



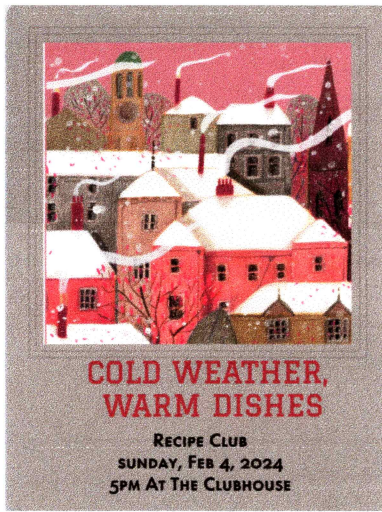
# **COLD WEATHER, WARM DISHES**

**RECIPE CLUB**

**SUNDAY, FEB 4, 2024**

**5PM AT THE CLUBHOUSE**





# Main Dishes



Susan Stewart <susan321stewart@gmail.com>

## Cashew Chili

1 message

Vegetarian

Susan Stewart <susan321stewart@gmail.com>

Sat, Feb 3, 2024 at  
10:18 AM

To: Susan Stewart <susan321stewart@gmail.com>

Makes 4 servings

3 Tbs butter  
1 medium onion, chopped  
1 green pepper, chopped  
2 stalks celery, chopped  
1 (15 oz) can kidney beans  
1 (15 oz) can tomato sauce  
1 (32 oz) can whole tomatoes  
2 cups frozen corn  
1-2 Tbs chili powder  
3 drops hot pepper sauce  
1 tsp ground cumin  
2 garlic cloves, minced  
1 tsp dried basil  
1 tsp dried oregano  
1 bay leaf  
1/2 tsp pepper  
1 cup raisins  
1 cup whole cashews  
Monterey Jack or cheddar cheese, grated

In a large saucepan, melt butter. Saute onion, green pepper, and celery until crisp-tender, about 10 minutes. Add beans, tomato sauce, whole tomatoes (crushed by hand a bit), corn, and seasonings. Bring to a boil; reduce heat and simmer 30 minutes to blend flavors. Stir in raisins and cashews; continue cooking until raisins are plump and the cashews are tender, about 20 minutes. To serve, ladle into bowls and top each with grated cheese. Serve with more cheese





Susan Stewart <susan321stewart@gmail.com>

## Tortilla Bowls

1 message

**Susan Stewart** <susan321stewart@gmail.com>  
To: Susan Stewart <susan321stewart@gmail.com>

Sun, Feb 4, 2024 at 1:22 PM



Preheat oven to 375 degrees

For small bowls, use 5" tortillas

Spray tortillas on both sides with cooking spray.

Press into muffin cups and pinch edges to make 3-4 folds to fit.

For large bowls, use 10" tortillas

Spray tortillas on both side with cooking spray.

Press into oven safe bowls and put on a baking sheet.

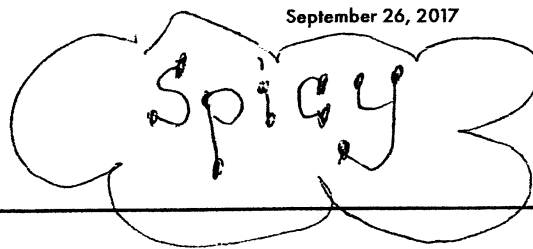
Bake on lower rack (so edges don't brown too quickly) for 15-20 minutes until edges are brown.

Cool before filling with taco salad or chili.



# Chicken Scarpariello With Sausage and Peppers

September 26, 2017



## Ingredients

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4 servings

- 1½ pounds fingerling potatoes, halved lengthwise
  - 6 tablespoons extra-virgin olive oil, divided
  - Kosher salt, freshly ground pepper
  - 3 links sweet Italian sausage
  - 6 skin-on, bone-in chicken thighs
  - 2 large onions, chopped
  - ½ large red bell pepper, chopped
  - 6 garlic cloves, finely grated
  - 1 cup dry white wine
  - 1 cup low-sodium chicken broth
  - ½ cup chopped hot, sweet pickled Peppadew peppers in brine
  - ¼ cup white wine vinegar
  - 3 sprigs rosemary
  - Chopped parsley (for serving)
-



# Preparation

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## Step 1

2/4/24, 12:08 PM

Chicken Scarpariello With Sausage and Peppers Recipe | Bon Appétit

Arrange racks in upper and lower thirds of oven; preheat to 450°. Toss potatoes with 3 Tbsp. oil on a rimmed baking sheet; season with salt and pepper. Arrange cut side down and roast on lower rack until tender and cut sides are browned, 20–30 minutes; set aside.

## Step 2

Meanwhile, heat remaining 3 Tbsp. oil in a large skillet over medium-high. Cook sausages, turning occasionally, until browned on all sides, 6–8 minutes (they will not be fully cooked). Transfer to a plate.

## Step 3

Season chicken on both sides with salt and pepper. Cook in same skillet, turning occasionally, until golden brown on both sides, 8–10 minutes (they will also be undercooked). Transfer to plate with sausage.

## Step 4

Cook onions, bell pepper, and garlic in same skillet over medium-high heat, stirring occasionally and scraping bottom of pan, until tender and beginning to brown, 10–12 minutes. Add wine and cook, stirring occasionally, until reduced and you can no longer smell the alcohol, about 8 minutes. Add broth, peppers, vinegar, and rosemary and bring to a boil; cook until slightly reduced, about 5 minutes. Nestle chicken into onion mixture, then transfer skillet to upper rack of oven and roast chicken 10 minutes. Add sausages to skillet, pushing them into onion mixture, and continue to roast until chicken is cooked through and an instant-read thermometer inserted into thickest part of thigh registers 165°, 5–10 minutes.



### **Chicken, Wild Rice and vegetable casserole**

**2 boneless chicken breasts (cut into small cubes)**

**1 can cream of chicken or cream of mushroom soup**

**1 cup wild rice, cooked as per package directions**

**1 soup can of  $\frac{1}{2}$  and  $\frac{1}{2}$**

**5 scallions sliced**

**1 small package of fresh mushrooms or 1 small can of mushrooms**

**1 zucchini cut into small cubes**

**$\frac{1}{2}$  cup frozen peas**

**1 carrot shredded**

**(any frozen vegetable can be used to your liking).**

**$\frac{1}{2}$  cup white wine**

**1 tsp. dried tarragon**

**1 cup of shredded cheddar cheese**

**$\frac{1}{2}$  cup bread crumbs**

**Preheat oven to 350.**

**Cook rice.**

**Cook cubed chicken in 1 tbsp. melted butter. Remove cooked chicken to bowl. Add in all prepared vegetables. Cook until vegetables are softened. Remove vegetables from pan then add soup, wine, half and half and tarragon. Salt and pepper to taste. Cook until mixture is smooth and creamy using whisk to blend. Place cooked chicken, rice and vegetables in large mixing bowl. Add the soup mixture to fold until**

**Well blended. Pour into a 9x13 casserole dish. Sprinkle with grated cheddar cheese and top with  $\frac{1}{2}$  cup bread crumbs. Bake at 350 for 30-40 minutes or until top of casserole is golden brown and bubbly.**

**Jan Bukovac**



# Chicken - Creamy Turkey Skillet



Skillet suppers are some of Cliff's favorite and fastest meals. He really likes this dish's creamy and cheesy goodness, and he always asks for seconds.

Serves 4 (1 cup)

*Crushed Garlic - 1 Tablespoon - Large*  
~~1/2 cup chopped onion~~ *1/2 cup (2.5-ounce jar) sliced mushrooms, drained*  
~~1 1/2 cups (8 ounces) diced~~  
~~cooked turkey breast~~ *2 teaspoons dried parsley flakes*  
~~1 (10 3/4-ounce) can Healthy Request Cream of Chicken Soup~~ *1/4 teaspoon black pepper*  
~~1/2 cup ~~low fat~~ O-Takes fat-free~~ *2 cups hot cooked rotini*  
~~sour cream~~ *Organic pasta, rinsed and drained*  
~~1/2 cup (1/4 ounce) grated Kraft~~  
~~fat-free Parmesan cheese~~ *1/4 cup grated fresh*

*Organic frozen VEG - Peas, CORN mixed - 1/2 cup*

In a large skillet sprayed with butter-flavored cooking spray, sauté onion and turkey until onion is tender, about 5 minutes. Stir in chicken soup, sour cream, and Parmesan cheese. Add mushrooms, parsley flakes, and black pepper. Mix well to combine. Stir in rotini pasta. Lower heat, simmer 5 minutes or until mixture is heated through, stirring occasionally. Divide into 4 servings.

HINT: 1 1/2 cups uncooked rotini pasta usually cooks to about 2 cups.

Each serving equals:

HE: 2 1/4 Protein, 1 Bread, 1/2 Vegetable, 1 Slider

292 Calories, 4 gm Fat, 27 gm Protein, 37 gm Carbohydrate,  
568 mg Sodium, 2 gm Fiber

DIABETIC: 2 Meat, 2 Starch, 1/2 Vegetable



# Jambalaya

- Serves 8

- 28 oz Whole Tomatoes in juice
- 8 oz Clam Juice
- 2 C. Chicken Broth (Approx)
- 4 Chicken Thighs
- Salt + Pepper
- 1 Tblsp Olive Oil
- $\frac{3}{4}$  # Andouille Sausage
- 1 yellow Onion, chopped
- 2 Peppers (I use 1 green; 1 red), diced
- 3 Celery Ribs, diced
- 4 Garlic Cloves, minced
- 1 tsp Tomato Paste
- 1 Tblsp Hot Sauce (or less)
- 1 tsp Crushed Thyme
- 1 tsp Crushed Oregano
- $\frac{1}{4}$  tsp Cayenne Pepper (or less)
- 2 Bay Leaves
- 2 C. Long-grain Rice
- $\frac{3}{4}$  # Shrimp - (med-lg)

(Turn over for directions)



Separate tomatoes from juice. Break tomatoes up to release juice. Set tomatoes aside.

To reserved juice, add clam juice + enough Chicken broth to equal 4 cups. Set juice mixture aside.

Season chicken w/ salt + pepper. In dutch oven, heat oil over med-high heat. Add chicken. Cook approx 6 min/side. Remove chicken + let rest approx 5 min. Cut into 1" pieces. Set aside.

Slice sausage + brown approx 3 min in dutch oven over med-high heat - stirring to brown each side. Set aside. Lower heat + add Chopped vegetables and garlic to dutch oven + cook about 8 minutes, while stirring + loosening bits from bottom of pan.

Stir in tomato paste. Add hot sauce + seasonings. Add tomatoes, tomato juice mixture, chicken, sausage + bay leaves. Check seasonings. Bring to simmer. Stir in rice. Cover w/ lid. Transfer to 325° oven. Bake till liquid is absorbed - about 40 min. Remove from oven + gently stir in uncooked shrimp. Return to oven uncovered + let cook approx 5 minutes.

Remove from oven. Cover + let set 15 min. before serving.

\* Remove bay leaves before putting in oven to avoid excess stirring after rice begins cooking.

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If too dry, add more chicken broth.

\*\*\*

If too spicy, try adding lime juice

# **Sausage and Potatoes**

## **Ingredients**

1 1/2 lbs. mild Italian turkey or chicken sausage  
3 medium sweet potatoes, peeled  
4 medium white potatoes, peeled (I used russet)  
4 carrots, peeled  
1/2 large onion  
1/2 large sweet red pepper  
3 medium cloves garlic  
Olive oil  
Salt free garlic and herb seasoning  
Black pepper  
Oregano  
Fresh rosemary  
Paprika

## **Recipe**

Bake sausage at 375 for about 1 hour turning every 20 minutes

Cut peeled potatoes in cubes. Slice carrots. Chop onions and red pepper. Slice garlic.

Put potatoes, carrots, onions, red pepper and garlic in a large bowl. Mix with olive oil, salt free garlic and herb seasoning, black pepper and oregano. Toss until everything is well oiled and seasoned. Add several sprigs of fresh rosemary and toss again. Put this mixture in a 9x13 casserole dish. Slice cooked sausage and add to the potato mixture. Stir until all combined. Drizzle more olive oil over entire mixture along with more seasonings. Sprinkle with paprika. Add a little water to the corners of the casserole. Cover tightly with parchment and aluminum foil. Bake at 375 for about 1 1/2 hours until potatoes are fork tender,. Serve with a tossed salad.

There should be a nice proportion of potatoes and carrots to the sausage. You may need to adjust amounts depending on your preference.

Enjoy.

Recipe from MaryJane Pietrzak



## Baked Ziti

16 oz Ziti  
32 oz Sauce  
16 oz Ricotta cheese  
2 Eggs  
1 tsp Oregano  
1/2 tsp Garlic powder  
1/4 tsp Pepper  
1 Tbsp Grated Parmesan  
Sausage

Cook pasta and mix with remaining ingredients. Bake at 400 for 30 minutes.

# Chile

2 lbs lean ground beef

1 onion diced

1 jalapeno seeded & finely chopped

4 Cloves of garlic

2 1/2 T chili powder divided

1 + of cumin

1 green bell pepper seeded & diced

14 1/2 oz crushed tomatoes canned

19 oz. kidney beans rinsed & drained

14 1/2 oz diced tomatoes w/ juice

1 1/2 C beef broth

1 C beer

1 T tomato paste

1 T brown sugar

Salt & pepper to taste

- ① Combine beef & 1 1/2 T chili powder
  - ② In a large pot, brown beef, onion, jalapeno & garlic.  
Drain all fat.
  - ③ Add rest of ingredients & bring to a boil.  
Reduce heat & simmer 60 mins or until  
desired thickness.
- Top w/ sour cream, cheddar cheese & green onions.



# Unstuffed Cabbage

- 1 pound ground beef
- 1 med. onion, sliced
- 3 cloves garlic, chopped
- 1 can (28 oz.) stewed tomatoes
- 1 can tomato paste
- 1 1/2 tsp. dried parsley
- 1 1/4 tsp. salt
- 1 tsp. oregano
- 1 tsp. sugar
- 1/4 tsp. black pepper
- 1 small head cabbage,  
shredded (8 cups)

Heat large saucepan. Add beef and cook 6 minutes, no longer pink, stirring. Drain fat. Stir in onion, cook 4 minutes. Add garlic, cook 1 minute. Add tomato and paste. Break up tomatoes with masher. Stir in 1 1/4 c. water, parsley, salt, oregano, sugar and black pepper. Simmer 5 minutes. Add half of cabbage and cook, covered, 5 minutes. Add remaining cabbage and simmer, covered for 90 minutes, stirring occasionally. Optional: serve with mashed potatoes or rice plus vegetable.

## **POLISH PIEROGIS**

- Two to three dozen Mrs. T's pierogi, any variety
- One bag of chopped onions fried in about half a stick of butter
- Salt and pepper to taste
- Parsley

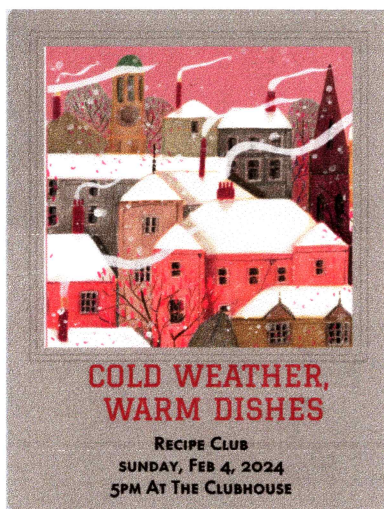
Place pierogi in boiling water and drain once pierogi have boiled five minutes

Place caramelized onions on each layer

Sprinkle with parsley

ENJOY!





# Desserts

# Gingerbread Cookies

★★★★★

♥ Author Christi Johnstone    🍴 Course Dessert    🍴 Cuisine American

Everyone raves about these soft gingerbread cookies! Even people who don't love molasses cookies or gingersnaps ask for this easy gingerbread cookie recipe!



**Prep Time**

15 mins



**Cook Time**

20 mins



**Total Time**

35 mins



**Servings**

24 cookies

## Ingredients

- ☐ ¾ cup unsalted butter softened
- ☐ 1 cup granulated sugar
- ☐ 1 large egg
- ☐ ¼ cup molasses unsulphured
- ☐ 2 ½ cups all-purpose flour
- ☐ 2 tsp baking soda
- ☐ ½ tsp salt
- ☐ 1 tsp cinnamon if you like a strong cinnamon flavor, increase to 2 tsp total
- ☐ ½ tsp dried ground ginger if you like a strong ginger flavor, increase to 1-2 tsp total
- ☐ Optional: granulated sugar to roll cookie dough balls in

## Instructions

- 1 Preheat oven to 350 degrees F.
- 2 First, mix together butter and sugar until light and fluffy, approximately 2-3 minutes with an electric mixer.
- 3 Next, add egg and molasses and mix well.
- 4 In a separate bowl combine flour, baking soda, salt, cinnamon and ginger, stirring to combine.
- 5 Add dry ingredients to wet ingredients and mix until well combined.
- 6 Form or scoop balls of dough that are slightly smaller than a golf ball. If desired, roll dough balls in granulated sugar after forming. Place them on a baking sheet approximately 2" to 3" apart to allow room for cookies to spread.
- 7 Finally, bake for 10-12 minutes, remove from oven and allow cookies to cool on baking for approximately ten minutes, then transfer to a wire rack to finish cooling.



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## **Apple Cake**

- 1 stick melted butter (1/4 lb.)
- 3 cups flour
- 1 cup sugar
- 2 eggs
- 3 t. sweet cream (from a can of Eagle Brand sweetened condensed milk)
- 2 t. baking powder
- 3 lbs. apples (approximate 9 medium apples)
- Sugar and cinnamon

Melt the butter. Cream butter and sugar. Add eggs, flour, baking powder and sweet cream. Mix well. Press out 2/3 of dough in 9x12 pan. Slice apples and spread 1/2 of them on dough. Sprinkle with cinnamon and sugar. Spread remaining apples on top. Put pieces of remaining dough on top of apples. Sprinkle with more cinnamon and sugar.

Bake for one hour at 350°F.

Serves 12.