

# Ahi Poke

Title: Ahi Poke

Servings: 6

Preparation Time: 2 hours 15 minutes

Category: Appetizer

Cuisine: Asian/Japanese

Website: <http://www.rpcalvert.com/reci...>

## Ingredients

2 pounds fresh tuna steaks, cubed

1 cup soy sauce

¾ cup chopped green onions

2 tablespoons sesame oil

1 tablespoon toasted sesame seeds

1 tablespoon crushed red pepper

2 tablespoons finely chopped macadamia nuts

## Instructions

In a medium size non-reactive bowl, combine Ahi, soy sauce, green onions, sesame oil, sesame seeds, chili pepper, Let marinate for about 2 hours in refrigerator.

## Notes

This is a standard raw tuna (poke) salad served in most Hawaiian homes. Although unconventional, it is sure to please the more adventurous seafood lovers. Be sure to use fresh tuna for the very best flavor, although fresh frozen tuna Minutes. .

# Baked Asparagus with Balsamic Butter

Title: Baked Asparagus with Balsamic Butter

Category: Side

Servings: 4

Cuisine: American

Cooking Time: 10 minutes

Rating: ★★★★★

Preparation Time: 5 minutes

## Ingredients

1 bunch fresh asparagus, trimmed  
2 tbs butter  
1 tbs soy sauce

1 tsp balsamic vinegar  
cooking spray  
salt and pepper to taste

## Instructions

Preheat oven to 400 deg F. Arrange asparagus on baking sheet. Coat with cooking spray, and season with salt and pepper. Bak asparags 10-12 minutes in the oven until tender. Melt the butter in a saucepan over medium heat. Remove from heat and stir in soy, balsamic vinegar. Pour over the baked asparagus.

# Calypso Pork Chops Recipe

Title: Calypso Pork Chops Recipe

Servings: 6

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Category: Entree

Website: <http://www.cooksrecipes.com/p...>



## Ingredients

6 boneless pork chops, about 4 ounces each  
1 cup chicken broth  
½ cup orange juice  
2 tbs dark rum (optional)  
2 tbs lime juice  
2 tbs brown sugar

1 clove garlic, minced  
½ tsp salt  
½ tsp ground ginger  
¼ tsp ground nutmeg  
¼ tsp ground cloves

## Instructions

Combine all ingredients in a self-sealing plastic bag; seal bag and refrigerate for 4 to 24 hours.

Remove chops from marinade; discarding leftover marinade.

Grill chops quickly over indirect heat in covered grill about 10 to 12 minutes, turning once to brown both sides.

## Notes

You will love the grilled flavor of these delicious chops. The marinade is made with basic ingredients you probably already have in your pantry. Serve chops with steamed green beans, rice, and corn bread.

### Nutrition Facts

Calories 247 calories

Protein 31 grams

Fat 9 grams

Sodium 386 milligrams

Cholesterol 93 milligrams

Saturated Fat 3 grams

Carbohydrates 31 grams

# Cheesy Chicken Rice Casserole

Title: Cheesy Chicken Rice Casserole

Servings: 4

Cooking Time: 50 minutes

Preparation Time: 5 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★☆☆☆

Source: Campbell's Soup

Website: <http://www.campbellskitchen.c...>



## Ingredients

1 can (10 3/4 ounces) Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free or Healthy Request®)	1/4 teaspoon ground black pepper
1 1/3 cups water	2 cup frozen mixed vegetables
3/4 cup uncooked regular long-grain white rice	4 skinless, boneless chicken breast half (about 1 pound)
1/2 teaspoon onion powder	1/2 cup shredded Cheddar cheese

## Instructions

Heat the oven to 375°F.

Stir the soup, water, rice, onion powder, black pepper and vegetables in a 2-quart shallow baking dish.

Top with the chicken. Cover the baking dish.

Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese. Let the casserole stand for 10 minutes. Stir the rice before serving.

## Notes

Cost per recipe: \$9.09 Cost per recipe serving: \$2.27

Total cost of meal (including serving suggestion): \$14.62

**Alfredo:** Substitute broccoli flowerets for the vegetables and substitute 1/4 cup grated Parmesan for the Cheddar cheese. Add 2 tablespoons Parmesan cheese with the soup. Sprinkle the chicken with the remaining Parmesan cheese.

**Lower Fat:** Use Campbell's® 98% Fat Free Cream of Chicken Soup instead of regular soup and use low fat cheese instead of regular cheese.

**Mexican:** In place of the onion powder and black pepper use 1 teaspoon chili powder. Substitute Mexican cheese blend for the Cheddar.

**Italian:** In place of the onion powder and black pepper use 1 teaspoon Italian seasoning, crushed. Substitute 1/3 cup shredded Parmesan for the Cheddar.

## Nutrition Information

Using Campbell's® Condensed Cream of Chicken Soup : Calories 410, Total Fat 13g, Saturated Fat 5g, Cholesterol 94mg, Sodium 699mg, Total Carbohydrate 36g, Dietary Fiber 3g, Protein 36g, Vitamin A 28%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

Using Campbell's® Condensed 98% Fat Free Cream of Chicken Soup : Calories 379, Total Fat 10g, Saturated Fat 5g, Cholesterol 94mg, Sodium 556mg, Total Carbohydrate 36g, Dietary Fiber 2g, Protein 35g, Vitamin A 29%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

Using Campbell's® Condensed Healthy Request® Cream of Chicken Soup : Calories 385, Total Fat 10g, Saturated Fat 5g, Cholesterol 91mg, Sodium 447mg, Total Carbohydrate 37g, Dietary Fiber 2g, Protein 35g, Vitamin A 25%DV, Vitamin C 28%DV, Calcium 14%DV, Iron 16%DV

# Chicken and Stuffing Bake

Title: Chicken and Stuffing Bake

Servings: 6

Cooking Time: ½ hour

Preparation Time: 10 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★☆☆☆

Source: Campbell's Soup

## Ingredients

4 Cups Pepperidge Fram Herb Seasoned Stuffing  
1 ¼ cups water  
4 tbs butter

6 skinless, boneless chicken breast halves  
1 can (10-3/4 oz) Campbells Cream of Chicken Soup  
1 tbs chopped fresh parsley (or 1 tsp dried)

## Instructions

Prepare stuffing using water and butter according to package directions.

Spoon stuffing across center of 13X9X2 shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika.

Stir soup, milk, and parsley in bowl. Pour over chicken. Cover.

Bake at 400 deg F for 30 minutes or until chicken is cooked through.

## Notes

Easy, one dish, weekday meal.

# Chili

Title: Chili

Servings: 8

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: Mexican

Rating: ★★★★★

Source: Personal

## Ingredients

2 ½-3 lb 80% lean ground beef  
1 pkg McCormick Chili Seasoning (you chose the heat)  
4 cloves garlic (pressed or chopped fine)  
2 large green bell peppers chopped (you can also use yellow or red for color)  
2 cans crushed tomatoes (28 oz each)  
1 tsp dried basil  
1 tsp dried oregano

Shredded Cheddar Cheese optional  
Sour Cream optional  
2-3 leaves Bay leaves  
1 pepper Finely Chopped Jalapeno (heat) optional  
2 large sweet or vidial onions chopped  
1 can 40 oz Red kidney beans

## Instructions

In a heavy salted pot (I use a 12 qt stock pot for 8 servings), brown the ground beef (I normally put a little PAM on the pot). When just about browned, add the garlic being careful not to burn the garlic. Drain the fat off of the beef. Per the directions, prepare the McCormick chili seasoning and add to the beef. Stir and heat for a few minutes until mixed.

Set the beef aside. Saute the onions and pepper until the onions are translucent. You can use some of the fat that you drained off (if you wish) or use some olive or canola oil.

Combine the beef and onions/peppers back into the pot. Add the canned tomatoes, the spices (and optional jalapeno if desired), and bring the mixture to a boil (should take about 10-15 minutes). Reduce heat and add in the kidney beans. Simmer (partially covered) on low for about 25-30 minutes stirring occasionally to ensure the bottom of the pot does not burn. Some of the liquid should cook off and the mixture will thicken. You can simmer longer if there is too much liquid.

Serve hot, or reheat in individual bowls in the microwave. Top with shredded cheddar and a dollop of sour cream if desired.

## Notes

I sometimes use beer in the Chili Seasoning mix to add a little flavor.

# Chili Seasoning

Title: Chili Seasoning

Servings: 1

Preparation Time: 10 minutes

Category: Spice

Cuisine: Mexican

Rating: ★★☆☆☆

Source: Web

Website: <http://www.geocities.com/rpca...>

## Ingredients

4 tsp all-purpose flour

1-¼ teaspoons chili powder

1 teaspoon crushed red pepper

1 teaspoon dried minced onion

1 teaspoon dried, minced garlic

¾ teaspoon white sugar

¾ teaspoon ground cumin

¾ teaspoon dried parsley

¾ teaspoon salt

¼ teaspoon dried basil

1/8 teaspoon ground black pepper

## Instructions

In a bowl, stir together flour, chili powder, red pepper, onion, garlic, sugar, cumin, parsley, salt, basil and pepper. Store in an airtight container.

## Notes

This chili seasoning features flour, chili powder, red pepper, onion, garlic and cumin.

I use this quantity for 2.5-3lbs of ground beef when making chili. You can dissolve this in water (or beer) and add to the meat just after browning.

# Jalapeno Chicken Poppers

Title: Jalapeno Chicken Poppers

Servings: 30

Cooking Time: 1 hour

Preparation Time: ½ hour

Category: Appetizer

Cuisine: American

Rating: ★★★★★

Website: <http://www.rpcalvert.com/recipe...>

## Ingredients

15 jalapeno peppers – ½'d and seeded (wear gloves)  
1 lb chicken cut into thin strips (uncooked)  
1 lb bacon cut in half  
1 tbs Onion powder  
1 tbs Garlic powder

1 tbs Black pepper  
2 tsp paprika  
1 tsp sesame seed  
Cream Cheese optional

## Instructions

Mix dry spices in plastic zip lock.

Coat chicken strips with the spice mixture. Set aside.

Cut onion into small strips.

Place onion in bottom of pepper.

Add chicken strip

Add 1/2t of cream cheese (optional)

Wrap in bacon – secure with toothpick

Bake at 350 for 45min to an hour (until bacon is cooked)

# Mac Daddy Mac n' Cheese

Title: Mac Daddy Mac n' Cheese

Servings: 8

Cooking Time: 50 minutes

Preparation Time: 20 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★★★★

Website: <http://www.foodnetwork.com/re...>



## Ingredients

2 shallots, peeled	1 cup shredded pepper jack cheese
3 cloves garlic	2 cups shredded cheddar cheese
1 tsp olive oil	Salt and freshly ground black pepper
3 pieces pieces bacon, diced, cooked, reserving 1 tablespoon bacon fat	1 lb penne pasta, cooked
2 tbs flour	½ cup Panko bread crumbs
4 cups heavy cream	2 tbs melted butter
1 tsp chopped fresh thyme	2 tbs chopped fresh parsley

## Instructions

Preheat oven to 350 degrees F. Place shallots and garlic in a small aluminum foil pouch and drizzle with olive oil. Roast 20 to 30 minutes or until tender. Remove from foil and chop.

In a large saute pan, reheat reserved bacon fat over medium heat. Add roasted shallot and garlic and saute for 1 minute. Add flour and stir for 1 minute. Whisk in heavy cream and thyme. Reduce by a third. Stir in cheeses until melted, creamy and thickened.

Season to taste with salt and pepper. Remove from heat and gently stir in pasta. Place in a 9X13 casserole dish. In a small bowl, mix together diced bacon, bread crumbs, butter and parsley. Top Mac n Cheese with Panko mixture and bake uncovered at same heat until bubbling and lightly browned on top, 20 to 25 minutes.

## Notes

This is a very rich dish. This can be a meal on it's own, or you can use as a (very filling) side to pork chops.

# Mom C's Chicken Divan

Title: Mom C's Chicken Divan

Servings: 6

Cooking Time: 45 minutes

Preparation Time: ½ hour

Category: Entree

Cuisine: American

Rating: ★★★★★

Source: Mrs. V. Calvert

## Ingredients

3 ea split chicken breasts (bone-in)  
2 ea bunches broccoli  
2 cans cream of chicken soup  
1 ¾ cups shredded cheddar cheese  
1 ½ cups mayonnaise

1 cup bread crumbs  
3 tbs melted butter  
1 tbs lemon juice  
2 tsp curry powder

## Instructions

Cut broccoli into large florets. Steam broccoli (do not overcook - keep it *al dente*). Arrange broccoli in 9X13 glass pyrex dish.

Roast or boil the chicken breasts until when pierced liquid runs clear. Remove the bones from the chicken breasts and cut into large chunks (about 2X bitesize). Place chicken on top of the broccoil.

Combine cream of chicken soup with mayonnaise, curry powder and lemon juice in small saucepan and heat until smooth. Add the 1 cup of the cheddar cheese (you'll need the other ¾ for the topping) and continue to heat until smooth. Pour this mixture over the chicken/broccoli in the baking dish.

In small saucepan melt the butter and remove from heat. Combine the bread crumbs, and remaining ¾ cup of cheddar until mixed. Spread this over the top of the chicken/broccoli for a crusty topping.

Bake at 350 degrees for about 45 minutes.

## Notes

You can use boneless chicken breasts if you wish.

Serve with rice pilaf and buttered carrots. Add broiled peaches with chutney for a special side.

# Mom J's Shrimp and Asparagus

Title: Mom J's Shrimp and Asparagus

Category: Entree

Servings: 4

Cuisine: Asian/Japanese

Cooking Time: 15 minutes

Rating: ★★★★★

Preparation Time: 15 minutes

Source: Mrs. R. Jackson

## Ingredients

¼ cup Olive Oil (for cooking). You can also use  
some sesame oil for flavor

1 large sweet or vidalia onion (Sliced)

1 lb med shrimp (shells removed)

1 lb asparagus (cut in half)

1 ½ cup rice or 0.5 lb soba noodles

¼ cup soy sauce

¼ cup toasted sesame seeds

## Instructions

Start preparing the rice or soba noodles.

Concurrently, heat the oil in a wok or large frying pan until it starts to "pop." Sautee the onions and asparagus until tender. Add the shrimp and cook until just pink. Add soy sauce and coat well. Remove from heat and top with toasted sesame seeds.

Serve over the rice or soba noodles.

# Orecchiette with Mini Chicken Meatballs

Title: Orecchiette with Mini Chicken Meatballs

Servings: 6

Cooking Time: 15 minutes

Preparation Time: 45 minutes

Category: Entree

Cuisine: Comfort Food

Rating: ★★★★★

Source: Giada

Website: <http://www.foodnetwork.com/re...>



## Ingredients

1 lb orecchiette pasta

¼ cup plain bread crumbs

¼ cup chopped fresh flat-leaf parsley

2 eggs, lightly beaten

1 Tbs whole milk

1 tbs ketchup

¾ cup grated Romano

¾ tsp salt

¾ tsp freshly ground black pepper

1 lb ground chicken

¼ cup olive oil

1 ½ cups low-sodium chicken stock, hot

4 cups cherry tomatoes, halved

½ cups freshly grated Parmesan

8 oz bocconcini mozzarella, halved

½ cup chopped fresh basil leaves

## Instructions

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.

In a medium bowl, stir together the bread crumbs, parsley, eggs, milk, ketchup, Romano cheese, and the salt and pepper. Add the chicken and gently stir to combine.

Using a melon baller (or a teaspoon measure), form the chicken mixture into ¾-inch pieces. With damp hands, roll the chicken pieces into mini meatballs.

In a large (14-inch) skillet, heat the oil over medium-high heat. Working in batches, add the meatballs and cook without moving until brown on the bottom, about 2 minutes.

Turn the meatballs over and brown the other side, about 2 minutes longer. Add the chicken stock and tomatoes. Bring to a boil. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Reduce heat to low and simmer until tomatoes are soft and meatballs are cooked through, about 5 minutes.

Drain the pasta, reserving about 1 cup of the pasta water. Transfer pasta to a large serving bowl and add the Parmesan. Toss to lightly coat orecchiette, adding reserved pasta water, if needed, to loosen the pasta.

Add the meatball mixture, mozzarella cheese, and 1/2 cup of the basil. Gently toss to combine. Garnish with the chopped basil.

## **Notes**

Takes more time than you think. Nice meal. Really a weekend endeavour when you have some time...

# Pork Chop Marinade

Title: Pork Chop Marinade

Servings: 4

Preparation Time: 10 minutes

Category: Marinade

Cuisine: American

Rating: ★★★★★

## Ingredients

½ cup dark brown sugar

¼ cup sea salt

water (to dissolve)

1 cup apple cider

several sprigs fresh thyme

1 tbs peppercorns

## Instructions

In just enough water, dissolve brown sugar and salt. Add other ingredients and mix well. Place 4 pork chops in a deep dish and marinate 2-3 hours.

# Sausage Egg Bake

Title: Sausage Egg Bake

Servings: 6

Cooking Time: 45 minutes

Preparation Time: 15 minutes

Category: Breakfast

Cuisine: American

Rating: ★★★★★

## Ingredients

1 lb sausage (chopped)

2/3 cup milk

2 cans (10 oz) cream of potato soup

9 eggs (or eggbeaters)

1 cup shredded cheddar cheese

## Instructions

Sautee sausage. Mix remaining ingredients in bowl. Combine all ingredients in a 13X9X2 Baking Pan. Bake at 375 deg F for about 45 minutes.

# Sunkissed Marinade

Title: Sunkissed Marinade

Servings: 1

Cooking Time: 2 hours

Preparation Time: 5 minutes

Category: Marinade

Cuisine: American

Rating: ★★★★★

Website: <http://www.geocities.com/rpca...>

## Ingredients

½ cup soy sauce

½ cup light molasses or honey

2 tsp ground ginger

1 (12 oz) can frozen orange juice concentrate, thawed

2 lb london broil (to marinate)

## Instructions

Combine ingredients. Marinate london broil for 2-3 hours.

# Whiskey Glazed Corned Beef

Title: Whiskey Glazed Corned Beef

Servings: 4

Cooking Time: 4 hours

Preparation Time: 15 minutes

Cuisine: Entree

Rating: ★★★★★

Website: <http://www.rpcalvert.com/reci...>



## Ingredients

1 corned beef brisket (4 lb)

¼ Cup ketchup

¼ cup whiskey (Jameson's... It's an Irish dish)

¼ cup apple cider vinegar

2 tbs brown sugar

2 tbs soy sauce

1 tsp dry mustard

½ tsp ground ginger

¼ tsp red pepper flakes

## Instructions

Submerge corned beef, fat side up, in water in a large pot. Cover and simmer over low heat until beef is tender when pierced with a fork (3 to 3 1/2 hours). You can chill overnight after boiling, just bring the meat to a simmer again the next day and continue with recipe)

Preheat oven to 450 degrees; line a baking sheet with foil, top with a rack and coat with non stick spray. (I used a broiling pan) Transfer beef to prepared rack, fat side up. Use a knife to trim off the fat.

Whisk all remaining ingredients together in a saucepan and bring to a boil over high heat until thickened, 3-4 minutes. Spoon glaze on to beef, roast for 10 minutes or until glaze is dark and sticky. Remove from oven and let rest for 15 minutes.

Transfer to cutting board and cut against the grain.

## Notes

This glaze would make a really great rib sauce!!!!