



JOIN US

RECIPE CLUB
SUNDAY AUGUST 3RD
5:00 IN THE CLUBHOUSE
THIS MONTHS THEME IS
"GRAB N GO"
(BUT WE WANT YOU TO STAY)

Appetizers

GREEK HUMMUS CUPS (with toppings)

Hummus recipe

One can garbanzo beans (chickpea) (drained)

Garlic to taste (we used 6-7 cloves)

Lemon juice 2 TBS

Olive oil 2 TBS

Tahini 2 heaping TBS

Topping

Diced cucumber

Diced grape tomatoes

Balsamic vinegar (to taste)

Feta cheese

Serve with pita chip and pretzel chip

Main Dishes



TACO CUPCAKES

Author: [Stephanie Parker](#)

Yield: 18 cupcakes

Prep Time 10 mins | Cook Time 20 mins | Total Time 30 mins



Taco Cupcakes Recipe - the original recipe! Taco meat, black beans, and cheese baked in wonton wrappers in a muffin pan. Top with your favorite taco toppings. Kids (and adults) love these! Great for lunch, dinner or parties!!

Equipment:

- [Muffin Pan](#)
- [12-inch Non-Stick Skillet](#)
- [Meat Masher Tool](#)
- [Rotary Cheese Grater](#)

Ingredients:

- 1 lb ground beef
- 1 (1-oz) [package taco seasoning](#)
- $\frac{2}{3}$ cup water
- 1 can black beans, drained
- 2 cups shredded cheddar cheese shredded
- 36 wonton wrappers
- your favorite taco toppings cheese, sour cream, lettuce, tomatoes, etc
- cooking spray

Instructions:

1. Preheat oven to 375°F.
2. Brown the meat in a skillet and drain off fat (I use a collander). Return the meat to the skillet; add the taco seasoning, water and black beans. Mix and simmer for 5-10 minutes, until water is absorbed.

3. Spray 18 regular muffin pan cups with cooking spray. Place one wonton wrapper in each muffin cup. Divide half of the taco meat between muffin cups. Sprinkle half of the cheese over the cupcakes. Repeat layers - wonton, taco meat and cheese.
4. Bake for 20 minutes, or until cheese is bubbly. Top with your favorite taco toppings.

Notes:

Here is our recipe for Homemade Taco Seasoning made with chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt, and pepper: <https://www.plainchicken.com/homemade-taco-seasoning/>



<https://www.plainchicken.com/taco-cupcakes/>

All images and text © Plain Chicken, Inc.



Did you make this recipe?

Mention [@plainchicken](#) or tag [#plainchicken](#)!

<https://www.plainchicken.com/taco-cupcakes/>

Doritos® Taco Salad

I love this dish! It reminds me of potlucks and summertime. It's full of every texture--warm, cool, crisp, soft, crunchy. It has a touch of sweetness and tanginess from the dressing, and the lovely nacho cheese flavor from the chips, with the taco-seasoned meat. It all works together deliciously and is a quick and easy meal that's ready to go anytime.

Submitted by **Rebekah Rose Hills**

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Servings: 6

Yield: 6 servings

Ingredients

- 1 pound lean ground beef
- 1 medium onion, finely diced
- salt and ground black pepper to taste
- ¼ cup water
- 1 ½ tablespoons taco seasoning mix
- 1 (15 ounce) can dark red kidney beans, drained
- ½ (12 ounce) bag nacho cheese-flavored corn chips (such as Doritos®), crushed
- 1 large head romaine lettuce, chopped
- 1 ½ medium tomatoes, diced
- ½ cup shredded Cheddar cheese, or more to taste
- ½ cup Catalina salad dressing, or to taste

Directions

Step 1

Heat a large nonstick skillet over medium to medium-high heat and saute ground beef, diced onion,

salt, and pepper together until ground beef is browned and no longer pink and onions are tender, about 10 minutes. Add 1/4 cup water and taco seasoning to the meat. Stir to coat and allow to simmer for 1 minute to thicken. Set aside to cool while you prep the salad.

Step 2

Add kidney beans, crushed chips, lettuce, tomatoes, Cheddar cheese, and dressing to a large bowl. Top with meat mixture and toss gently to evenly combine. Serve immediately.

Nutrition Facts

Per serving: 509 calories; total fat 29g; saturated fat 9g; cholesterol 65mg; sodium 833mg; total carbohydrate 40g; dietary fiber 7g; total sugars 8g; protein 25g; vitamin c 20mg; calcium 159mg; iron 3mg; potassium 445mg

salt, and pepper together until ground beef is browned and no longer pink and onions are tender, about 10 minutes. Add 1/4 cup water and taco seasoning to the meat. Stir to coat and allow to simmer for 1 minute to thicken. Set aside to cool while you prep the salad.

Step 2

Add kidney beans, crushed chips, lettuce, tomatoes, Cheddar cheese, and dressing to a large bowl. Top with meat mixture and toss gently to evenly combine. Serve immediately.

Nutrition Facts

Per serving: 509 calories; total fat 29g; saturated fat 9g; cholesterol 65mg; sodium 833mg; total carbohydrate 40g; dietary fiber 7g; total sugars 8g; protein 25g; vitamin c 20mg; calcium 159mg; iron 3mg; potassium 445mg

Doritos® Taco Salad

I love this dish! It reminds me of potlucks and summertime. It's full of every texture--warm, cool, crisp, soft, crunchy. It has a touch of sweetness and tanginess from the dressing, and the lovely nacho cheese flavor from the chips, with the taco-seasoned meat. It all works together deliciously and is a quick and easy meal that's ready to go anytime.

Submitted by **Rebekah Rose Hills**

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Servings: 6

Yield: 6 servings

Ingredients

- 1 pound lean ground beef
- 1 medium onion, finely diced
- salt and ground black pepper to taste
- ¼ cup water
- 1 ½ tablespoons taco seasoning mix
- 1 (15 ounce) can dark red kidney beans, drained
- ½ (12 ounce) bag nacho cheese-flavored corn chips (such as Doritos®), crushed
- 1 large head romaine lettuce, chopped
- 1 ½ medium tomatoes, diced
- ½ cup shredded Cheddar cheese, or more to taste
- ½ cup Catalina salad dressing, or to taste

Directions

Step 1

Heat a large nonstick skillet over medium to medium-high heat and saute ground beef, diced onion,

Sue & Jim Stewart



Seafood Salad

★★★★★

This seafood salad is a blend of imitation crab and shrimp in a creamy dill dressing with fresh vegetables. An easy high protein lunch option that takes just minutes to make!

	Course	Salad
Cuisine	American	
Prep Time	10 minutes	
Cook Time	3 minutes	
Total Time	13 minutes	
Servings	4	
Calories	317kcal	
Author	Sara Welch	

Ingredients

- 8 ounces imitation crab meat flaked style or sticks cut into slices
- 8 ounces raw shrimp I use 51-60 count for this recipe
- 1 lemon quartered
- 1/2 cup celery finely diced
- 3 tablespoons red onion minced
- 1/2 teaspoon Old Bay seasoning
- 2 teaspoons lemon juice
- salt and pepper to taste
- 1/2 cup mayonnaise
- 1 1/2 tablespoons fresh dill chopped, plus more for garnish

Instructions

1. Bring a pot of salted water to a boil. Add the quartered lemon.
2. Add the shrimp to the pot and cook for 1-2 minutes or until pink and opaque. Transfer the shrimp to a bowl of ice water to stop the cooking process.
3. Drain the shrimp then pat dry.
4. Place the shrimp, imitation crab, celery, red onion, Old Bay seasoning, lemon juice, salt, pepper, mayonnaise and dill in a bowl. Toss gently to coat.
5. Garnish with additional fresh dill and serve, or cover and refrigerate for up to 2 days.

Nutrition

Calories: 317kcal | Carbohydrates: 14g | Protein: 15g | Fat: 18g | Saturated Fat: 3g | Cholesterol: 160mg | Sodium: 648mg | Potassium: 126mg | Fiber: 1g | Sugar: 3g | Vitamin A: 75IU | Vitamin C: 18.6mg | Calcium: 94mg | Iron: 1.5mg

Put into Mini Pastry Shells

Desserts

Crumb Coffee Cake

Submitted by Carol Cowley

Cake:

**½ lb. margarine or butter (I like to mix them)
2 eggs
3 cups flour
1 t. salt**

**1½ cups sugar
1 t. vanilla
4 t. baking powder
1 ¼ cups milk**

Preheat oven to 350°

Cream margarine and butter; add eggs and vanilla. Combine dry ingredients. Add dry ingredients and milk alternately to margarine mixture. Pour batter into 1 9"x15" pan and 1 small loaf pan. Top with amount of crumbs desired. Bake at 350° for 30-35 minutes until toothpick inserted comes out clean..

Crumb topping:

**½ lb. butter (can use margarine or mix)
¾ cup sugar
¾ cup brown sugar**

**3 cups flour
½ t. salt
2 t. cinnamon**

Mix ingredients together with a fork or pastry blender until butter is small clumps. Crumble over cake with hands.

Toffee Fudge

Ingredients:

- * 3 TBS unsalted butter- cubbed, plus more to grease pan
- * 2 1/2 c dark chocolate chips
- * 1 - 14oz can sweetened condensed milk
- * 1 TSP pure vanilla extract
- * 1/2 TSP Kosher salt
- * Toffee or topping of choice
- * wrappers

Directions:

- * Butter an 8x8 pan and line with parchment paper - leaving a 2" over hang on opposite sides
- * In medium sauce pan on medium heat cook butter, chips, milk, vanilla and salt stirring constantly for 5 minutes.
- * Pour into pan and refrigerate for 1 day
- * Run sharp knife around edges of pan and lift out.
- * cut into 1 1/2 inch squares and serve.