a whisk until blended. Pour over the pie plate.
5. Bake for 29 to 33 minutes until a knife comes out clean in the middle.
6. Serve with favorite hamburger toppings.

Egg Bake



Jacey Melroe



Ingredients

- 8 Cups frozen hash browns
- 8 oz eggs
- ¼ Cup milk
- 12 oz ground pork sausage
- 1 Cup shredded Marble Jack Cheese
- ½ Cup green peppers - chopped

Instructions

1. Heat oven to 350°F
2. Line a 13x9x2" baking dish with hash browns
3. Brown pork sausage on med-high heat until sausage is brown and reaches 160°.
4. Beat eggs in medium bowl. Stir in milk, peppers and sausage.
5. Pour egg mixture over hash browns. Top with shredded cheese.
6. Bake for 30 minutes.



Fruit Salsa & Cinnamon Sugar Chips



Cora Larson

Ingredients

Cinnamon Sugar Chips

- 4 tortillas
- 5 Tbsp butter
- ¼ C. cinnamon & sugar

Fruit Salad

- 2 C strawberries
- ½ C raspberries
- ½ C blueberries
- ½ C. blackberries
- 1 Granny Smith apple
- 1 peach
- 1 bananas
- 2 Tbsp lemon juice
- 2 Tbsp raspberry jam

Instructions

1. Heat oven to 375°
2. Cut tortillas in 8ths
3. Dip tortillas in butter
4. Dust cinnamon & Sugar on buttered tortilla
5. Bake 10 minutes
6. Mix fruit, jam, and lemon juice together
7. Serve



Basil Pork Chops

Parker Zirbel

Ingredients

- 4 -5 oz boneless pork chops
- ¼ C brown sugar
- 2 tsp dried basil
- 1 ½ tsp chili powder
- ½ tsp salt
- ½ tsp black pepper
- 1 Tbsp and 1 tsp oil (divided)
- 1Tbsp butter

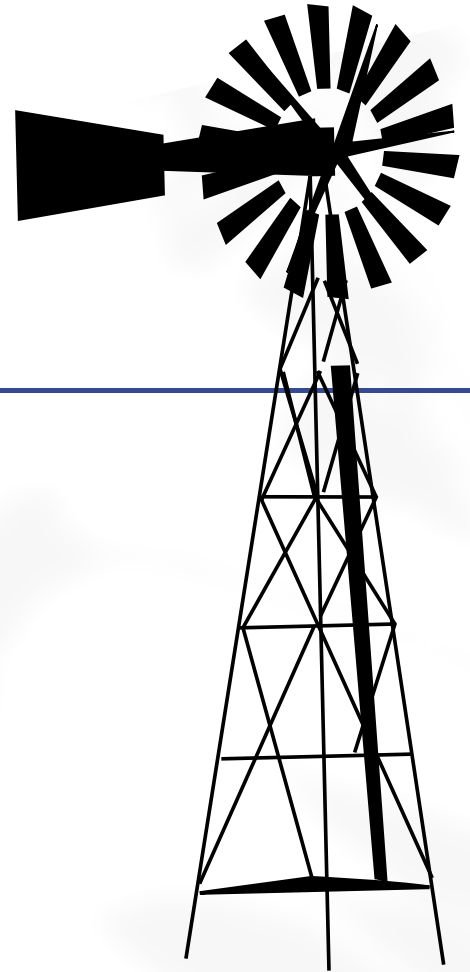
Instructions

1. Mix brown sugar, basil, chili powder, salt and pepper in a shallow dish - add 1t oil and mix. Dredge chops in the mix.
2. Heat 1Tbsp oil and 1Tbsp butter in an electric skillet - cook port 5-6 minutes turning once - until internal temp is 145°. Let chops sit for 3 minutes.
3. Serve.

Stuffed Bell Peppers



Olivia Effling



Ingredients

- 4 Bell Peppers
- 1lb ground beef
- 1 ½ cup microwave rice
- ¼ cup diced onion
- 3 tsp minced garlic
- 15 oz canned tomatoes with juice
- 1 ½ cup cheddar cheese
- 1 tsp italian seasoning
- 1 tsp salt
- 1 tsp pepper
- ½ tbsp butter

Instructions

1. Pre-heat your oven to 375° F. While it's heating, cut the tops off your peppers and clean out the seeds.
2. In a pan put butter and onions and cook until onions get soft, then add garlic.
3. Add ground beef to pan and seasonings. Cook until browned and make sure it is in small pieces.
4. Add rice and tomatoes to pan and mix, then let simmer.
5. Stand the peppers in a baking dish and spoon filling into each pepper. Make sure peppers are packed well. Then top with cheese.
6. Cook in oven for 30-35 minutes.
7. Once out of the oven let rest for 3 minutes then enjoy!



Lemon Chicken Strips

Kallie Zirbel

Ingredients

- 2 chicken breasts
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- 1 cup flour
- 1 Tbsp olive oil
- 3 Tbsp butter
- ½ cup chicken broth
- 2 Tbsp lemon juice
- ½ lemon zest
- Parsley

Instructions

1. Cut chicken breasts into strips.
2. Mix salt, pepper, and garlic powder with the flour.
3. Dredge the chicken in flour mixture.
4. Add olive oil and 1 Tbsp butter to a skillet over medium-high heat. Once pan is hot, add chicken strips and cook for 4-5 minutes until golden. Take out of pan and set aside.
5. Add chicken broth, lemon juice, zest, and remaining butter to pan. Let bubble for 1 minute. Add chicken back to pan and cook to 165° F.
6. Sprinkle with parsley.

Pineapple Smoothie



Ava Larson

Ingredients

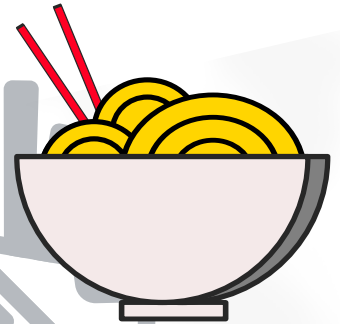
- 2 Cups pineapple
- $\frac{1}{4}$ Cup yogurt
- 1 Tbsp Cream of Coconut
- $\frac{3}{4}$ Cup pineapple juice

Instructions

1. Put all ingredients in blender
2. Blend until smooth
3. Serve chilled



Pork Egg Roll in a Bowl



Collin Zirbel

Ingredients

- 1 lb ground pork
- 1 bag coleslaw mix (14 oz)
- 2 Tbsp chopped onion
- 3 tsp minced garlic
- $\frac{1}{4}$ C soy sauce
- $\frac{1}{2}$ tsp ground ginger
- 1 Tbsp hoisin sauce
- $\frac{1}{2}$ tsp black pepper

Instructions

1. Mix sauce - add soy sauce, ginger, hoisin and black pepper in measuring cup. Set aside.
Brown pork in pan - drain.
Add onion and garlic - cook on medium heat about 2 minutes until onions are soft and garlic is fragrant.
Add bag of coleslaw mix and cook about 2 minutes on Medium heat until the slaw just starts to wilt.
Add sauce and mix well - cook another two minutes just to heat up sauce.
Garnish with chow mein noodles.



Beef Enchilada Bake



Gianna Nordquist

Ingredients

- 1 lb ground beef
- 2 tsp minced garlic
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 10 oz can red enchilada sauce
- 10 oz can diced tomatoes
- 4 oz can medium green chilies
- 15 oz can black beans, drained and rinsed
- 1 ½ cup shredded cheddar jack cheese
- 9 small flour or corn tortillas cut into halves
- Fresh cilantro for garnish (optional)
- Sour cream for serving (optional)

Instructions

1. Preheat oven to 375°F. Lightly grease a 9x13-inch baking dish.
2. In a large skillet over medium heat, cook ground beef until browned. Add garlic, chili powder, cumin, paprika, salt, and black pepper
3. Add enchilada sauce, diced tomatoes, green chilies, and black beans. Simmer for 2-3 minutes.
4. Spread a thin layer of the beef mixture at the bottom of the prepared baking dish.
5. Layer tortilla halves over the beef mixture, followed by more beef and a sprinkle of cheese. Repeat layers until all ingredients are used, finishing with cheese on top. Cover with foil and bake for 20 minutes.
6. Remove foil and bake for another 3-6 minutes until cheese is melted and bubbly. Let the casserole rest for 5 minutes before slicing. If desired garnish with fresh cilantro and serve with sour cream.