

Food That Hugs You On The Inside

*Cookbook
By Scott Smith*



Introduction by Roz Smith



“Comfort” could be defined as “a sense of pleasant warmth and peace, an absence of worry or emotional pain”. Comfort food is associated with a sense of fullness and contentment.

Scott started cooking when his kids were young. He enjoyed it, and had a gift for mixing flavors. He worked for Canon USA at the time, but started taking culinary classes at the community college. His first cooking job was Mary’s Deli in Williamstown, NJ. Scott’s management experience from Canon, with his culinary expertise enabled him to move into and through several executive positions over the years, and finally into the position of Food Service Director (still cooking) in healthcare. Scott was cooking and overseeing the nutritional needs of rehabilitation facilities, three meals, and snacks daily, with corporate events thrown in for good measure. Attention to detail and taste made him popular with patients. Often they or their families wrote letters saying that the food was “the best part ” of their recovery. One woman said, “ I would have died if it wasn’t for your food”.

My husband is a great cook. He can put together a beautiful plate of the simplest ingredients. It’s a good thing that “eating with your good eyes first” isn’t fattening! This cookbook has been on Scott’s back burner for several years. It’s built on years of composing enticing entrees, perfect sides that could stand alone, and luscious desserts. He can feed a hundred people or just the two of us, with the same love, passion, and expertise.

I love cooking with him, too. My favorite day was when we prepared “Chopped” baskets for each other, and made dishes from the surprise ingredients.

Our friends know that if there’s a gathering (such as a Friday night at our summer campground), Scott might arrive bearing a dessert that even the “I’m not really a sweets person” will sample, and then ask for plate full.

You can’t eat Scott’s food without smiling contentedly. Every dish hugs you on the inside. THAT’S comfort food.

Marry Me Chicken

Marry Me Chicken is a creamy, garlicky, and visually impressive chicken dish that combines chicken breasts with a sun-dried tomato cream sauce, herbs, and Parmesan, so delicious it's said to inspire marriage proposals.

4 servings



INGREDIENTS

2 Tablespoons olive oil

1 cup chicken broth

1 cup heavy cream

½ cup grated Parmesan cheese

3 teaspoons Tomato Paste

4 boneless, skinless chicken breasts or thighs

1 teaspoon salt

½ teaspoon black pepper

3 cloves garlic, finely chopped

¼ teaspoon crushed red pepper flakes

½ cup finely chopped sun-dried tomatoes

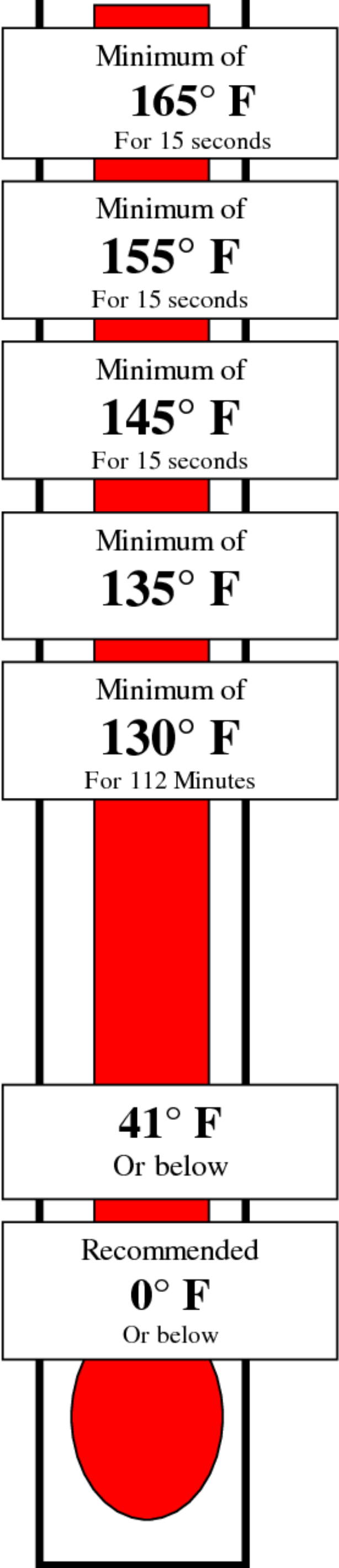
1 cup torn fresh basil (optional for garnish)

INSTRUCTIONS

- **Preheat oven to 400°F . Pat chicken dry and season both sides with salt and pepper.**
- **Cut into ½ inch strips Heat olive oil in a large oven-safe skillet over medium heat.**
- **Sear the chicken until golden brown.**
- **Remove chicken and set aside.**
- **Add garlic to the same skillet, sauté for 1–2 minutes until fragrant.**
- **Pour in chicken broth and heavy cream. Stir in sun-dried tomatoes, tomato paste, and Parmesan.**
- **Let it simmer for 3–5 minutes until slightly thickened. Return chicken to the skillet,**
- **Spoon sauce over the chicken.**
- **Transfer skillet to the oven and bake for 15–20 minutes until chicken reaches 165°F internal temperature.**
- **Remove from oven, sprinkle with fresh basil, and serve hot.**

SAFE FOOD TEMPERATURES

IMPORTANT! Check food temperatures during all phases of cooking, cooling, heating, holding. Place the thermometer in the center of the pan or in the thickest part of the meat, away from the bone. Use a thin probe thermometer to check thin food such as meat patties & fish fillets.



**Poultry, (stuffed meat, poultry & fish),
Stuffed pasta, leftovers and reheated foods**

**Ground meats & fish, injected meats,
Raw shell eggs, gyros, sausage, ratites**

**Fish, meat, pork
Commercially raised game animals**

**Holding temperature for Hot foods
Cooking temperature for fruits & vegetables,
Commercially processed packaged foods.**

**Whole rare roast beef,
Cured hams, corned beef**

**TEMPERATURE DANGER ZONE: 41° F to 135° F
RAPID COOLING OF ALL POTENTIALLY HAZARDOUS FOODS
FROM 135° F TO 70° F WITHIN 2 HRS
FROM 70° F TO 41 F WITHIN 4 HRS
Use Shallow Pans (4 in. or less)**

**Holding temperature for Cold foods
(Except; milk, whole shell eggs, shellfish - 45° F)**

Holding temperature for frozen foods

**PROPER METHODS FOR THAWING FROZEN FOODS
• Under Refrigeration • Under Running Water • Part of Cooking Process**

COOKING SUBSTITUTIONS

KITCHEN CHEAT SHEET



COMMON SUBSTITUTIONS

FOOD	QTY.	SUBSTITUTE
Baking Powder	1 tsp	1/4 tsp baking soda + 1/2 tsp cream of tartar
Baking Soda	1 tsp	3 tsp baking powder
Brown Sugar	1 cup	1 cup white sugar +1 tbsp molasses
Butter	1 cup	1 cup mashed avocado or banana
Buttermilk	1 cup	1 cup milk +1 tbsp lemon juice or vinegar
Egg	1	1/4 cup unsweetened applesauce
Oil (for baking)	1/2 cup	1/2 cup yogurt or applesauce
Cornstarch	1 tbsp	2 tbsp all-purpose flour
Heavy Cream	1 cup	1/4 cup milk + 1/2 cup butter
Cake Flour	1 cup	1 cup all-purpose flour -2 tbsp +2 tbsp cornstarch
Sour Cream	1 cup	1 cup plain Greek yogurt
Mayonnaise	1 cup	1 cup sour cream or yogurt
Tomato Sauce	1 cup	1/2 cup tomato paste + 1/2 cup water
Soy Sauce	1 tbsp	1 tbsp tamari or coconut aminos
Fresh Herbs	1 tbsp	1 tsp dried herbs
Lemon Juice	1 tbsp	1 tbsp white vinegar
Self-Rising Flour	1 cup	1 cup flour + 1 1/2 tsp baking powder +1/4 tsp salt
Milk	1 cup	1/2 cup evaporated milk + 1/2 cup water
Honey	1 cup	1/4 cup sugar + cup water
Breadcrumbs	1 cup	1 cup crushed crackers or oats



GRAIN RATIOS AND COOKING TIMES

GRAIN	STOVETOP RATIO	STOVETOP TIME	INSTANT POT RATIO	INSTANT POT Time
Brown Rice	2:1	45-50 min	1.25:1	22 min + 10 min NPR
Wild Rice	3:1	50-60 min	1.5:1	30 min + 10 min NPR
White Rice	2:1	15-20 min	1:1	3 min + 10 min NPR
Quinoa	2:1	15-20 min	1:1	1 min +10 min NPR
Bulgur	2:1	12-15 min	1.5:1	4 min + 5 min NPR



SLOW COOKER & INSTANT POT CONVERSIONS

SLOW COOKER (Low)	INSTANT POT (High Pressure)	OVEN (325°F)
10 hours	40 minutes	2 1/2 hours
8 hours	30 minutes	2 hours
6 hours	18 minutes	1 1/2 hours
4 hours	12 minutes	1 hour



Dry Measures

CUP SIZE TABLESPOONS TEASPOONS

1 cup	16 tbsp	48 tsp
3/4 cup	12 tbsp	36 tsp
1/2 cup	8 tbsp	24 tsp
1/4 cup	4 tbsp	12 tsp
2 tbsp	4 tsp	12 tsp
1 tbsp	3 tsp	3 tsp



LIQUID MEASURES

VOLUME CUPS OUNCES (fl oz) FLUID TABLESPOONS (tbsp)

1 gallon	16 cups	128 fl oz	-
1 quart	4 cups	32 fl oz	-
1 pint	2 cups	16 fl oz	-
1 cup	1 cup	8 fl oz	16 tbsp
1/2 cup	0.5 cup	4 fl oz	8 tbsp
1/4 cup	0.25 cup	2 fl oz	4 tbsp



Poultry

All Poultry Cuts 165°F

Beef

Rare	120°-125°F
Medium Rare	130°-135°F
Medium	140°-145°F
Medium Well	150°-155°F
Well Done	160°-165°F
Ground Beef	160°F

Pork

Medium	140°-145°F
Medium Well	150°-155°F
Well Done	160°-165°F
Ground Pork	160°F

NOTES:

This Kitchen is f♥r Dancing

Marry Me Chicken

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4 servings



INGREDIENTS

- | | |
|---|--|
| 2 Tablespoons olive oil | 1 teaspoon salt |
| 1 cup chicken broth | ½ teaspoon black pepper |
| 1 cup heavy cream | 3 cloves garlic, finely chopped |
| ½ cup grated Parmesan cheese | ¼ teaspoon crushed red pepper flakes |
| 3 teaspoons Tomato Paste | ½ cup finely chopped sun-dried tomatoes |
| 4 boneless, skinless chicken breasts or thighs | 1 cup torn fresh basil (optional for garnish) |

INSTRUCTIONS

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- **Sear the chicken until golden brown.**
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- **Add garlic to the same skillet, sauté for 1–2 minutes until fragrant.**
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- **Spoon sauce over the chicken.**
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- **Remove from oven, sprinkle with fresh basil, and serve hot.**

Baked Caesar Chicken with Creamy Parmesan Sauce

**Golden bread crumbs meet tangy
Caesar sauce on juicy chicken
breasts, baked to crispy perfection**

4 Servings



INGREDIENTS

4 boneless, skinless chicken

breasts

1 cup Caesar dressing

½ cup sour cream

¾ cup grated Parmesan cheese

1 teaspoon garlic powder

½ teaspoon black pepper

½ teaspoon salt

½ teaspoon Italian seasoning

½ cup shredded mozzarella cheese

Fresh parsley, chopped (for garnish)

INSTRUCTIONS

- **Preheat the oven:** Set your oven to 375°F.
- **Lightly grease a baking dish** with nonstick spray.
- **Prepare the sauce:** In a mixing bowl, combine Caesar dressing, sour cream, grated Parmesan, garlic powder, black pepper, salt, and Italian seasoning. Stir well until creamy and smooth.
- **Coat the chicken:** Place the chicken breasts in the prepared baking dish and spread the creamy Parmesan sauce evenly over the top.
- **Bake:** Cover with foil and bake for 25-30 minutes or until the chicken is fully cooked (internal temperature reaches 165°F).
- **Remove the foil,** sprinkle mozzarella cheese on top bake uncovered for 5 minutes until melted and golden.
- **Garnish and serve:** Let the chicken rest for a few minutes, then sprinkle with fresh parsley before serving.
- **Cooking Time:** 35 minutes

Chicken and Dumplings

Create a comforting, hearty chicken and dumplings with tender chicken, a rich broth, and pillowy homemade dumplings that steam perfectly

4 Servings



INGREDIENTS

- | | |
|------------------------------------|---|
| 1 (3 to 3 1/2 pound) whole chicken | Salt and freshly ground black pepper to taste |
| 2 1/2 quarts cold water | 1/2 teaspoon cayenne pepper, or more to taste |
| 1 large carrot, cubed | 1/2 cup sour cream |
| 1 stalk celery, chopped | 1/2 cup milk |
| 1 onion, chopped | 2 teaspoons chopped fresh thyme leaves |
| 1 bay leaf | 2 eggs |
| 2 Tablespoons all-purpose flour | 2 cups self-rising flour |

INSTRUCTIONS

- Place chicken in a Dutch oven. Add water, carrot, celery, onion, and bay leaf. Bring to a boil, cover, reduce heat to low, and simmer for 1 hour. Remove chicken from dutch oven and transfer to a bowl; set aside to cool.
- Increase heat and bring the stock to a simmer. Skim off any chicken fat that appears on top of the stock and reserve in a bowl. Combine 2 to 3 tablespoons of the reserved fat with flour in a small bowl; stir to make a paste, adding more flour if needed. Add the chicken fat and flour mixture to the stock. Reduce heat and simmer for 15 minutes.
- Remove chicken meat from the carcass and add to the stock. Season with salt, black pepper, and cayenne pepper to taste. Continue simmering for 10 to 15 minutes.
- Whisk creme fraiche, milk, 2 teaspoons of thyme leaves, and eggs together in a large bowl. Stir in self-rising flour until almost entirely incorporated; do not overmix.
- Scoop large dollops of dumpling mixture on top of the chicken stock. Increase heat slightly to medium-high. Cover and simmer until dumplings appear light and fluffy, and a toothpick inserted into the center comes out clean, 10 to 15 minutes.

Chicken Parmesan

**You'll love how the light
breadcrumb-Parmesan crust
crackles beneath your fork, giving
way to juicy, tender chicken that's
been lovingly bathed in rich
marinara sauce and crowned with
melty mozzarella.**



2 Servings

INGREDIENTS

**2 large chicken breasts, pounded to 1/2 inch
thickness**

1 cup all-purpose flour

2 large eggs, beaten

1 cup bread crumbs

1/2 cup grated Parmesan cheese

1 teaspoon garlic minced

1 teaspoon onion minced

1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon black pepper

1 cup marinara sauce

**1 cup shredded mozzarella
cheese**

1/4 cup fresh basil leaves, chopped

1/4 cup olive oil 1 tbsp butter

INSTRUCTIONS

- **Preheat the oven to 375°F.**
- **Season the chicken breasts with salt and pepper.**
- **Set up a breading station with three bowls: one with flour, one with beaten eggs, and one with bread crumbs, Parmesan cheese, garlic, onion, and dried oregano.**
- **Dredge each chicken breast in flour, shaking off the excess.**
- **Dip into the beaten eggs, then coat with the bread crumb mixture, pressing gently to adhere.**
- **In a large skillet, heat olive oil and butter over medium-high heat.**
- **Bake in the preheated oven for 20 minutes or until the internal temp. is 160°F**
- **Transfer the chicken to a baking dish.**
- **Spoon marinara sauce over each piece and top with mozzarella cheese.**
- **Bake in the preheated oven until the cheese is melted and bubbly.**
- **Garnish with fresh basil before serving.**

Chicken Marsala

Chicken Marsala is a classic Italian-American dish featuring pan-seared chicken cutlets in a rich, savory mushroom and Marsala wine sauce, celebrated for its sweet and earthy flavors.

4 servings



INGREDIENTS

2 large chicken breasts, pounded to 1/4-inch thickness

1 large egg

3 Tablespoons all-purpose flour

1/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 Tablespoons olive oil

1–2 Tablespoons butter

8 ounces mushrooms, sliced

1 medium shallot, finely chopped

3 cloves garlic, minced

1 cup dry Marsala wine.

(for alcohol-free, use equal parts chicken stock and apple juice)

1 cup chicken stock

3 Tablespoons heavy cream

2 Tablespoons fresh parsley

INSTRUCTIONS

- **Slice each chicken breast horizontally to create two cutlets, pound to uniform thickness.**
- **Season with salt and pepper.**
- **Lightly beat the egg in a shallow bowl. In another bowl, combine flour and a pinch of salt and pepper.**
- **Dip each cutlet into the egg, then dredge in the flour mixture, shaking off excess.**
- **Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat.**
- **Fry the chicken cutlets in batches until golden brown on both sides (about 3–4 minutes per side).**
- **Remove chicken and keep warm on a plate tented with foil.**
- **In the same pan, add remaining butter and sauté mushrooms until browned, about 5 minutes.**
- **Add shallots and garlic, cooking 1–2 minutes until fragrant.**
- **Pour in Marsala wine, scraping up any browned bits from the pan. Simmer for 2–3 minutes to reduce slightly.**
- **Add chicken stock and bring to a gentle boil. Reduce heat and simmer until the sauce thickens slightly, about 5–7 minutes.**
- **Stir in heavy cream for a richer sauce.**
- **Return chicken cutlets to the pan and simmer gently for 2–3 minutes until the chicken is heated to an internal temp. of 165° F and coated in sauce.**
- **Garnish with parsley and serve**

Chicken Alfredo Pasta

This classic chicken Alfredo pasta features tender chicken breast, a creamy homemade Alfredo sauce, and fettuccine noodles for a rich and comforting meal.

4 - 6 Servings



INGREDIENTS

- | | |
|---|--|
| 1 pound chicken breast boneless and skinless | 1 ½ cup heavy cream |
| 2 teaspoons Italian seasoning | ½ teaspoon black pepper |
| 1 ½ teaspoons salt divided | 1¾ cup freshly grated parmesan cheese |
| 1 Tablespoon olive oil or other neutral oil | 12 ounces pasta cooked |
| ½ cup unsalted butter | ½ cup fresh parsley minced |

INSTRUCTIONS

- **Cut the chicken into 1 inch cubes. Season with 1 teaspoon of salt and the Italian seasoning**
- **Heat the oil in a large sauté pan over medium heat. Add the chicken. Cook for 7 to 10 minutes, turning frequently, until cooked through.**
- **Move the fully cooked chicken to a plate and set aside. Do not wash the pan**
- **Melt the remaining butter in the same skillet over low heat. Scrap up the chicken bits as it melts.**
- **Stir in the heavy cream, remaining salt, pepper, Bring to a simmer and cook on low for 5 to 6 minutes.**
- **Remove the pan from the heat, gradually add the cheese, and stir until the parmesan is completely melted and the sauce is thick and smooth.**
- **Stir in the cooked chicken and pasta, toss to coat. Top with the parsley and serve.**

Chicken Cacciatore

Chicken cacciatore is a classic Italian dish featuring chicken braised with tomatoes, onions, peppers, and aromatic herbs for a hearty, flavorful meal.

4 -6 Servings



INGREDIENTS

**3 Tablespoons extra-virgin olive oil divided
2 pounds boneless skinless chicken thighs
1 teaspoon salt
½ teaspoon ground black pepper
1 medium yellow onion chopped
1 medium green bell pepper chopped**

**3 cloves garlic minced
¾ cup dry white wine
or low sodium chicken broth
1 28 ounce can crushed tomatoes
8 ounces sliced mushrooms
2 teaspoons Italian seasoning
½ Tablespoon balsamic vinegar**

INSTRUCTIONS

- **Heat 2 Tablespoons olive oil in a Dutch oven or similar deep, sturdy pot over medium-high. Season both sides of the chicken with salt and pepper.**
- **Once the oil is hot, add the chicken in a single layer. Cook on the first side for 3 to 4 minutes, until browned, moving the chicken as little as possible so that it gets a nice sear. Flip and brown on the other side, about 2 additional minutes.**
- **Transfer the chicken to a large, clean plate.**
- **Reduce the heat to medium. Add the remaining 1 tablespoon oil, onion, and bell pepper. Cook until the vegetables begin to soften, about 4 minutes.**
- **Add the garlic and cook for 1 minute, or until you can smell the garlic.**
- **Add the white wine. Stir and let simmer until the wine is reduced by approximately half, about 3 minutes.**
- **Add the tomatoes with their juices, mushrooms, Italian seasoning, and balsamic vinegar, stirring to combine. Bring to a simmer. Let the sauce simmer, uncovered, for 10 minutes.**
- **Nestle the chicken thighs into the tomato sauce, along with any drippings that have collected on the plate.**
- **Cover the pot and let simmer 15 to 20 additional minutes, or until the chicken is cooked to an internal temp. of 165° F, the sauce is thickened, and the mushrooms are tender.**
- **Serve, enjoy**

Chicken Piccata

Chicken Piccata is a classic Italian-American dish featuring tender chicken cutlets in a bright lemon, caper, and butter sauce, perfect for a quick and elegant weeknight dinner.



6 Servings

INGREDIENTS

1 egg	1/2 pound sliced fresh mushrooms
2 tablespoons milk	1/4 cup chopped onion
1/2 cup all-purpose flour	1 cup chicken broth
1 teaspoon salt	1/2 cup white wine
1/2 teaspoon paprika	2 tablespoons lemon juice
3 skinless, boneless chicken breast	1 tablespoon cornstarch
4 tablespoons butter	1 tablespoon chopped fresh parsley, for garnish

INSTRUCTIONS

- **Slice each chicken breast horizontally to create two cutlets, pound to uniform thickness.**
- **Mix egg and milk together in a shallow bowl.**
- **Mix flour, salt, and paprika together in a second shallow bowl.**
- **Dip chicken into egg mixture, then lift up so excess egg drips back into the bowl.**
- **Press into flour mixture to coat both sides.**
- **Melt butter in a large skillet over medium-high heat.**
- **Add chicken and sauté until golden brown, 2 to 3 minutes per side.**
- **Add mushrooms and onion; sauté for 3 to 5 minutes.**
- **Mix broth, wine, lemon juice, and cornstarch together in a medium bowl; pour over chicken and mushrooms.**
- **Reduce the heat to medium-low and simmer until chicken is cooked through and the juices run clear, about 25 minutes. heated to an internal temp. of 165° F.**
- **Sprinkle with parsley and serve.**

Stroganoff

Beef, Chicken, or Turkey

Stroganoff is a creamy, comforting dish featuring tender strips of beef, chicken or turkey in a rich mushroom and sour cream sauce, served over noodles or rice for a satisfying meal.

6 - 8 Servings



INGREDIENTS

2 pounds Beef Chuck Roast, Chicken, or Turkey

1/2 teaspoon salt

1/2 teaspoon ground black pepper

4 ounces butter

1/2 cup onion, sliced

4 tablespoons all-purpose flour

1 (10.5 ounce) can beef or poultry broth

1 teaspoon prepared mustard

1/2 cup sliced mushrooms

1/3 cup sour cream

1/3 cup white wine

salt and pepper to taste

INSTRUCTIONS

- **Remove any fat and gristle or bone from chuck roast, chicken, or turkey**
- **Cut into strips 1/2-inch thick by 2-inches long.**
- **Season with salt and pepper.**
- **Melt butter in a large skillet over medium heat.**
- **Add meat and sear.**
- **Add onions and mushrooms, cook for 3 to 5 minutes.**
- **Mix flour into pan juices. Pour in broth and bring to a simmer, stirring constantly.**
- **Reduce heat to low, stir in mustard. cover and simmer until meat is tender, about 45 minutes to 1 hour.**
- **Five minutes before serving, add sour cream, and white wine.**
- **Cook until heated through; season with salt and pepper.**
- **Serve over noodles, rice or mashed potatoes.**

Bolognese Ragú

Bolognese Ragú is a traditional Italian meat-based sauce originating from Bologna, typically made with ground meat, onions, carrots, tomatoes, and a combination of wine and milk or cream, gently simmered to a rich and savory consistency.



Serves 4-6

INGREDIENTS

½ lb fresh sausage

½ lb lean ground beef

½ lb ground pork

12 oz tomato sauce

1 onion, diced

3 garlic cloves, diced

2 medium carrots

½ cup milk

½ cup dry white wine

2 Tablespoons butter

2 Tablespoons olive oil

1 teaspoon salt

½ teaspoon black pepper

(You can use marinara sauce, previous recipe)

INSTRUCTIONS

- **Prepare the meat:** combine the ground beef and pork with the sausage, and with your hands, (Do not over mix).
- **Prepare the vegetables:** dice the onion, garlic, and carrots
- **In a saucepan,** add a little oil and butter and melt them over low heat.
- **Sauté the vegetables and seasonings in the pot.** Cook them until they are golden brown.
- **Add the meat,** and with a wooden spoon, stir it to make sure it cooks evenly.
- **Deglaze the pan with white wine:** add the wine and over high heat, let it evaporate.
- **Add the tomato puree,** then the milk, and finally the salt and freshly ground pepper.
- **Stir well and cook over a medium-low heat** until it is reduced by half the volume.
- **Serve over pasta** of your choice.

Scott's Meatloaf

This classic homemade meatloaf is juicy, flavorful, and topped with a tangy glaze for the perfect comfort food dinner.

4 Servings



INGREDIENTS

1/2 lb ground beef 80/20

1/2 lb ground sausage

1/2 lb ground pork

4 slices of fresh bread crumbs

1/3 cup beef broth

1 Tablespoon Worcestershire sauce

2 eggs lightly beaten

2 pinches dry parsley

1 Tablespoon vegetable oil

4 garlic cloves minced

1 cup red onion diced

salt and pepper for taste

INSTRUCTIONS

- **Preheat the oven to 350°F.**
- **Add the vegetable oil to a medium skillet over medium heat. Once the oil is hot, enough add the onions and cook until softened about 6-8 minutes. A minute before the onions are done, add the garlic.**
- **Cook until fragrant (about 30 seconds). Remove the onions and garlic from the skillet and let it cool for about 5 minutes.**
- **To a small bowl add the fresh breadcrumbs, eggs, Worcestershire sauce and beef broth. Mix gently. Let the breadcrumbs soak for 5 minutes.**
- **To a bowl add the ketchup, pepper and brown sugar. Mix well. Reserve for later.**
- **Use a bowl big enough for the ground beef, ground sausage, ground pork. and breadcrumb mixture.**
- **Add the mixed meats to the bowl with all the seasonings, salt, and pepper. Add the breadcrumb mixture, onions and garlic and gently mix. (Mix until just combined, do not overmix)**
- **Shape the beef into a loaf. Pour only half of the brown sugar ketchup over the meatloaf.**
- **Bake for 45-60 minutes or until the internal temperature is 160°F.**
- **Cover the meatloaf with the remaining ketchup glaze. Serve with mashed potatoes and vegetables.**

Beef Stew

A hearty beef stew combines tender chunks of beef with potatoes, carrots, celery, and aromatic herbs in a rich, flavorful broth for a comforting, family-friendly meal.

4 Servings



INGREDIENTS

- | | |
|---|-------------------------------------|
| 1 1/2 pounds beef stew meat, cut into 1 inch cubes | 1 Tablespoon chopped parsley |
| 1 teaspoon salt, divided | 1 cloves garlic, minced |
| 1/2 teaspoon ground black pepper, divided | 1 cubes beef bouillon |
| 1/8 cup all-purpose flour | 1/16 teaspoon dried thyme |
| 1/8 cup butter | 1/2 cup red wine |
| 1/2 Tablespoon vegetable oil | 3 medium potatoes, cubed |
| 1/2 medium onion, chopped | 3 medium carrots, chopped |
| 1 1/2 cups water | 3 stalks celery, chopped |
| 8 ounce can whole peeled tomatoes | 1 cup pearl onions |

INSTRUCTIONS

- **Season beef with 1 teaspoon salt and 1/2 teaspoon pepper.**
- **Place flour in a resealable bag. Add seasoned beef, seal the bag, and toss to coat.**
- **Heat butter and oil in a large skillet over medium-high heat. Add beef and onion; sauté until beef is browned on all sides, 5 to 7 minutes. Transfer beef and onion to a large stockpot.**
- **Add water, tomatoes, parsley, garlic, bouillon cubes, remaining 1 teaspoon salt, remaining 1/2 teaspoon pepper, and thyme to the stockpot. Pour in wine and stir to combine. Cover and simmer for 1 1/2 hours.**
- **Add potatoes, carrots, celery, and pearl onions; continue to simmer until potatoes are tender, about 1 hour.**

Smothered Beef Short Ribs

Smothered beef short ribs are braised slowly in a rich, savory gravy until fall-off-the-bone tender, perfect for a comforting Sunday dinner.

6 Servings



INGREDIENTS

**4 pounds beef short ribs
salt and pepper to taste
1 cup all-purpose flour
½ cup olive oil
2 cups chopped onions
1 cup chopped celery
1 cup chopped carrots**

**2 tablespoons minced garlic
1 tablespoon dried thyme
3 large bay leaves
1 cup red wine
8 cups beef stock
¼ cup chopped fresh parsley**

INSTRUCTIONS

- **Season ribs with salt and pepper, then dredge in flour.**
- **Heat oil in a large pot over medium-high heat. Sear ribs in hot oil in small batches, adding oil as needed, 2 to 3 minutes per batch. Transfer to a plate.**
- **Add onions to the pot and sauté for 2 minutes. Add celery and carrots; sauté for 1 minute.**
- **Season with salt and pepper, then stir in garlic, thyme, and bay leaves. Cook until fragrant, about 1 minute.**
- **Pour wine into the pot and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Add stock and bring to a boil.**
- **Reduce the heat to low and add ribs.**
- **Simmer until meat pulls away easily from the bone and sauce has thickened, about 2 hours.**
- **Discard bay leaves. Stir in parsley and serve.**

Ground Beef Shepherd's Pie

This classic ground beef shepherd's pie features a savory beef and vegetable filling, topped with creamy mashed potatoes for a comforting, hearty meal.

4 Servings



INGREDIENTS

cooking spray	1 cup tomatoes, diced
1 tablespoon vegetable oil	1 clove garlic, minced
1 onion, chopped	2 potatoes, cooked and mashed
1 pound lean ground beef	½ cup water
1 teaspoon dried basil	1 large egg, beaten
1 cup green beans	

INSTRUCTIONS

- **Preheat the oven to 350 degrees F.**
- **Grease a 2-quart casserole dish with cooking spray.**
- **Heat oil in a large skillet over medium heat. Cook and stir onion in hot oil until translucent, about 5 minutes.**
- **Add ground beef and basil. Cook and stir until beef is crumbly and browned, about 5 minutes.**
- **Mix in green beans, tomatoes, and garlic; cook until beans are slightly softened, about 5 minutes more.**
- **Transfer to the prepared casserole dish.**
- **Mix together mashed potatoes, water, and beaten egg in a medium bowl until smooth. Spread evenly over beef mixture.**
- **Bake in the preheated oven until potatoes start to brown on top, 15 to 20 minutes.**
- **Sprinkle with cheese and continue baking until cheese is melted, about 5 more minutes.**

Shrimp Scampi

Shrimp scampi is a quick, flavorful dish featuring juicy shrimp sautéed in a garlic-butter and white wine sauce, perfect served over pasta, rice, or with crusty bread.

4 Servings



INGREDIENTS

- | | |
|--|--|
| 1 (16 ounce) pasta of your choice | 1 tablespoon chopped fresh parsley |
| ½ cup butter | 1 teaspoon dry white wine |
| ½ cup minced onion | 1 teaspoon salt |
| ¼ cup lemon juice | ½ teaspoon black pepper |
| 4 cloves garlic, minced | 1 pound peeled and deveined medium shrimp |
| | ½ cup Asiago cheese, diced |

INSTRUCTIONS

- **Bring a large pot of lightly salted water to a boil.**
- **Cook pasta in boiling water until tender yet firm to the bite, drain.**
- **Melt butter in a large skillet over medium heat.**
- **Add onion, lemon juice, garlic, parsley, white wine, salt, pepper,**
- **Cook, stirring until mixture bubbles. Increase heat to medium-**
- **Add shrimp. Cook and stir until shrimp turn pink and opaque, about 5 minutes.**
- **Serve shrimp scampi over pasta. Sprinkle with Asiago cheese**

Grandmom's Mac & Cheese

Grandmom's Mac and Cheese is a classic comfort food that brings back warm memories of family gatherings and delicious home-cooked meals.

4 -6 Servings



INGREDIENTS

1 lb. Rigatoni

6 oz. sharp cheddar cheese in a chunk

6 oz. Swiss cheese in a chunk

6 oz. Colby Cheese in a chunk

Color of cheese doesn't matter, but

I like to use some yellow and some white

Milk

1/4 cup flour

INSTRUCTIONS

- **Cook the Macaroni according to the directions on the box. Drain. I use a 9 x 13 pan.**
- **Put the macaroni in pan.**
- **Sprinkle flour over it and mix it up.**
- **The amount of cheese is not written in stone. You should have equal amounts of the 3 kinds of cheese and you should use at least 16 oz of combined cheeses, but you can go a little over. Cut the cheese up into small slices (about 1/8" and 1" square pieces.) This is really approximate. You don't want to use shredded cheese**
- **because the difference in this recipe is the fact that you have hunks of cheese that don't melt into one cream sauce when it is finished but melt into soft lumps of cheese.**
- **Put the cheese into the pan over the macaroni and mix it all up.**
- **Add milk – here's the tricky part. Grandmom used to say that you added milk until you could see it on the sides. I would say you add milk about 1/2 to 2/3's the depth of the macaroni and cheese. It doesn't matter in taste too much, but the amount of milk will affect the creaminess and the length of time to cook it.**
- **COVER WITH FOIL**
- **Bake at 350 degrees. In about 1/2 hour, lift up foil and stir any noodles that are dried out on top into the wet area. Stir gently because you don't want the cheese to get too mixed up. Put foil back on. I leave foil on for entire cooking time, but mother always took it off in about 1 hour and put back into the oven for about 15 minutes until it's slightly brown on top. These times are approximate. What your aiming for is that the milk becomes absorbed and mixed with the cheese and is not still a thin liquid. Over cooking will make it dry, undercooking will leave it too milky.**

Eggplant Rollatini

Eggplant rollatini is a delicious Italian dish made with thinly sliced eggplant rolled around a creamy ricotta-based filling and baked in a flavorful tomato sauce with melted cheese on top

4 Servings



INGREDIENTS

- | | |
|---|---|
| 2 large eggplants | 1 Tablespoon lemon zest |
| 2 Tablespoons kosher salt | 1/4 teaspoon crushed red pepper flakes |
| 1/4 cup extra-virgin olive oil | 1/2 teaspoon kosher salt |
| 2 cups ricotta cheese | 1/4 teaspoon black pepper |
| 1 egg beaten | 1/3 cup pine nuts toasted |
| 1/2 cup grated parmesan cheese | 15 fresh basil leaves chopped |
| 2 garlic cloves minced | 2 cups simple tomato sauce |
| 2 Tablespoons fresh parsley minced | |

INSTRUCTIONS

Combine condensed soup, egg, and seasoning salt (be careful, as soup is already salted) in a shallow dish or bowl; mix well. Dip chicken in mixture and turn to coat completely. Set aside.

Mix together flour, cornstarch, garlic powder, paprika, salt, and pepper in a resealable plastic bag. Place chicken pieces, one at a time, in the bag, seal and shake to coat. Add more flour and cornstarch as necessary, but add them in equal parts.

Heat oil in a deep-fryer or large saucepan to 375 degrees F. Be sure to use enough oil to cover chicken pieces.

Place coated chicken on a platter; allow to sit until outside becomes doughy (this is critical to ensure crispiness when fried). Once chicken coating is doughy, test oil by dropping a piece of coating into it; oil is ready if it starts to fry immediately.

Working in batches, fry chicken pieces in hot oil until cooked through and the juices run clear, 7 to 10 minutes. Drain on paper towels and serve.

Sheet-Pan Shrimp Fajitas

Sheet-pan shrimp fajitas are a quick, flavorful, and colorful meal that can be cooked in one pan, combining juicy shrimp with peppers and onions for easy weeknight dinners.

4 Servings



INGREDIENTS

1 pound large shrimp, peeled and deveined

2 bell peppers, sliced

1 red onion, sliced

2 Tablespoons olive oil

1 Tablespoon chili powder

1/2 teaspoon smoked paprika

1/2 cup lime juice

Salt

INSTRUCTIONS

- **Heat the oven to 425°F. Line a sheet pan with parchment paper it.**
- **In a large bowl, toss shrimp, bell peppers, and red onion with olive oil, chili powder, smoked paprika, and salt.**
- **Remove shrimp, set aside.**
- **Spread Vegetables evenly on the sheet pan in a single layer.**
- **Roast the vegetables until al dente with light browning at the edges, 4 to 6 minutes.**
- **Add Shrimp, cook for an additional 5-9 minutes until shrimp are tender.**
- **Squeeze fresh lime juice over the pan and serve immediately.**

Marinara Sauce

Marinara sauce is a classic Italian tomato-based sauce known for its simplicity, fresh flavors, and versatility in pasta and other dishes.

4 Servings



INGREDIENTS

28 ounce can whole San Marzano tomatoes

1/4 cup extra virgin olive oil

3 cloves chopped garlic

1/2 cup diced onion

1/2 teaspoon dried oregano

1/2 teaspoon dried basil leaves

1/2 teaspoon salt.

OPTIONAL

1/2 cup red wine

INSTRUCTIONS

- **Crush the tomatoes with your hands into a large bowl. Set aside.**
- **Add oil to a large skillet over medium heat. Once hot, add the garlic, and onion. pan sear until onions are translucent.**
- **Pour in optional wine to deglaze the pan.**
- **Stir and then add the crushed tomatoes, oregano, basil, and salt. Reduce to a simmer and cook for at least 15-20 minutes, until the oil on the surface turns a deep orange.**

Salmon and Asparagus Foil Packs in Garlic Butter Sauce

Enjoy a healthy and flavorful meal with salmon and asparagus baked in foil, topped with a rich garlic butter sauce that locks in moisture and enhances taste.

4 Servings



INGREDIENTS

1 pound center-cut salmon fillet, preferably wild,
cut into 4 portions

1 pound fresh asparagus, trimmed

½ teaspoon salt

½ teaspoon ground pepper

3 Tablespoons butter

1 Tablespoon extra-virgin olive oil

½ Tablespoon grated garlic

1 teaspoon grated lemon zest

1 Tablespoon lemon juice

INSTRUCTIONS

- In a small bowl, combine balsamic vinegar, lemon juice, olive oil, and garlic. Set aside.
- Place a handful of asparagus in the middle of a sheet of parchment and aluminum foil. Place 1 tsp of vinegar mixture over top and toss.
- Add 1 salmon fillet on top of asparagus. Top with 1 tsp of mixture and sprinkle with salt and pepper. Add 2 lemon slices to the top.
- Make a tent and secure the seams.
- Repeat the above steps with second piece of salmon. Bake both foil packs at 350°F for 20 minutes.
- Serve and enjoy.

Pork Chops with Sweet Potato Gravy

This Pork Chops with Sweet Potato Gravy is the ultimate comfort meal—tender pork chops simmered with hearty potatoes in a rich, savory gravy. A cozy, stick-to-your-ribs dinner the whole family will love!



4 Servings

INGREDIENTS

4 thick pork chops,

2 Tablespoons vegetable oil

2 Tablespoons all-purpose flour

1 ½ cups thinly sliced onions

½ cup pecan pieces

2 cups water

1 teaspoon salt

¼ teaspoon cayenne

**1 pound sweet potatoes, baked, peeled,
and mashed (about 1 ½ cups)**

3 Tablespoons pure cane syrup

Chopped parsley leaves, for garnish

INSTRUCTIONS

- **In a large skillet, heat the oil over medium-high heat. Add the chops and cook until brown, 3 to 4 minutes per side.**
- **Transfer the chops to a warm platter and cover to keep warm. Reduce the heat to medium.**
- **Add the flour and, stirring constantly, cook until the roux is dark brown, the color of chocolate, about 3 minutes.**
- **Add the onions and cook, stirring occasionally, for 5 to 6 minutes, or until wilted.**
- **Add the pecans, water, salt, and cayenne and mix well. Bring to a boil. Add the sweet potatoes and blend to make a smooth mixture.**
- **Stir in the syrup. Return the pork chops to the pan, reduce the heat, and simmer until the pork is cooked to an internal temp. of 160°F**
- **Bast the chops with the gravy throughout the cooking process.**
- **Remove from the heat and serve immediately. Garnish with parsley.**

Sausage with White Beans and Kale

This hearty one-pan dish combines savory sausage, creamy white beans, and tender kale into a flavorful, quick, and nutritious meal perfect for weeknight dinners.

4 Servings



INGREDIENTS

2 Tablespoon olive oil	¼ teaspoon freshly cracked black pepper
12 to 14 ounces sausage, sliced ¼-inch thick	1 teaspoon minced fresh thyme leaves
3 garlic cloves, minced	½ bunch curly kale, stemmed, and torn into bite-size pieces (about 3 cups packed)
2 (15-ounce) cans white beans drained and rinsed	1 Tablespoon fresh lemon juice,
1 ½ cups chicken stock	½ cup freshly grated Parmesan cheese,
½ teaspoon kosher salt	plus extra for serving

INSTRUCTIONS

- **Heat the olive oil in a 12-inch skillet over medium-high heat. Add the sausage, cook until browned on both sides, 5 to 6 minutes. Transfer to a plate.**
- **Add the garlic and cook until fragrant, about 30 seconds. Add two thirds of the beans, and 1 cup of the chicken stock. Season with the salt, pepper, and thyme. Stir to combine and bring to a simmer over medium heat.**
- **In a medium bowl, mash the remaining beans with a fork until a thick paste forms. Add the smashed beans to the skillet and stir to combine. Simmer until the beans are heated through and the stock is bubbling, 2 to 3 minutes.**
- **Add the kale, reduce the heat to medium-low, and cook, stirring often, until the kale has wilted, about 2 more minutes.**
- **Stir in the Parmesan, lemon juice, and sausage. Add the remaining stock a little at a time if you need more creaminess. Adjust the seasoning to taste. Transfer the sausage back to the skillet and cook, stirring, until the sausage is warmed through.**

Southern Fried Chicken

Southern Fried Chicken combines juicy, tender meat with a golden, crunchy coating, seasoned and cooked to perfection.

4 Servings



INGREDIENTS

1 (10.5 ounce) can condensed cream of chicken soup
1 large egg
seasoning salt to taste
4 skinless, boneless chicken breast halves
1/2 cup all-purpose flour

1/2 cup cornstarch
1/2 teaspoon garlic powder
1/2 teaspoon paprika
salt and pepper to taste
oil for frying

INSTRUCTIONS

- **Combine condensed soup, egg, and seasoning salt (be careful, as soup is already salted) in a shallow dish or bowl; mix well. Dip chicken in mixture and turn to coat completely. Set aside.**
- **Mix together flour, cornstarch, garlic powder, paprika, salt, and pepper in a resealable plastic bag. Place chicken pieces, one at a time, in the bag, seal and shake to coat. Add more flour and cornstarch as necessary, but add them in equal parts.**
- **Heat oil in a deep-fryer or large saucepan to 375 degrees F. Be sure to use enough oil to cover chicken pieces.**
- **Place coated chicken on a platter; allow to sit until outside becomes doughy (this is critical to ensure crispiness when fried). Once chicken coating is doughy, test oil by dropping a piece of coating into it; oil is ready if it starts to fry immediately.**
- **Working in batches, fry chicken pieces in hot oil until cooked through and the juices run clear, 7 to 10 minutes. Drain on paper towels and serve.**