

Noel's Kitchen Tips

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July 2013 Recipes - All recipes serve 4-6 adults

Week 1

Sloppy BBQ Mini Sliders with Baked Potato Chips and fruit

This recipe is better than the canned Manwich style dinner you buy at the store!

1 lb. ground turkey
1 onion
Salt
Pepper
2 Tablespoons flour
2 - 8oz. cans tomato sauce
½ cup ketchup
1 teaspoon dry mustard
½ teaspoon sage
½ teaspoon chili powder
2 Tablespoons BBQ sauce
8-12 Dinner rolls (*allows each person to have 2 mini sliders*)

Brown the ground turkey and onion in a large skillet, until the meat is cooked through and no longer pink. Add salt and pepper. Sprinkle flour over meat and stir. Blend in the rest of the ingredients. Serve on hamburger buns or bread.

Baked Potato Chips

3-4 russet potatoes peeled & slice using the crinkle-cut* blade of a Mandolin.
3 Tablespoons of canola oil
Seasoned Salt
Fresh cracked black pepper

Cut each potato with the crinkle-cut blade of your Mandolin. (** If you don't have a Mandolin, simply slice lengthwise into same size chips.*) Place the cut chips into a large bowl and cover with hot tap water. Adjust the oven rack to the lowest position. Preheat oven to 475 degrees. Line a heavy-duty baking sheet with aluminum foil then drizzle 1 ½ Tablespoons of oil on the tin foil followed by a sprinkling of seasoned salt and freshly cracked black pepper, to taste. Set aside. Drain the potatoes then place on kitchen or paper towels and pat dry. Rinse and wipe out the bowl then dry it with a kitchen towel. Place the dried chips back into the dry bowl then drizzle the remaining oil onto the chips. Toss with your hands until the potatoes are evenly coated. Arrange the chips in a

Noel's Kitchen Tips

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single layer on the prepared baking sheet. Cover the baking sheet tightly with aluminum foil and place into the oven and bake for 5 minutes. Remove the foil and continue to bake until the bottoms are spotty golden brown, approximately 15-20 minutes, rotating the baking sheet after 10 minutes. Using tongs, flip each fry, keeping potatoes in a single layer. Continue baking until the chips are golden and crispy, 5-10 minutes longer, rotating the pan as needed if the chips are browning unevenly. Transfer the chips to some paper towels to drain. Season with a little seasoned salt and freshly cracked pepper, to taste. Serve immediately. Enjoy!

Family Spaghetti Night

I use half a box or package of spaghetti to feed my family of 4 and still have leftovers.

Italian Cooking Sauce Mix

(On spaghetti nights, I defrost 2 pints (2 cups each) of this mix. This allows for use on spaghetti night as well as pizza night later in the week.)

2 (14- ½-oz.) cans stewed tomatoes, pureed

4 (8-oz.) cans tomato sauce

2 cups water

2 (6-oz.) cans tomato paste

2 Tablespoons instant minced onion *(you could also use fresh minced onion)*

2 Tablespoons parsley flakes

3 teaspoons salt

2 Tablespoons corn starch

4 Tablespoons red pepper flakes

1 teaspoon instant minced garlic *(or 1 clove minced)*

3 teaspoons Italian seasoning

Combine all ingredients in a large stock pot or Dutch oven. Simmer 15 minutes over medium-low heat. Cool. Put into 1-pint freezer containers, leaving ½ inch space at the top. *(You could also use Ziploc freezer bags and freeze 2 cups of sauce mix in each quart size bag.)* Seal and label the containers or freezer bags. Freeze. Use within 6 months. This recipe makes about 6 pints of *Italian Cooking Sauce Mix*.

Garlic Toast

1/3 cup butter, softened

12 slices of bread

½ teaspoon garlic salt

3 Tablespoons Parmesan cheese

Noel's Kitchen Tips

www.noelskitchentips.com

Spread butter on one side of each slice of bread. Cut each slice in half; place plain side down on a baking sheet. Sprinkle with garlic salt and Parmesan cheese. Broil 4 in. from the heat for 1-2 minutes or until lightly browned.

Mini Meatloaves with Mashed Potatoes and Vegetables

1 pound ground turkey
½ pound ground sausage
½ cup bread crumbs
1 ½ teaspoons salt
¼ teaspoon dry mustard
1 ¼ cups milk
½ cup quick cooking rolled oats
½ cup chopped onions
¼ teaspoon black pepper
1 egg, beaten
2 Tablespoons ketchup

Mix first 10 ingredients together in a large bowl. Pack into a greased mini loaf pan (*I use my Pampered Chef Mini Loaf Pan*). Spread ketchup on top of each loaf. Bake at 350 degrees for 45 minutes to 1 hour.

Mashed Potatoes

4-5 Russet Potatoes
2 Tablespoons butter/margarine
½ cup sour cream
1 handful of Cheddar cheese
Salt
Garlic powder

Wash, dry, and chop your potatoes into small chunks. I leave the skin on mine, since it has so many great vitamins in it. Just be sure to scrub and wash them well. Place potatoes in large stock pot and cover with 4-5 cups of water. Bring to a boil and cook until potatoes are fork tender (not mushy). Drain potatoes and add butter, cheese and sour cream. Beat by hand, with a hand mixer, or Kitchenaid mixer. We like our potatoes creamy. Season the potatoes with a little salt and a little garlic powder. This is all done to taste. We enjoy garlic so much, sometimes I add minced garlic. If your potatoes need to be thinned, add a few splashes of milk.

Noel's Kitchen Tips

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Family Pizza Night

Use Italian Cooking Sauce Mix, mozzarella cheese and my simple thin pizza crust recipe. It's really simple; taste yummy and even easy for the kids to make.

Thin Crust Pizza

2 ¼ teaspoons active dry yeast
1 teaspoon sugar
¾ cup warm water
1 ¾ cup all-purpose flour*
½ teaspoon salt

Combine yeast, sugar and water in a bowl. Mix until combined and the yeast starts to bubble. Allow to rest for 5 minutes. Yeast mixture will be bubbly all around after 5 minutes. Next add flour and salt. Mix until a soft ball of dough forms. Knead for 5 minutes. Allow dough to rest for another 5 minutes. Next, roll dough into a 9 x13 rectangle or you can use a round pizza pan. (*I normally shape into the size of my Pampered Chef Large Bar Pan.*) Top with some homemade sauce and your favorite toppings. We did leftover ham, bell pepper and mushrooms from the freezer, and cheese. This is such a simple recipe; the kids can help make it. Bake at 400 degrees for 8-10 minutes. (keep in mind oven temperatures vary.)

* You can use whole wheat flour or a combination of whole wheat and all-purpose flour in this recipe.

Breakfast Night

I always like to make a double batch of pancakes with my Ready Made Pancake Mix recipe. I freeze leftovers and use for our breakfasts throughout the week. It's an easy quick breakfast (*especially during the school year*) to pop a pancake into the microwave for about a minute, add some homemade maple syrup or jam, and enjoy a fast yummy meal! If pancakes are popular at your house, you'll appreciate making your own Ready Made Pancake Mix recipe.

Homemade Maple Syrup

1 cup sugar
1 cup brown sugar
1 cup water
1 teaspoon maple flavoring
½ teaspoon vanilla

Noel's Kitchen Tips

www.noelskitchentips.com

2 Tablespoons butter

On medium low heat, bring sugars and water to a boil stirring constantly. Cook and stir for 2-3 minutes. Remove from heat and add the maple flavoring, vanilla, and butter, stirring to combine until butter has melted.

I store leftover syrup in the fridge, in a mason jar. Syrup can be served cold or reheat in the microwave for 30-45 seconds.

Pigs in a Blanket with Mac n Cheese

1 package hot dogs (*I buy these in bulk*)

Prepared bread stick dough

Bread Sticks

2 ¼ teaspoons yeast

1 teaspoon sugar

¾ cup warm water

1 ¾ cup all purpose flour*

½ teaspoon salt

2 Tablespoons butter

2 teaspoons garlic (*I like using fresh garlic cloves, pressed*)

1 teaspoon Parmesan cheese

*Again if you prefer whole wheat flour or using half and half that would be fine.

Combine yeast, sugar, and water in a bowl. Mix until combined and yeast starts to bubble. Allow to rest 5 minutes. Yeast mixture should be fully bubbly. Next, add flour and salt. Mix until a soft dough begins to form. Knead for about 5 minutes. Allow dough to rest on counter for a few minutes. Follow the directions below to make pigs in a blanket.

- Roll out dough into an 8 x 8 rectangle. Take a pizza cutter or sharp knife and cut strips of dough 1 ½ to 2 inches wide. Wrap each strip around hot dog. Press to seal the ends (*where dough finishes wrapping around. You will still have hot dogs poking out at the ends.*)

- Brush garlic butter on top of each "pigs in a blanket". In a small bowl, mix melted butter, Parmesan cheese, and garlic. Brush onto the dough. Cook for 12-15 minutes at 350 degrees.

Noel's Kitchen Tips

www.noelskitchentips.com

Mac n Cheese

8 ounces elbow macaroni

¼ cup butter

¼ cup flour

½ teaspoon salt

1 dash black pepper

2 cups milk

2 cups Cheddar cheese, shredded

Cook macaroni according to package directions. In medium saucepan, melt butter over medium heat; stir in flour, salt and pepper; slowly add milk. Cook and stir until bubbly. Stir in cheese until melted. Drain macaroni; add to cheese sauce; stir to coat.