



“Not Spaghetti Again” Cookbook

Alternatives to preparing spaghetti for the families
at Ronald McDonald House Charities of South
Dakota

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Group Meal Highlights

Thank you for your interest in helping the families staying at the Ronald McDonald Houses of South Dakota. Providing meals for our families is an integral part of making the House a home away from home for those staying here. We appreciate your understanding and respect for the challenging circumstances our families face when their children are in the hospital.

We plan to have dinner ready for the families around 5:30pm. Many of our volunteers arrive between 3pm and 4:30pm, but you are welcome to come whenever you need to.

Freezer meals are an option for the meal if you would like to prepare everything at home or at another location. Pans of food can be delivered to the staff to be prepared that night or at a later date.

Please understand that our families are in and out of the house all day long. You may not see many of our guests while you are here but know that the food will be eaten and enjoyed!

Spaghetti and tacos are the most commonly served dinners at the Houses. We ask that you consider serving some variety as you plan your group's meal. We have provided some recipe ideas for inspiration!

Our families look forward to enjoying complete meals. Whether in the form of a meat, vegetable, and side dish, casserole, or hearty stew, we ask that you consider making a well-rounded meal.

We ask that you leave the kitchen in the condition you found it. Please wipe down counters, place used dishes in the dishwasher, and take out the trash if it is full.

If you are unable to meet your commitment, we ask that you provide us with as much notice as possible so we can make other arrangements for our families. Takeout or delivery is an option if you find yourself in a pinch! Our families love to eat pizza, subs, and Chinese, too!

Thank you for helping to provide a healthy, comforting, home-cooked meal for our families. We hope to see you again soon!

Group Meal Guidelines

- We have 21 bedrooms at the Lake Avenue House, so plan on preparing food for approximately 35-40 people.
- We have 8 bedrooms at the 24th Street House, so plan on preparing food for approximately 15-20 people.
- Plan to have dinner ready at 5:30pm.
- If anyone has been exposed to an infectious disease, they may not participate.
- Please check in with the House Manager on duty upon arrival and sign the sign-in sheet.
- We welcome you to take photos of your visit. To respect the privacy of our families, please do not include them in any photographs that you may take
 - Please send pictures to snemmers@rmhcsodak.org to be put on our social media pages!
- You are welcome to use our crockpots or roaster pans to keep foods hot. We set up our meals in a buffet style which allows us to keep things out for families who come back after 5:30pm.
- Please rinse all dishes and place them in the dishwasher when you are finished.

Breakfast Recipes	6
Biscuits and Gravy with Sausage and Egg Breakfast Casserole.....	6
Breakfast Pizza.....	6
Crescent Sausage Bites.....	7
Breakfast Muffins.....	7
Cheesy Sausage and Egg Breakfast Sliders.....	8
Baked Cinnamon Donut Holes.....	8
French Toast.....	9
Breakfast Quesadillas.....	9
Lunch/Dinner Recipes.....	10
Chicken Pot Pie	10
Noodle Bake.....	10
Chicken and Rice Casserole.....	11
Tator Tot Casserole.....	11
Beef Potato Pie.....	12
Cheeseburger Casserole.....	12
Chicken Tortilla Casserole.....	13
Creamy Southwest Chicken Alfredo.....	13
Easy Chili.....	14
Crescent Roll Casserole.....	14
Baked Ziti.....	15
Mac and Cheese.....	15
Meat Loaf.....	16
Taco Pie.....	16
Beef Stroganoff.....	17
Chicken and Rice Casserole.....	17
Fajitas.....	18
Campbell's Ranchero Enchilada Casserole.....	18

Barbecue Beef Cups.....	19
Barbecued Turkey or Beef Chili.....	19
Sloppy Joes.....	19
Fettucine Alfredo.....	20
Hamburger Noodle Casserole.....	20
Ham and Swiss Sliders.....	21
Easy Chicken Pot Pie.....	21
Broccoli-Rice Casserole.....	22
Garlic Butter Shrimp Scampi.....	22
Cheesy Chicken Enchilada Soup.....	23
One Pot Chicken Parmesan Pasta.....	24
Taco Casserole.....	25
Chicken Bacon Ranch Pasta.....	25
Stove Top Easy Chicken Bake.....	26
Sausage Egg Roll in a Bowl.....	26
Easy Ham and Potato Casserole.....	26
Orange Chicken.....	27
Teriyaki Chicken.....	27
Chicken Spaghetti.....	28
Black Bean Soup.....	28
Broccoli Cheddar, Chicken and Tator Tot Casserole.....	29
Slow Cooker Pineapple Salsa Chicken.....	29
Skillet Chicken Lasagna.....	30
Layered Ham and Cheese Pasta Bake.....	31
Chicken and Gnocchi Soup.....	31
Sheet Pan Sesame Chicken & Veggies.....	32
Shrimp with Scallions and Crispy Potatoes.....	32
Meatball Sub Bake.....	33

Breakfast Recipes

Biscuits and Gravy with Sausage and Egg Breakfast Casserole

- 12 ounces of buttermilk biscuit dough
- 6 eggs
- 1 (2 ¾ ounce) package peppered gravy mix (makes 2 cups)
- 1 pound sausage
- 1 cup shredded cheese
- ½ cup milk
- Salt and pepper to taste

Preheat oven to 350 degrees. Grease a 9x13 pan. Brown the sausage in a skillet and drain thoroughly. Cut biscuit dough in to 1-inch pieces and line the bottom of the pan. Layer cooked sausage over the biscuit pieces. Layer shredded cheese over sausage. Whisk eggs and milk, add salt and pepper and pour over the biscuit layers. Make gravy according to instructions and pour over everything. Bake for 35-45 minutes or until the eggs and biscuits are cooked through. Serve warm.

Breakfast Pizza

- 1 (8 ounce) package shredded Italian cheese blend, divided in half
- 1 (16 ounce) Italian bread shell
- 8 slices bacon, cooked and crumbled
- 4 plum tomatoes, sliced
- ½ teaspoon freshly ground pepper
- 2 large eggs
- ½ cup milk
- ¼ cup chopped fresh basil

Sprinkle half of the cheese over the Italian bread shell. Top with bacon, tomatoes, and pepper. Whisk together eggs, milk, and basil. Pour in the center of the pizza (it will spread to the edges). Sprinkle with remaining cheese. Bake at 425 degrees for 20 minutes or until the eggs are set. NOTE: This recipe works equally well using 2% reduced fat cheese, turkey bacon, egg substitute, and fat free milk.

Crescent Sausage Bites

- 1-pound hot sausage (pork or turkey)
- 1 (8 ounce) package cream cheese
- 2 packages crescent rolls
- A dash of salt and pepper

In a sauté pan, brown the sausage and drain. Add a dash of salt and pepper to the sausage. Blend in the cream cheese until the cream cheese is melted. Unroll one package of crescent rolls and place on a baking sheet. With your fingers, gently press the seams together to seal them. Spread the sausage mixture evenly over the crescent roll dough, leaving about a ½ inch border along the edges. Unroll the remaining package of crescent rolls and place on top of the sausage mixture. Press the edges together to seal. Gently press the seams together. Bake at 375 degrees for about 20 minutes or until the crescent roll dough is golden brown. Cut into small squares and serve. (A pizza cutter makes really quick and easy work of the cutting.)

Breakfast Muffins

- 20-ounce bag refrigerated shredded hashbrowns
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 2 cups Fiesta blend cheese
- 12-ounce package bacon cooked and crumbled into bite sized pieces
- 9 extra large eggs
- ½ red bell pepper, diced
- ½ cup orange bell pepper, diced
- Parsley
- ½ cup 2% milk or cream

Preheat oven to 400 degrees. Spray 24 muffin tins with cooking spray. Combine one egg with hash browns, olive oil, 1 cup cheese, and half each of salt and pepper. Divide mixture evenly between 24 muffin tins and press down. Sprinkle each with parsley. Bake for about 10-15 minutes or until potatoes are crispy. Meanwhile, whisk remaining 8 eggs in a large mixing bowl. Add remaining 1 cup cheese, salt and pepper, cooked bacon, red and orange bell peppers, and milk. Stir to combine. Pour mixture evenly over each potato muffin crust. Sprinkle with additional salt, pepper, and parsley if desired. Bake an additional 10-15 minutes or until the eggs are cooked through. Allow muffins to cool in muffin tins about 5 minutes before removing.

Cheesy Sausage and Egg Breakfast Sliders

- 2 (12 ounce) pork sausage rolls
- 12 Hawaiian dinner rolls
- 8 large eggs, scrambled
- 6 slices pepper jack cheese
- 8 slices American cheese
- ½ cup melted butter
- ¼ cup maple syrup

Preheat oven to 350 degrees. Warm large skillet over medium heat. Form sausage into 12 patties, slightly larger than one dinner roll. Add sausage patties to skillet and cook until completely cooked through. Meanwhile, using a serrated knife, cut rolls in half lengthwise (without breaking apart). Place bottom half of rolls in a 9x13 baking dish. Set tops aside. Scoop scrambled eggs onto bottom rolls. Top with pepper jack cheese. Place sausage patty on top of pepper jack cheese and put American cheese on top. Carefully cover with the top of buns. Combine melted butter and maple syrup in small bowl. Brush over the top of rolls allowing sauce to drip down the sides and into the bottom. Use entire amount. Bake 15-20 minutes or until cheese is bubbly and melted.

Baked Cinnamon Donut Holes

- 1 can refrigerator biscuits
- ¼ cup sugar
- 1 tablespoon cinnamon
- 4 tablespoons butter

Preheat oven to 350 degrees. Grease a shallow baking pan with butter or cooking spray. Melt butter in a small bowl. In a separate small bowl, mix together sugar and cinnamon. Cut each biscuit into 4 pieces. Roll each piece into a ball. Dip the ball in melted butter and then roll ball in the sugar and cinnamon mixture. Place into baking dish. Repeat until all pieces are covered and placed in dish. Bake 18-20 minutes. Let cook before serving. They pull apart easily!

French Toast

- 1 large egg
- 1 teaspoon honey
- ¼ cup milk
- 2 slices bread
- 1 tablespoon butter
- Syrup

Whisk together egg, honey, and milk in a medium sized bowl. Dip bread into the egg mixture and allow it to soak in for about 20 seconds on each side. Melt butter in a nonstick pan over medium heat. Place bread slice in the pan and cook until golden brown, about 2-3 minutes on each side. Remove and serve immediately. Serve with butter, honey, syrup, or fruit.

Breakfast Quesadillas

- 6 slices bacon
- 6 large eggs
- Splash of milk or water
- Salt and pepper to taste
- 8 ounces shredded cheddar cheese
- 8 large flour tortillas
- Salsa
- Sour cream
- Guacamole

Heat a large skillet over medium heat. Add bacon slices and cook. Remove and chop once cooled. Wipe out most of the bacon grease from pan. Crack eggs into bowl and add a splash of milk or water, whisk until smooth. Pour eggs into skillet and season with salt and pepper. Cook scrambled. Remove to a plate. Cover one flour tortilla with a thin layer of shredded cheese. Top with some of the eggs and some chopped bacon. Top with more shredded cheese and place another tortilla on top. Place into the pan over medium heat. Cook until cheese begins to melt, and the tortilla is golden brown. Flip and cook for 1-2 more minutes. Remove to a plate. Slice and serve warm with choice of salsa, sour cream, and guacamole.

Lunch/Dinner Recipes

Chicken Pot Pie

- 9 tablespoons melted butter
- 3 (16 ounce) packages frozen mixed vegetables
- 3 (5 ounce) cans drained chicken chunks
- 6 (10.75 ounce) can condensed cream of chicken soup
- 1 ½ cups milk
- Salt and pepper to taste
- 3 (10 ounce) can refrigerated layered biscuits

Preheat oven to 425 degrees. Lightly butter three 9-inch-deep dish pie pans with melted butter. Reserve some of the melted butter. In a saucepan over medium heat, combine mixed vegetables and chicken. Cook until vegetables are tender. Fold in soup and mix well. Pour in milk and mix until smooth. Mixture should not be runny. Add salt and pepper to taste. Bring to a boil. Remove from heat and spread mixture into bottom of pie pans. Separate biscuits into layers and place gently on top of mixture. Drizzle remaining butter on top of biscuit layers. Cook 20-30 minutes until biscuits are golden brown.

Noodle Bake

- 3 pounds ground beef
- 3 pounds Italian sausage
- 6 (26 ounce) jars chunky style pasta sauce
- 3 (16 ounce) packages broad egg noodles
- 9 (8 ounce) packages sliced Swiss cheese

Preheat oven to 350 degrees. Grease three 9x13 inch baking dishes. Cook ground beef and sausage in a large, deep skillet until browned. Drain fat and return meat to pan. Stir in pasta sauce. Bring to a simmer. While sauce is simmering, bring a large pot of salted water to a boil over high heat. Stir in the egg noodles. Boil until cooked through. Drain well. Spoon meat sauce into the prepared baking dishes. Top with cooked noodles and cheese slices. Repeat with remaining sauce, noodles, and cheese. Place uncovered dishes in oven and bake until cheese is melted and browned, about 40 minutes.

Chicken and Rice Casserole

- 5 cups uncooked white rice
- 5 (10.75 ounce) cans condensed cream of chicken soup
- 9 1/3 cups water
- 5 (1 ounce) packages dry onion soup mix
- 20 skinless boneless chicken breast halves

Preheat oven to 350 degrees. Spread rice on the bottom of a 9x13 inch baking dish. Rinse chicken and pat dry. Arrange chicken pieces on top of rice. Mix soup and water together and pour over chicken and rice. Sprinkle dry onion soup mix on top. Cover and seal tightly with foil. Bake for 1 to 1 ½ hours.

Tator Tot Casserole

- 4 pounds lean ground beef
- 2 large, chopped onions
- 2 cups sliced fresh mushrooms
- 2 teaspoons salt-free herb seasoning blend
- 2 pinches ground pepper to taste
- 2 dashed Worcestershire sauce
- 4 (10.75 ounce) can condensed cream of mushroom soup
- 2 (16 ounce) packages frozen chopped spinach, thawed and drained
- 2 (16 ounce) packages frozen potato rounds
- 16 slices Swiss cheese

Preheat oven to 350 degrees. Crumble the ground beef into a large skillet over medium high heat. When it starts to release some juices, add the onion. Season with Worcestershire sauce and pepper. When the beef is nearly browned, add the mushrooms and sauté them for a couple minutes. Drain off any excess grease and stir in the cream of mushroom soup and spinach. Transfer beef mixture into two 9x13 inch baking dishes. Top with slices of Swiss cheese. Neatly layer the potato rounds over the top. Bake for 45-60 minutes in the oven until the potato rounds are toasted.

Beef Potato Pie

- 15 large potatoes, peeled and chopped
- 1 ¼ cups milk
- ¼ cup and 1 tablespoon butter
- 5 pounds ground beef
- 2 ½ onions, chopped
- 2 ½ green bell peppers, chopped
- Salt and pepper to taste
- 2 ½ (8 ounce) packages sliced American cheese

Preheat oven to 375 degrees. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain then mash with milk and butter until smooth. In a large deep skillet over medium high heat, combine ground beef, onion, and green peppers. Cook until beef is evenly brown. Drain excess fat. Season with salt and pepper. In deep casserole dishes, spoon a layer of beef mixture. Spread a layer of mashed potatoes over the beef. Continue layering until dishes are full. Top with cheese. Cook in oven for 20-30 minutes or until cheese is melted and brown.

Cheeseburger Casserole

- 6 pounds lean ground beef
- 1 ½ green or red bell pepper, chopped
- 1 ½ cup onion
- 6 cups shredded cheddar cheese
- 6 cups elbow macaroni noodles
- 3 cups fresh mushrooms

Cook beef until brown. Add onion and peppers. Bring noodles to a boil. Drain. Mix all ingredients and spread in 8x12 inch baking dishes. Top with mushrooms. Bake at 350 degrees for 30 minutes until mushrooms are crisp and cheese is melted through.

Chicken Tortilla Casserole

- 6 cups cooked boneless and skinless chicken, cut into bite sized pieces
- $\frac{3}{4}$ cup chicken stock
- 27 (6 inch) corn tortillas, cut into strips
- 3 (10.75 ounce) cans condensed cream of chicken soup
- 3 (10.75 ounce) cans condensed cream of mushroom soup
- 3 cups milk
- 3 onions, chopped
- 3 (16 ounce) jars salsa
- 1 $\frac{1}{2}$ pounds shredded cheddar cheese

In a bowl, mix soups, milk, salsa, and onion. Put 3-4 tablespoons chicken stock in 9x13 inch baking dishes. Add a layer of tortilla strips and then a layer of chicken. Pour soup mixture over chicken and tortillas. Continue to layer in this order until dishes are full. Top with cheese. Bake at 300 degrees for 1 to 1 $\frac{1}{2}$ hours.

Creamy Southwest Chicken Alfredo

- 2 boneless skinless chicken breasts
- 1 tablespoon olive oil
- 1 cup heavy cream
- 1 can Mild Rotel or chopped tomatoes, 2 tablespoons reserved for garnish
- 8 ounces penne pasta, cooked
- 1 tablespoon taco seasoning
- 1 tablespoon butter
- $\frac{1}{2}$ cup Mexican cheese blend
- Garnish: 2 tablespoons chopped cilantro

Pat the chicken dry on both sides with a paper towel. Sprinkle with the taco seasoning on all sides. Heat the olive oil in a cast iron pan over medium heat. Add the seasoned chicken to the pan and cook, turning once, until the chicken is cooked through. Remove chicken from the pan, place on a plate, and cover with foil. Add the butter to the pan and melt over medium heat. Slowly add the heavy cream, whisking to incorporate all the seasoning and browned bits left behind from cooking the chicken. Whisk constantly and cook for about 2 minutes. Add the cheese, Rotel, and stir until thickened and the cheese is melted. Stir in the cooked pasta and reduce heat to low. Remove chicken from the plate and slice into strips. Place the sliced chicken on top of the pasta. Serve.

Easy Chili

- 5 tablespoons vegetable oil
- 5 pounds ground beef
- 5 cups chopped onion
- 8 ½ (14.5 ounce) cans diced tomatoes
- 2 ½ cups beef broth
- 2 ½ tablespoons brown sugar
- 2 ½ tablespoons cider vinegar
- 1 ¼ cup chili powder
- 10 (15 ounce) cans pinto beans, rinsed and drained
- Salt to taste

In a large soup kettle, brown beef, and onion in oil. Stir in remaining ingredients and simmer for 30 minutes. Add beans and heat through.

Crescent Roll Casserole

- 6 pounds ground beef
- 4 medium onions, chopped
- 4 ½ (14.5 ounce) cans crushed tomatoes
- 6 teaspoons salt
- 8 cups shredded cheddar cheese
- 8 cups shredded mozzarella cheese
- 16 refrigerated crescent dinner rolls
- 1 cup sour cream

In a large skillet, cook beef and onion over medium heat. Add tomatoes and stir. Season with 1 ½ teaspoons salt and some pepper. Cook, stirring occasionally until liquid evaporates. Remove from heat. Preheat oven 375 degrees. Put sauce mixture in a baking dish. Mix the cheeses together and sprinkle over the meat. Unroll the crescent rolls and spread one side of each roll with 1 tablespoon of sour cream. Cover the cheese with the rolls, sour cream side up. Bake until bubble and the top of the rolls are golden brown, about 35 minutes.

Baked Ziti

- 3 (16 ounce) boxes ziti noodles
- 3 pounds ground beef
- 45 ounces ricotta cheese
- 1 ½ cups parmesan cheese
- ¾ cup chopped parsley
- 3 eggs
- 2 ¼ teaspoons salt
- ¾ teaspoon pepper
- 3 (29 ounce) jars spaghetti sauce
- 3 cups shredded mozzarella cheese

Prepare ziti according to package. Brown beef. Remove from heat and stir in ricotta cheese and next 5 ingredients. Add ½ the sauce and mix well. Add ziti and toss to cover. Put in 9x13 inch pans. Spread spaghetti sauce evenly on top of mixture. Sprinkle with mozzarella cheese. Bake at 350 degrees for 20 minutes or until heated through and cheese has melted.

Mac and Cheese

- 4 (7.25 ounce) packages uncooked macaroni and cheese
- 4 (10.75 ounce) cans condensed cream of mushroom soup
- 2 cups margarine
- ¾ cup sour cream
- 4 cups shredded cheddar cheese
- 48 buttery round crackers

Preheat oven to 350 degrees. Cook the macaroni according to the directions on the box. Remove noodles from heat and drain. Add soup, ¼ cup of margarine, sour cream, shredded cheese, and the cheese packet from the box. Do not use milk as directed on the box. Pour in a casserole dish and top with crumbled crackers. Melt the remaining margarine and pour over crackers. Bake for 25 minutes.

Meat Loaf

- 4 eggs beaten
- 1 (24 ounce) can V8 juice
- 2 large onions, finely chopped
- 2 cups seasoned breadcrumbs
- 1 envelope onion soup mix
- 1 teaspoon pepper
- 4 pounds ground beef
- ½ cup ketchup
- 1/3 cup packed brown sugar
- ¼ cup yellow mustard

In a very large bowl, combine the eggs, V8 juice, onions, breadcrumbs, soup mix, and pepper. Crumble beef over mixture and mix well. Shape into 4 loaves and place each loaf into a greased 13x9x2 baking dish. Bake uncovered at 350 degrees for 45 minutes. Meanwhile, combine ketchup, brown sugar, and mustard. Spread over loaves. Bake 15-20 minutes longer.

Taco Pie

- 3 (8 ounce) packages refrigerated crescent rolls
- 3 pounds ground beef
- 3 (1 ounce) packages taco seasoning mix
- 3 (16 ounce) containers sour cream
- 1 ½ pounds shredded Mexican style cheese blend
- 3 (14.5 ounce) packages crushed tortilla chips

Preheat oven to 350 degrees. Lay crescent dough flat on the bottoms of square cake pans and bake according to package directions. Meanwhile, brown the ground beef in a large skillet over medium high heat. Add the taco seasoning and stir together well. When dough is done, remove from oven and place meat mixture on top, then layer with sour cream and cheese, and then top off with the crushed nacho chips. Return to oven and bake at 350 degrees for 10 minutes or until cheese is melted.

Beef Stroganoff

- 6 (8 ounce) packages of egg noodles
- 6 pounds ground beef
- 6 (10.75 ounce) cans fat free condensed cream of mushroom soup
- ¼ cup and 2 tablespoons garlic powder
- 3 cups sour cream
- Salt and pepper to taste

Prepare the egg noodles according to package directions and set aside. In a separate large skillet over medium heat, sauté the ground beef over medium heat for 5-10 minutes or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

Chicken and Rice Casserole

- 5 cups uncooked white rice
- 5 (10.72 ounce) cans condensed cream of chicken soup
- 9 & 1/3 cups water
- 5 (1 ounce) packages dry onion soup mix
- 20 skinless, boneless chicken breast halves

Preheat oven to 350 degrees. Spread rice in the bottom of 9x13 inch baking dishes. Rinse chicken and pat dry. Arrange chicken pieces on top of rice. Mix soup and water together and pour over chicken and rice. Sprinkle dry onion soup mix on top. Cover and seal tightly with foil. Bake in the preheated oven for 1 to 1 ½ hours.

Fajitas

- 1 ½ pounds chicken breasts
- 3 bell peppers
- 1 medium onion
- 1 teaspoon cumin powder
- 1 ½ teaspoon chili powder
- 1 teaspoon garlic powder
- 2 teaspoons paprika
- Salt and pepper to taste
- 1 tablespoon vegetable oil
- 8 flour tortillas, 8-inch size

Preheat oven to 400 degrees. Set aside a large baking sheet. On a work surface, cut chicken breasts, onions, and peppers into less than ½ inch strips. Place chicken, peppers, and onions on the baking sheet. Sprinkle cumin, chili powder, garlic, paprika, salt, and pepper on top and drizzle with oil. Using tongs or two spoons, toss all ingredients on the pan to coat evenly. Bake for 15 minutes. Serve on tortillas with your choice of garnish.

Campbell's Ranchero Enchilada Casserole

- 5 (10 ¾ ounce) cans Campbell's Creamy Ranchero Tomato Sauce
- 2 ½ cups water
- 8 cups cubed cooked chicken
- 20 flour tortillas cut into strips
- 3 cups shredded cheddar cheese

Mix soup, water, and chicken. Stir in tortillas. Spread in several shallow baking dishes. Top with cheese and cover. Bake at 350 degrees for 25 minutes or until hot.

Barbecue Beef Cups

- 1 ½ pounds of ground beef
- 1 ½ cups barbecue sauce
- 2 tablespoons of minced onion
- Salt and pepper to taste
- 3 (10 count) can of refrigerator biscuits
- ¾ cup shredded cheddar cheese

Brown the ground beef in a skillet, stirring until crumbly; drain. Add the barbecue sauce, onion, salt, and pepper. Press each of the biscuits over the bottom and sides of a muffin cup. Spoon an equal portion of the ground beef mixture into each cup. Bake at 350 degrees for 10-15 minutes or until the biscuits are golden brown and the ground beef mixture is hot and bubbly. Sprinkle with cheese. Bake just until the cheese is melted.

Barbecued Turkey or Beef Chili

- 4 (16 ounce) cans kidney beans, rinsed and drained
- 4 (15 ½ ounce) cans hot chili beans
- 4 (15 ounce) cans turkey chili with beans
 - If no turkey chili is available, add 1 ½ pounds browned, drained ground beef
- 2 (14 ½ ounce) cans diced tomatoes, undrained
- 1 1/3 cups barbecue sauce

In a large pot, combine all ingredients. Cover and simmer for 30-45 minutes, stirring occasionally.

Sloppy Joes

- 2 pounds ground beef or turkey
- 1 ½ cups ketchup
- 2 teaspoons mustard
- 24 hamburger buns

Brown ground beef in a skillet. Drain fat. Add remaining ingredients and stir well until heated. Serve on hamburger buns.

Fettucine Alfredo

- 2 quarter-inch thick slices ham (from deli counter)
OR
- 3 boneless chicken breasts, cooked and sliced into thin strips
- 1 family size package frozen chopped broccoli, cooked according to package
- 2 bottles alfredo sauce (where spaghetti sauce is found)
- 2 packages Fettucine noodles

Boil noodles according to package directions. Drain and put in large bowl. Add broccoli and sauce. Stir well and put in large serving dish. Place ham or chicken on top.

Hamburger Noodle Casserole

- 2 pounds ground beef
- *Salt and pepper to taste
- 2 onions, chopped finely
- 3 cups Cheddar cheese, cut into cubes
- 3 Tablespoons Worcestershire sauce
- 5 cups uncooked wide noodles
- 1 cans of tomato sauce
- 2 cans diced or stewed tomatoes – do not drain

Brown the ground beef in a large skillet. Stir until crumbly. Drain. Season with salt and pepper. Stir in the onion, cheddar cheese, Worcestershire sauce, noodles. Pour the tomatoes and tomato sauce over the top. Cook, uncovered, over medium heat for 40 minutes or until the noodles are tender.

Ham and Swiss Sliders

- 1 package Hawaiian Sweet Rolls (12 count)
- 18 slices of thin deli ham
- 12 slices Swiss cheese
- 1 stick butter
- 1 tbsp yellow mustard
- 1/2 tbsp Worcestershire Sauce
- 1/2 tbsp dried minced onion
- 1/4 tsp salt
- 1/4 tsp pepper
- Parmesan cheese (optional)
- dried parsley (optional)

Preheat oven to 350. Cover 9x13 baking pan with foil. Spray with cooking spray. Remove rolls from package in one piece. Cut entire slab of rolls in half lengthwise. (You will end up with one slab of "tops" and one slab of "bottoms".) Place bottom slab in foiled cover pan. Layer with half of the ham, then the Swiss cheese, then the rest of the ham. Add top slab of rolls. Melt butter in microwave and whisk in remaining ingredients (except parmesan cheese and parsley). Pour evenly over rolls. Cover with foil and let sit for 5-10 minutes. Bake covered for 20 minutes. Uncover and cook 5 additional minutes. (Optional) Sprinkle with Parmesan cheese and parsley. Slice into individual sliders and serve warm.

Easy Chicken Pot Pie

- 1 cup diced chicken, cooked
- 1 Pillsbury Refrigerated Pie Crust (red box – top and bottom crust)
- 1 can Veg-All, drained
- 1 can Cream of Chicken soup

Mix chicken, soup, and vegetables. Pour into bottom pie crust, top with additional crust. Bake at 325 until pie crust is golden brown.

Broccoli-Rice Casserole

- 3 cups cooked rice (about 1 cup uncooked)
- 1 (16 ounce) package frozen broccoli florets
- 1 small onion, finely chopped
- 1 (10 3/4 oz.) can cream of mushroom soup
- 1/2 c. milk
- 1 tsp. Salt
- 1/2 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 2 c. shredded mild cheddar cheese

Thaw broccoli and warm broccoli in the microwave for about 5 minutes; drain very well. Cut any large florets into smaller, bite-sized pieces. In a bowl, combine warm cooked rice, onion, cream of mushroom soup, milk, salt, pepper, garlic powder, paprika, and 1 cup of the shredded cheddar. Stir together until well mixed. Fold in broccoli. Spoon into a greased 9x13-inch baking dish. Top with remaining 1 cup shredded cheddar cheese. Bake at 350 for 35 - 40 minutes until bubbly and cheese is just beginning to get some golden-brown spots.

Garlic Butter Shrimp Scampi

- 16 ounces of linguine or other pasta
- 1/2 cup olive oil
- 1 stick of butter
- 2 pounds large shrimp, peeled and deveined
- 2 package McCormick® Garlic Butter Shrimp Scampi Seasoning Mix
- 2 tbsp lemon juice (optional)

Cook pasta as directed on package. Drain well. Meanwhile, heat oil and butter in large skillet on medium heat until butter is melted. Add shrimp and Seasoning Mix; cook and stir 3 to 4 minutes or just until shrimp turn pink. Stir in lemon juice, if desired. Then, toss with cooked pasta to coat well. Serve with grated Parmesan cheese, if desired.

Cheesy Chicken Enchilada Soup

- 2 tablespoons olive oil
- 1 cup diced white onion
- 3 cloves garlic, minced
- ½ cup flour
- 3 cups chicken stock
- 2 cups cooked, shredded chicken
- 1 10-ounce can red enchilada sauce
- 1 (14-ounce) can black beans, rinsed and drained
- 1 (14-ounce) can diced tomatoes, with juice
- ½ teaspoon ground cumin
- 8 ounces sharp cheddar cheese, freshly grated
- 1 teaspoon salt
- optional toppings: tortilla chips/strips, diced/sliced avocado, sour cream, chopped fresh cilantro, and/or Pico de Gallo

Heat the oil in a large pot over medium-high heat. (To save time, peel and dice the onion for the minute or so that the oil heats.) Add the onion and sauté for 5 minutes, or until cooked and translucent. Add the garlic and sauté for an additional minute until fragrant, being careful not to burn it. Whisk in the flour and cook for an additional minute. Pour in half of the chicken stock and stir until completely combined and no lumps remain. Add in the rest of the chicken stock and stir quickly to combine. Add in the chicken, enchilada sauce, black beans, tomatoes, salt, and cumin, and stir until combined. Continue stirring occasionally until simmering. Reduce heat to medium-low and let it simmer for about 3 minutes, stirring occasionally so that the soup does not burn to the bottom of the pan. Slowly stir in the cheese until combined. Season with salt, to taste. Serve your soup warm with toppings of choice. Enjoy!

One Pot Chicken Parmesan Pasta

- 2-3 boneless skinless chicken breasts, diced into bite sized pieces
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 medium yellow onion, minced
- 3 cloves garlic, minced
- 16 oz dried short-cut pasta (I used rigatoni)
- 24 oz jar of your favorite marinara sauce (I used Newman's Own)
- water to fill empty marinara sauce jar
- 1 cup mozzarella cheese
- 1/2 cup parmesan cheese
- salt and pepper, to taste
- additional dried Italian seasoning, optional
- fresh parsley and/or basil, minced for garnish

To a large pot or skillet, add a drizzle of olive oil and heat over MED-HIGH heat. Add chicken, season with salt, pepper, Italian seasoning, and garlic powder. Cook about 5 minutes, until chicken is most of the way cooked through. Remove to a plate.

Add onion and garlic to the pot and cook about 2-3 minutes, until soft. Pour in marinara sauce, fill up empty sauce jar with water and add to the pot. Bring to a boil, then reduce to a strong simmer.

Add chicken and pasta, stir, then cover and cook for 10-15 minutes, until pasta is cooked to your liking. Stir in parmesan cheese and 1/4 cup of the mozzarella cheese.

Sprinkle remaining 3/4 cup mozzarella cheese on top of the dish and cook another 2-3 minutes, until cheese is melted and gooey.

Sprinkle with additional Italian seasoning if desired, and garnish with parsley or basil.

Taco Casserole

- 2 lb. lean ground turkey
- 1 (16 oz) can pinto beans
- 1 (16 oz) jar salsa
- 1 package taco seasoning
- 2 1/2 cups coarsely broken tortilla chips divided
- 1/2 medium green bell pepper, chopped
- 4 medium green onions, sliced
- 1 cup shredded Cheddar cheese
- 1 cup shredded lettuce
- 1 medium tomato, chopped

Heat oven to 350°F. Cook turkey over medium-high heat until browned, 5 to 7 minutes. Drain. Stir in pinto beans, salsa and taco seasoning mix. Reduce heat to medium. Heat to boiling, stirring occasionally. In ungreased 2-quart casserole, place 2 cups of the broken tortilla chips. Top evenly with beef mixture. Sprinkle with bell pepper, onions, and the cheese. Bake uncovered 20 to 25 minutes. Top baked casserole with lettuce, tomato and remaining 1/2 cup tortilla chips.

Chicken Bacon Ranch Pasta

- 2 pounds bacon chopped
- 2 pounds boneless skinless chicken breast diced
- 4 cloves garlic
- 4 cups chicken stock
- 1 cup milk
- 1 cup Ranch Dressing
- 16oz short pasta
- 2 1/2 cup shredded cheese

Brown the bacon in a large pot. Remove bacon from pot and drain on paper towels. Remove all but 1 tablespoon of grease from pot. Add diced chicken to pot and season with salt and pepper. Brown chicken, add in garlic. Chicken does not have to cook all the way through here. Add in chicken stock, milk, and ranch dressing. Add in pasta. Stir and bring to boil. Turn heat to low and cover for 20 minutes. Remove from heat and stir in shredded cheese. Top with bacon and cheese. Serve!

Stove Top Easy Chicken Bake

- 1 pkg. (6oz) stove top stuffing mix for chicken
- 1 1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 pkg. (16oz) frozen mixed vegetables, thawed, drained
- 1 can condensed cream of chicken soup
- 1/3 cup sour cream

Heat oven to 400F. Prepare stuffing as directed on package. Combine remaining ingredients in 13x9 inch baking dish sprayed with cooking spray, top with stuffing. Bake 30 minutes or until chicken is done.

Sausage Egg Roll in a Bowl

- 1 pound ground pork sausage
- 6 cups coleslaw mix or shredded cabbage
- 4 cloves garlic minced
- 1 tablespoon ginger minced
- 1 tablespoon soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon sesame oil

Heat a large skillet over medium heat. Add the sausage and cook, stirring often to crumble, until cooked through. Do not drain. Add the coleslaw mix, garlic, ginger, and soy sauce to the skillet with the sausage. Cook for 3-4 minutes or until cabbage has softened a bit.

Easy Ham and Potato Casserole

- 1 bag of O'Brien frozen hashbrowns (with peppers and onions)
- 1 can cream of chicken soup (cream of celery soup works well too)
- 8 oz sour cream
- 3/4 stick melted butter
- 2 cups cubed cooked ham
- 1pkg. 4 cheese Mexican shredded cheese
- Pepper to taste

Mix all together and pour into a baking dish or pan. Cook at 350 degrees for 1 hour then broil just until top begins to brown. Serve with a garden salad.

Orange Chicken

Sauce:

- 1 Cup BBQ Sauce Sweet Baby Ray's
- 1 Cup Sweet Orange Marmalade Smucker's
- 2 TBSP Soy Sauce

Crispy Chicken Ingredients:

- 3-4 Chicken Breasts We used 3
- 1 Cup Flour/1 Cup Cornstarch You can use both or either/or
- 2 Eggs
- Oil We used vegetable oil

In a saucepan, add the BBQ sauce, marmalade, and soy sauce. Turn the heat on low and let it simmer for 20 minutes, stirring a few times. Meanwhile, cut up your chicken breasts into cubes. In one bowl beat 2 eggs, while the other bowl should mix the dry ingredients. Dip pieces of chicken in the egg and then cover in flour/cornstarch. Set on an extra plate. Add a thin layer of oil to a frying pan and turn your stove on medium/high heat. Once it sizzles, add the chicken to the pan. Let it cook for 3-5 minutes each side until it's brown and cooked on the inside. Set the oily pieces on a paper towel and let drain. Add the chicken to the sauce and toss! Eat it on top of white rice and enjoy. I think veggies would be good with it such as green peppers or broccoli.

Teriyaki Chicken

- Boneless Chicken Breasts (use one chicken breast per person)
- Yoshida's Teriyaki Sauce
- Niko Calrose Rice

Start by pounding out the chicken breasts to make them a little thinner. You can skip this step if you don't mind your chicken being meatier. Simply layer your chicken breasts in the bottom of your crock pot (salt and pepper lightly if you want. Cover the chicken with the Yoshida's Teriyaki Sauce so that all of your chicken is saturated in the sauce. Mix it around slightly, so the sauce gets under the chicken too. Set your crockpot for whatever cycle is most convenient for you and walk away. About 30 minutes before dinner make the Nikko's sticky rice per instructions on the package. Remove the chicken breasts and place onto a cutting board and slice into strips. Serve over rice with a little extra sauce.

Chicken Spaghetti

- 2 cups Cooked Chicken
- 3 cups Dry Spaghetti, Broken Into Two Inch Pieces
- 2 cans Cream Of Mushroom Soup
- 2 cups Grated Sharp Cheddar Cheese
- 1/4 cup Finely Diced Green Pepper
- 1/4 cup Finely Diced Onion
- 1 jar (4 Ounce) Diced Pimentos, Drained
- 2 cups Reserved Chicken Broth From Pot
- 1 teaspoon Lawry's Seasoned Salt
- 1/8 teaspoon (to 1/4 Teaspoon) Cayenne Pepper
- Salt And Pepper, to taste
- 1 cup Additional Grated Sharp Cheddar Cheese

Cook 1 cut up fryer and pick out the meat to make two cups. Cook spaghetti in same chicken broth until al dente. Do not overcook. When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar. Place mixture in casserole pan and top with remaining sharp cheddar. Cover and freeze up to six months, cover and refrigerate up to two days, or bake immediately: 350 degrees for 45 minutes until bubbly. (If the cheese on top starts to get too cooked, cover with foil).

Black Bean Soup

- 3 (15 oz) cans black beans, with liquid
- 1 lb. (about 2.5 cups) good-quality salsa, homemade or store-bought
- 1/2 cup chopped fresh cilantro, loosely packed (plus extra for garnish)
- 2 tsp. ground cumin
- 1 clove garlic, minced

Stir all ingredients together in a medium saucepan. Heat over medium-high heat until simmering. Reduce heat to medium-low, cover and simmer for at least 10 minutes, stirring occasionally.

Broccoli Cheddar, Chicken and Tator Tot Casserole

- 2 small cans cream of chicken soup
- 2 small cans cheddar cheese soup
- 1 1/2 Cups milk
- 8-10 Cups broccoli florets
- 2 large boneless skinless chicken breasts, cooked and shredded (bake or I throw mine in the pressure cooker)
- 1 teaspoon hot sauce (Tabasco or Cholula)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh cracked black pepper
- 1/8 teaspoon Lawry's Garlic Salt with Parsley
- 1/2 bag Ore Ida Seasoned Tater Tots, frozen
- 1/2 Cup shredded cheddar cheese

Preheat oven to 375 degrees F. Place soup and milk into a large pot over medium heat. Whisk until smooth and heated through, about 5 minutes. Stir in broccoli and cook for 5 additional minutes to soften slightly. Stir in chicken, hot sauce, salt, pepper, and garlic seasoning. Pour mixture into 11x7-inch baking dish that's been sprayed with cooking spray. Top evenly with tater tots and cheese; bake for 20 minutes then cover with foil. Bake for an additional 15 minutes with dish covered with foil. Remove from oven and serve. I enjoy mine with hot sauce, yum!

Slow Cooker Pineapple Salsa Chicken

- 2 pounds boneless, skinless chicken breasts
- 1 (16-ounce) jar tomato salsa (hot, medium, or mild)
- 1 (20-ounce) can pineapple chunks in 100% juice (reserve juice)
- 3 medium zucchini, large dice

Place the chicken breasts in the bottom of the slow cooker and cover them with the salsa. Cook on high for 4 hours, or until easily shredded. Shred the chicken. Add the pineapple with $\frac{2}{3}$ cup of the canned juice, and the zucchini to the slow cooker and cook for an additional 30 minutes to 1 hour, or until the zucchini is soft. Serve plain, in a whole wheat tortilla, or with rice or quinoa.

Skillet Chicken Lasagna

- 12 ounces, weight Bowtie Pasta, Cooked According To Package Instructions And Drained
- 2 Tablespoons Olive Oil
- 2 whole Boneless, Skinless Chicken Breasts, Sliced Or Diced
- 1 Tablespoon Italian Seasoning Or Herbs De Provence
- Salt To Taste
- 1 whole Medium Onion, Diced
- 2 cloves Garlic, Minced
- 1 cup Low Sodium Chicken Broth
- 1 jar Good Quality Marinara Sauce, 14-16 Ounce Size
- 1 teaspoon Red Pepper Flakes
- 1/2 cup Whole Milk Ricotta Cheese
- 1 cup Grated Mozzarella Cheese
- 1/4 cup Grated Parmesan
- 12 whole Basil Leaves, Chiffonade Or Chopped
- Extra Cheeses And Basil, For Serving

Heat the oil in a large skillet over medium-high heat. Season chicken with salt and herbs. Add chicken to the skillet and cook until golden brown. Remove the chicken to a plate. Add onions and garlic to the same skillet and cook, stirring, for 3 minutes. Add broth, then scrape the bottom of the skillet to loosen the bits. Cook for another 2-3 minutes to let the broth reduce. Add marinara sauce and red pepper flakes, then simmer for 10 minutes. Turn off the heat and add the cooked and drained pasta, ricotta, mozzarella, Parmesan, and basil. Add the cooked chicken on top. Toss to combine, then add more of any of the above ingredients until the sauce is just how you like it. Serve with a sprinkling of Parmesan and a little basil on top.

Layered Ham and Cheese Pasta Bake

- 1 lb. penne pasta cooked
- 16 slices ham chopped
- 8-10 slices Swiss cheese
- 1/4 cup parsley chopped
- 2 cups Swiss cheese shredded
- 2 large eggs
- 1 cup half and half milk
- salt and pepper to taste

Preheat oven to 350°F. Grease a square 9-inch baking pan and set aside. Add a layer of pasta into the prepared pan (try to keep them at single layer) and season with salt and pepper. Add half of chopped ham on top of the pasta. Place 4-6 slices of cheese to cover the ham. Repeat with a layer of pasta, ham and then cheese. Add one final layer of pasta. Then add chopped parsley and then shredded cheese. In a medium bowl, whisk together eggs and half and half. Pour evenly over grated cheese. Bake for 45 minutes until cheese is golden. Serve and enjoy!

Chicken and Gnocchi Soup

- 1-pound boneless skinless chicken breasts cooked and shredded
- 1 Tbs olive oil 4 Tbs butter
- 1/4 cup all-purpose flour 1 small onion chopped
- 2 garlic cloves minced 6 cups chicken broth
- 2 cups milk 1 cup carrots shredded
- 2 tsp parsley flakes Salt and pepper for seasoning
- 1 package 16 ounces mini potato gnocchi
- 1 cup fresh spinach chopped

In large Dutch oven or stock pot, melt butter and olive oil together. Add your onions, carrots and garlic and cook until onions become translucent. Whisk in your flour and let cook for a minute, slowly stir in your chicken broth and simmer until it starts to thicken up. Meanwhile in pan cook your gnocchi according to package directions, drain and set aside. Add your milk to your veggie and chicken broth mix and bring to a boil, stir in your seasonings. Once at a boil reduce heat and add your gnocchi, spinach, and chicken simmering until heated through and thickened.

Sheet Pan Sesame Chicken & Veggies

- 1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
- 1 large head of broccoli, chopped (about 2 cups)
- 2 medium red bell peppers, cut into chunks
- 1 cup snap peas
- Salt and pepper, to taste
- Optional toppings: sesame seeds and green onions

For the Sauce:

- ¼ cup lower-sodium soy sauce
- 1 Tbsp sweet chili sauce
- 2 Tbsp honey
- 2 cloves garlic
- 1 tsp. fresh ginger

Preheat oven to 400 degrees F. To make the sauce: In a small saucepan, heat soy sauce, sweet chili sauce, honey, garlic, and ginger on medium heat and bring to a boil. Turn down heat and allow sauce to simmer, whisking occasionally, until sauce is thick and bubbly. Remove from heat. Spread chicken and chopped veggies on a baking sheet sprayed with PAM cooking spray and season with salt and pepper. Drizzle half the sauce over the chicken and veggies (reserving the other half for later) and toss to combine. Bake in the oven for about 20 minutes, tossing halfway through, and continue cooking until veggies are tender and chicken is cooked through. Drizzle remaining sauce over top and sprinkle with sesame seeds and green onions. Serve over brown rice or quinoa and enjoy!

Shrimp with Scallions and Crispy Potatoes

- 2 tablespoons plus 1 teaspoon olive oil
- 2 baking potatoes (about 1 lb. total), scrubbed and cut into 1/2-inch cubes
- Scallions thinly sliced
- 1 pound large peeled and deveined frozen shrimp, thawed
- 2 teaspoons curry powder

In a large nonstick skillet, heat 2 tablespoons oil over medium-high. Add potatoes and cook, stirring occasionally, until brown and crisp, 12 to 14 minutes. Add scallion whites and cook 1 more minute. Transfer to plate (reserve skillet). Add remaining teaspoon oil, shrimp, and curry powder to skillet; cook, stirring occasionally, until shrimp are cooked through, 2 to 3 minutes. Return potatoes and scallion whites to skillet and toss with shrimp. Season with salt and pepper. Serve topped with scallion greens.

Meatball Sub Bake

- 1 tube refrigerated biscuits
- 1 jar marinara sauce
- 24 frozen mini meatballs
- 2 cups shredded mozzarella cheese

Cut each refrigerated biscuit into 8 pieces. Place in a greased 9x13 baking dish. Pour on the sauce and stir to coat all sides of the biscuits. Place the meatballs on top of the mixture. Top with the shredded cheese and bake for 35 minutes on 375 degrees. Enjoy!