

# Recipes from the Gurls'

## **Party Chicken:**

flatten boneless breasts. Lay one slice of bacon and roll like a burrito. Secure with toothpicks. In a bowl mix one cup of sour cream and a can of mushroom or cream of chicken soup. Mix well. (I like to add some sliced fresh mushrooms to the mixture mixture) grease 13 x 9 baking pan. Lay the rolled pieces of chicken into the pan. Pour mixture on top. 350 degrees 30 to 45 minutes. I like to serve it with rice or pasta. Of course season to taste.

## **Best pulled pork for sandwiches**

One jar pepperoncini peppers, juice and all  
3 lb pork roast

DUMP THEM TOGETHER IN CROCK POT. COOK 4 or 5 hours on low.

## **Best Roast Ever**

1 roast (pork or beef chuck/rump)

1 pkg. dry Italian dressing mix

1pkg. Hidden Valley Ranch dressing mix

1 pkg Lipton onion soup mix

1 cup water

Pour water into crockpot. Add roast. In a bowl mix all dry ingredients together. Sprinkle ingredients on top of roast. Slow cook. ( A 4-lb. roast will need about 10 hrs on low) More water can be added if needed for gravy at end of cooking time. Dry Italian dressing is best but 1/2 cup of regular bottled dressing may be substituted.

### **BJ's Casserole** (A homemade hamburger helper)

1 lb ground beef

1 box Mac & cheese

1 jar/can spaghetti sauce

Make Mac & cheese according directions. While it is cooking, brown the beef in a large skillet and drain if needed. To the browned meat add completed Mac & cheese and spaghetti sauce (add just enough to make it the consistency you like.) Heat until everything is warm.

Easy peasy!

### **Greek Frittata:**

Coat the bottom of an oven-proof frying pan with olive oil and brown 1 Cup of frozen hashed browns with onions and peppers plus 1 teaspoon dried oregano, salt and pepper to taste

Add 1 1/2 Cups fresh spinach (I used half spinach/half spring greens because that's what we had on hand; kale would be good too) and saute until the spinach begins to wilt

Beat 8 eggs with 1/2 Cup milk and pour over all

Top with 1/2 Cup feta cheese

Cover and cook on the stovetop until the mixture is nearly set. Then turn the oven to broil and pop in for about 5 minutes or until the top just starts to brown. Cut in wedges to serve.

Good as is, or you could add nearly any cooked meat – bacon, leftover ham or whatever you may like. Likewise, switch up the type of cheese to your liking or based on what you have on hand. Although it wouldn't be as "Greek" as the recipe name suggests 😊 .

I also have substituted leftover spaghetti (no sauce) or other cooked pasta for the hashed browns.

### **Minestrone soup:**

Sauté the following in 2 tbsp of olive oil for 2 minutes: 1/2 med onion, chopped; 1 lg carrot, diced; 4 oz baby Bella mushrooms, diced; seasonings to taste (salt, pepper, oregano). Add 1 box beef broth (Progresso is best), 1 can garbanzo beans (chickpeas) w/liquid, 1 14 oz can of tomatoes that have been puréed (this is key), 1/4 cup farro, 1 cup chopped kale. Simmer for 30 minutes; adjust seasonings as necessary. This fits with a no flour-no sugar diet. If you don't have farro, you can substitute with small pasta shells (same amount), but you now have flour in your dish. I like the kale rather than spinach because it holds up better. If you use the farro and kale, it freezes great. Farro is a wheat grain found near the rice.

### **Southwest chicken & beans**

1 lb. chicken breast, boneless skinless

1 pack taco seasoning

1 can black beans

1 1/2 c. Frozen corn

3/4 c. Pepper stir-fry vegetables ( onion, green, red, yellow peppers )  
fresh or frozen

3/4 c water

3/4 c cheese

Cook ckn in ten " skillet abt 5 min.

Add seasoning mix and veggies & water

Cover and cook med-high for 8-10 min or till ckn is cooked thru.

Top with cheese and serve.

### **7 can soup**

Quick! Simple! Easy!

1 can of each of the following(undrained)—corn, kidney beans, black beans, pinto beans, Rotel, petite canned tomatoes, chili with NO beans. Mix and simmer. Add 16 oz Velveeta -cook till melted and salt and pepper to taste. I like to crumble Doritos on top!!! Yum!!

### **Three cheese enchilada bake.**

1 8 oz pkge cream cheese, 1 cup shredded cheddar, 1 cup shredded Monterey Jack cheese, 1 16 oz jar Pace picante sauce, 10 flour tortillas. Mix cream cheese, cheddar and Jack cheese with 1/4 cup Picante. Divide evenly between tortillas. Roll up tortillas place in 13×9 pan, pour rest of picante sauce over all. I put a little extra shredded cheese on top, then bake 350 degrees 20 to 25 minutes. Great topped with shredded lettuce and chopped tomato.

### **3 ingredient crockpot dinner!**

1 can whole berry cranberry sauce + 1 package dried onion soup + meat of your choice (my guys like chicken thighs, baby back ribs and pork chops and this sauce complements each of these). I typically slice an onion into thick rounds and lay them into the crockpot first, then add your choice of meat, seasoned to taste, then top with the mixture of cranberry sauce and onion soup. Cook about 5-6 hours on low. I usually serve this over rice, as the gravy is delicious!

### **Veggie Dish:**

spinach gnocchi mozzarella and Passat tomato sauce fry up some chilli and garlic in olive oil throw a packet of gnocchi into a separate pan of salted boiling water put your pasta in the pan with your garlic and chilli then then put in spinach frozen or fresh a full bag when gnocchi rises to

the top drain and put into pan with Passat and spinach mix the whole lot together and then put into a Pyrex dish break up mozzarella over the the top and bake in the oven for 15mins or so till mozzarella melts then serve with garlic bread or salad 😊 hope this goes through I'm not typing all that again 😂

### **Easy Chicken and Dumplings Recipe**

1 (32-oz.) container low-sodium chicken broth  
3 cups shredded cooked chicken (about 1 1/2 lb.)  
1 (10 3/4-oz.) can reduced-fat cream of chicken soup  
1/4 teaspoon poultry seasoning  
1 (10.2-oz.) can refrigerated jumbo buttermilk biscuits  
2 carrots, diced 3 celery ribs, diced

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#### **Step 1**

Bring first 4 ingredients to a boil in a Dutch oven over medium-high heat. Cover, reduce heat to low, and simmer, stirring occasionally, 5 minutes. Increase heat to medium-high; return to a low boil.

#### **Step 2**

Place biscuits on a lightly floured surface. Roll or pat each biscuit to 1/8-inch thickness; cut into 1/2-inch-wide strips.

#### **Step 3**

Drop strips, 1 at a time, into boiling broth mixture. Add carrots and celery. Cover, reduce heat to low, and simmer 15 to 20 minutes, stirring occasionally to prevent dumplings from sticking.

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### **White Chicken Chili**

- 1 pound boneless skinless chicken breasts, chopped
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced

- 2 cans (14 ounces each) chicken broth
  - 1 can (4 ounces) chopped green chiles
  - 2 teaspoons ground cumin
  - 2 teaspoons dried oregano
  - 1/8 teaspoons cayenne pepper
  - 3 cans (14-1/2 ounces each) great northern beans, drained, divided
  - 1 cup shredded Monterey Jack cheese
  - Sliced jalapeno pepper, optional
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## Directions

- **1.** In a Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in the broth, chiles, cumin, oregano and cayenne; bring to a boil.
  - **2.** Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.
  - **3.** Top each serving with cheese and, if desired, jalapeno pepper.  
**Freeze option:** Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.
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